



## III MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IGNASIA

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**Organizator:** Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy  
**Data:** 2018-12-02  
**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	131	BYDGOSKIE OKONIE	M-20	1	00:00:02	00:17:05.15	00:17:07.55		3:25	17.6 (100%)
2	KŁOPOTEK Patryk	246		M-20	2	00:00:02	00:17:11.35	00:17:14.15	+00:00:06 (0.6%)	3:26	17.4 (98.9%)
3	TUCZYŃSKI Sylwester Leon	59	BYDGOSKIE OKONIE	M-20	3	00:00:02	00:17:26.75	00:17:28.95	+00:00:21 (2.1%)	3:29	17.2 (97.7%)
4	ŚLUSARSKI Przemysław	338	RUN PASJA	M-30	1	00:00:02	00:17:32.25	00:17:34.95	+00:00:27 (2.6%)	3:30	17.1 (97.2%)
5	MAĆKOWSKI Maciej	7	UPS BYDGOSZCZ	M-30	2	00:00:02	00:17:46.80	00:17:49.20	+00:00:41 (3.9%)	3:33	16.9 (96.0%)
6	KOLMAJER Rafał	238		M-30	3	00:00:02	00:17:56.20	00:17:58.75	+00:00:51 (4.7%)	3:35	16.7 (94.9%)
7	TUCHOLSKI Bartłomiej	61		M-20	4	00:00:02	00:17:58.40	00:18:00.90	+00:00:53 (4.9%)	3:35	16.7 (94.9%)
8	WIĘCKOWSKI Dariusz	36	AMS TRIATHLON BYDGOSZCZ	M-30	4	00:00:02	00:18:02.90	00:18:05.20	+00:00:57 (5.3%)	3:36	16.6 (94.3%)
9	KOWALSKI Krzysztof	536		M-20	5	00:00:04	00:18:05.00	00:18:09.25	+00:00:59 (5.5%)	3:37	16.6 (94.3%)
10	KUŁAKOWSKI Krzysztof	432	RUN PASJA	M-30	5	00:00:04	00:18:16.05	00:18:20.50	+00:01:10 (6.5%)	3:39	16.4 (93.2%)
11	PIOTROWSKI Radosław	474		M-30	6	00:00:03	00:18:28.60	00:18:31.80	+00:01:23 (7.5%)	3:41	16.2 (92.0%)
12	SZCZEŚNIAK Wiktor	202		M-10	1	00:00:02	00:18:33.85	00:18:35.95	+00:01:28 (8.0%)	3:42	16.2 (92.0%)
13	FUZ Marek	68	KABEL TEAM BYDGOSZCZ	M-40	1	00:00:03	00:18:49.20	00:18:52.40	+00:01:44 (9.2%)	3:45	15.9 (90.3%)
14	BALCEREK Mateusz	640		M-30	7	00:00:03	00:19:20.60	00:19:24.05	+00:02:15 (11.7%)	3:52	15.5 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>PEKAŁA Aleksandra</b>	<b>348</b>	RUN PASJA	K-30	1	00:00:03	<b>00:19:24.70</b>	<b>00:19:28.50</b>	+00:02:19 (12.0%)	3:53	15.5 (88.1%)
16	<b>PIEKARSKI Marek</b>	<b>366</b>	VIII LO BYDGOSZCZ	M-40	2	00:00:02	<b>00:19:30.35</b>	<b>00:19:33.25</b>	+00:02:25 (12.4%)	3:54	15.4 (87.5%)
17	<b>ANISZCZYK Hubert</b>	<b>231</b>	ZSE-A BYDGOSZCZ	M-10	2	00:00:05	<b>00:19:39.20</b>	<b>00:19:44.85</b>	+00:02:34 (13.1%)	3:55	15.3 (86.9%)
18	<b>RZESZOTARSKI Daniel</b>	<b>124</b>		M-30	8	00:00:05	<b>00:19:40.85</b>	<b>00:19:46.40</b>	+00:02:35 (13.2%)	3:56	15.2 (86.4%)
19	<b>RESZKA Jarosław</b>	<b>648</b>		M-30	9	00:00:05	<b>00:19:45.75</b>	<b>00:19:51.25</b>	+00:02:40 (13.5%)	3:57	15.2 (86.4%)
20	<b>GROBELNIAK Adam</b>	<b>627</b>		M-20	6	00:00:02	<b>00:19:53.25</b>	<b>00:19:56.05</b>	+00:02:48 (14.1%)	3:58	15.1 (85.8%)
21	<b>JAGIEŁA Bartosz</b>	<b>25</b>	TKKF KOLEJARZ BYDGOSZCZ.#BIEGACZE	M-30	10	00:00:07	<b>00:19:55.95</b>	<b>00:20:03.55</b>	+00:02:50 (14.3%)	3:59	15.1 (85.8%)
22	<b>LEWANDOWSKI Filip</b>	<b>628</b>		M-30	11	00:00:06	<b>00:20:01.30</b>	<b>00:20:08.20</b>	+00:02:56 (14.7%)	4:00	15 (85.2%)
23	<b>JACIUBEK Przemysław</b>	<b>484</b>		M-30	12	00:00:03	<b>00:20:03.50</b>	<b>00:20:07.15</b>	+00:02:58 (14.8%)	4:00	15 (85.2%)
24	<b>HENDRZAK Sylwester</b>	<b>653</b>		M-30	13	00:00:18	<b>00:20:18.35</b>	<b>00:20:36.50</b>	+00:03:13 (15.9%)	4:03	14.8 (84.1%)
25	<b>KOWALSKI Jacek</b>	<b>33</b>		M-40	3	00:00:05	<b>00:20:22.45</b>	<b>00:20:27.95</b>	+00:03:17 (16.1%)	4:04	14.7 (83.5%)
26	<b>SZYMAŃSKI Łukasz</b>	<b>367</b>		M-30	14	00:00:04	<b>00:20:26.20</b>	<b>00:20:30.50</b>	+00:03:21 (16.4%)	4:05	14.7 (83.5%)
27	<b>KRZEMIŃSKI Bartosz</b>	<b>347</b>	RUN PASJA	M-30	15	00:00:05	<b>00:20:26.40</b>	<b>00:20:31.90</b>	+00:03:21 (16.4%)	4:05	14.7 (83.5%)
28	<b>WOŹNIAKOWSKA Agata</b>	<b>365</b>	RUN BYDGOSZCZ	K-30	2	00:00:03	<b>00:20:29.20</b>	<b>00:20:33.15</b>	+00:03:24 (16.6%)	4:06	14.6 (83.0%)
29	<b>NAGOW Michał</b>	<b>209</b>		M-40	4	00:00:04	<b>00:20:34.15</b>	<b>00:20:39.00</b>	+00:03:29 (16.9%)	4:07	14.6 (83.0%)
30	<b>NEUMANN Ariel</b>	<b>163</b>		M-20	7	00:00:04	<b>00:20:34.50</b>	<b>00:20:38.95</b>	+00:03:29 (17.0%)	4:06	14.6 (83.0%)
31	<b>WŁODARCZYK Wojciech</b>	<b>534</b>	CZARNE STOPY.SM	M-50	1	00:00:04	<b>00:20:47.25</b>	<b>00:20:52.10</b>	+00:03:42 (17.8%)	4:09	14.4 (81.8%)
32	<b>WŁOCH Sylwester</b>	<b>458</b>		M-50	2	00:00:06	<b>00:20:53.15</b>	<b>00:20:59.90</b>	+00:03:48 (18.2%)	4:10	14.4 (81.8%)
33	<b>WŁOCH Mateusz</b>	<b>459</b>		M-10	3	00:00:05	<b>00:20:56.40</b>	<b>00:21:02.05</b>	+00:03:51 (18.4%)	4:11	14.3 (81.3%)
34	<b>KLISZEWSKI Damian</b>	<b>359</b>		M-40	5	00:00:11	<b>00:21:00.40</b>	<b>00:21:12.30</b>	+00:03:55 (18.7%)	4:12	14.3 (81.3%)
35	<b>WANKIEWICZ Łukasz</b>	<b>1</b>	SZURUSIE TEAM	M-20	8	00:00:06	<b>00:21:04.55</b>	<b>00:21:11.05</b>	+00:03:59 (18.9%)	4:13	14.2 (80.7%)
36	<b>ŚLEFARSKI Marcin</b>	<b>389</b>		M-30	16	00:00:06	<b>00:21:07.90</b>	<b>00:21:14.40</b>	+00:04:02 (19.1%)	4:13	14.2 (80.7%)
37	<b>MULARCZYK Jacek</b>	<b>140</b>	ROWING RUNNING CLUB	M-40	6	00:00:05	<b>00:21:10.25</b>	<b>00:21:15.80</b>	+00:04:05 (19.3%)	4:14	14.2 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	<b>GRUDZKA Albert</b>	<b>392</b>	WYŻSZE SEMINARIUM DUCHOWNE	M-20	9	00:00:22	<b>00:21:11.50</b>	<b>00:21:34.40</b>	+00:04:06 (19.4%)	4:14	14.2 (80.7%)
39	<b>RYBAK Remigiusz</b>	<b>306</b>		M-40	7	00:00:07	<b>00:21:12.20</b>	<b>00:21:19.80</b>	+00:04:07 (19.4%)	4:14	14.2 (80.7%)
40	<b>PAWLIK Marek</b>	<b>166</b>		M-50	3	00:00:07	<b>00:21:13.70</b>	<b>00:21:20.90</b>	+00:04:08 (19.5%)	4:14	14.1 (80.1%)
41	<b>WEŁNIŃSKA Patrycja</b>	<b>21</b>	SZURUSIE TEAM	K-20	1	00:00:06	<b>00:21:14.05</b>	<b>00:21:20.20</b>	+00:04:08 (19.5%)	4:14	14.1 (80.1%)
42	<b>PIEKARSKI Paweł</b>	<b>111</b>		M-20	10	00:00:04	<b>00:21:14.45</b>	<b>00:21:18.75</b>	+00:04:09 (19.6%)	4:14	14.1 (80.1%)
43	<b>MIĘCZYŃSKI Miłosz</b>	<b>492</b>	LUPUS TEAM	M-30	17	00:00:09	<b>00:21:14.85</b>	<b>00:21:24.00</b>	+00:04:09 (19.6%)	4:15	14.1 (80.1%)
44	<b>KADOW Ryszard</b>	<b>645</b>		M-40	8	00:00:05	<b>00:21:15.35</b>	<b>00:21:20.35</b>	+00:04:10 (19.6%)	4:15	14.1 (80.1%)
45	<b>PALACZ Wioletta</b>	<b>192</b>		K-40	1	00:00:04	<b>00:21:21.50</b>	<b>00:21:25.50</b>	+00:04:16 (20.0%)	4:16	14.1 (80.1%)
46	<b>BIAŁEK Grzegorz</b>	<b>393</b>		M-20	11	00:00:07	<b>00:21:25.95</b>	<b>00:21:33.05</b>	+00:04:20 (20.3%)	4:17	14 (79.5%)
47	<b>STAŃCZYK Martyna</b>	<b>64</b>		K-20	2	00:00:06	<b>00:21:27.95</b>	<b>00:21:34.65</b>	+00:04:22 (20.4%)	4:17	14 (79.5%)
48	<b>KOCHAŃSKI Dariusz</b>	<b>310</b>		M-50	4	00:00:02	<b>00:21:33.95</b>	<b>00:21:36.85</b>	+00:04:28 (20.8%)	4:18	13.9 (79.0%)
49	<b>GRYTA Karol</b>	<b>511</b>		M-20	12	00:00:03	<b>00:21:38.65</b>	<b>00:21:42.05</b>	+00:04:33 (21.1%)	4:19	13.9 (79.0%)
50	<b>MATALEWSKI Mikołaj</b>	<b>520</b>		M-10	4	00:00:07	<b>00:21:39.95</b>	<b>00:21:47.10</b>	+00:04:34 (21.1%)	4:20	13.8 (78.4%)
51	<b>STAFIEJ Wojciech</b>	<b>197</b>		M-40	9	00:00:08	<b>00:21:41.65</b>	<b>00:21:50.20</b>	+00:04:36 (21.2%)	4:20	13.8 (78.4%)
52	<b>LEWIŃSKI Jacek</b>	<b>494</b>		M-30	18	00:00:14	<b>00:21:43.35</b>	<b>00:21:57.40</b>	+00:04:38 (21.3%)	4:20	13.8 (78.4%)
53	<b>RADTKE Paweł</b>	<b>462</b>	SISU OWB TEAM	M-30	19	00:00:14	<b>00:21:44.85</b>	<b>00:21:59.35</b>	+00:04:39 (21.4%)	4:21	13.8 (78.4%)
54	<b>MONDRY Waldemar</b>	<b>333</b>		M-50	5	00:00:13	<b>00:21:45.90</b>	<b>00:21:58.90</b>	+00:04:40 (21.5%)	4:21	13.8 (78.4%)
55	<b>LEWANDOWSKI Sławomir</b>	<b>423</b>	KLUBZDROWIA24H	M-30	20	00:00:23	<b>00:21:46.30</b>	<b>00:22:09.85</b>	+00:04:41 (21.5%)	4:21	13.8 (78.4%)
56	<b>BARCZAK Tomasz</b>	<b>401</b>		M-40	10	00:00:04	<b>00:21:48.25</b>	<b>00:21:52.80</b>	+00:04:43 (21.6%)	4:21	13.8 (78.4%)
57	<b>WEBER Krzysztof</b>	<b>273</b>		M-10	5	00:00:11	<b>00:21:50.10</b>	<b>00:22:01.80</b>	+00:04:44 (21.8%)	4:22	13.7 (77.8%)
58	<b>LEWANDOWSKI Marcin</b>	<b>497</b>	KEEPPER	M-20	13	00:00:07	<b>00:21:50.40</b>	<b>00:21:57.80</b>	+00:04:45 (21.8%)	4:22	13.7 (77.8%)
58	<b>ŁOBOCKI Krzysztof</b>	<b>135</b>	TKKF KOLEJARZ BYDGOSZCZ	M-30	21	00:00:09	<b>00:21:50.40</b>	<b>00:21:59.45</b>	+00:04:45 (21.8%)	4:22	13.7 (77.8%)
60	<b>NADRATOWSKI Maciej</b>	<b>461</b>	KABEL TEAM BYDGOSZCZ	M-40	11	00:00:05	<b>00:21:50.50</b>	<b>00:21:55.80</b>	+00:04:45 (21.8%)	4:22	13.7 (77.8%)

