



## III MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IGNASIA

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy  
**Data:** 2018-12-02  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

Klasyfikacja: M-Open

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%)
15	PIEKARSKI Marek	366	VIII LO BYDGOSZCZ	M-40	2	00:00:02	00:19:30.35	00:19:33.25	+00:02:25 (12.4%)	3:54	15.4 (87.5%)
16	ANISZCZYK Hubert	231	ZSE-A BYDGOSZCZ	M-10	2	00:00:05	00:19:39.20	00:19:44.85	+00:02:34 (13.1%)	3:55	15.3 (86.9%)
17	RZESZOTARSKI Daniel	124		M-30	8	00:00:05	00:19:40.85	00:19:46.40	+00:02:35 (13.2%)	3:56	15.2 (86.4%)
18	RESZKA Jarosław	648		M-30	9	00:00:05	00:19:45.75	00:19:51.25	+00:02:40 (13.5%)	3:57	15.2 (86.4%)
19	GROBELNIAK Adam	627		M-20	6	00:00:02	00:19:53.25	00:19:56.05	+00:02:48 (14.1%)	3:58	15.1 (85.8%)
20	JAGIEŁA Bartosz	25	TKKF KOLEJARZ BYDGOSZCZ.#BIEGACZE	M-30	10	00:00:07	00:19:55.95	00:20:03.55	+00:02:50 (14.3%)	3:59	15.1 (85.8%)
21	LEWANDOWSKI Filip	628		M-30	11	00:00:06	00:20:01.30	00:20:08.20	+00:02:56 (14.7%)	4:00	15 (85.2%)
22	JACIUBEK Przemysław	484		M-30	12	00:00:03	00:20:03.50	00:20:07.15	+00:02:58 (14.8%)	4:00	15 (85.2%)
23	HENDRZAK Sylwester	653		M-30	13	00:00:18	00:20:18.35	00:20:36.50	+00:03:13 (15.9%)	4:03	14.8 (84.1%)
24	KOWALSKI Jacek	33		M-40	3	00:00:05	00:20:22.45	00:20:27.95	+00:03:17 (16.1%)	4:04	14.7 (83.5%)
25	SZYMAŃSKI Łukasz	367		M-30	14	00:00:04	00:20:26.20	00:20:30.50	+00:03:21 (16.4%)	4:05	14.7 (83.5%)
26	KRZEMIŃSKI Bartosz	347	RUN PASJA	M-30	15	00:00:05	00:20:26.40	00:20:31.90	+00:03:21 (16.4%)	4:05	14.7 (83.5%)
27	NAGOW Michał	209		M-40	4	00:00:04	00:20:34.15	00:20:39.00	+00:03:29 (16.9%)	4:07	14.6 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<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%)
38	<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%)
39	<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%)
40	<b>MIĘKCZYŃSKI 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%)
41	<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%)
42	<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%)
43	<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%)
44	<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%)
45	<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%)
46	<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%)
47	<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%)
48	<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%)
49	<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%)
50	<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%)
51	<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%)
52	<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%)
53	<b>LEWANDOWSKI Marcin</b>	<b>497</b>	KEEPER	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%)
53	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<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%)
