



Organizator: Hotel Brzoza
Data: 2015-12-31
Miejsce: Brzoza
Dystans: 10 km

IX BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JURGIEWICZ Bartosz	299	MKL SZCZECIN	M-20	1	00:08:09	00:15:47	00:23:27	00:31:13	00:32:46.05	00:32:47.20		3:16	18.3 (100%)
2	PAWLAK Bartosz	608	WKS GRUNWALD POZNAŃ	M-20	2	00:08:18	00:16:08	00:24:03	00:31:52	00:33:19.20	00:33:19.95	+00:00:32 (1.6%)	3:19	18 (98.4%)
3	RACZYŃSKI Mikołaj	571		M-20	3	00:08:21	00:16:12	00:24:03	00:31:57	00:33:32.05	00:33:32.80	+00:00:45 (2.3%)	3:21	17.9 (97.8%)
4	KŁOPOTEK Damian	466		M-30	1	00:08:35	00:16:36	00:24:33	00:32:22	00:33:50.70	00:33:52.65	+00:01:05 (3.2%)	3:23	17.7 (96.7%)
5	KRYSKE Bartosz	4	4RUN TEAM BYDGOSZCZ	M-30	2	00:08:35	00:16:36	00:24:32	00:32:26	00:33:57.70	00:33:59.90	+00:01:12 (3.6%)	3:23	17.7 (96.7%)
6	DEMBOWSKI Mariusz	88	LKS WEL LIDZBARK	M-30	3	00:08:34	00:16:35	00:24:33	00:32:22	00:34:03.95	00:34:06.20	+00:01:19 (3.9%)	3:24	17.6 (96.2%)
7	POLAŃSKI Tomasz	77	B4SPORT	M-40	1	00:08:36	00:16:36	00:24:33	00:32:37	00:34:11.60	00:34:14.05	+00:01:26 (4.2%)	3:25	17.5 (95.6%)
8	SEROCKI Adam	311	ACTIVE MALBORK	M-40	2	00:08:37	00:16:48	00:25:02	00:33:15	00:34:49.60	00:34:50.85	+00:02:03 (5.9%)	3:28	17.2 (94.0%)
9	ŚLIWIŃSKI Dariusz	71	PAŁUKI RUNNING TEAM	M-20	4	00:08:46	00:16:54	00:25:00	00:33:22	00:34:57.20	00:34:59.95	+00:02:12 (6.3%)	3:29	17.2 (94.0%)
10	BIEGAŁA Leszek	263	LINGUA PRO RUNNING CLUB	M-30	4	00:08:21	00:16:36	00:24:59	00:33:30	00:35:11.15	00:35:12.90	+00:02:25 (6.9%)	3:31	17.1 (93.4%)
11	TEUSZ Bartek	696		M-20	5	00:08:53	00:17:13	00:25:34	00:33:44	00:35:24.70	00:35:27.65	+00:02:40 (7.5%)	3:32	16.9 (92.3%)
12	MUDZIEJEWSKI Jarosław	5	TKKF KOLEJARZ BYDGOSZCZ	M-40	3	00:09:09	00:17:33	00:25:50	00:34:04	00:35:38.25	00:35:39.60	+00:02:52 (8.1%)	3:33	16.8 (91.8%)
13	KOWALSKI Dariusz	180	STOW ZLOTOWSKI BIEG ZAWILCA	M-40	4	00:08:55	00:17:14	00:25:36	00:34:04	00:35:46.70	00:35:47.95	+00:03:00 (8.4%)	3:34	16.8 (91.8%)
14	CZARNOJAŃCZYK Rafał	303		M-40	5	00:08:52	00:17:16	00:25:53	00:34:20	00:35:52.25	00:35:53.90	+00:03:06 (8.7%)	3:35	16.7 (91.3%)
15	TUCZYŃSKI Sylwester	6	BYDGOSKIE OKONIE	M-20	6	00:08:38	00:16:59	00:25:33	00:34:18	00:35:56.40	00:35:57.80	+00:03:10 (8.8%)	3:35	16.7 (91.3%)
16	PROCAJŁO Krzysztof	302		M-30	5	00:09:04	00:17:29	00:25:52	00:34:21	00:36:00.90	00:36:03.35	+00:03:16 (9.1%)	3:36	16.7 (91.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	PIOTROWSKI Marcin	488	ŻARY RUNNERS TEAM	M-30	6	00:09:03	00:17:30	00:26:02	00:34:36	00:36:17.05	00:36:24.10	+00:03:36 (9.9%)	3:37	16.5 (90.2%)