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61	<b>KOTŁOWSKI Przemysław</b>	<b>496</b>	MKSSP63 BYDGOSZCZ	M-40	12	00:00:03	<b>00:21:50.55</b>	<b>00:21:54.30</b>	+00:04:45 (21.8%)	4:22	13.7 (77.8%)
62	<b>FRANKOWSKI Paweł</b>	<b>199</b>		M-40	13	00:00:09	<b>00:21:50.80</b>	<b>00:22:00.10</b>	+00:04:45 (21.8%)	4:22	13.7 (77.8%)
63	<b>CIEŚLEWICZ Karol</b>	<b>185</b>	OLAFCREW	M-30	22	00:00:13	<b>00:21:51.00</b>	<b>00:22:04.85</b>	+00:04:45 (21.8%)	4:22	13.7 (77.8%)
64	<b>DZIEKAN Wojciech</b>	<b>466</b>	KABEL TEAM BYDGOSZCZ	M-30	23	00:00:05	<b>00:21:51.45</b>	<b>00:21:56.60</b>	+00:04:46 (21.8%)	4:22	13.7 (77.8%)
65	<b>WNUCZYŃSKI Jakub</b>	<b>414</b>		M-10	6	00:00:13	<b>00:21:55.50</b>	<b>00:22:08.50</b>	+00:04:50 (22.1%)	4:23	13.7 (77.8%)
66	<b>KALINOWSKI Zbigniew</b>	<b>221</b>		M-40	14	00:00:08	<b>00:21:56.60</b>	<b>00:22:05.15</b>	+00:04:51 (22.1%)	4:23	13.7 (77.8%)
67	<b>WNUCZYŃSKI Andrzej</b>	<b>412</b>	ORANGE POLSKA	M-40	15	00:00:12	<b>00:21:56.80</b>	<b>00:22:09.50</b>	+00:04:51 (22.1%)	4:23	13.7 (77.8%)
68	<b>ŻAK Mariusz</b>	<b>532</b>		M-30	24	00:00:17	<b>00:22:00.15</b>	<b>00:22:17.40</b>	+00:04:55 (22.3%)	4:24	13.6 (77.3%)
69	<b>SIERACKI Piotr</b>	<b>262</b>		M-10	7	00:00:15	<b>00:22:01.15</b>	<b>00:22:16.45</b>	+00:04:56 (22.4%)	4:24	13.6 (77.3%)
70	<b>MICHALSKI Paweł</b>	<b>603</b>		M-30	25	00:00:09	<b>00:22:04.55</b>	<b>00:22:14.50</b>	+00:04:59 (22.6%)	4:25	13.6 (77.3%)
71	<b>ŁABENDA Robert</b>	<b>3</b>	SZURUSIE TEAM	M-30	26	00:00:25	<b>00:22:11.00</b>	<b>00:22:36.15</b>	+00:05:05 (23.0%)	4:26	13.5 (76.7%)
72	<b>UMIEJSKI Sebastian</b>	<b>250</b>		M-20	14	00:00:19	<b>00:22:11.15</b>	<b>00:22:30.40</b>	+00:05:06 (23.0%)	4:26	13.5 (76.7%)
73	<b>GWIAZDOWSKI Krzysztof</b>	<b>194</b>		M-40	16	00:00:04	<b>00:22:12.65</b>	<b>00:22:17.20</b>	+00:05:07 (23.1%)	4:26	13.5 (76.7%)
74	<b>KOSIŃSKI Michael</b>	<b>546</b>	HARPAGAN TEAM BYDGOSZCZ	M-20	15	00:00:02	<b>00:22:15.50</b>	<b>00:22:18.35</b>	+00:05:10 (23.2%)	4:27	13.5 (76.7%)
75	<b>JARANTOWICZ Adam</b>	<b>227</b>	THE RUNNERS ŚWIECIE	M-30	27	00:00:16	<b>00:22:15.95</b>	<b>00:22:32.35</b>	+00:05:10 (23.3%)	4:27	13.5 (76.7%)
76	<b>WĘGRZYNOWSKI Sławomir</b>	<b>544</b>		M-50	6	00:00:00	<b>00:22:17.15</b>	<b>00:22:17.15</b>	+00:05:12 (23.3%)	4:27	13.5 (76.7%)
77	<b>XXX Krzysztof</b>	<b>601</b>		M-60+	1	00:00:08	<b>00:22:19.05</b>	<b>00:22:27.60</b>	+00:05:13 (23.4%)	4:27	13.4 (76.1%)
78	<b>BUCHOLSKI Robert</b>	<b>533</b>		M-20	16	00:00:04	<b>00:22:20.20</b>	<b>00:22:24.30</b>	+00:05:15 (23.5%)	4:28	13.4 (76.1%)
79	<b>TOMASZ Lis</b>	<b>485</b>		M-20	17	00:00:04	<b>00:22:21.65</b>	<b>00:22:26.25</b>	+00:05:16 (23.6%)	4:28	13.4 (76.1%)
80		<b>649</b>				00:00:00	<b>00:22:23.50</b>	<b>00:22:23.50</b>	+00:05:18 (23.7%)	4:28	13.4 (76.1%)
81	<b>WESOŁEK Kacper</b>	<b>421</b>	PROJECT SOCIETY	M-30	28	00:00:12	<b>00:22:24.00</b>	<b>00:22:36.10</b>	+00:05:18 (23.7%)	4:28	13.4 (76.1%)
82	<b>REPCZYŃSKI Tomasz</b>	<b>4</b>		M-20	18	00:00:26	<b>00:22:25.70</b>	<b>00:22:52.65</b>	+00:05:20 (23.8%)	4:29	13.4 (76.1%)
83	<b>GROTA Artur</b>	<b>317</b>	-----	M-40	17	00:00:13	<b>00:22:26.55</b>	<b>00:22:40.05</b>	+00:05:21 (23.9%)	4:29	13.4 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	WESOŁOWSKI Emil	386	SZURUSIE TEAM	M-10	8	00:00:26	00:22:30.95	00:22:57.30	+00:05:25 (24.1%)	4:30	13.3 (75.6%)
85	ZYGLER Zbigniew	254	22 ODN	M-40	18	00:00:08	00:22:32.20	00:22:40.75	+00:05:27 (24.2%)	4:30	13.3 (75.6%)
86	KRUTUL Maciej	528		M-50	7	00:01:10	00:22:34.40	00:23:45.15	+00:05:29 (24.3%)	4:31	13.3 (75.6%)
87	KĘDZIERSKI Rafał	282		M-40	19	00:00:10	00:22:34.90	00:22:45.85	+00:05:29 (24.3%)	4:31	13.3 (75.6%)
88	KOSZOWSKI Rafał	188	TRITRYSZCZYNTTEAM	M-40	20	00:00:15	00:22:35.05	00:22:50.40	+00:05:29 (24.3%)	4:31	13.3 (75.6%)
89	GONDEK Krzysztof	38		M-40	21	00:00:00	00:22:38.00	00:22:38.00	+00:05:32 (24.5%)	4:31	13.3 (75.6%)
90	BRUNKE Tomasz	263	RUN BYDGOSZCZ	M-40	22	00:00:49	00:22:41.20	00:23:30.30	+00:05:36 (24.7%)	4:32	13.2 (75.0%)
91	STEFAŃSKI Marcin	232		M-40	23	00:00:11	00:22:42.85	00:22:54.05	+00:05:37 (24.8%)	4:32	13.2 (75.0%)
92	GACKOWSKI Krzysztof	24	IRON&ONE TEAM	M-40	24	00:00:00	00:22:43.05	00:22:43.05	+00:05:37 (24.8%)	4:32	13.2 (75.0%)
93	MUSIELSKI Dariusz	75	NIEZRZESZONY	M-40	25	00:00:05	00:22:43.95	00:22:49.85	+00:05:38 (24.8%)	4:32	13.2 (75.0%)
94	ŻUCHELKOWSKI Rafał	514	AGATA & RAFAŁ & ADAŚ TEAM	M-30	29	00:00:06	00:22:45.40	00:22:51.90	+00:05:40 (24.9%)	4:33	13.2 (75.0%)
95	TRYBUŚ Filip	372		M-10	9	00:00:33	00:22:47.20	00:23:20.55	+00:05:42 (25.0%)	4:33	13.2 (75.0%)
96	MIERNIK Szymon	90		M-30	30	00:00:10	00:22:48.30	00:22:58.65	+00:05:43 (25.1%)	4:33	13.2 (75.0%)
97	KURMILKO Mateusz	540		M-20	19	00:00:04	00:22:48.95	00:22:53.90	+00:05:43 (25.1%)	4:33	13.1 (74.4%)
98	SIUDA Sebastian	11		M-40	26	00:00:14	00:22:49.00	00:23:03.10	+00:05:43 (25.1%)	4:33	13.1 (74.4%)
99	KOWALIK Patryk	654		M-30	31	00:00:10	00:22:54.85	00:23:05.20	+00:05:49 (25.4%)	4:35	13.1 (74.4%)
100	OZDOBA Rafał	167		M-30	32	00:00:06	00:22:55.00	00:23:01.60	+00:05:49 (25.4%)	4:35	13.1 (74.4%)
101	SZMELTER Michał	515		M-40	27	00:00:13	00:22:57.90	00:23:11.45	+00:05:52 (25.6%)	4:35	13.1 (74.4%)
102	SZOPIŃSKA Agnieszka	411	STRZELECKA 3	K-30	3	00:00:22	00:22:58.10	00:23:20.15	+00:05:52 (25.6%)	4:35	13.1 (74.4%)
103	MISZEWSKI Paweł	499		M-10	10	00:00:06	00:22:59.05	00:23:05.35	+00:05:53 (25.7%)	4:35	13.1 (74.4%)
104	MUZIEWICZ Marcel	521		M-10	11	00:00:06	00:23:02.00	00:23:08.10	+00:05:56 (25.8%)	4:36	13 (73.9%)
105	SAK Joanna	217	DECATHLON TEAM INOWROCŁAW + DRUŻYNA SZPIKU	K-20	3	00:00:03	00:23:02.20	00:23:05.95	+00:05:57 (25.8%)	4:36	13 (73.9%)
106	PRZYBYSLKI Łukasz	636		M-20	20	00:00:41	00:23:04.05	00:23:45.55	+00:05:58 (25.9%)	4:36	13 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	KABACIŃSKI Jarosław	295		M-30	33	00:00:38	00:23:05.00	00:23:43.90	+00:05:59 (26.0%)	4:37	13 (73.9%)
108	MIKOŁAJCZAK Tomasz	261		M-30	34	00:00:14	00:23:07.25	00:23:22.20	+00:06:02 (26.1%)	4:37	13 (73.9%)
109	BIELEC Michał	634		M-30	35	00:00:04	00:23:07.95	00:23:12.10	+00:06:02 (26.1%)	4:37	13 (73.9%)
110	CISEWSKI Mateusz	322		M-20	21	00:00:29	00:23:10.05	00:23:39.30	+00:06:04 (26.3%)	4:38	12.9 (73.3%)
111	GACKOWSKI Szymon	525	BYDGOSZCZ NASTART	M-30	36	00:00:32	00:23:12.40	00:23:44.80	+00:06:07 (26.4%)	4:38	12.9 (73.3%)
112	MAZURKIEWICZ Piotr	101		M-40	28	00:00:28	00:23:12.50	00:23:40.80	+00:06:07 (26.4%)	4:38	12.9 (73.3%)
113	PUZIO Tomasz	218		M-30	37	00:00:18	00:23:23.05	00:23:41.20	+00:06:17 (26.9%)	4:40	12.8 (72.7%)
114	WALUSIAK Miłosz	420	RUN PASJA	M-30	38	00:00:07	00:23:31.80	00:23:39.50	+00:06:26 (27.4%)	4:42	12.7 (72.2%)
115	KACZOR Michał	353	3LO BYDGOSZCZ	M-10	12	00:00:11	00:23:33.50	00:23:45.40	+00:06:28 (27.5%)	4:42	12.7 (72.2%)
116	LUZAK Mirosław	115		M-20	22	00:00:00	00:23:42.10	00:23:42.10	+00:06:36 (27.9%)	4:44	12.7 (72.2%)
117	SPYCHALSKI Tomasz	444	WOZKIMOTOCYKLOWE.PL	M-30	39	00:00:21	00:23:42.20	00:24:03.95	+00:06:37 (27.9%)	4:44	12.7 (72.2%)
118	RAPCA Krzysztof	545		M-30	40	00:01:00	00:23:44.10	00:24:44.70	+00:06:38 (28.0%)	4:44	12.6 (71.6%)
119	LEJMAN Grzegorz	463		M-Open	1	00:00:15	00:23:56.60	00:24:12.00	+00:06:51 (28.6%)	4:47	12.5 (71.0%)
120	KLAJBOR Mariusz	373	TERENOWY ZAWRÓT GŁOWY	M-40	29	00:00:19	00:23:56.65	00:24:16.40	+00:06:51 (28.6%)	4:47	12.5 (71.0%)
121	ZIELINSKI Pawel	457		M-30	41	00:00:18	00:24:02.85	00:24:21.05	+00:06:57 (28.9%)	4:48	12.5 (71.0%)
122	KWAŚNIEWSKI Jakub	399	WYŻSZE SEMINARIUM DUCHOWNE	M-20	23	00:00:19	00:24:04.95	00:24:24.05	+00:06:59 (29.1%)	4:49	12.5 (71.0%)
123	GROBELNA Angelika	71	BYDGOSZCZ NA START	K-40	2	00:00:21	00:24:10.00	00:24:31.70	+00:07:04 (29.3%)	4:50	12.4 (70.5%)
124	ZUPA Wojciech	102	SISU-OWB TEAM	M-50	8	00:00:17	00:24:14.55	00:24:31.55	+00:07:09 (29.5%)	4:50	12.4 (70.5%)
125	BORKOWSKI Michał	40		M-20	24	00:00:09	00:24:16.90	00:24:26.85	+00:07:11 (29.6%)	4:51	12.4 (70.5%)
126	KISZKA Marcin	255	RUN PASJA	M-30	42	00:00:14	00:24:20.40	00:24:35.25	+00:07:15 (29.8%)	4:52	12.3 (69.9%)
127	DROŹDŹ Małgorzata	416	AMS / KLONIKTEAM	K-30	4	00:00:33	00:24:24.85	00:24:58.60	+00:07:19 (30.0%)	4:53	12.3 (69.9%)