69	<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%)
70	<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%)
71	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
72	XXX Krzysztof	601		M-60+	1	00:00:08	00:22:19.05	00:22:27.60	+00:05:13 (23.4%)	4:27	13.4 (76.1%)
73	BUCHOLSKI Robert	533		M-20	16	00:00:04	00:22:20.20	00:22:24.30	+00:05:15 (23.5%)	4:28	13.4 (76.1%)
74	TOMASZ Lis	485		M-20	17	00:00:04	00:22:21.65	00:22:26.25	+00:05:16 (23.6%)	4:28	13.4 (76.1%)
75	WESOŁEK Kacper	421	PROJECT SOCIETY	M-30	28	00:00:12	00:22:24.00	00:22:36.10	+00:05:18 (23.7%)	4:28	13.4 (76.1%)
76	REPCZYŃSKI Tomasz	4		M-20	18	00:00:26	00:22:25.70	00:22:52.65	+00:05:20 (23.8%)	4:29	13.4 (76.1%)
77	GROTA Artur	317	-----	M-40	17	00:00:13	00:22:26.55	00:22:40.05	+00:05:21 (23.9%)	4:29	13.4 (76.1%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)
108	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%)
109	SPYCHAŁSKI 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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
116	<b>BORKOWSKI Michał</b>	<b>40</b>		M-20	24	00:00:09	<b>00:24:16.90</b>	<b>00:24:26.85</b>	+00:07:11 (29.6%)	4:51	12.4 (70.5%)
117	<b>KISZKA Marcin</b>	<b>255</b>	RUN PASJA	M-30	42	00:00:14	<b>00:24:20.40</b>	<b>00:24:35.25</b>	+00:07:15 (29.8%)	4:52	12.3 (69.9%)
118	<b>TRUDNOWSKI Janusz</b>	<b>66</b>	RUN PASJA BYDGOSZCZ	M-60+	2	00:00:04	<b>00:24:25.70</b>	<b>00:24:30.55</b>	+00:07:20 (30.1%)	4:53	12.3 (69.9%)
119	<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%)
120	<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%)
121	<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%)
122	<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%)
123	<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%)
124	<b>BURSZYŃSKI 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%)
125	<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%)
126	<b>NAGORZYSKI Arkadiusz</b>	<b>31</b>	BIEGAMWSPIERAMMOTYWUJĘ	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%)
127	<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%)
128	<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%)
129	<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%)
130	<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%)
131	<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%)
132	<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%)
133	<b>NOWACKI Maksymilian</b>	<b>557</b>		M-10	14	00:00:18	<b>00:25:09.20</b>	<b>00:25:27.95</b>	+00:08:04 (32.1%)	5:01	11.9 (67.6%)
134	<b>JAWORSKI Krzysztof</b>	<b>464</b>		M-40	32	00:00:30	<b>00:25:11.10</b>	<b>00:25:41.40</b>	+00:08:05 (32.2%)	5:02	11.9 (67.6%)
135	<b>DRYGAS Ryszard</b>	<b>426</b>		M-50	9	00:00:13	<b>00:25:15.65</b>	<b>00:25:29.45</b>	+00:08:10 (32.4%)	5:03	11.9 (67.6%)
136	<b>KLIMCZYK Marcin</b>	<b>241</b>		M-40	33	00:00:44	<b>00:25:17.35</b>	<b>00:26:02.20</b>	+00:08:12 (32.4%)	5:03	11.9 (67.6%)