18	ZIĘTAK Andrzej	34		M-40	6	00:08:53	00:17:25	00:26:08	00:34:50	00:36:27.35	00:36:30.85	+00:03:43 (10.2%)	3:38	16.5 (90.2%)
19	LUTOWSKI Wojciech	570	TKKF KOLEJARZ BYDGOSZCZ	M-30	7	00:09:18	00:17:46	00:26:17	00:34:51	00:36:32.20	00:36:33.85	+00:03:46 (10.3%)	3:39	16.4 (89.6%)
20	GACZKOWSKI Robert	307	ŻNIŃSKI KLUB BIEGACZA 1992	M-40	7	00:09:09	00:17:47	00:26:22	00:35:00	00:36:39.70	00:36:41.10	+00:03:53 (10.6%)	3:40	16.4 (89.6%)
21	MAĆKOWSKI Maciej	323	BRICO MARCHE ŻNIN	M-20	7	00:09:08	00:17:50	00:26:38	00:35:15	00:36:52.50	00:36:55.60	+00:04:08 (11.2%)	3:41	16.3 (89.1%)
22	KARPIŃSKI Wiesław	403	NIEZRZESZONY	M-50	1	00:09:09	00:17:49	00:26:37	00:35:20	00:36:59.85	00:37:02.10	+00:04:14 (11.5%)	3:42	16.2 (88.5%)
23	MUSIAŁ Michał	589		M-40	8	00:09:10	00:17:55	00:26:44	00:35:30	00:37:07.45	00:37:09.20	+00:04:22 (11.8%)	3:42	16.2 (88.5%)
24	KASZUBOWSKI Zenon	548	ACTIVE MALBORK	M-50	2	00:09:14	00:17:56	00:26:42	00:35:17	00:37:07.60	00:37:10.95	+00:04:23 (11.8%)	3:42	16.2 (88.5%)
25	CZAJKOWSKI Piotr	426	AGROLOK SPORT TEAM/BCT TEAM	M-20	8	00:09:27	00:18:13	00:26:55	00:35:33	00:37:12.50	00:37:15.25	+00:04:28 (12.0%)	3:43	16.1 (88.0%)
26	KLINIEWSKI Maciej	646	BRZOZA BIEGA	M-20	9	00:09:15	00:18:12	00:27:07	00:35:39	00:37:14.15	00:37:17.85	+00:04:30 (12.1%)	3:43	16.1 (88.0%)
27	WIWATOWSKI Michał	562		M-30	8	00:09:30	00:18:22	00:27:10	00:35:59	00:37:40.05	00:37:42.75	+00:04:55 (13.1%)	3:46	15.9 (86.9%)
28	SOWIŃSKI Piotr	390	4RUN TEAM BYDGOSZCZ	M-40	9	00:09:39	00:18:34	00:27:25	00:36:07	00:37:44.20	00:37:48.35	+00:05:01 (13.3%)	3:46	15.9 (86.9%)
29	BEDNARCZYK Adrian	160	1 POMORSKA BRYGADA LOGISTYCZNA	M-30	9	00:09:30	00:18:21	00:27:15	00:36:03	00:37:44.20	00:37:52.00	+00:05:04 (13.4%)	3:46	15.9 (86.9%)
30	OLCHAWA Piotr	193		M-40	10	00:09:30	00:18:22	00:27:15	00:36:08	00:37:53.80	00:37:57.20	+00:05:10 (13.6%)	3:47	15.8 (86.3%)
31	GÓRNY Wojciech	616	TRISPACE	M-40	11	00:09:33	00:18:24	00:27:22	00:36:19	00:37:58.15	00:37:59.70	+00:05:12 (13.7%)	3:47	15.8 (86.3%)
32	GROCHOWIAK Piotr	52	ŚLIMAKI BARCIN	M-30	10	00:09:31	00:18:20	00:27:16	00:36:17	00:37:59.60	00:38:05.95	+00:05:18 (13.9%)	3:47	15.8 (86.3%)
33	RYBAK Łukasz	657		M-30	11	00:09:30	00:18:26	00:27:33	00:36:30	00:38:07.85	00:38:09.55	+00:05:22 (14.1%)	3:48	15.7 (85.8%)
34	DEROŃ Waldemar	370	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M-20	10	00:09:29	00:18:16	00:27:18	00:36:32	00:38:15.35	00:38:20.00	+00:05:32 (14.5%)	3:49	15.7 (85.8%)