128	TRUDNOWSKI Janusz	66	RUN PASJA BYDGOSZCZ	M-60+	2	00:00:04	00:24:25.70	00:24:30.55	+00:07:20 (30.1%)	4:53	12.3 (69.9%)
129	PUZIO Justyna	519		K-10	1	00:00:32	00:24:26.30	00:24:59.15	+00:07:21 (30.1%)	4:53	12.3 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>LEWANDOWSKI Adam</b>	<b>159</b>	COOKIEFRIENDSRUN	M-40	30	00:00:22	<b>00:24:27.30</b>	<b>00:24:49.30</b>	+00:07:22 (30.1%)	4:53	12.3 (69.9%)
131	<b>LINKA Monika</b>	<b>604</b>		K-30	5	00:00:23	<b>00:24:27.50</b>	<b>00:24:51.20</b>	+00:07:22 (30.1%)	4:53	12.3 (69.9%)
132	<b>KOSTRUCHA Robert</b>	<b>65</b>		M-20	25	00:00:14	<b>00:24:32.20</b>	<b>00:24:47.15</b>	+00:07:27 (30.4%)	4:54	12.2 (69.3%)
133	<b>KILANOWSKI Darek</b>	<b>110</b>		M-30	43	00:00:12	<b>00:24:33.90</b>	<b>00:24:46.30</b>	+00:07:28 (30.4%)	4:54	12.2 (69.3%)
134	<b>OPASKA Marcin</b>	<b>320</b>	RUN PASJA	M-30	44	00:00:27	<b>00:24:34.20</b>	<b>00:25:01.50</b>	+00:07:29 (30.5%)	4:54	12.2 (69.3%)
135	<b>MICHALSKA Daria</b>	<b>144</b>		K-20	4	00:00:12	<b>00:24:35.15</b>	<b>00:24:47.35</b>	+00:07:30 (30.5%)	4:55	12.2 (69.3%)
136	<b>ZABROCKI Adam</b>	<b>244</b>		M-Open	2	00:02:36	<b>00:24:36.95</b>	<b>00:27:12.95</b>	+00:07:31 (30.6%)	4:55	12.2 (69.3%)
137	<b>GRODZKA Ewelina</b>	<b>249</b>		K-20	5	00:00:10	<b>00:24:37.60</b>	<b>00:24:47.65</b>	+00:07:32 (30.6%)	4:55	12.2 (69.3%)
138	<b>BURSZTYŃSKI Tomasz</b>	<b>535</b>	CBY BORÓWKI TEAM	M-30	45	00:00:42	<b>00:24:38.00</b>	<b>00:25:20.60</b>	+00:07:32 (30.6%)	4:55	12.2 (69.3%)
139	<b>NAJS Bartłomiej</b>	<b>438</b>	PROJECT SOCIETY	M-20	26	00:00:11	<b>00:24:39.55</b>	<b>00:24:51.25</b>	+00:07:34 (30.7%)	4:56	12.2 (69.3%)
140	<b>MAJCHRZAK Magdalena</b>	<b>220</b>		K-30	6	00:00:05	<b>00:24:42.15</b>	<b>00:24:47.20</b>	+00:07:37 (30.8%)	4:56	12.1 (68.8%)
141	<b>KOPACZ Hanna</b>	<b>666</b>		K-30	7	00:00:05	<b>00:24:43.65</b>	<b>00:24:49.60</b>	+00:07:38 (30.9%)	4:56	12.1 (68.8%)
142	<b>NAGORZYSKI Arkadiusz</b>	<b>31</b>	BIEGAMWSPIERAMMOTYWIJĘ	M-30	46	00:00:08	<b>00:24:49.60</b>	<b>00:24:57.85</b>	+00:07:44 (31.2%)	4:57	12.1 (68.8%)
143	<b>NAGORZYSKA Sylwia</b>	<b>32</b>	BIEGAMWSPIERAMMOTYWIJĘ	K-30	8	00:00:07	<b>00:24:49.70</b>	<b>00:24:57.40</b>	+00:07:44 (31.2%)	4:58	12.1 (68.8%)
144	<b>RIVAT Emmanuel</b>	<b>456</b>	ARRK	M-30	47	00:00:19	<b>00:24:50.50</b>	<b>00:25:09.80</b>	+00:07:45 (31.2%)	4:58	12.1 (68.8%)
145	<b>KROPIŃSKI Kacper</b>	<b>352</b>	3LO BYDGOSZCZ	M-10	13	00:00:14	<b>00:24:50.85</b>	<b>00:25:04.90</b>	+00:07:45 (31.2%)	4:58	12.1 (68.8%)
146	<b>ZIELIŃSKI Krzysztof</b>	<b>378</b>		M-40	31	00:00:05	<b>00:24:51.20</b>	<b>00:24:57.10</b>	+00:07:46 (31.3%)	4:58	12.1 (68.8%)
147	<b>SPYCHAJ Piotr</b>	<b>483</b>	HERBALIFE	M-30	48	00:00:28	<b>00:24:52.15</b>	<b>00:25:20.95</b>	+00:07:47 (31.3%)	4:58	12.1 (68.8%)
148	<b>CHRÓŚCIŃSKA Paulina</b>	<b>476</b>		K-20	6	00:00:00	<b>00:24:52.85</b>	<b>00:24:52.85</b>	+00:07:47 (31.3%)	4:58	12.1 (68.8%)
149	<b>LEWANDOWSKI Sebastian</b>	<b>154</b>		M-30	49	00:00:10	<b>00:24:56.40</b>	<b>00:25:06.90</b>	+00:07:51 (31.5%)	4:59	12 (68.2%)
150	<b>SOBOL Magdalena</b>	<b>37</b>		K-40	3	00:00:09	<b>00:25:01.55</b>	<b>00:25:10.90</b>	+00:07:56 (31.7%)	5:00	12 (68.2%)
151	<b>BŁOTNY Adrian</b>	<b>479</b>	PROJECT SOCIETY	M-20	27	00:00:26	<b>00:25:06.95</b>	<b>00:25:33.75</b>	+00:08:01 (32.0%)	5:01	11.9 (67.6%)
152	<b>GABRICH Żanetta</b>	<b>137</b>		K-40	4	00:00:22	<b>00:25:07.95</b>	<b>00:25:30.15</b>	+00:08:02 (32.0%)	5:01	11.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	NOWACKI Maksymilian	557		M-10	14	00:00:18	00:25:09.20	00:25:27.95	+00:08:04 (32.1%)	5:01	11.9 (67.6%)
154	JAWORSKI Krzysztof	464		M-40	32	00:00:30	00:25:11.10	00:25:41.40	+00:08:05 (32.2%)	5:02	11.9 (67.6%)
155	DRYGAS Ryszard	426		M-50	9	00:00:13	00:25:15.65	00:25:29.45	+00:08:10 (32.4%)	5:03	11.9 (67.6%)
156	KLIMCZYK Marcin	241		M-40	33	00:00:44	00:25:17.35	00:26:02.20	+00:08:12 (32.4%)	5:03	11.9 (67.6%)
157	JĘDRZEJCZYK Wojciech	410		M-10	15	00:00:20	00:25:19.20	00:25:39.80	+00:08:14 (32.5%)	5:03	11.8 (67.0%)
158	SKUCIŃSKA Karolina	214		K-30	9	00:00:28	00:25:20.05	00:25:48.90	+00:08:14 (32.6%)	5:04	11.8 (67.0%)
159	ZGÓRSKI Maciej	237	WKURW_TAEM	M-40	34	00:00:37	00:25:21.60	00:25:59.40	+00:08:16 (32.6%)	5:04	11.8 (67.0%)
160	WŁODARSKA Roksana	60	SZURUSIE TEAM	K-20	7	00:00:26	00:25:22.80	00:25:49.10	+00:08:17 (32.7%)	5:04	11.8 (67.0%)
161	STAFIEJ Mariusz	434	BMS	M-50	10	00:00:34	00:25:23.65	00:25:57.90	+00:08:18 (32.7%)	5:04	11.8 (67.0%)
162	POTRZEBOWSKA Agata	117	DEAF I #B3K	K-30	10	00:00:19	00:25:24.55	00:25:44.00	+00:08:19 (32.8%)	5:05	11.8 (67.0%)
163	JENERALSKI Maciej	517		M-40	35	00:00:32	00:25:29.80	00:26:02.35	+00:08:24 (33.0%)	5:06	11.8 (67.0%)
164	CHMIELEWSKI Ireneusz	427	CZARNESTOPY.SM	M-50	11	00:00:17	00:25:32.40	00:25:49.80	+00:08:27 (33.1%)	5:06	11.7 (66.5%)
165	PRZYBYLSKI Mariusz	291	BYDGOSZCZ NA START	M-50	12	00:00:41	00:25:37.55	00:26:19.05	+00:08:32 (33.3%)	5:07	11.7 (66.5%)
166	DOLATA Aneta	91		K-30	11	00:00:10	00:25:37.95	00:25:48.05	+00:08:32 (33.3%)	5:07	11.7 (66.5%)
167	KASPRZYK Damian	63		M-30	50	00:00:09	00:25:38.35	00:25:48.00	+00:08:33 (33.4%)	5:07	11.7 (66.5%)
168	ŚLEDŹ Paweł	113		M-30	51	00:00:27	00:25:39.55	00:26:06.75	+00:08:34 (33.4%)	5:07	11.7 (66.5%)
169	PAWLEWSKA Joanna	48	SPORTWAY	K-40	5	00:00:20	00:25:40.50	00:26:00.95	+00:08:35 (33.5%)	5:08	11.7 (66.5%)
170	KLAWCZYŃSKI Zbigniew	303		M-50	13	00:00:15	00:25:43.05	00:25:58.50	+00:08:37 (33.6%)	5:08	11.7 (66.5%)
171	MANOWSKI Jarosław	419		M-40	36	00:00:08	00:25:43.95	00:25:52.60	+00:08:38 (33.6%)	5:08	11.7 (66.5%)
172	WOJCIECHOWSKI Jarosław	46		M-40	37	00:00:31	00:25:45.90	00:26:17.10	+00:08:40 (33.7%)	5:09	11.6 (65.9%)
172	WOJCIECHOWSKA Emilia	47		K-40	6	00:00:31	00:25:45.90	00:26:17.40	+00:08:40 (33.7%)	5:09	11.6 (65.9%)
174	ZUBRYCKI Tomasz	198	KLUB ZDROWIA 24	M-30	52	00:00:06	00:25:46.40	00:25:53.15	+00:08:41 (33.7%)	5:09	11.6 (65.9%)
175	KOŃCZAL Joanna	148		K-30	12	00:00:06	00:25:46.60	00:25:53.00	+00:08:41 (33.7%)	5:09	11.6 (65.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>RADOWSKA Helena</b>	<b>308</b>		K-50	1	00:00:26	<b>00:25:50.05</b>	<b>00:26:16.40</b>	+00:08:44 (33.9%)	5:10	11.6 (65.9%)
177	<b>JANUSZEWSKI Marcin</b>	<b>9</b>		M-30	53	00:00:12	<b>00:25:50.55</b>	<b>00:26:02.85</b>	+00:08:45 (33.9%)	5:10	11.6 (65.9%)
178	<b>GÓRSKI Bartłomiej</b>	<b>513</b>		M-30	54	00:00:43	<b>00:25:50.65</b>	<b>00:26:33.85</b>	+00:08:45 (33.9%)	5:10	11.6 (65.9%)
179	<b>GÓRSKA Weronika</b>	<b>81</b>	-	K-20	8	00:00:30	<b>00:25:55.00</b>	<b>00:26:25.10</b>	+00:08:49 (34.1%)	5:11	11.6 (65.9%)
180	<b>WALEWSKI Andrzej</b>	<b>502</b>	STOWARZYSZENIE KRWIODAWCÓW FARA	M-30	55	00:00:03	<b>00:25:55.85</b>	<b>00:25:59.35</b>	+00:08:50 (34.1%)	5:11	11.6 (65.9%)
181	<b>KUBIAK Mirosław</b>	<b>97</b>		M-40	38	00:01:01	<b>00:25:56.05</b>	<b>00:26:57.20</b>	+00:08:50 (34.1%)	5:11	11.6 (65.9%)
182	<b>GUŹDZIOL Jarek</b>	<b>467</b>	WKURW_TEAM	M-40	39	00:00:17	<b>00:25:57.30</b>	<b>00:26:15.15</b>	+00:08:52 (34.2%)	5:11	11.6 (65.9%)
183	<b>TARGOWSKA Małgorzata</b>	<b>635</b>		K-30	13	00:00:07	<b>00:25:58.10</b>	<b>00:26:05.10</b>	+00:08:52 (34.2%)	5:11	11.6 (65.9%)
184	<b>PAWŁOWICZ Patryk</b>	<b>181</b>		M-10	16	00:00:20	<b>00:25:58.20</b>	<b>00:26:18.25</b>	+00:08:53 (34.2%)	5:11	11.6 (65.9%)
185	<b>STAFIEJ Paweł</b>	<b>196</b>		M-10	17	00:00:16	<b>00:26:00.35</b>	<b>00:26:16.90</b>	+00:08:55 (34.3%)	5:12	11.5 (65.3%)
185	<b>KRYSZTOFINSKA Anna</b>	<b>354</b>	KLUB ZDROWIA BYDGOSZCZ HERBALIFE	K-30	14	00:00:23	<b>00:26:00.35</b>	<b>00:26:24.20</b>	+00:08:55 (34.3%)	5:12	11.5 (65.3%)
187	<b>WAJER Marita</b>	<b>15</b>	REEBOK RUN CREW BYDGOSZCZ	K-20	9	00:00:11	<b>00:26:01.70</b>	<b>00:26:12.80</b>	+00:08:56 (34.4%)	5:12	11.5 (65.3%)
188	<b>ULASZEWSKI Bartosz</b>	<b>605</b>		M-30	56	00:00:16	<b>00:26:05.30</b>	<b>00:26:21.50</b>	+00:09:00 (34.5%)	5:13	11.5 (65.3%)
189	<b>BRZEZIŃSKI Paweł</b>	<b>620</b>		M-50	14	00:00:03	<b>00:26:09.40</b>	<b>00:26:13.05</b>	+00:09:04 (34.7%)	5:14	11.5 (65.3%)
190	<b>STELMASZEK Patryk</b>	<b>284</b>		M-10	18	00:00:47	<b>00:26:09.75</b>	<b>00:26:56.90</b>	+00:09:04 (34.7%)	5:13	11.5 (65.3%)