137	<b>JĘDRZEJCZYK Wojciech</b>	<b>410</b>		M-10	15	00:00:20	<b>00:25:19.20</b>	<b>00:25:39.80</b>	+00:08:14 (32.5%)	5:03	11.8 (67.0%)
138	<b>ZGÓRSKI Maciej</b>	<b>237</b>	WKURW_TAEM	M-40	34	00:00:37	<b>00:25:21.60</b>	<b>00:25:59.40</b>	+00:08:16 (32.6%)	5:04	11.8 (67.0%)
139	<b>STAFIEJ Mariusz</b>	<b>434</b>	BMS	M-50	10	00:00:34	<b>00:25:23.65</b>	<b>00:25:57.90</b>	+00:08:18 (32.7%)	5:04	11.8 (67.0%)
140	<b>JENERALSKI Maciej</b>	<b>517</b>		M-40	35	00:00:32	<b>00:25:29.80</b>	<b>00:26:02.35</b>	+00:08:24 (33.0%)	5:06	11.8 (67.0%)
141	<b>CHMIELEWSKI Ireneusz</b>	<b>427</b>	CZARNESTOPY.SM	M-50	11	00:00:17	<b>00:25:32.40</b>	<b>00:25:49.80</b>	+00:08:27 (33.1%)	5:06	11.7 (66.5%)
142	<b>PRZYBYLSKI Mariusz</b>	<b>291</b>	BYDGOSZCZ NA START	M-50	12	00:00:41	<b>00:25:37.55</b>	<b>00:26:19.05</b>	+00:08:32 (33.3%)	5:07	11.7 (66.5%)
143	<b>KASPRZYK Damian</b>	<b>63</b>		M-30	50	00:00:09	<b>00:25:38.35</b>	<b>00:25:48.00</b>	+00:08:33 (33.4%)	5:07	11.7 (66.5%)
144	<b>ŚLEDŹ Paweł</b>	<b>113</b>		M-30	51	00:00:27	<b>00:25:39.55</b>	<b>00:26:06.75</b>	+00:08:34 (33.4%)	5:07	11.7 (66.5%)
145	<b>KLAWCZYŃSKI Zbigniew</b>	<b>303</b>		M-50	13	00:00:15	<b>00:25:43.05</b>	<b>00:25:58.50</b>	+00:08:37 (33.6%)	5:08	11.7 (66.5%)
146	<b>MANOWSKI Jarosław</b>	<b>419</b>		M-40	36	00:00:08	<b>00:25:43.95</b>	<b>00:25:52.60</b>	+00:08:38 (33.6%)	5:08	11.7 (66.5%)
147	<b>WOJCIECHOWSKI Jarosław</b>	<b>46</b>		M-40	37	00:00:31	<b>00:25:45.90</b>	<b>00:26:17.10</b>	+00:08:40 (33.7%)	5:09	11.6 (65.9%)
148	<b>ZUBRYCKI Tomasz</b>	<b>198</b>	KLUB ZDROWIA 24	M-30	52	00:00:06	<b>00:25:46.40</b>	<b>00:25:53.15</b>	+00:08:41 (33.7%)	5:09	11.6 (65.9%)
149	<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%)
150	<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%)
151	<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%)
152	<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%)
153	<b>GUŹDZIÓŁ 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%)
154	<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%)
155	<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%)
156	<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%)
157	<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%)
158	<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%)
159	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
160	CHILLA Wiktor	77	-	M-40	40	00:01:01	00:26:13.90	00:27:15.10	+00:09:08 (34.9%)	5:14	11.4 (64.8%)
161	SATRO Leszek	501	RRC	M-30	58	00:00:17	00:26:16.00	00:26:33.20	+00:09:10 (35.0%)	5:15	11.4 (64.8%)
162	PALIGA Arkadiusz	370		M-40	41	00:00:41	00:26:16.80	00:26:58.15	+00:09:11 (35.0%)	5:15	11.4 (64.8%)
163	GULSKI Piotr	555		M-40	42	00:00:19	00:26:25.85	00:26:45.45	+00:09:20 (35.4%)	5:17	11.3 (64.2%)
164	KARPIŃSKI Łukasz	477		M-30	59	00:00:10	00:26:30.70	00:26:41.15	+00:09:25 (35.6%)	5:18	11.3 (64.2%)
165	MAJEWSKI Michał	388		M-20	28	00:00:16	00:26:37.55	00:26:53.75	+00:09:32 (35.8%)	5:19	11.3 (64.2%)
166	DOLATA Rafał	93		M-40	43	00:00:00	00:26:39.75	00:26:39.75	+00:09:34 (35.9%)	5:19	11.3 (64.2%)