35	SPYCHAŁSKI Waldemar	347		M-40	12	00:09:30	00:18:28	00:27:36	00:36:50	00:38:33.95	00:38:37.50	+00:05:50 (15.1%)	3:51	15.6 (85.2%)
36	JANIAK Marcin	520	NIESKOŃCZONOŚĆ	M-30	12	00:09:26	00:18:24	00:27:40	00:36:54	00:38:38.70	00:38:44.30	+00:05:57 (15.4%)	3:51	15.5 (84.7%)
37	OSIŃSKI Ryszard	671	ACTIVE MALBORK	M-50	3	00:09:25	00:18:34	00:27:48	00:36:58	00:38:49.10	00:38:51.10	+00:06:03 (15.6%)	3:52	15.5 (84.7%)
38	STRABEL Łukasz	419	LUKAS	M-20	11	00:10:03	00:19:13	00:28:22	00:37:18	00:39:01.95	00:39:04.10	+00:06:16 (16.1%)	3:54	15.4 (84.2%)
39	KUBANEK Łukasz	238	TEAMOCHAL	M-30	13	00:10:00	00:19:10	00:28:19	00:37:20	00:39:04.15	00:39:08.30	+00:06:21 (16.2%)	3:54	15.4 (84.2%)
40	STACHERSKI Łukasz	625	KUJATT RUNNERS TEAM	M-20	12	00:09:24	00:18:30	00:27:56	00:37:21	00:39:05.05	00:39:12.05	+00:06:24 (16.4%)	3:54	15.4 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
41	MOROSZCZAK Bogumił	385	4RUN TEAM BYDGOSZCZ	M-40	13	00:09:39	00:18:52	00:28:11	00:37:21	00:39:07.35	00:39:12.30	+00:06:25 (16.4%)	3:54	15.3 (83.6%)
42	BIESIADA Tomasz	268	TRINERGY / TRISPACE	M-40	14	00:10:01	00:19:10	00:28:25	00:37:31	00:39:10.65	00:39:16.50	+00:06:29 (16.5%)	3:55	15.3 (83.6%)
43	DANIELEWSKI Mariusz	138	DRUŻYNA SZPIKU	M-30	14	00:09:49	00:19:01	00:28:26	00:37:31	00:39:10.60	00:39:17.05	+00:06:29 (16.5%)	3:55	15.3 (83.6%)
44	KLOSKOWSKI Adam	72	IWSP SZ BYDGOSZCZ	M-20	13	00:09:22	00:18:27	00:27:32	00:37:22	00:39:17.85	00:39:20.95	+00:06:33 (16.7%)	3:55	15.3 (83.6%)
45	LEWANDOWSKI Rafał	182	B4SPORT.PL	M-30	15	00:09:45	00:18:59	00:28:17	00:37:29	00:39:14.50	00:39:22.55	+00:06:35 (16.7%)	3:55	15.3 (83.6%)
46	JANKOWSKI Kacper	259		M-20	14	00:10:01	00:19:11	00:28:25	00:37:33	00:39:19.75	00:39:25.00	+00:06:37 (16.8%)	3:56	15.3 (83.6%)
47	GOŁEMBIEWSKI Marek	604	MUKS PIĘTNASTKA/B4SPORT	M-40	15	00:09:41	00:19:00	00:28:23	00:37:41	00:39:27.25	00:39:30.45	+00:06:43 (17.0%)	3:56	15.2 (83.1%)
48	BAZELA Adrian	556	BRZOZA BIEGA	M-16	1	00:09:54	00:19:15	00:28:38	00:37:50	00:39:32.30	00:39:34.15	+00:06:46 (17.1%)	3:57	15.2 (83.1%)
49	KRYSKE Mariusz	178	4RUN TEAM BYDGOSZCZ	M-30	16	00:09:48	00:19:04	00:28:30	00:37:52	00:39:35.65	00:39:40.90	+00:06:53 (17.4%)	3:57	15.2 (83.1%)
50	CICHOŃCZUK Antoni	7	FLOTA GDYNIA	M-60	1	00:09:53	00:19:12	00:28:37	00:37:59	00:39:46.15	00:39:47.35	+00:07:00 (17.6%)	3:58	15.1 (82.5%)
51	JAGODZIŃSKI Mateusz	483	BYDGOSKIE OKONIE	M-20	15	00:09:50	00:19:06	00:28:35	00:38:05	00:39:44.60	00:39:48.15	+00:07:00 (17.6%)	3:58	15.1 (82.5%)
52	TACZKOWSKI Jarosław	398	MUKS PIĘTNASTKA BYDGOSZCZ / B4SPORT	M-40	16	00:09:41	00:19:05	00:28:36	00:38:04	00:39:49.50	00:39:53.30	+00:07:06 (17.8%)	3:59	15.1 (82.5%)