191	<b>LEWICKI Jarek</b>	<b>276</b>		M-30	57	00:00:14	<b>00:26:10.40</b>	<b>00:26:25.35</b>	+00:09:05 (34.7%)	5:14	11.5 (65.3%)
192	<b>JANOWSKA Renata</b>	<b>275</b>		K-40	7	00:00:14	<b>00:26:11.20</b>	<b>00:26:25.55</b>	+00:09:06 (34.8%)	5:14	11.5 (65.3%)
193	<b>KAMPER Malgorzata</b>	<b>481</b>	VEG MEG	K-40	8	00:00:42	<b>00:26:12.00</b>	<b>00:26:54.60</b>	+00:09:06 (34.8%)	5:14	11.5 (65.3%)
194	<b>CHILLA Wiktor</b>	<b>77</b>	-	M-40	40	00:01:01	<b>00:26:13.90</b>	<b>00:27:15.10</b>	+00:09:08 (34.9%)	5:14	11.4 (64.8%)
195	<b>PRZYBYLSKA Grażyna</b>	<b>297</b>	BYDGOSZCZ NA START, PSLA	K-50	2	00:00:21	<b>00:26:14.25</b>	<b>00:26:35.55</b>	+00:09:09 (34.9%)	5:14	11.4 (64.8%)
196	<b>SATRO Leszek</b>	<b>501</b>	RRC	M-30	58	00:00:17	<b>00:26:16.00</b>	<b>00:26:33.20</b>	+00:09:10 (35.0%)	5:15	11.4 (64.8%)
197	<b>PALIGA Arkadiusz</b>	<b>370</b>		M-40	41	00:00:41	<b>00:26:16.80</b>	<b>00:26:58.15</b>	+00:09:11 (35.0%)	5:15	11.4 (64.8%)
198	<b>PALIGA Maria</b>	<b>371</b>	MUKS BYDGOSZCZ SP63	K-10	2	00:00:40	<b>00:26:17.00</b>	<b>00:26:57.80</b>	+00:09:11 (35.0%)	5:15	11.4 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	<b>STĘPIEŃ Monika</b>	<b>73</b>	CZARNE STOPY	K-40	9	00:00:22	<b>00:26:20.15</b>	<b>00:26:43.05</b>	+00:09:15 (35.1%)	5:16	11.4 (64.8%)
200	<b>SKWAREK Oliwia</b>	<b>165</b>		K-20	10	00:00:08	<b>00:26:25.25</b>	<b>00:26:33.85</b>	+00:09:20 (35.3%)	5:17	11.4 (64.8%)
201	<b>GULSKI Piotr</b>	<b>555</b>		M-40	42	00:00:19	<b>00:26:25.85</b>	<b>00:26:45.45</b>	+00:09:20 (35.4%)	5:17	11.3 (64.2%)
202	<b>KALEMBA Daria</b>	<b>18</b>		K-20	11	00:00:29	<b>00:26:28.45</b>	<b>00:26:57.55</b>	+00:09:23 (35.5%)	5:17	11.3 (64.2%)
203	<b>NIKOŁAJEW Monika</b>	<b>103</b>		K-30	15	00:00:09	<b>00:26:28.65</b>	<b>00:26:38.00</b>	+00:09:23 (35.5%)	5:17	11.3 (64.2%)
204	<b>SZYNWELSKA Marlena</b>	<b>292</b>		K-50	3	00:00:13	<b>00:26:30.20</b>	<b>00:26:44.10</b>	+00:09:25 (35.5%)	5:18	11.3 (64.2%)
205	<b>KARPIŃSKI Łukasz</b>	<b>477</b>		M-30	59	00:00:10	<b>00:26:30.70</b>	<b>00:26:41.15</b>	+00:09:25 (35.6%)	5:18	11.3 (64.2%)
206	<b>BOROWCZAK Julita</b>	<b>179</b>		K-20	12	00:00:35	<b>00:26:33.35</b>	<b>00:27:08.40</b>	+00:09:28 (35.7%)	5:18	11.3 (64.2%)
207	<b>WESOŁOWSKA Daniela</b>	<b>326</b>	SZURUSIE TEAM	K-40	10	00:00:27	<b>00:26:35.25</b>	<b>00:27:02.85</b>	+00:09:30 (35.7%)	5:19	11.3 (64.2%)
208	<b>MAJEWSKI Michał</b>	<b>388</b>		M-20	28	00:00:16	<b>00:26:37.55</b>	<b>00:26:53.75</b>	+00:09:32 (35.8%)	5:19	11.3 (64.2%)
209	<b>DOLATA Rafał</b>	<b>93</b>		M-40	43	00:00:00	<b>00:26:39.75</b>	<b>00:26:39.75</b>	+00:09:34 (35.9%)	5:19	11.3 (64.2%)
210	<b>WOŹNY Robert</b>	<b>394</b>	WYŻSZE SEMINARIUM DUCHOWNE	M-20	29	00:00:21	<b>00:26:41.50</b>	<b>00:27:03.25</b>	+00:09:36 (36.0%)	5:20	11.2 (63.6%)
211	<b>MANIKOWSKI Dominik</b>	<b>6</b>		M-30	60	00:00:20	<b>00:26:43.55</b>	<b>00:27:04.00</b>	+00:09:38 (36.1%)	5:20	11.2 (63.6%)
212	<b>TYKWIŃSKA Agnieszka</b>	<b>395</b>		K-30	16	00:00:22	<b>00:26:45.65</b>	<b>00:27:08.05</b>	+00:09:40 (36.2%)	5:21	11.2 (63.6%)
213	<b>FUZ Gabriela</b>	<b>70</b>	KABEL TEAM BYDGOSZCZ	K-40	11	00:00:37	<b>00:26:47.40</b>	<b>00:27:25.30</b>	+00:09:42 (36.2%)	5:21	11.2 (63.6%)
214	<b>SKUBISZAK Jacek</b>	<b>422</b>		M-40	44	00:00:19	<b>00:26:49.60</b>	<b>00:27:08.85</b>	+00:09:44 (36.3%)	5:21	11.2 (63.6%)
215	<b>PŁOSZAJ Magdalena</b>	<b>23</b>		K-30	17	00:00:29	<b>00:26:49.80</b>	<b>00:27:19.75</b>	+00:09:44 (36.3%)	5:22	11.2 (63.6%)
216	<b>PAPIS Piotr</b>	<b>26</b>	BACKONIK	M-30	61	00:00:38	<b>00:26:49.90</b>	<b>00:27:28.10</b>	+00:09:44 (36.3%)	5:22	11.2 (63.6%)
217	<b>GIERSZ Krzysztof</b>	<b>430</b>		M-40	45	00:00:50	<b>00:26:53.65</b>	<b>00:27:43.95</b>	+00:09:48 (36.5%)	5:22	11.2 (63.6%)
218	<b>AUGUSTYNIAK Piotr</b>	<b>229</b>		M-40	46	00:00:31	<b>00:26:58.80</b>	<b>00:27:30.05</b>	+00:09:53 (36.7%)	5:23	11.1 (63.1%)
219	<b>SZULC Joanna</b>	<b>641</b>		K-40	12	00:00:31	<b>00:26:58.85</b>	<b>00:27:30.25</b>	+00:09:53 (36.7%)	5:23	11.1 (63.1%)
220	<b>KUBIAK-KUJAWA Joanna</b>	<b>374</b>		K-30	18	00:00:32	<b>00:27:01.00</b>	<b>00:27:33.15</b>	+00:09:55 (36.8%)	5:24	11.1 (63.1%)
221	<b>SZYNKA Sebastian</b>	<b>355</b>	BUZAŁATEAM	M-10	19	00:00:11	<b>00:27:03.35</b>	<b>00:27:14.85</b>	+00:09:58 (36.8%)	5:24	11.1 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	WYPORKIEWICZ Jerzy	518		M-50	15	00:00:32	00:27:06.85	00:27:39.40	+00:10:01 (37.0%)	5:25	11.1 (63.1%)
223	CIECHNA Julia	405	BYDGOSKI KLUB WIOŚLAREK	K-10	3	00:00:07	00:27:06.90	00:27:14.80	+00:10:01 (37.0%)	5:25	11.1 (63.1%)
223	SMYK Martyna	407	BYDGOSKI KLUB WIOŚLAREK	K-10	4	00:00:07	00:27:06.90	00:27:13.90	+00:10:01 (37.0%)	5:25	11.1 (63.1%)
225	RÓŻAŃSKA Aleksandra	406	BYDGOSKI KLUB WIOŚLAREK	K-10	5	00:00:07	00:27:07.40	00:27:14.70	+00:10:02 (37.0%)	5:25	11.1 (63.1%)
226	ŁUKOMSKI Dawid	107	GARDENFLORA MTB TEAM	M-20	30	00:00:22	00:27:08.80	00:27:31.70	+00:10:03 (37.1%)	5:25	11 (62.5%)
227	ORZECHOWSKI Zbigniew	98		M-40	47	00:00:38	00:27:08.95	00:27:47.90	+00:10:03 (37.1%)	5:25	11 (62.5%)
228	GŁOWACKI Krzysztof	364		M-30	62	00:00:08	00:27:09.90	00:27:18.75	+00:10:04 (37.1%)	5:26	11 (62.5%)
229	WÓJCIK Piotr	290		M-10	20	00:00:12	00:27:11.70	00:27:24.60	+00:10:06 (37.2%)	5:26	11 (62.5%)
230	PASZKIET Witold	618		M-60+	3	00:00:23	00:27:13.20	00:27:37.10	+00:10:08 (37.2%)	5:26	11 (62.5%)
231	DULSKA Katarzyna	239		K-30	19	00:00:13	00:27:15.25	00:27:28.75	+00:10:10 (37.3%)	5:27	11 (62.5%)
232	STREICH Klaudia	630		K-10	6	00:00:39	00:27:20.00	00:27:59.30	+00:10:14 (37.5%)	5:28	11 (62.5%)
233	ANASZEWICZ Marzena	281		K-40	13	00:00:24	00:27:20.20	00:27:44.55	+00:10:15 (37.5%)	5:28	11 (62.5%)
234	ROGUSZCZAK Maciej	112		M-40	48	00:00:11	00:27:20.45	00:27:31.80	+00:10:15 (37.5%)	5:28	11 (62.5%)
235	CHĘSIAK Przemysław	629		M-20	31	00:00:38	00:27:20.50	00:27:59.40	+00:10:15 (37.5%)	5:28	11 (62.5%)
236	POTRZEBOWSKI Marek	116	DEAF I #B3K	M-30	63	00:00:20	00:27:22.05	00:27:42.20	+00:10:16 (37.6%)	5:28	11 (62.5%)
237	GÓRECKA Anna	258		K-20	13	00:00:43	00:27:23.85	00:28:06.95	+00:10:18 (37.6%)	5:28	11 (62.5%)
238	KARCZEWSKA Agnieszka	257		K-30	20	00:00:42	00:27:23.90	00:28:06.80	+00:10:18 (37.6%)	5:28	10.9 (61.9%)
239	SZCZEPAŃSKI Adrian	510		M-20	32	00:00:16	00:27:26.50	00:27:42.90	+00:10:21 (37.7%)	5:29	10.9 (61.9%)
240	JARANTOWICZ Małgorzata	226	THE RUNNERS ŚWIECIE	K-30	21	00:00:17	00:27:29.65	00:27:46.85	+00:10:24 (37.9%)	5:29	10.9 (61.9%)
241	LEWANDOWSKA Izabela	193		K-30	22	00:00:27	00:27:30.05	00:27:57.05	+00:10:24 (37.9%)	5:30	10.9 (61.9%)
242	ROMANOWSKA Agnieszka	665		K-40	14	00:00:26	00:27:30.60	00:27:56.95	+00:10:25 (37.9%)	5:30	10.9 (61.9%)
243	GRABOWSKA Marlena	316		K-30	23	00:00:26	00:27:30.85	00:27:56.85	+00:10:25 (37.9%)	5:30	10.9 (61.9%)
244	BOROWICZ Jacek	631		M-40	49	00:00:31	00:27:32.20	00:28:03.75	+00:10:27 (38.0%)	5:30	10.9 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	<b>BOROWICZ Małgorzata</b>	<b>339</b>		K-40	15	00:00:30	<b>00:27:32.75</b>	<b>00:28:03.50</b>	+00:10:27 (38.0%)	5:30	10.9 (61.9%)
246	<b>ŁAWSKI Piotr</b>	<b>449</b>		M-30	64	00:00:14	<b>00:27:33.80</b>	<b>00:27:48.50</b>	+00:10:28 (38.0%)	5:30	10.9 (61.9%)
247	<b>BRZEZIŃSKA Marta</b>	<b>362</b>		K-20	14	00:00:19	<b>00:27:36.65</b>	<b>00:27:56.20</b>	+00:10:31 (38.1%)	5:31	10.9 (61.9%)
248	<b>TYSZKIEWK Aldona</b>	<b>610</b>		K-40	16	00:00:14	<b>00:27:37.10</b>	<b>00:27:51.90</b>	+00:10:31 (38.1%)	5:31	10.9 (61.9%)
249	<b>DUDZIŃSKA Aleksandra</b>	<b>99</b>	RUN BYDGOSZCZ	K-50	4	00:00:44	<b>00:27:39.60</b>	<b>00:28:24.05</b>	+00:10:34 (38.2%)	5:32	10.8 (61.4%)
250	<b>MALATYŃSKA Barbara</b>	<b>269</b>		K-40	17	00:00:24	<b>00:27:40.30</b>	<b>00:28:04.45</b>	+00:10:35 (38.3%)	5:32	10.8 (61.4%)
251	<b>LIDKE Jacek</b>	<b>321</b>		M-40	50	00:00:34	<b>00:27:42.30</b>	<b>00:28:17.00</b>	+00:10:37 (38.3%)	5:32	10.8 (61.4%)
252	<b>GÓRSKA Joanna</b>	<b>489</b>		K-30	24	00:00:13	<b>00:27:45.40</b>	<b>00:27:58.40</b>	+00:10:40 (38.4%)	5:33	10.8 (61.4%)
253	<b>HOFFA Filip</b>	<b>245</b>		M-30	65	00:00:08	<b>00:27:46.80</b>	<b>00:27:55.20</b>	+00:10:41 (38.5%)	5:33	10.8 (61.4%)