167	WOŹNY Robert	394	WYŻSZE SEMINARIUM DUCHOWNE	M-20	29	00:00:21	00:26:41.50	00:27:03.25	+00:09:36 (36.0%)	5:20	11.2 (63.6%)
168	MANIKOWSKI Dominik	6		M-30	60	00:00:20	00:26:43.55	00:27:04.00	+00:09:38 (36.1%)	5:20	11.2 (63.6%)
169	SKUBISZAK Jacek	422		M-40	44	00:00:19	00:26:49.60	00:27:08.85	+00:09:44 (36.3%)	5:21	11.2 (63.6%)
170	PAPIS Piotr	26	BACKONIK	M-30	61	00:00:38	00:26:49.90	00:27:28.10	+00:09:44 (36.3%)	5:22	11.2 (63.6%)
171	GIERSZ Krzysztof	430		M-40	45	00:00:50	00:26:53.65	00:27:43.95	+00:09:48 (36.5%)	5:22	11.2 (63.6%)
172	AUGUSTYNIAK Piotr	229		M-40	46	00:00:31	00:26:58.80	00:27:30.05	+00:09:53 (36.7%)	5:23	11.1 (63.1%)
173	SZYNKA Sebastian	355	BUZAŁATEAM	M-10	19	00:00:11	00:27:03.35	00:27:14.85	+00:09:58 (36.8%)	5:24	11.1 (63.1%)
174	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%)
175	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%)
176	ORZECZOWSKI 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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	CHĘSIĄK 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%)
182	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%)
183	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%)
184	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%)
185	ŁAWSKI Piotr	449		M-30	64	00:00:14	00:27:33.80	00:27:48.50	+00:10:28 (38.0%)	5:30	10.9 (61.9%)
186	LIDKE Jacek	321		M-40	50	00:00:34	00:27:42.30	00:28:17.00	+00:10:37 (38.3%)	5:32	10.8 (61.4%)
187	HOFFA Filip	245		M-30	65	00:00:08	00:27:46.80	00:27:55.20	+00:10:41 (38.5%)	5:33	10.8 (61.4%)
188	MODRZEJEWSKI Wojciech	440	JW 3775 CHOJNICE	M-40	51	00:00:10	00:27:54.05	00:28:04.45	+00:10:48 (38.8%)	5:34	10.8 (61.4%)
189	FILOSEK Paweł	475	#BANANATEAM	M-20	33	00:00:37	00:28:05.70	00:28:42.90	+00:11:00 (39.2%)	5:37	10.7 (60.8%)
190	WEBER Jerzy	647		M-10	21	00:00:45	00:28:07.50	00:28:53.10	+00:11:02 (39.3%)	5:37	10.7 (60.8%)
191	KACZMAREK Sebastian	537		M-30	66	00:00:24	00:28:19.90	00:28:44.85	+00:11:14 (39.7%)	5:40	10.6 (60.2%)
192	WESOŁOWSKI Rafał	387	SZURUSIE TEAM	M-40	52	00:00:29	00:28:20.35	00:28:50.30	+00:11:15 (39.7%)	5:40	10.6 (60.2%)
193	CHROBAK Przemysław	157	ILO	M-40	53	00:00:27	00:28:21.75	00:28:49.55	+00:11:16 (39.8%)	5:40	10.6 (60.2%)
194	NOWAK Jakub	156	ILO	M-30	67	00:00:26	00:28:23.10	00:28:49.60	+00:11:17 (39.8%)	5:40	10.6 (60.2%)
195	RATAJCZAK Marcel	328	SP 63	M-10	22	00:00:17	00:28:28.10	00:28:45.10	+00:11:22 (40.0%)	5:41	10.5 (59.7%)
196	GÓRSKI Jacek	79	-	M-50	16	00:00:34	00:28:29.35	00:29:03.60	+00:11:24 (40.0%)	5:41	10.5 (59.7%)
197	WITT Jacek	109		M-40	54	00:00:36	00:28:31.80	00:29:08.50	+00:11:26 (40.1%)	5:42	10.5 (59.7%)
198	WYKA Kamil	346	L'ÉQUIPE DE CITROEN	M-20	34	00:00:32	00:28:35.70	00:29:08.60	+00:11:30 (40.2%)	5:43	10.5 (59.7%)
199	OBIDOWSKI Adam	344	L'ÉQUIPE DE CITROEN	M-30	68	00:00:31	00:28:37.30	00:29:09.00	+00:11:32 (40.3%)	5:43	10.5 (59.7%)
200	LENC Janusz	300	TKKF KOLEJARZ BYDGOSZCZ	M-60+	4	00:00:45	00:28:44.95	00:29:30.40	+00:11:39 (40.6%)	5:45	10.4 (59.1%)