53	TELEJKO Łukasz	181	RUN BYDGOSZCZ	M-20	16	00:09:53	00:19:10	00:28:36	00:38:03	00:39:47.75	00:39:54.55	+00:07:07 (17.8%)	3:58	15.1 (82.5%)
54	HOŁTYN Patryk	233	SPORT ZDROWIE KONDYCJA PIOTR SZEWCZUK	M-20	17	00:09:42	00:19:05	00:28:42	00:38:11	00:39:56.55	00:39:59.00	+00:07:11 (18.0%)	3:59	15 (82.0%)
55	PALACZ Marcin	192	OPTIMA CARDIO	M-30	17	00:09:53	00:19:16	00:28:46	00:38:14	00:39:58.65	00:40:00.80	+00:07:13 (18.1%)	3:59	15 (82.0%)
56	MARCINKOWSKI Paweł	199		M-40	17	00:10:00	00:19:30	00:29:05	00:38:17	00:39:56.75	00:40:01.55	+00:07:14 (18.1%)	3:59	15 (82.0%)
57	CZYŻNIKIEWICZ Paweł	270	WOOLFIK.PL	M-20	18	00:10:06	00:19:40	00:29:10	00:38:16	00:39:58.80	00:40:03.30	+00:07:16 (18.1%)	3:59	15 (82.0%)
58	BUKOWIŃSKI Michał	32	KLUB HANI I ANTKA	M-30	18	00:10:09	00:19:28	00:29:02	00:38:15	00:39:57.20	00:40:03.60	+00:07:16 (18.2%)	3:59	15 (82.0%)
59	WIĘCKOWSKI Dariusz	73	ROWEROWA BRZOZA - BRZOZA BIEGA	M-30	19	00:10:20	00:19:49	00:29:13	00:38:17	00:40:01.00	00:40:05.50	+00:07:18 (18.2%)	4:00	15 (82.0%)
60	SOBIERALSKI Rafał	196	KS BRZOZA	M-40	18	00:09:37	00:18:50	00:28:25	00:37:43	00:39:26.65	00:40:06.45	+00:07:19 (18.3%)	3:56	15.2 (83.1%)
61	KOWALSKI Łukasz	65	TRIATHLON TEAM CIESIELSKI	M-30	20	00:09:50	00:19:10	00:28:37	00:38:15	00:40:07.10	00:40:13.10	+00:07:25 (18.5%)	4:00	15 (82.0%)
62	PURWIN Piotr	504	CYTADELA GRUDZIĄDZ	M-40	19	00:09:54	00:19:09	00:28:47	00:38:20	00:40:12.20	00:40:15.00	+00:07:27 (18.5%)	4:01	14.9 (81.4%)
63	DZIUMA Arkadiusz	514	ŚWINKA RAĆKA TEAM	M-30	21	00:09:51	00:19:18	00:28:39	00:38:23	00:40:16.20	00:40:20.15	+00:07:32 (18.7%)	4:01	14.9 (81.4%)
64	SADOWSKI Marian	148		M-40	20	00:09:22	00:19:42	00:29:12	00:38:40	00:40:25.15	00:40:31.05	+00:07:43 (19.1%)	4:02	14.8 (80.9%)

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65	ZIELIŃSKI Nicolas	250		M-20	19	00:10:07	00:19:43	00:29:13	00:38:43	00:40:33.15	00:40:36.55	+00:07:49 (19.3%)	4:03	14.8 (80.9%)
66	LECIAK Michał	606	KLUB MARATOŃSKI UMK	M-30	22	00:10:15	00:19:51	00:29:30	00:38:52	00:40:40.85	00:40:43.70	+00:07:56 (19.5%)	4:04	14.7 (80.3%)
67	MRUK Tomasz	280		M-30	23	00:10:05	00:19:37	00:29:17	00:38:52	00:40:39.40	00:40:49.55	+00:08:02 (19.7%)	4:03	14.8 (80.9%)
68	TOMTAS Konrad	481		M-40	21	00:10:09	00:19:37	00:29:18	00:38:56	00:40:44.20	00:40:54.60	+00:08:07 (19.9%)	4:04	14.7 (80.3%)
69	KRAMARZ Nikodem	602		M-20	20	00:10:20	00:19:53	00:29:31	00:39:07	00:40:51.10	00:40:56.70	+00:08:09 (19.9%)	4:05	14.7 (80.3%)