254	<b>CZYŻEWSKA Anna</b>	<b>184</b>		K-30	25	00:00:22	<b>00:27:51.15</b>	<b>00:28:13.55</b>	+00:10:46 (38.7%)	5:34	10.8 (61.4%)
255	<b>SIERNACKA Anna</b>	<b>652</b>		K-30	26	00:00:08	<b>00:27:52.10</b>	<b>00:28:00.35</b>	+00:10:46 (38.7%)	5:34	10.8 (61.4%)
256	<b>KRZEMIŃSKA Jolanta</b>	<b>155</b>		K-30	27	00:00:22	<b>00:27:53.80</b>	<b>00:28:15.90</b>	+00:10:48 (38.8%)	5:34	10.8 (61.4%)
257	<b>MODRZEJEWSKI Wojciech</b>	<b>440</b>	JW 3775 CHOJNICE	M-40	51	00:00:10	<b>00:27:54.05</b>	<b>00:28:04.45</b>	+00:10:48 (38.8%)	5:34	10.8 (61.4%)
258	<b>SZPYT Ania</b>	<b>357</b>		K-30	28	00:00:21	<b>00:27:55.15</b>	<b>00:28:16.25</b>	+00:10:50 (38.8%)	5:35	10.7 (60.8%)
259	<b>SKWAREK Bogumiła</b>	<b>164</b>		K-50	5	00:00:04	<b>00:28:01.00</b>	<b>00:28:05.55</b>	+00:10:55 (39.0%)	5:36	10.7 (60.8%)
260	<b>KOŁODZIEJSKA Bożena</b>	<b>531</b>		K-40	18	00:00:45	<b>00:28:03.00</b>	<b>00:28:48.00</b>	+00:10:57 (39.1%)	5:36	10.7 (60.8%)
261	<b>JAGIELSKA Patrycja</b>	<b>55</b>	IQOR RUN	K-20	15	00:00:15	<b>00:28:03.80</b>	<b>00:28:19.10</b>	+00:10:58 (39.1%)	5:36	10.7 (60.8%)
262	<b>KOTLĘGA Agata</b>	<b>168</b>		K-20	16	00:00:08	<b>00:28:04.50</b>	<b>00:28:12.85</b>	+00:10:59 (39.1%)	5:36	10.7 (60.8%)
262	<b>GNIAZDOWSKA Marcelina</b>	<b>663</b>		K-10	7	00:00:15	<b>00:28:04.50</b>	<b>00:28:20.20</b>	+00:10:59 (39.1%)	5:37	10.7 (60.8%)
264	<b>FILOSEK Paweł</b>	<b>475</b>	#BANANATEAM	M-20	33	00:00:37	<b>00:28:05.70</b>	<b>00:28:42.90</b>	+00:11:00 (39.2%)	5:37	10.7 (60.8%)
265	<b>KRÓL Katarzyna</b>	<b>83</b>		K-40	19	00:00:24	<b>00:28:05.85</b>	<b>00:28:30.65</b>	+00:11:00 (39.2%)	5:37	10.7 (60.8%)
266	<b>WŁODARCZYK Olga</b>	<b>471</b>	#BANANATEAM	K-20	17	00:00:36	<b>00:28:06.95</b>	<b>00:28:43.15</b>	+00:11:01 (39.2%)	5:37	10.7 (60.8%)
267	<b>WEBER Jerzy</b>	<b>647</b>		M-10	21	00:00:45	<b>00:28:07.50</b>	<b>00:28:53.10</b>	+00:11:02 (39.3%)	5:37	10.7 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	<b>SZNEIDROWSKA Agnieszka</b>	<b>437</b>		K-20	18	00:00:25	<b>00:28:12.25</b>	<b>00:28:37.65</b>	+00:11:07 (39.4%)	5:38	10.6 (60.2%)
269	<b>KOTOLIŃSKA Aleksandra</b>	<b>613</b>		K-10	8	00:00:37	<b>00:28:14.40</b>	<b>00:28:52.30</b>	+00:11:09 (39.5%)	5:39	10.6 (60.2%)
270	<b>KACZMAREK Sebastian</b>	<b>537</b>		M-30	66	00:00:24	<b>00:28:19.90</b>	<b>00:28:44.85</b>	+00:11:14 (39.7%)	5:40	10.6 (60.2%)
271	<b>WESOŁOWSKI Rafał</b>	<b>387</b>	SZURUSIE TEAM	M-40	52	00:00:29	<b>00:28:20.35</b>	<b>00:28:50.30</b>	+00:11:15 (39.7%)	5:40	10.6 (60.2%)
272	<b>WEBER Hanna</b>	<b>450</b>	DRUŻYNA SZPIKU	K-40	20	00:00:45	<b>00:28:21.05</b>	<b>00:29:06.50</b>	+00:11:15 (39.7%)	5:40	10.6 (60.2%)
273	<b>GÓRSKA Agnieszka</b>	<b>493</b>		K-30	29	00:00:48	<b>00:28:21.25</b>	<b>00:29:10.20</b>	+00:11:16 (39.7%)	5:40	10.6 (60.2%)
274	<b>CHROBAK Przemysław</b>	<b>157</b>	ILO	M-40	53	00:00:27	<b>00:28:21.75</b>	<b>00:28:49.55</b>	+00:11:16 (39.8%)	5:40	10.6 (60.2%)
275	<b>KALINOWSKA Kamila</b>	<b>659</b>		K-40	21	00:00:44	<b>00:28:22.05</b>	<b>00:29:06.25</b>	+00:11:16 (39.8%)	5:40	10.6 (60.2%)
276	<b>KACZMAREK Aleksandra</b>	<b>363</b>		K-20	19	00:00:03	<b>00:28:22.85</b>	<b>00:28:26.20</b>	+00:11:17 (39.8%)	5:40	10.6 (60.2%)
277	<b>NOWAK Jakub</b>	<b>156</b>	ILO	M-30	67	00:00:26	<b>00:28:23.10</b>	<b>00:28:49.60</b>	+00:11:17 (39.8%)	5:40	10.6 (60.2%)
278	<b>FRYDRYCHOWICZ Lilianna</b>	<b>53</b>		K-50	6	00:00:32	<b>00:28:23.35</b>	<b>00:28:56.25</b>	+00:11:18 (39.8%)	5:40	10.6 (60.2%)
279	<b>ZAORSKA Marta</b>	<b>638</b>		K-30	30	00:00:25	<b>00:28:25.45</b>	<b>00:28:50.90</b>	+00:11:20 (39.9%)	5:41	10.6 (60.2%)
280	<b>BEDNAREK Grażyna</b>	<b>260</b>	RUN PASJA	K-40	22	00:00:23	<b>00:28:26.90</b>	<b>00:28:50.85</b>	+00:11:21 (39.9%)	5:41	10.5 (59.7%)
281	<b>RATAJCZAK Marcel</b>	<b>328</b>	SP 63	M-10	22	00:00:17	<b>00:28:28.10</b>	<b>00:28:45.10</b>	+00:11:22 (40.0%)	5:41	10.5 (59.7%)
282	<b>RYDELSKA Kinga</b>	<b>89</b>		K-40	23	00:00:29	<b>00:28:28.45</b>	<b>00:28:58.10</b>	+00:11:23 (40.0%)	5:41	10.5 (59.7%)
283	<b>GÓRSKI Jacek</b>	<b>79</b>	-	M-50	16	00:00:34	<b>00:28:29.35</b>	<b>00:29:03.60</b>	+00:11:24 (40.0%)	5:41	10.5 (59.7%)
284	<b>WITT Jacek</b>	<b>109</b>		M-40	54	00:00:36	<b>00:28:31.80</b>	<b>00:29:08.50</b>	+00:11:26 (40.1%)	5:42	10.5 (59.7%)
285	<b>WYKA Kamil</b>	<b>346</b>	L'ÉQUIPE DE CITROEN	M-20	34	00:00:32	<b>00:28:35.70</b>	<b>00:29:08.60</b>	+00:11:30 (40.2%)	5:43	10.5 (59.7%)
286	<b>OBIDOWSKI Adam</b>	<b>344</b>	L'ÉQUIPE DE CITROEN	M-30	68	00:00:31	<b>00:28:37.30</b>	<b>00:29:09.00</b>	+00:11:32 (40.3%)	5:43	10.5 (59.7%)
287	<b>KRYMER Agnieszka</b>	<b>122</b>		K-40	24	00:00:30	<b>00:28:39.80</b>	<b>00:29:09.90</b>	+00:11:34 (40.4%)	5:43	10.5 (59.7%)
288	<b>KARWACKA Agnieszka</b>	<b>248</b>	PINUP BYDGOSZCZ	K-30	31	00:00:12	<b>00:28:43.00</b>	<b>00:28:55.50</b>	+00:11:37 (40.5%)	5:44	10.4 (59.1%)
289	<b>LENC Janusz</b>	<b>300</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60+	4	00:00:45	<b>00:28:44.95</b>	<b>00:29:30.40</b>	+00:11:39 (40.6%)	5:45	10.4 (59.1%)
290	<b>WIOSNA Tomasz</b>	<b>268</b>	BIEGAJĄCE ŻÓŁWIE IT	M-20	35	00:00:43	<b>00:28:46.75</b>	<b>00:29:30.50</b>	+00:11:41 (40.6%)	5:45	10.4 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	<b>ARASZKIEWICZ Katarzyna</b>	<b>247</b>	PINUP BYDGOSZCZ	K-30	32	00:00:00	<b>00:28:55.40</b>	<b>00:28:55.40</b>	+00:11:50 (40.9%)	5:47	10.4 (59.1%)
292	<b>SZULC Michał</b>	<b>608</b>		M-30	69	00:00:24	<b>00:28:55.70</b>	<b>00:29:20.20</b>	+00:11:50 (40.9%)	5:47	10.4 (59.1%)
293	<b>PŁOSZAJ Maciej</b>	<b>22</b>		M-30	70	00:00:43	<b>00:28:55.95</b>	<b>00:29:39.05</b>	+00:11:50 (40.9%)	5:47	10.4 (59.1%)
294	<b>PIETRASZAK Tomasz</b>	<b>543</b>	RUN BYDGOSZCZ	M-40	55	00:00:49	<b>00:29:00.30</b>	<b>00:29:49.85</b>	+00:11:55 (41.1%)	5:48	10.3 (58.5%)
295	<b>KUBIS Sylwia</b>	<b>524</b>		K-40	25	00:00:25	<b>00:29:00.90</b>	<b>00:29:26.25</b>	+00:11:55 (41.1%)	5:48	10.3 (58.5%)
296	<b>GŁĘBOCKA Agnieszka</b>	<b>556</b>		K-30	33	00:00:24	<b>00:29:02.05</b>	<b>00:29:26.35</b>	+00:11:56 (41.2%)	5:48	10.3 (58.5%)
297	<b>TARCZYŃSKA Marta</b>	<b>130</b>	COOKIETEAMRUNERS	K-30	34	00:00:24	<b>00:29:02.15</b>	<b>00:29:26.35</b>	+00:11:57 (41.2%)	5:48	10.3 (58.5%)
298	<b>ALEKSANDER Alicja</b>	<b>288</b>	BIEGAJĄCE ŻÓŁWIE IT	K-20	20	00:00:44	<b>00:29:03.25</b>	<b>00:29:47.30</b>	+00:11:58 (41.2%)	5:48	10.3 (58.5%)
299	<b>SZECÓWKA Marcin</b>	<b>351</b>		M-30	71	00:00:48	<b>00:29:11.20</b>	<b>00:29:59.70</b>	+00:12:06 (41.5%)	5:50	10.3 (58.5%)
300	<b>LEWANDOWSKA Agnieszka</b>	<b>350</b>		K-30	35	00:00:46	<b>00:29:11.30</b>	<b>00:29:58.00</b>	+00:12:06 (41.5%)	5:50	10.3 (58.5%)
301	<b>BORUSZEWSKI Remigiusz</b>	<b>271</b>	#BRKT	M-10	23	00:00:56	<b>00:29:14.60</b>	<b>00:30:10.70</b>	+00:12:09 (41.6%)	5:50	10.3 (58.5%)
302	<b>MICHNIEWICZ Małgorzata</b>	<b>428</b>		K-30	36	00:00:17	<b>00:29:14.85</b>	<b>00:29:32.10</b>	+00:12:09 (41.6%)	5:51	10.3 (58.5%)
303		<b>600</b>				00:00:19	<b>00:29:16.65</b>	<b>00:29:35.90</b>	+00:12:11 (41.6%)	5:51	10.3 (58.5%)
304	<b>ŚWIETLIK Grzegorz</b>	<b>470</b>	KRÓLOWIE ŻYCIA	M-30	72	00:00:06	<b>00:29:17.00</b>	<b>00:29:23.45</b>	+00:12:11 (41.7%)	5:51	10.2 (58.0%)
305	<b>KAMIŃSKI Sławomir</b>	<b>523</b>	MOBILNY WULKAN	M-30	73	00:00:05	<b>00:29:17.65</b>	<b>00:29:23.30</b>	+00:12:12 (41.7%)	5:51	10.2 (58.0%)
306	<b>CHMIELEWSKI Patryk</b>	<b>62</b>		M-20	36	00:00:49	<b>00:29:17.70</b>	<b>00:30:06.70</b>	+00:12:12 (41.7%)	5:51	10.2 (58.0%)
307	<b>KAŻMIERCZAK Małgorzata</b>	<b>277</b>	BIEGAJĄCE ŻÓŁWIE IT	K-30	37	00:00:44	<b>00:29:22.35</b>	<b>00:30:06.55</b>	+00:12:17 (41.8%)	5:52	10.2 (58.0%)
308	<b>STAFIEJ Barbara</b>	<b>435</b>	BMS	K-40	26	00:00:35	<b>00:29:23.80</b>	<b>00:29:58.95</b>	+00:12:18 (41.9%)	5:52	10.2 (58.0%)
309	<b>SAK Anna</b>	<b>381</b>	DECATHLON TEAM INOWROCŁAW	K-30	38	00:00:37	<b>00:29:25.50</b>	<b>00:30:02.60</b>	+00:12:20 (41.9%)	5:53	10.2 (58.0%)
310	<b>GRABOWSKA Zofia</b>	<b>451</b>		K-10	9	00:00:38	<b>00:29:26.10</b>	<b>00:30:04.45</b>	+00:12:20 (42.0%)	5:53	10.2 (58.0%)
311	<b>WIEWIÓRA Agata</b>	<b>222</b>		K-30	39	00:00:05	<b>00:29:27.50</b>	<b>00:29:32.85</b>	+00:12:22 (42.0%)	5:53	10.2 (58.0%)
312	<b>SZUBARGA Anna</b>	<b>150</b>		K-10	10	00:00:16	<b>00:29:29.20</b>	<b>00:29:45.40</b>	+00:12:24 (42.1%)	5:53	10.2 (58.0%)