201	WIOSNA Tomasz	268	BIEGAJĄCE ŻÓŁWIE IT	M-20	35	00:00:43	00:28:46.75	00:29:30.50	+00:11:41 (40.6%)	5:45	10.4 (59.1%)
202	SZULC Michał	608		M-30	69	00:00:24	00:28:55.70	00:29:20.20	+00:11:50 (40.9%)	5:47	10.4 (59.1%)
203	PŁOSZAJ Maciej	22		M-30	70	00:00:43	00:28:55.95	00:29:39.05	+00:11:50 (40.9%)	5:47	10.4 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
204	PIETRASZAK Tomasz	543	RUN BYDGOSZCZ	M-40	55	00:00:49	00:29:00.30	00:29:49.85	+00:11:55 (41.1%)	5:48	10.3 (58.5%)
205	SZECÓWKA Marcin	351		M-30	71	00:00:48	00:29:11.20	00:29:59.70	+00:12:06 (41.5%)	5:50	10.3 (58.5%)
206	BORUSZEWSKI Remigiusz	271	#BRKT	M-10	23	00:00:56	00:29:14.60	00:30:10.70	+00:12:09 (41.6%)	5:50	10.3 (58.5%)
207	ŚWIETLIK Grzegorz	470	KRÓLOWIE ŻYCIA	M-30	72	00:00:06	00:29:17.00	00:29:23.45	+00:12:11 (41.7%)	5:51	10.2 (58.0%)
208	KAMIŃSKI Sławomir	523	MOBILNY WULKAN	M-30	73	00:00:05	00:29:17.65	00:29:23.30	+00:12:12 (41.7%)	5:51	10.2 (58.0%)
209	CHMIELEWSKI Patryk	62		M-20	36	00:00:49	00:29:17.70	00:30:06.70	+00:12:12 (41.7%)	5:51	10.2 (58.0%)
210	JANOWSKI Daniel	335	TEAM KUCYKI	M-20	37	00:00:22	00:29:31.00	00:29:53.75	+00:12:25 (42.1%)	5:54	10.2 (58.0%)
211	GACKOWSKI Edward	526	BYDGOSZCZ NASTART	M-60+	5	00:00:33	00:29:33.75	00:30:07.50	+00:12:28 (42.2%)	5:54	10.1 (57.4%)
212	FERENZ Marcin	379		M-30	74	00:00:07	00:29:36.80	00:29:44.55	+00:12:31 (42.3%)	5:55	10.1 (57.4%)
213	ASTUKIEWICZ Tomasz	17		M-40	56	00:00:11	00:29:47.90	00:29:59.55	+00:12:42 (42.7%)	5:57	10.1 (57.4%)
214	GUMIENNY Maciej	256		M-40	57	00:00:13	00:29:48.70	00:30:02.30	+00:12:43 (42.7%)	5:57	10.1 (57.4%)
215	BĄBOLEWSKI Łukasz	87	#WIĘCEJSPRZĘTUNIŻTALENTU	M-30	75	00:00:47	00:29:52.05	00:30:39.90	+00:12:46 (42.8%)	5:58	10 (56.8%)
216	DUSZYŃSKI Filip	43	AMATOR	M-40	58	00:00:10	00:29:52.65	00:30:03.35	+00:12:47 (42.8%)	5:58	10 (56.8%)
217	MICHALAK Piotr	204		M-40	59	00:00:46	00:29:52.90	00:30:39.80	+00:12:47 (42.8%)	5:58	10 (56.8%)
218	ZAKURZEWSKI Tomasz	391	WYŻSZE SEMINARIUM DUCHOWNE	M-20	38	00:00:21	00:29:55.30	00:30:17.00	+00:12:50 (42.9%)	5:59	10 (56.8%)
219	WINOGRODZKI Radosław	376		M-30	76	00:00:16	00:30:02.35	00:30:19.20	+00:12:57 (43.1%)	6:00	10 (56.8%)
220	JAROSZEWSKI Wojciech	86	DEEP FOREST	M-40	60	00:00:20	00:30:02.40	00:30:22.45	+00:12:57 (43.1%)	6:00	10 (56.8%)
221	KNOP Krzysztof	495	STRONNO	M-40	61	00:00:37	00:30:06.60	00:30:43.90	+00:13:01 (43.3%)	6:01	10 (56.8%)
222	PREUS Patryk	512	PERFEKT 300 BYDGOSZCZ	M-20	39	00:00:51	00:30:07.95	00:30:59.45	+00:13:02 (43.3%)	6:01	10 (56.8%)
223	MASZUDZIŃSKI Mateusz	319		M-20	40	00:00:35	00:30:09.90	00:30:45.85	+00:13:04 (43.4%)	6:02	9.9 (56.3%)
224	WENAL Adam	633		M-30	77	00:00:37	00:30:16.60	00:30:54.35	+00:13:11 (43.6%)	6:03	9.9 (56.3%)
225	BRATKOWSKI Jakub	626		M-10	24	00:00:35	00:30:17.90	00:30:53.25	+00:13:12 (43.6%)	6:03	9.9 (56.3%)
226	GWIAŹDZIŃSKI Kamil	385		M-30	78	00:00:18	00:30:27.05	00:30:45.70	+00:13:21 (43.9%)	6:05	9.9 (56.3%)