70	KRAMARZ Aleksander	601		M-20	21	00:10:20	00:19:53	00:29:31	00:39:07	00:40:53.35	00:40:58.65	+00:08:11 (20.0%)	4:05	14.7 (80.3%)
71	GRALIK Jędrzej	587	BYDGOSKIE OKONIE	M-20	22	00:10:12	00:19:48	00:29:31	00:39:16	00:41:02.40	00:41:09.85	+00:08:22 (20.4%)	4:06	14.6 (79.8%)
72	NITKA Dawid	147		M-20	23	00:10:02	00:19:28	00:29:29	00:39:28	00:41:19.95	00:41:23.90	+00:08:36 (20.8%)	4:08	14.5 (79.2%)
73	STANIEC Tomasz	230	NIEZRZESZONY	M-40	22	00:10:16	00:19:57	00:29:56	00:39:45	00:41:32.35	00:41:37.60	+00:08:50 (21.2%)	4:09	14.4 (78.7%)
74	ŚWITAL Leszek	56	TAZAR	M-40	23	00:10:26	00:20:10	00:30:05	00:39:44	00:41:32.85	00:41:39.60	+00:08:52 (21.3%)	4:09	14.4 (78.7%)
75	CZARNECKI Grzegorz	264	BRZOZA BIEGA	M-30	24	00:10:32	00:20:19	00:30:07	00:39:48	00:41:36.95	00:41:41.45	+00:08:54 (21.4%)	4:09	14.4 (78.7%)
76	MICKIEWICZ Jan	50	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	4	00:10:15	00:20:04	00:29:59	00:39:51	00:41:42.60	00:41:44.50	+00:08:57 (21.5%)	4:10	14.4 (78.7%)
77	PRZYBYLSKI Maciej	301		M-40	24	00:09:56	00:19:45	00:29:50	00:39:54	00:41:47.80	00:41:51.45	+00:09:04 (21.7%)	4:10	14.4 (78.7%)
78	PIEKARSKI Marek	87	RESTAURACJA KING FU BYDGOSZCZ	M-40	25	00:10:02	00:19:44	00:29:54	00:40:05	00:41:58.00	00:41:59.20	+00:09:12 (21.9%)	4:11	14.3 (78.1%)
79	ZWIEWKA Sebastian	335	BUSHIDO	M-30	25	00:10:30	00:20:22	00:30:14	00:40:05	00:41:55.75	00:42:01.30	+00:09:14 (22.0%)	4:11	14.3 (78.1%)
80	SKORECKI Aleksander	691		M-20	24	00:10:40	00:20:42	00:30:45	00:40:20	00:42:05.55	00:42:10.05	+00:09:22 (22.2%)	4:12	14.3 (78.1%)
81	MAĆKOWSKI Maciej	626		M-20	25	00:10:00	00:19:48	00:30:06	00:40:17	00:42:07.50	00:42:10.40	+00:09:23 (22.3%)	4:12	14.2 (77.6%)
82	DAŃCZUK Jerzy	539	RWT W BYDGOSZCZY	M-50	5	00:10:32	00:20:22	00:30:23	00:40:17	00:42:06.60	00:42:13.65	+00:09:26 (22.4%)	4:12	14.3 (78.1%)
83	LENGIEWICZ Jakub	636	OBÓZ BIEGOWY	M-30	26	00:10:38	00:20:35	00:30:34	00:40:18	00:42:05.95	00:42:15.00	+00:09:27 (22.4%)	4:12	14.3 (78.1%)
84	REPKA Oskar	204	LUPUS TEAM	M-16	2	00:10:24	00:19:59	00:30:11	00:40:13	00:42:03.55	00:42:15.65	+00:09:28 (22.4%)	4:12	14.3 (78.1%)
85	SOBCZAK Marcin	260	TRISPACE	M-40	26	00:10:35	00:20:31	00:30:28	00:40:20	00:42:12.30	00:42:16.50	+00:09:29 (22.4%)	4:13	14.2 (77.6%)
86	RACZYŃSKI Krzysztof	113		M-50	6	00:10:43	00:20:36	00:30:28	00:40:19	00:42:08.95	00:42:17.75	+00:09:30 (22.5%)	4:12	14.2 (77.6%)
87	KOSOWSKI Janusz	145	AKM OLIMP OLSZTYN SKLEPBIEGOWY.COM	M-60	2	00:10:31	00:20:30	00:30:31	00:40:28	00:42:17.55	00:42:18.35	+00:09:31 (22.5%)	4:13	14.2 (77.6%)