313	<b>KOSZOWSKA Rozalia</b>	<b>187</b>	TRITRYSZCZYNTTEAM	K-10	11	00:00:15	<b>00:29:29.95</b>	<b>00:29:45.50</b>	+00:12:24 (42.1%)	5:54	10.2 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	<b>WOJTASZEK Kinga</b>	<b>614</b>		K-10	12	00:00:37	<b>00:29:30.10</b>	<b>00:30:07.40</b>	+00:12:24 (42.1%)	5:54	10.2 (58.0%)
315	<b>OŻGA Agnieszka</b>	<b>16</b>		K-30	40	00:00:23	<b>00:29:30.15</b>	<b>00:29:53.15</b>	+00:12:25 (42.1%)	5:54	10.2 (58.0%)
316	<b>JANOWSKI Daniel</b>	<b>335</b>	TEAM KUCYKI	M-20	37	00:00:22	<b>00:29:31.00</b>	<b>00:29:53.75</b>	+00:12:25 (42.1%)	5:54	10.2 (58.0%)
317	<b>WOŹNIACKA Beata</b>	<b>516</b>	FUNDACJA JEKO	K-50	7	00:00:42	<b>00:29:31.60</b>	<b>00:30:14.10</b>	+00:12:26 (42.1%)	5:54	10.2 (58.0%)
318	<b>GACKOWSKI Edward</b>	<b>526</b>	BYDGOSZCZ NASTART	M-60+	5	00:00:33	<b>00:29:33.75</b>	<b>00:30:07.50</b>	+00:12:28 (42.2%)	5:54	10.1 (57.4%)
319	<b>GRUŻEWSKA Justyna</b>	<b>56</b>		K-30	41	00:00:31	<b>00:29:34.00</b>	<b>00:30:05.80</b>	+00:12:28 (42.2%)	5:54	10.1 (57.4%)
320	<b>FERENZ Marcin</b>	<b>379</b>		M-30	74	00:00:07	<b>00:29:36.80</b>	<b>00:29:44.55</b>	+00:12:31 (42.3%)	5:55	10.1 (57.4%)
321	<b>MARSZAŁKOWSKA Katarzyna</b>	<b>151</b>		K-30	42	00:00:43	<b>00:29:37.35</b>	<b>00:30:20.75</b>	+00:12:32 (42.3%)	5:55	10.1 (57.4%)
322	<b>LEWIŃSKA Aleksandra</b>	<b>625</b>		K-30	43	00:00:35	<b>00:29:39.10</b>	<b>00:30:14.90</b>	+00:12:33 (42.4%)	5:55	10.1 (57.4%)
323	<b>CYBUL Anna</b>	<b>240</b>		K-40	27	00:00:30	<b>00:29:40.00</b>	<b>00:30:10.30</b>	+00:12:34 (42.4%)	5:56	10.1 (57.4%)
324	<b>WIATROWSKA Katarzyna</b>	<b>234</b>		K-30	44	00:00:09	<b>00:29:40.20</b>	<b>00:29:49.55</b>	+00:12:35 (42.4%)	5:56	10.1 (57.4%)
325	<b>LEWICKA Dagmara</b>	<b>486</b>		K-20	21	00:00:09	<b>00:29:42.85</b>	<b>00:29:52.60</b>	+00:12:37 (42.5%)	5:56	10.1 (57.4%)
326	<b>JURUŚ Jolanta</b>	<b>398</b>	HERBALIFE	K-50	8	00:00:25	<b>00:29:43.00</b>	<b>00:30:08.40</b>	+00:12:37 (42.5%)	5:56	10.1 (57.4%)
327	<b>ASTUKIEWICZ Tomasz</b>	<b>17</b>		M-40	56	00:00:11	<b>00:29:47.90</b>	<b>00:29:59.55</b>	+00:12:42 (42.7%)	5:57	10.1 (57.4%)
328	<b>GUMIENNY Maciej</b>	<b>256</b>		M-40	57	00:00:13	<b>00:29:48.70</b>	<b>00:30:02.30</b>	+00:12:43 (42.7%)	5:57	10.1 (57.4%)
329	<b>ZDUNKIEWICZ Hania</b>	<b>95</b>	#WIĘCEJSPRZĘTUNIŻTALENTU	K-30	45	00:00:48	<b>00:29:51.00</b>	<b>00:30:39.30</b>	+00:12:45 (42.8%)	5:58	10.1 (57.4%)
330	<b>BĄBOLEWSKI Łukasz</b>	<b>87</b>	#WIĘCEJSPRZĘTUNIŻTALENTU	M-30	75	00:00:47	<b>00:29:52.05</b>	<b>00:30:39.90</b>	+00:12:46 (42.8%)	5:58	10 (56.8%)
331	<b>MICHALAK Anita</b>	<b>205</b>		K-40	28	00:00:46	<b>00:29:52.35</b>	<b>00:30:39.05</b>	+00:12:47 (42.8%)	5:58	10 (56.8%)
332	<b>DUSZYŃSKI Filip</b>	<b>43</b>	AMATOR	M-40	58	00:00:10	<b>00:29:52.65</b>	<b>00:30:03.35</b>	+00:12:47 (42.8%)	5:58	10 (56.8%)
333	<b>MICHALAK Piotr</b>	<b>204</b>		M-40	59	00:00:46	<b>00:29:52.90</b>	<b>00:30:39.80</b>	+00:12:47 (42.8%)	5:58	10 (56.8%)
334	<b>SOBOTA Beata</b>	<b>541</b>		K-30	46	00:00:34	<b>00:29:54.50</b>	<b>00:30:28.50</b>	+00:12:49 (42.9%)	5:58	10 (56.8%)
335	<b>ZAKURZEWSKI Tomasz</b>	<b>391</b>	WYŻSZE SEMINARIUM DUCHOWNE	M-20	38	00:00:21	<b>00:29:55.30</b>	<b>00:30:17.00</b>	+00:12:50 (42.9%)	5:59	10 (56.8%)
336	<b>SKONIECKA Paulina</b>	<b>606</b>		K-10	13	00:00:07	<b>00:29:55.85</b>	<b>00:30:03.05</b>	+00:12:50 (42.9%)	5:59	10 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	<b>ROZMARYNOWICZ Anna Maria</b>	<b>313</b>	WOLNOŚĆ	K-30	47	00:00:20	<b>00:29:57.95</b>	<b>00:30:18.80</b>	+00:12:52 (43.0%)	5:59	10 (56.8%)
338	<b>JELONEK Angelika</b>	<b>500</b>		K-30	48	00:00:46	<b>00:29:59.00</b>	<b>00:30:45.70</b>	+00:12:53 (43.0%)	5:59	10 (56.8%)
339	<b>CHROMIŃSKA Paulina</b>	<b>176</b>		K-20	22	00:00:08	<b>00:29:59.10</b>	<b>00:30:07.95</b>	+00:12:53 (43.0%)	5:59	10 (56.8%)
340	<b>NOWAK Mariola</b>	<b>298</b>		K-40	29	00:00:13	<b>00:30:01.65</b>	<b>00:30:15.45</b>	+00:12:56 (43.1%)	6:00	10 (56.8%)
341	<b>WINOGRODZKI Radosław</b>	<b>376</b>		M-30	76	00:00:16	<b>00:30:02.35</b>	<b>00:30:19.20</b>	+00:12:57 (43.1%)	6:00	10 (56.8%)
341	<b>JAROSZEWSKA Anna</b>	<b>84</b>	DEEP FOREST	K-40	30	00:00:20	<b>00:30:02.35</b>	<b>00:30:22.50</b>	+00:12:57 (43.1%)	6:00	10 (56.8%)
343	<b>JAROSZEWSKI Wojciech</b>	<b>86</b>	DEEP FOREST	M-40	60	00:00:20	<b>00:30:02.40</b>	<b>00:30:22.45</b>	+00:12:57 (43.1%)	6:00	10 (56.8%)
344	<b>MANIKOWSKA Katarzyna</b>	<b>642</b>		K-30	49	00:00:33	<b>00:30:02.60</b>	<b>00:30:35.70</b>	+00:12:57 (43.1%)	6:00	10 (56.8%)
345	<b>RATAJCZAK Arleta</b>	<b>327</b>	SP 63	K-40	31	00:00:17	<b>00:30:03.20</b>	<b>00:30:21.00</b>	+00:12:58 (43.1%)	6:00	10 (56.8%)
346	<b>TRETKA Karolina</b>	<b>624</b>		K-30	50	00:00:18	<b>00:30:03.45</b>	<b>00:30:21.85</b>	+00:12:58 (43.2%)	6:00	10 (56.8%)
347	<b>SAS Kasia</b>	<b>44</b>	AMATOR	K-40	32	00:00:00	<b>00:30:03.55</b>	<b>00:30:03.55</b>	+00:12:58 (43.2%)	6:00	10 (56.8%)
348	<b>KNOP Krzysztof</b>	<b>495</b>	STRONNO	M-40	61	00:00:37	<b>00:30:06.60</b>	<b>00:30:43.90</b>	+00:13:01 (43.3%)	6:01	10 (56.8%)
349	<b>PREUS Patryk</b>	<b>512</b>	PERFEKT 300 BYDGOSZCZ	M-20	39	00:00:51	<b>00:30:07.95</b>	<b>00:30:59.45</b>	+00:13:02 (43.3%)	6:01	10 (56.8%)
350	<b>MASZUDZIŃSKI Mateusz</b>	<b>319</b>		M-20	40	00:00:35	<b>00:30:09.90</b>	<b>00:30:45.85</b>	+00:13:04 (43.4%)	6:02	9.9 (56.3%)
351	<b>SZYDŁOWSKA Beata</b>	<b>312</b>	HERBALIFE	K-50	9	00:00:26	<b>00:30:10.80</b>	<b>00:30:37.20</b>	+00:13:05 (43.4%)	6:02	9.9 (56.3%)
352	<b>BAUMGART Berenika</b>	<b>146</b>		K-20	23	00:00:43	<b>00:30:12.90</b>	<b>00:30:56.15</b>	+00:13:07 (43.5%)	6:02	9.9 (56.3%)
353	<b>WENAL Adam</b>	<b>633</b>		M-30	77	00:00:37	<b>00:30:16.60</b>	<b>00:30:54.35</b>	+00:13:11 (43.6%)	6:03	9.9 (56.3%)
354	<b>BRATKOWSKI Jakub</b>	<b>626</b>		M-10	24	00:00:35	<b>00:30:17.90</b>	<b>00:30:53.25</b>	+00:13:12 (43.6%)	6:03	9.9 (56.3%)
355	<b>JAROSZEWSKA Maria</b>	<b>85</b>	DEEP FOREST	K-10	14	00:00:00	<b>00:30:22.55</b>	<b>00:30:22.55</b>	+00:13:17 (43.8%)	6:04	9.9 (56.3%)
356	<b>KOWALIK Ania</b>	<b>404</b>		K-20	24	00:00:05	<b>00:30:22.75</b>	<b>00:30:28.25</b>	+00:13:17 (43.8%)	6:04	9.9 (56.3%)
357	<b>OZOROWSKA Karolina</b>	<b>417</b>		K-30	51	00:00:47	<b>00:30:24.60</b>	<b>00:31:12.30</b>	+00:13:19 (43.8%)	6:05	9.9 (56.3%)
358	<b>ZIENKIEWICZ Anna</b>	<b>384</b>		K-40	33	00:00:18	<b>00:30:26.40</b>	<b>00:30:45.10</b>	+00:13:21 (43.9%)	6:05	9.9 (56.3%)
359	<b>GWIAZDZIŃSKI Kamil</b>	<b>385</b>		M-30	78	00:00:18	<b>00:30:27.05</b>	<b>00:30:45.70</b>	+00:13:21 (43.9%)	6:05	9.9 (56.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	MELTZKER Krzysztof	644		M-20	41	00:00:25	00:30:28.30	00:30:53.35	+00:13:23 (43.9%)	6:05	9.8 (55.7%)
361	GADOMSKA Joanna	643		K-20	25	00:00:25	00:30:28.90	00:30:53.95	+00:13:23 (43.9%)	6:05	9.8 (55.7%)
362	ANGIEL Władysław	301	TKKF KOLEJARZ BYDGOSZCZ	M-60+	6	00:00:04	00:30:29.70	00:30:34.10	+00:13:24 (44.0%)	6:06	9.8 (55.7%)
363	DOLSKA Vanessa	491		K-10	15	00:00:37	00:30:33.10	00:31:10.85	+00:13:27 (44.1%)	6:06	9.8 (55.7%)
364	DOMINIAK Joanna	488		K-30	52	00:00:37	00:30:33.95	00:31:10.95	+00:13:28 (44.1%)	6:06	9.8 (55.7%)
365	DOLSKI Tomek	490		M-30	79	00:00:38	00:30:36.85	00:31:15.50	+00:13:31 (44.2%)	6:07	9.8 (55.7%)
366	PIKIES Patrycja	152		K-20	26	00:00:22	00:30:39.05	00:31:01.80	+00:13:33 (44.3%)	6:07	9.8 (55.7%)
367	KNOP Kamila	547		K-10	16	00:00:00	00:30:43.30	00:30:43.30	+00:13:38 (44.4%)	6:08	9.8 (55.7%)
368	WACH Zofia	602		K-10	17	00:00:52	00:30:43.75	00:31:36.15	+00:13:38 (44.4%)	6:08	9.8 (55.7%)
369	WÓJCIK Anna	28		K-30	53	00:00:13	00:30:45.30	00:30:58.75	+00:13:40 (44.4%)	6:09	9.8 (55.7%)
370	ŻYŁA Marta	504		K-40	34	00:00:06	00:30:48.65	00:30:55.25	+00:13:43 (44.5%)	6:09	9.7 (55.1%)
371	KACZYŃSKI Rafał	473	PLUSZOWE NORNICE	M-30	80	00:00:18	00:30:48.75	00:31:07.10	+00:13:43 (44.5%)	6:09	9.7 (55.1%)
372	BŁASZKIEWICZ Marzena	265		K-40	35	00:00:18	00:30:49.20	00:31:07.40	+00:13:44 (44.6%)	6:09	9.7 (55.1%)
373	FORTYKOWSKA Laura	661		K-10	18	00:00:14	00:30:50.40	00:31:05.05	+00:13:45 (44.6%)	6:10	9.7 (55.1%)