227	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%)
228	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%)
229	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%)
230	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%)
231	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%)
232	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%)
233	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%)
234	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%)
235	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%)
236	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%)
237	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%)
238	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%)
239	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%)
240	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%)
241	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%)
242	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%)
243	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%)
244	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%)
245	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%)
246	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%)
247	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
248	<b>CHWIEDUK Jakub</b>	<b>259</b>	GARDENFLORA MTB TEAM	M-40	68	00:00:51	<b>00:32:11.00</b>	<b>00:33:02.80</b>	+00:15:05 (46.9%)	6:26	9.3 (52.8%)
249	<b>BŁASZCZYK Artur</b>	<b>403</b>		M-40	69	00:00:11	<b>00:32:23.85</b>	<b>00:32:35.25</b>	+00:15:18 (47.3%)	6:28	9.3 (52.8%)
250	<b>KRUPA Filip</b>	<b>413</b>		M-10	27	00:00:46	<b>00:32:42.95</b>	<b>00:33:28.95</b>	+00:15:37 (47.8%)	6:32	9.2 (52.3%)
251	<b>KRUPA Piotr</b>	<b>415</b>		M-30	85	00:00:46	<b>00:32:43.05</b>	<b>00:33:29.25</b>	+00:15:37 (47.8%)	6:32	9.2 (52.3%)
252	<b>BOREK Marcin</b>	<b>251</b>		M-40	70	00:00:50	<b>00:32:44.25</b>	<b>00:33:34.60</b>	+00:15:39 (47.8%)	6:32	9.2 (52.3%)
253	<b>MAJEWSKI Wojciech</b>	<b>390</b>		M-50	17	00:00:15	<b>00:32:44.90</b>	<b>00:33:00.00</b>	+00:15:39 (47.8%)	6:33	9.2 (52.3%)
254	<b>BUZALSKI Robert</b>	<b>382</b>	ORANGE POLSKA	M-40	71	00:00:39	<b>00:32:47.45</b>	<b>00:33:27.10</b>	+00:15:42 (47.9%)	6:33	9.1 (51.7%)
255	<b>WORONIECKI Miłosz</b>	<b>443</b>		M-10	28	00:00:35	<b>00:32:51.20</b>	<b>00:33:26.50</b>	+00:15:46 (48.0%)	6:34	9.1 (51.7%)
256	<b>BIAŁOWĄS Grzegorz</b>	<b>342</b>	L'ÉQUIPE DE CITROEN	M-40	72	00:00:31	<b>00:32:56.80</b>	<b>00:33:28.00</b>	+00:15:51 (48.1%)	6:35	9.1 (51.7%)
257	<b>LEWANDOWSKI Robert</b>	<b>175</b>	POMAGALSCY	M-40	73	00:00:08	<b>00:33:01.25</b>	<b>00:33:09.50</b>	+00:15:56 (48.3%)	6:36	9.1 (51.7%)
258	<b>GABRIELSKI Dariusz</b>	<b>302</b>	KLUB ZDROWIA	M-40	74	00:00:29	<b>00:33:16.15</b>	<b>00:33:45.50</b>	+00:16:11 (48.6%)	6:39	9 (51.1%)
259	<b>SZYBOWSKI Dawid</b>	<b>343</b>	L'ÉQUIPE DE CITROEN	M-20	47	00:00:33	<b>00:33:38.95</b>	<b>00:34:12.35</b>	+00:16:33 (49.2%)	6:43	8.9 (50.6%)