88	MACIEJEWSKI Rafał	95	PAŁUKI RUNNING TEAM	M-40	27	00:10:38	00:20:32	00:30:31	00:40:24	00:42:14.35	00:42:18.80	+00:09:31 (22.5%)	4:13	14.2 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
89	CZARNECKI Piotr	559	BRZOZA BIEGA	M-30	27	00:10:34	00:20:31	00:30:33	00:40:31	00:42:15.05	00:42:20.00	+00:09:32 (22.6%)	4:13	14.2 (77.6%)
90	SKARBEK Marek	480		M-40	28	00:10:38	00:20:35	00:30:31	00:40:27	00:42:14.70	00:42:20.65	+00:09:33 (22.6%)	4:13	14.2 (77.6%)
91	KUBIS Roman	537	RUN PASJA	M-40	29	00:09:51	00:20:08	00:30:28	00:40:23	00:42:21.75	00:42:24.20	+00:09:37 (22.7%)	4:14	14.2 (77.6%)
92	KOSAKOWSKI Marian	645	OBÓZ BIEGOWY	M-50	7	00:10:34	00:20:32	00:30:32	00:40:30	00:42:27.25	00:42:29.20	+00:09:42 (22.8%)	4:14	14.1 (77.0%)
93	CZEPEK Aleksander	125	BRZOZA BIEGA	M-50	8	00:10:34	00:20:23	00:30:24	00:40:33	00:42:27.60	00:42:31.25	+00:09:44 (22.9%)	4:14	14.1 (77.0%)
94	WIŚNIEWSKI Leszek	349		M-40	30	00:10:16	00:20:12	00:30:33	00:40:40	00:42:26.65	00:42:32.35	+00:09:45 (22.9%)	4:14	14.1 (77.0%)
95	GOLINOWSKI Darek	146		M-40	31	00:10:45	00:20:48	00:30:52	00:40:39	00:42:27.75	00:42:33.75	+00:09:46 (23.0%)	4:14	14.1 (77.0%)
96	WYRĘBSKI Jarosław	359	TEAMOCHAL	M-40	32	00:10:52	00:20:54	00:30:54	00:40:33	00:42:22.15	00:42:36.85	+00:09:49 (23.1%)	4:14	14.2 (77.6%)
97	KAZUBOWSKI Jacek	63	45PLUS	M-40	33	00:10:47	00:20:50	00:30:53	00:40:46	00:42:36.35	00:42:42.10	+00:09:54 (23.2%)	4:15	14.1 (77.0%)
98	WIERZBOWSKI Piotr	427	START BRZOSÓWKA	M-30	28	00:10:37	00:20:37	00:30:42	00:40:44	00:42:37.80	00:42:45.30	+00:09:58 (23.3%)	4:15	14.1 (77.0%)
99	MOLTZAN Zbigniew	191		M-30	29	00:10:50	00:20:46	00:30:48	00:40:45	00:42:37.45	00:42:46.45	+00:09:59 (23.3%)	4:15	14.1 (77.0%)
100	WRZESIŃSKI Wojciech	33	RUNSPACE.PL	M-40	34	00:10:44	00:20:38	00:30:41	00:40:45	00:42:41.15	00:42:48.25	+00:10:01 (23.4%)	4:16	14.1 (77.0%)
101	DOMARADZKI Wojciech	642	OBÓZ BIEGOWY	M-30	30	00:10:58	00:21:08	00:31:09	00:40:47	00:42:39.60	00:42:49.75	+00:10:02 (23.4%)	4:15	14.1 (77.0%)
102	CHOJECKI Dariusz	188	NIEZRZESZONY	M-50	9	00:10:08	00:20:15	00:30:36	00:40:41	00:42:47.80	00:42:50.25	+00:10:03 (23.5%)	4:16	14 (76.5%)
103	GACKA Rafał	92	LUPUS TEAM	M-30	31	00:10:45	00:20:54	00:31:05	00:40:55	00:42:45.40	00:42:51.60	+00:10:04 (23.5%)	4:16	14 (76.5%)
104	KOWALSKI Adrian	49	BYDGOSZCZ TRIATHLON TEAM	M-20	26	00:10:40	00:20:42	00:30:45	00:40:58	00:42:49.25	00:42:54.20	+00:10:07 (23.6%)	4:17	14 (76.5%)
105	KRUEGER Waldemar	613		M-40	35	00:11:12	00:21:20	00:31:05	00:40:43	00:42:33.00	00:42:54.25	+00:10:07 (23.6%)	4:15	14.1 (77.0%)