373	KALINOWSKA Patrycja	660		K-30	54	00:00:17	00:30:50.40	00:31:07.50	+00:13:45 (44.6%)	6:10	9.7 (55.1%)
375	NOSKOWIAK-BAJNO Alicja	315		K-30	55	00:00:16	00:30:50.70	00:31:07.40	+00:13:45 (44.6%)	6:10	9.7 (55.1%)
376	RYTLEWSKA Alicja	299		K-20	27	00:00:48	00:30:50.90	00:31:39.10	+00:13:45 (44.6%)	6:10	9.7 (55.1%)
377	ŚLEDŹ Krzysztof	508		M-40	62	00:00:00	00:30:52.00	00:30:52.00	+00:13:46 (44.6%)	6:10	9.7 (55.1%)
378	PECHE Marek	439	KLUBZDROWIA 24H	M-30	81	00:00:29	00:30:52.85	00:31:22.40	+00:13:47 (44.7%)	6:10	9.7 (55.1%)
379	JANKOWSKI Rafał	311		M-40	63	00:00:44	00:30:55.80	00:31:40.75	+00:13:50 (44.8%)	6:11	9.7 (55.1%)
380	SIELUŻYCKI Mieszko	162		M-30	82	00:00:41	00:30:59.50	00:31:41.40	+00:13:54 (44.9%)	6:12	9.7 (55.1%)
381	POBOŻAN Agnieszka	314	BIEGAM BO LUBIĘ INOWROCŁAW	K-20	28	00:00:03	00:30:59.55	00:31:02.60	+00:13:54 (44.9%)	6:11	9.7 (55.1%)
382	DOLATA Jakub	658		M-10	25	00:00:56	00:30:59.60	00:31:56.00	+00:13:54 (44.9%)	6:12	9.7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	KLINIKOWSKI Jacek	20	KOCHAM ŻYCIE I...	M-40	64	00:00:19	00:31:00.40	00:31:19.65	+00:13:55 (44.9%)	6:12	9.7 (55.1%)
383	POGORZELSKA Bogusia	34		K-40	36	00:00:19	00:31:00.40	00:31:19.65	+00:13:55 (44.9%)	6:12	9.7 (55.1%)
385	SIEMIENIECKI Filip	332		M-20	42	00:00:18	00:31:04.85	00:31:23.30	+00:13:59 (45.0%)	6:13	9.7 (55.1%)
386	MULARCZYK Julia	331		K-10	19	00:00:17	00:31:05.50	00:31:23.20	+00:14:00 (45.0%)	6:13	9.6 (54.5%)
387	ROSIAK Aleksandra	380		K-20	29	00:00:42	00:31:05.70	00:31:48.20	+00:14:00 (45.1%)	6:13	9.6 (54.5%)
388	OSENDOWSKI Andrzej	418		M-20	43	00:00:41	00:31:06.55	00:31:48.35	+00:14:01 (45.1%)	6:13	9.6 (54.5%)
389	WYPYCH-KLUNDER Katarzyna	2		K-30	56	00:00:29	00:31:07.10	00:31:36.75	+00:14:01 (45.1%)	6:13	9.6 (54.5%)
390	JARUZEL Justyna	424		K-30	57	00:00:13	00:31:07.60	00:31:21.35	+00:14:02 (45.1%)	6:13	9.6 (54.5%)
391	SZUBIŃSKA Dominika	478		K-20	30	00:00:41	00:31:13.55	00:31:54.80	+00:14:08 (45.3%)	6:14	9.6 (54.5%)
392	GRACZYK Kamil	173	PROJECT SOCIETY	M-20	44	00:00:28	00:31:15.75	00:31:43.85	+00:14:10 (45.3%)	6:15	9.6 (54.5%)
393	BALCEROWSKI Radosław	436	KLUB ZDROWIA BYDGOSZCZ	M-20	45	00:00:25	00:31:17.30	00:31:43.05	+00:14:12 (45.4%)	6:15	9.6 (54.5%)
394	SAWIEŁAJC Michał	145	MIKI72	M-40	65	00:00:38	00:31:18.40	00:31:56.45	+00:14:13 (45.4%)	6:15	9.6 (54.5%)
395	BULIŃSKA Agnieszka	92		K-30	58	00:00:43	00:31:21.60	00:32:05.15	+00:14:16 (45.5%)	6:16	9.6 (54.5%)
396	LEWANDOWSKI Piotr	178		M-40	66	00:00:40	00:31:23.45	00:32:03.80	+00:14:18 (45.6%)	6:16	9.6 (54.5%)
397	MARCHLEWSKA Dorota	142		K-40	37	00:00:36	00:31:24.05	00:32:00.30	+00:14:18 (45.6%)	6:16	9.6 (54.5%)
398	ORŁOWSKA Katarzyna	141		K-40	38	00:00:36	00:31:24.45	00:32:00.60	+00:14:19 (45.6%)	6:16	9.6 (54.5%)
399	BIENIENDA Martyna	619		K-10	20	00:00:41	00:31:25.05	00:32:07.00	+00:14:19 (45.6%)	6:17	9.5 (54.0%)
400	MEGER Agnieszka	289		K-40	39	00:00:33	00:31:25.40	00:31:59.35	+00:14:20 (45.6%)	6:17	9.5 (54.0%)
401	PIÓRKOWSKA Aga	29	BRB BYDGOSZCZ	K-40	40	00:00:50	00:31:25.50	00:32:15.85	+00:14:20 (45.6%)	6:17	9.5 (54.0%)
402	LEWANDOWSKA Beata	177		K-40	41	00:00:36	00:31:26.40	00:32:03.10	+00:14:21 (45.7%)	6:17	9.5 (54.0%)
403	WIŚNIEWSKI Jacek	139	PROJECT SOCIETY	M-30	83	00:00:26	00:31:27.40	00:31:54.00	+00:14:22 (45.7%)	6:17	9.5 (54.0%)
404	KIEŁCZEWSKA Malwina	236	PROJECT SOCIETY	K-20	31	00:00:26	00:31:27.70	00:31:53.70	+00:14:22 (45.7%)	6:17	9.5 (54.0%)
405	ZAMIATOWSKA Kinga	42	BELLA LINE BDG	K-40	42	00:00:34	00:31:27.95	00:32:02.20	+00:14:22 (45.7%)	6:17	9.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
406	MAN Beata	207		K-30	59	00:00:39	00:31:31.75	00:32:11.50	+00:14:26 (45.8%)	6:18	9.5 (54.0%)
407	DEMBIŃSKA Katarzyna	329		K-20	32	00:00:53	00:31:31.80	00:32:25.20	+00:14:26 (45.8%)	6:18	9.5 (54.0%)
408	JANOWIAK Magdalena	330		K-20	33	00:00:52	00:31:32.35	00:32:25.05	+00:14:27 (45.8%)	6:18	9.5 (54.0%)
409	CZARNECKI Damian	171	PROJECT SOCIETY	M-20	46	00:00:32	00:31:33.25	00:32:06.10	+00:14:28 (45.9%)	6:18	9.5 (54.0%)
410	ZIELIŃSKI Paweł	397	FORDON ZAWISZA	M-30	84	00:00:51	00:31:35.25	00:32:26.35	+00:14:30 (45.9%)	6:19	9.5 (54.0%)
411	URBAN Dominika	305		K-10	21	00:00:28	00:31:37.50	00:32:05.80	+00:14:32 (46.0%)	6:19	9.5 (54.0%)
412	NOWACKA Kinga	554		K-40	43	00:00:22	00:31:37.65	00:31:59.85	+00:14:32 (46.0%)	6:19	9.5 (54.0%)
413	KURANT Dominik	304		M-10	26	00:00:27	00:31:38.00	00:32:05.90	+00:14:32 (46.0%)	6:19	9.5 (54.0%)
414	OZDZYNSKA Patrycja	460	KLUB ZDROWIA BYDGOSZCZ	K-20	34	00:00:23	00:31:48.80	00:32:11.90	+00:14:43 (46.3%)	6:21	9.4 (53.4%)
415	TWARDOWSKA Sylwia	360		K-30	60	00:00:05	00:31:50.45	00:31:55.70	+00:14:45 (46.3%)	6:22	9.4 (53.4%)
416	MALCZEWSKA Mirka	39		K-60+	1	00:00:37	00:32:02.40	00:32:39.40	+00:14:57 (46.7%)	6:24	9.4 (53.4%)
417	RACZYCKI Tomasz	138		M-40	67	00:00:47	00:32:04.05	00:32:51.65	+00:14:58 (46.7%)	6:24	9.4 (53.4%)
418	CILSKA Agnieszka	208		K-30	61	00:00:47	00:32:04.50	00:32:51.65	+00:14:59 (46.7%)	6:24	9.4 (53.4%)
419	CHWIEDUK Jakub	259	GARDENFLORA MTB TEAM	M-40	68	00:00:51	00:32:11.00	00:33:02.80	+00:15:05 (46.9%)	6:26	9.3 (52.8%)
420	CHWIEDUK Magdalena	78	MTB GARDENFLORA TEAM	K-40	44	00:00:51	00:32:11.65	00:33:02.80	+00:15:06 (46.9%)	6:26	9.3 (52.8%)
421	SZALA Monika	5	ICH DWOJE BYDGOSZCZ	K-30	62	00:00:44	00:32:12.05	00:32:57.00	+00:15:06 (46.9%)	6:26	9.3 (52.8%)
422	KUZIAK Helena	158		K-10	22	00:00:42	00:32:20.35	00:33:03.15	+00:15:15 (47.2%)	6:28	9.3 (52.8%)
423	BŁASZCZYK Artur	403		M-40	69	00:00:11	00:32:23.85	00:32:35.25	+00:15:18 (47.3%)	6:28	9.3 (52.8%)
424	TERTYKOWSKA Magdalena	662		K-40	45	00:00:00	00:32:27.10	00:32:27.10	+00:15:21 (47.3%)	6:29	9.2 (52.3%)
425	WINOGRODZKA Magda	375		K-30	63	00:00:00	00:32:38.50	00:32:38.50	+00:15:33 (47.7%)	6:31	9.2 (52.3%)
426	GWIZDAŁA Katarzyna	230		K-40	46	00:00:07	00:32:41.60	00:32:49.50	+00:15:36 (47.7%)	6:32	9.2 (52.3%)
427	KRUPA Filip	413		M-10	27	00:00:46	00:32:42.95	00:33:28.95	+00:15:37 (47.8%)	6:32	9.2 (52.3%)
428	KRUPA Piotr	415		M-30	85	00:00:46	00:32:43.05	00:33:29.25	+00:15:37 (47.8%)	6:32	9.2 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
429	PIKIES Agnieszka	153		K-30	64	00:00:22	00:32:43.20	00:33:05.70	+00:15:38 (47.8%)	6:32	9.2 (52.3%)
430	IDCZAK-BOREK Hanna	252		K-40	47	00:00:49	00:32:43.75	00:33:33.65	+00:15:38 (47.8%)	6:32	9.2 (52.3%)
431	BOREK Marcin	251		M-40	70	00:00:50	00:32:44.25	00:33:34.60	+00:15:39 (47.8%)	6:32	9.2 (52.3%)
432	ZUZA-WITKOWSKA Anna	307		K-40	48	00:00:49	00:32:44.30	00:33:33.85	+00:15:39 (47.8%)	6:32	9.2 (52.3%)
433	MAJEWSKI Wojciech	390		M-50	17	00:00:15	00:32:44.90	00:33:00.00	+00:15:39 (47.8%)	6:33	9.2 (52.3%)
434	BUZALSKA Agnieszka	383	OGRODY	K-40	49	00:00:40	00:32:46.15	00:33:26.55	+00:15:41 (47.9%)	6:33	9.2 (52.3%)
435	BUZALSKI Robert	382	ORANGE POLSKA	M-40	71	00:00:39	00:32:47.45	00:33:27.10	+00:15:42 (47.9%)	6:33	9.1 (51.7%)
436	WORONIECKI Miłosz	443		M-10	28	00:00:35	00:32:51.20	00:33:26.50	+00:15:46 (48.0%)	6:34	9.1 (51.7%)
437	WORONIECKA Anna	293		K-40	50	00:00:36	00:32:53.40	00:33:29.45	+00:15:48 (48.1%)	6:34	9.1 (51.7%)
438	BIAŁOWĄS Grzegorz	342	L'ÉQUIPE DE CITROEN	M-40	72	00:00:31	00:32:56.80	00:33:28.00	+00:15:51 (48.1%)	6:35	9.1 (51.7%)
439	LEWANDOWSKI Robert	175	POMAGALSCY	M-40	73	00:00:08	00:33:01.25	00:33:09.50	+00:15:56 (48.3%)	6:36	9.1 (51.7%)
440	ŻUBIK Karolina	664		K-10	23	00:00:00	00:33:15.35	00:33:15.35	+00:16:10 (48.6%)	6:39	9 (51.1%)
441	GABRIELSKI Dariusz	302	KLUB ZDROWIA	M-40	74	00:00:29	00:33:16.15	00:33:45.50	+00:16:11 (48.6%)	6:39	9 (51.1%)
442	SIATKOWSKA Anna	57		K-30	65	00:00:09	00:33:37.20	00:33:46.50	+00:16:32 (49.2%)	6:43	8.9 (50.6%)
443	SZYBOWSKI Dawid	343	L'ÉQUIPE DE CITROEN	M-20	47	00:00:33	00:33:38.95	00:34:12.35	+00:16:33 (49.2%)	6:43	8.9 (50.6%)
444	STEFAŃSKI Dariusz	105	#WIĘCEJSRZĘTUNIŻTALENTU	M-40	75	00:00:46	00:33:39.75	00:34:26.60	+00:16:34 (49.2%)	6:44	8.9 (50.6%)
445	STEFAŃSKI Dawid	106	#WIĘCEJSRZĘTUNIŻTALENTU	M-10	29	00:00:46	00:33:39.85	00:34:26.10	+00:16:34 (49.2%)	6:44	8.9 (50.6%)
446	MOCNA Anna	190		K-20	35	00:00:11	00:33:40.20	00:33:51.30	+00:16:35 (49.3%)	6:44	8.9 (50.6%)
447	STEFAŃSKA Wiesława	104	#WIĘCEJSRZĘTUNIŻTALENTU	K-30	66	00:00:46	00:33:40.30	00:34:26.30	+00:16:35 (49.3%)	6:44	8.9 (50.6%)