260	<b>STEFAŃSKI Dariusz</b>	<b>105</b>	#WIĘCEJSRZĘTUNIŻTALENTU	M-40	75	00:00:46	<b>00:33:39.75</b>	<b>00:34:26.60</b>	+00:16:34 (49.2%)	6:44	8.9 (50.6%)
261	<b>STEFAŃSKI Dawid</b>	<b>106</b>	#WIĘCEJSRZĘTUNIŻTALENTU	M-10	29	00:00:46	<b>00:33:39.85</b>	<b>00:34:26.10</b>	+00:16:34 (49.2%)	6:44	8.9 (50.6%)
262	<b>GROCHOWSKI Patryk</b>	<b>274</b>		M-30	86	00:00:09	<b>00:33:41.20</b>	<b>00:33:51.10</b>	+00:16:36 (49.3%)	6:44	8.9 (50.6%)
263	<b>JĘDRZEJCZYK Jacek</b>	<b>409</b>		M-40	76	00:00:47	<b>00:33:52.65</b>	<b>00:34:39.85</b>	+00:16:47 (49.6%)	6:46	8.9 (50.6%)
264	<b>TUROWSKI Grzegorz</b>	<b>615</b>		M-40	77	00:00:02	<b>00:34:22.20</b>	<b>00:34:25.00</b>	+00:17:17 (50.3%)	6:52	8.7 (49.4%)
265	<b>SZATKOWSKI Janusz</b>	<b>616</b>		M-30	87	00:00:27	<b>00:34:33.95</b>	<b>00:35:01.60</b>	+00:17:28 (50.6%)	6:54	8.7 (49.4%)
266	<b>JANIK Mariusz</b>	<b>172</b>	PROJECT SOCIETY	M-40	78	00:00:27	<b>00:34:46.35</b>	<b>00:35:14.15</b>	+00:17:41 (50.9%)	6:57	8.6 (48.9%)
267	<b>ARACH Przemysław</b>	<b>323</b>		M-30	88	00:00:23	<b>00:34:47.20</b>	<b>00:35:10.80</b>	+00:17:42 (50.9%)	6:57	8.6 (48.9%)
268	<b>DERYBOWSKI Maciej</b>	<b>336</b>	L'ÉQUIPE DE CITROEN	M-20	48	00:00:29	<b>00:35:17.30</b>	<b>00:35:46.40</b>	+00:18:12 (51.6%)	7:03	8.5 (48.3%)
269	<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%)
270	<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%)
271	<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%)
272	<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%)
273	<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%)
274	<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%)
275	<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%)
276	<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%)
277	<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%)
278	<b>PŁACZKIEWICZ Zbigniew</b>	<b>283</b>		M-60+	8	00:00:53	<b>00:40:36.65</b>	<b>00:41:30.35</b>	+00:23:31 (57.9%)	8:07	7.4 (42.0%)
279	<b>SAPA Dariusz</b>	<b>120</b>	BYDGOSKIE ŻÓŁWIE	M-50	20	00:00:49	<b>00:42:22.85</b>	<b>00:43:12.45</b>	+00:25:17 (59.7%)	8:28	7.1 (40.3%)
280	<b>ŁUKASZEWSKI Jacek</b>	<b>429</b>		M-40	82	00:00:49	<b>00:42:23.20</b>	<b>00:43:12.60</b>	+00:25:18 (59.7%)	8:28	7.1 (40.3%)
281	<b>WIŚNIEWSKI Wiesław</b>	<b>377</b>	BYDGOSTAL	M-60+	9	00:00:48	<b>00:45:58.10</b>	<b>00:46:47.05</b>	+00:28:52 (62.8%)	9:11	6.5 (36.9%)
282	<b>GIEZEK Oskar</b>	<b>334</b>		M-10	32	00:00:00	<b>00:47:41.20</b>	<b>00:47:41.20</b>	+00:30:36 (64.2%)	9:32	6.3 (35.8%)
283	<b>WRZESIŃSKI Tomasz</b>	<b>657</b>		M-40	83	00:00:56	<b>00:47:45.35</b>	<b>00:48:41.35</b>	+00:30:40 (64.2%)	9:33	6.3 (35.8%)
284	<b>GIEZEK Sławomir</b>	<b>30</b>		M-30	90	00:00:00	<b>00:49:29.50</b>	<b>00:49:29.50</b>	+00:32:24 (65.5%)	9:53	6.1 (34.7%)
285	<b>KULASZEWSKI Radek</b>	<b>441</b>	POWSINOZI	M-40	84	00:00:00	<b>00:49:29.95</b>	<b>00:49:29.95</b>	+00:32:24 (65.5%)	9:53	6.1 (34.7%)
286	<b>KSAWERY Sebastian</b>	<b>337</b>		M-10	33	00:00:11					(0.0%)

Znaleziono 286 wynik(ów)