106	RYDLEWSKI Marek	21	RUN BYDGOSZCZ	M-40	36	00:10:58	00:21:07	00:31:12	00:40:52	00:42:42.65	00:42:55.80	+00:10:08 (23.6%)	4:16	14.1 (77.0%)
107	PAWŁOWSKI Radosław	149	JFTC SU	M-40	37	00:10:47	00:20:46	00:30:49	00:40:58	00:42:54.60	00:42:55.85	+00:10:08 (23.6%)	4:17	14 (76.5%)
108	RUDNICKI Michał	235	TASAK TEAM	M-30	32	00:10:31	00:20:31	00:30:48	00:40:59	00:42:56.05	00:43:00.25	+00:10:13 (23.8%)	4:17	14 (76.5%)
109	STOLARÓW Robert	629	ACTIVE MALBORK	M-40	38	00:10:34	00:20:46	00:31:04	00:40:58	00:42:56.45	00:43:00.90	+00:10:13 (23.8%)	4:17	14 (76.5%)
110	LEWANDOWSKI Rafał	135	VENI, CUCURRI, VICI.	M-30	33	00:10:21	00:20:32	00:30:48	00:41:04	00:43:00.60	00:43:03.50	+00:10:16 (23.9%)	4:18	13.9 (76.0%)
111	SZOCH Tomasz	314		M-40	39	00:10:30	00:20:38	00:30:53	00:41:16	00:43:14.15	00:43:16.60	+00:10:29 (24.2%)	4:19	13.9 (76.0%)
112	WODEJKO Artur	174	TURBOBOY	M-30	34	00:10:45	00:20:42	00:30:53	00:41:06	00:43:07.40	00:43:18.90	+00:10:31 (24.3%)	4:18	13.9 (76.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
113	WAŚICKI Dariusz	540	AZS UMK ENERGIA TORUŃ	M-20	27	00:11:00	00:21:15	00:31:33	00:41:25	00:43:16.55	00:43:26.75	+00:10:39 (24.5%)	4:19	13.9 (76.0%)
114	WOLNY Piotr	650	BRZOZA BIEGA	M-50	10	00:10:28	00:20:37	00:30:59	00:41:24	00:43:28.70	00:43:32.55	+00:10:45 (24.7%)	4:20	13.8 (75.4%)
115	FURTAK Tomasz	144	SPORT I REKREACJA MOGILNO	M-40	40	00:11:17	00:21:34	00:31:43	00:41:43	00:43:32.75	00:43:37.70	+00:10:50 (24.9%)	4:21	13.8 (75.4%)
116	MILEWSKI Zbigniew	356	TKKF KOLEJARZ BYDGOSZCZ	M-40	41	00:11:18	00:21:47	00:31:55	00:41:23	00:43:06.00	00:43:39.00	+00:10:51 (24.9%)	4:18	13.9 (76.0%)
117	CIEŚLIK Marek	525	RANCZO MICHALIN	M-50	11	00:10:47	00:20:45	00:31:04	00:41:30	00:43:29.35	00:43:39.10	+00:10:51 (24.9%)	4:21	13.8 (75.4%)
118	NOWAKOWSKI Jerzy	529		M-30	35	00:11:19	00:21:26	00:31:35	00:41:30	00:43:18.30	00:43:39.60	+00:10:52 (24.9%)	4:19	13.9 (76.0%)
119	MICHALIK Łukasz	46	BRZOZA BIEGA	M-30	36	00:10:46	00:21:02	00:31:29	00:41:45	00:43:38.05	00:43:43.30	+00:10:56 (25.0%)	4:21	13.8 (75.4%)
120	GORCZYCA Grzegorz	497	BRAK	M-40	42	00:10:56	00:21:03	00:31:18	00:41:47	00:43:40.40	00:43:44.85	+00:10:57 (25.1%)	4:22	13.7 (74.9%)
121	MUSS Aleksander	438	SKLEP BIEGACZA BYDGOSZCZ	M-40	43	00:11:13	00:21:18	00:31:25	00:41:24	00:43:18.00	00:43:46.10	+00:10:58 (25.1%)	4:19	13.9 (76.0%)
122	SOSNOWSKI Krzysztof	468	B4SPORT	M-30	37	00:11:30	00:21:55	00:32:02	00:41:51	00:43:36.10	00:43:46.90	+00:10:59 (25.1%)	4:21	13.8 (75.4%)