448	GROCHOWSKI Patryk	274		M-30	86	00:00:09	00:33:41.20	00:33:51.10	+00:16:36 (49.3%)	6:44	8.9 (50.6%)
449	SCHLABS Magdalena	186		K-20	36	00:00:09	00:33:41.95	00:33:51.25	+00:16:36 (49.3%)	6:44	8.9 (50.6%)
450	KALINOWSKA Kamila	264	RUN BYDGOSZCZ	K-40	51	00:00:40	00:33:52.60	00:34:33.15	+00:16:47 (49.6%)	6:46	8.9 (50.6%)
451	JĘDRZEJCZYK Jacek	409		M-40	76	00:00:47	00:33:52.65	00:34:39.85	+00:16:47 (49.6%)	6:46	8.9 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
452	JĘDRZEJCZYK Iwona	408		K-40	52	00:00:45	00:33:54.20	00:34:39.85	+00:16:49 (49.6%)	6:46	8.8 (50.0%)
453	KARDASIŃSKA Marta	108		K-20	37	00:00:42	00:34:06.00	00:34:48.20	+00:17:00 (49.9%)	6:49	8.8 (50.0%)
454	SKONIECKA Agnieszka	447		K-40	53	00:00:13	00:34:11.35	00:34:24.60	+00:17:06 (50.0%)	6:50	8.8 (50.0%)
455	GÓZDŹ Hanna	309	JAŚ BIEGA	K-60+	2	00:00:16	00:34:13.85	00:34:30.35	+00:17:08 (50.1%)	6:50	8.8 (50.0%)
456	TUROWSKI Grzegorz	615		M-40	77	00:00:02	00:34:22.20	00:34:25.00	+00:17:17 (50.3%)	6:52	8.7 (49.4%)
457	MUSIDŁOWSKA Ada	318		K-10	24	00:00:36	00:34:25.20	00:35:01.90	+00:17:20 (50.4%)	6:53	8.7 (49.4%)
458	SZATKOWSKI Janusz	616		M-30	87	00:00:27	00:34:33.95	00:35:01.60	+00:17:28 (50.6%)	6:54	8.7 (49.4%)
459	DUDZIŃSKA Magda	161		K-20	38	00:00:41	00:34:40.85	00:35:22.10	+00:17:35 (50.7%)	6:56	8.6 (48.9%)
460		621				00:00:03	00:34:43.50	00:34:47.20	+00:17:38 (50.8%)	6:56	8.6 (48.9%)
461	LEWANDOWSKA Joanna	646		K-30	67	00:00:23	00:34:45.95	00:35:09.20	+00:17:40 (50.9%)	6:57	8.6 (48.9%)
462	JANIK Mariusz	172	PROJECT SOCIETY	M-40	78	00:00:27	00:34:46.35	00:35:14.15	+00:17:41 (50.9%)	6:57	8.6 (48.9%)
463	ARACH Przemysław	323		M-30	88	00:00:23	00:34:47.20	00:35:10.80	+00:17:42 (50.9%)	6:57	8.6 (48.9%)
464	BILON-MOLENDA Alicja	212		K-30	68	00:00:24	00:34:48.65	00:35:12.95	+00:17:43 (50.9%)	6:57	8.6 (48.9%)
465	GÓRSKA Violetta	80	-	K-50	10	00:00:33	00:34:55.85	00:35:29.55	+00:17:50 (51.1%)	6:59	8.6 (48.9%)
466	MALINOWSKA Paulina	505	NIEZRZESZONA	K-40	54	00:00:35	00:35:08.85	00:35:44.35	+00:18:03 (51.4%)	7:01	8.5 (48.3%)
467	NITYCZ Agnieszka	446		K-30	69	00:00:35	00:35:09.45	00:35:44.80	+00:18:04 (51.4%)	7:01	8.5 (48.3%)
468	DERYBOWSKI Maciej	336	L'ÉQUIPE DE CITROEN	M-20	48	00:00:29	00:35:17.30	00:35:46.40	+00:18:12 (51.6%)	7:03	8.5 (48.3%)
469	GERCZYŃSKA Elżbieta	253		K-30	70	00:00:44	00:35:17.75	00:36:02.70	+00:18:12 (51.6%)	7:03	8.5 (48.3%)
470	ŁAWSKA Paulina	448		K-20	39	00:00:13	00:35:24.00	00:35:37.80	+00:18:18 (51.7%)	7:04	8.5 (48.3%)
471	KUZIAK Ola	69		K-50	11	00:00:42	00:35:30.25	00:36:13.05	+00:18:25 (51.9%)	7:06	8.4 (47.7%)
472	CHOCHLIŃSKA Marta	14		K-30	71	00:00:43	00:35:33.65	00:36:17.50	+00:18:28 (52.0%)	7:06	8.4 (47.7%)
473	KUFEL Maria	8		K-20	40	00:00:43	00:35:33.85	00:36:17.70	+00:18:28 (52.0%)	7:06	8.4 (47.7%)
474	FEDOROWSKA Oliwia	182		K-10	25	00:00:07	00:35:36.25	00:35:43.25	+00:18:31 (52.0%)	7:07	8.4 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
475	<b>ŻAREK Katarzyna</b>	<b>147</b>		K-10	26	00:00:11	<b>00:35:45.00</b>	<b>00:35:56.70</b>	+00:18:39 (52.2%)	7:09	8.4 (47.7%)
476	<b>ŻAREK Magdalena</b>	<b>133</b>		K-20	41	00:00:12	<b>00:35:46.50</b>	<b>00:35:58.60</b>	+00:18:41 (52.2%)	7:09	8.4 (47.7%)
477	<b>BINIENDA Mateusz</b>	<b>453</b>	BIMAT	M-40	79	00:00:41	<b>00:36:02.70</b>	<b>00:36:44.30</b>	+00:18:57 (52.6%)	7:12	8.3 (47.2%)
478	<b>BINIENDA Katarzyna</b>	<b>452</b>	BIMAT	K-30	72	00:00:40	<b>00:36:03.30</b>	<b>00:36:44.25</b>	+00:18:58 (52.6%)	7:12	8.3 (47.2%)
479	<b>ZELEK Aleksandra</b>	<b>174</b>		K-40	55	00:00:46	<b>00:36:13.35</b>	<b>00:37:00.05</b>	+00:19:08 (52.8%)	7:14	8.3 (47.2%)
480	<b>NOWAK Aleksandra</b>	<b>149</b>		K-20	42	00:00:51	<b>00:36:14.10</b>	<b>00:37:05.95</b>	+00:19:08 (52.8%)	7:14	8.3 (47.2%)
481	<b>SKONIECKA Ewelina</b>	<b>522</b>		K-10	27	00:00:06	<b>00:36:18.40</b>	<b>00:36:25.30</b>	+00:19:13 (52.9%)	7:15	8.3 (47.2%)
482	<b>ZIELIŃSKI Maciej</b>	<b>480</b>		M-10	30	00:00:00	<b>00:36:24.70</b>	<b>00:36:24.70</b>	+00:19:19 (53.1%)	7:16	8.2 (46.6%)
483	<b>HETZIG Michał</b>	<b>617</b>		M-10	31	00:00:46	<b>00:36:26.15</b>	<b>00:37:12.20</b>	+00:19:21 (53.1%)	7:17	8.2 (46.6%)
484	<b>PEŻYŃSKA Zofia</b>	<b>279</b>		K-10	28	00:00:40	<b>00:36:27.30</b>	<b>00:37:07.50</b>	+00:19:22 (53.1%)	7:17	8.2 (46.6%)
485	<b>POTERACKA Irena</b>	<b>445</b>		K-50	12	00:00:10	<b>00:36:39.50</b>	<b>00:36:50.35</b>	+00:19:34 (53.4%)	7:20	8.2 (46.6%)
486	<b>GIERSZEWSKA-MUŁOWSKA Marta</b>	<b>623</b>		K-40	56	00:00:21	<b>00:36:39.95</b>	<b>00:37:01.10</b>	+00:19:34 (53.4%)	7:20	8.2 (46.6%)
487	<b>BIELENNY Michał</b>	<b>607</b>		M-60+	7	00:00:53	<b>00:37:37.00</b>	<b>00:38:30.20</b>	+00:20:31 (54.6%)	7:31	8 (45.5%)
488	<b>PEŻYŃSKA Ola</b>	<b>280</b>		K-10	29	00:00:39	<b>00:37:53.75</b>	<b>00:38:33.55</b>	+00:20:48 (54.9%)	7:34	7.9 (44.9%)
489	<b>PEŻYŃSKI Piotr</b>	<b>278</b>		M-30	89	00:00:40	<b>00:37:55.00</b>	<b>00:38:35.40</b>	+00:20:49 (54.9%)	7:35	7.9 (44.9%)
490	<b>GIERSZEWSKI Przemysław</b>	<b>622</b>		M-40	80	00:00:21	<b>00:38:11.50</b>	<b>00:38:32.65</b>	+00:21:06 (55.3%)	7:38	7.9 (44.9%)
491	<b>POCIOT Małgorzata</b>	<b>609</b>		K-20	43	00:00:24	<b>00:38:19.05</b>	<b>00:38:43.35</b>	+00:21:13 (55.4%)	7:39	7.8 (44.3%)
492	<b>PEŻYŃSKA Anna</b>	<b>287</b>		K-30	73	00:00:00	<b>00:38:37.65</b>	<b>00:38:37.65</b>	+00:21:32 (55.8%)	7:43	7.8 (44.3%)
493	<b>KISZKA Justyna</b>	<b>160</b>	RUN PASJA	K-30	74	00:00:28	<b>00:38:42.70</b>	<b>00:39:11.50</b>	+00:21:37 (55.9%)	7:44	7.7 (43.8%)
494	<b>KOSIEDOWSKA Magdalena</b>	<b>632</b>		K-30	75	00:00:39	<b>00:38:59.30</b>	<b>00:39:39.20</b>	+00:21:54 (56.2%)	7:48	7.7 (43.8%)
495	<b>KACZMAREK Jarek</b>	<b>191</b>		M-50	18	00:00:57	<b>00:39:00.45</b>	<b>00:39:57.45</b>	+00:21:55 (56.2%)	7:48	7.7 (43.8%)
496	<b>PISZCZEK Piotr</b>	<b>482</b>		M-50	19	00:00:00	<b>00:39:02.75</b>	<b>00:39:02.75</b>	+00:21:57 (56.2%)	7:48	7.7 (43.8%)
497	<b>MISZEWSKI Waldemar</b>	<b>498</b>		M-40	81	00:00:35	<b>00:39:09.15</b>	<b>00:39:44.75</b>	+00:22:04 (56.4%)	7:49	7.7 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
498	KACZMAREK Zofia	189		K-50	13	00:00:54	00:39:26.40	00:40:20.65	+00:22:21 (56.7%)	7:53	7.6 (43.2%)
499	JANUSZEWSKA Agnieszka	12		K-30	76	00:00:12	00:39:43.10	00:39:55.60	+00:22:37 (57.0%)	7:56	7.6 (43.2%)
500	FIJOR-KACZMAREK Arleta	369		K-20	44	00:00:53	00:39:59.85	00:40:53.15	+00:22:54 (57.3%)	8:00	7.5 (42.6%)
501	PŁACZKIEWICZ Zbigniew	283		M-60+	8	00:00:53	00:40:36.65	00:41:30.35	+00:23:31 (57.9%)	8:07	7.4 (42.0%)
502	FAGIELNICZ MROZIK Tina	656		K-30	77	00:00:00	00:41:21.40	00:41:21.40	+00:24:16 (58.7%)	8:16	7.3 (41.5%)
503	OKROJ Agnieszka	206		K-30	78	00:00:54	00:42:18.95	00:43:13.70	+00:25:13 (59.6%)	8:27	7.1 (40.3%)
504	SAPA Dariusz	120	BYDGOSKIE ŻÓŁWIE	M-50	20	00:00:49	00:42:22.85	00:43:12.45	+00:25:17 (59.7%)	8:28	7.1 (40.3%)
505	ŁUKASZEWSKI Jacek	429		M-40	82	00:00:49	00:42:23.20	00:43:12.60	+00:25:18 (59.7%)	8:28	7.1 (40.3%)
506	JAGUSCH Ewa	539		K-50	14	00:00:45	00:43:51.20	00:44:36.20	+00:26:46 (61.0%)	8:46	6.8 (38.6%)
507	WIŚNIEWSKI Wiesław	377	BYDGOSTAL	M-60+	9	00:00:48	00:45:58.10	00:46:47.05	+00:28:52 (62.8%)	9:11	6.5 (36.9%)
508	RAKOCZY Magdalena	118	GCK BB	K-30	79	00:00:55	00:45:59.00	00:46:54.35	+00:28:53 (62.8%)	9:11	6.5 (36.9%)
509	BOŃDOS Katarzyna	119		K-40	57	00:00:52	00:46:01.45	00:46:54.10	+00:28:56 (62.9%)	9:12	6.5 (36.9%)
510	ZIELIŃSKA Dorota	10		K-40	58	00:00:52	00:46:06.25	00:46:58.65	+00:29:01 (62.9%)	9:13	6.5 (36.9%)
511	CYZIO Urszula	13		K-60+	3	00:00:53	00:46:20.90	00:47:14.55	+00:29:15 (63.1%)	9:16	6.5 (36.9%)
512	GIEZEK Oskar	334		M-10	32	00:00:00	00:47:41.20	00:47:41.20	+00:30:36 (64.2%)	9:32	6.3 (35.8%)
513	WRZESIŃSKI Tomasz	657		M-40	83	00:00:56	00:47:45.35	00:48:41.35	+00:30:40 (64.2%)	9:33	6.3 (35.8%)
514	GIEZEK Sławomir	30		M-30	90	00:00:00	00:49:29.50	00:49:29.50	+00:32:24 (65.5%)	9:53	6.1 (34.7%)
515	KULASZEWSKI Radek	441	POWSINOZI	M-40	84	00:00:00	00:49:29.95	00:49:29.95	+00:32:24 (65.5%)	9:53	6.1 (34.7%)
516	KSAWERY Sebastian	337		M-10	33	00:00:11					(0.0%)
517	LULIŃSKA Magda	509		K-40	59	00:01:01					(0.0%)

Znaleziono 517 wynik(ów)