123	SZYMAŃSKI Bartek	500		M-20	28	00:11:16	00:21:13	00:31:27	00:41:31	00:43:23.80	00:43:47.50	+00:11:00 (25.1%)	4:20	13.8 (75.4%)
124	GRZEGORZEK Bartłomiej	588	BIEGAMYRAZEM.PL	M-30	38	00:11:07	00:21:22	00:31:48	00:41:46	00:43:43.30	00:43:47.55	+00:11:00 (25.1%)	4:22	13.7 (74.9%)
125	HELSZTAJN Robert	10	PAŁUKI RUNNING TEAM	M-40	44	00:10:51	00:21:03	00:31:29	00:41:43	00:43:39.15	00:43:50.10	+00:11:02 (25.2%)	4:22	13.7 (74.9%)
126	TOBOLSKI Marek	218	„FLORIAN' GRUDZIĄDZ OCHRONA PRZECIWPOŻAROWA	M-40	45	00:11:14	00:21:21	00:31:34	00:41:45	00:43:40.15	00:43:52.90	+00:11:05 (25.3%)	4:22	13.7 (74.9%)
127	WILLMA Jarosław	569	BRZOZA BIEGA	M-40	46	00:10:42	00:21:02	00:31:35	00:42:01	00:44:00.10	00:44:00.90	+00:11:13 (25.5%)	4:24	13.6 (74.3%)
128	MATOWSKI Maciej	605		M-30	39	00:11:01	00:21:12	00:31:27	00:41:51	00:43:48.90	00:44:13.60	+00:11:26 (25.9%)	4:22	13.7 (74.9%)
129	LISEWSKI Piotr	39	NIEZRZESZONY	M-50	12	00:11:00	00:21:18	00:31:45	00:42:17	00:44:07.95	00:44:15.15	+00:11:27 (25.9%)	4:24	13.6 (74.3%)
130	DĄBROWSKI Paweł	36		M-20	29	00:11:03	00:21:24	00:31:56	00:42:13	00:44:11.70	00:44:18.70	+00:11:31 (26.0%)	4:25	13.6 (74.3%)
131	SWOBODA Daniel	495		M-30	40	00:11:25	00:21:55	00:32:27	00:42:26	00:44:15.05	00:44:20.00	+00:11:32 (26.0%)	4:25	13.6 (74.3%)
132	PILEWSKI Mikołaj	687	BYDGOSZCZ TRIATHLON	M-20	30	00:11:21	00:21:32	00:31:47	00:41:47	00:43:41.70	00:44:21.05	+00:11:33 (26.1%)	4:22	13.7 (74.9%)
133	BOINSKI Sebastian	23		M-30	41	00:11:05	00:21:27	00:31:53	00:42:19	00:44:18.25	00:44:24.40	+00:11:37 (26.2%)	4:25	13.5 (73.8%)
134	SZKUTA Jarosław	662	.	M-30	42	00:11:05	00:21:20	00:31:42	00:42:12	00:44:09.50	00:44:26.45	+00:11:39 (26.2%)	4:25	13.6 (74.3%)
135	STĘPIEŃ Bogdan	226		M-30	43	00:11:14	00:21:32	00:31:52	00:42:22	00:44:20.05	00:44:26.75	+00:11:39 (26.2%)	4:26	13.5 (73.8%)
136	JANYSKA Krzysztof	327		M-30	44	00:10:49	00:21:13	00:31:50	00:42:23	00:44:23.15	00:44:29.55	+00:11:42 (26.3%)	4:26	13.5 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
137	KOWALSKI Jacek	121		M-30	45	00:11:06	00:21:12	00:31:43	00:42:19	00:44:15.90	00:44:31.05	+00:11:43 (26.4%)	4:25	13.6 (74.3%)
138	KOCHANOWSKI Maciej	609	BRZOZA BIEGA	M-20	31	00:11:02	00:21:17	00:31:32	00:42:13	00:44:06.20	00:44:32.00	+00:11:44 (26.4%)	4:24	13.6 (74.3%)
139	GROTA Artur	207		M-30	46	00:10:52	00:21:16	00:32:00	00:42:37	00:44:29.70	00:44:32.75	+00:11:45 (26.4%)	4:26	13.5 (73.8%)
140	JĘDRZEJCZYK Mikołaj	418		M-40	47	00:11:03	00:21:28	00:32:05	00:42:35	00:44:33.00	00:44:38.40	+00:11:51 (26.6%)	4:27	13.5 (73.8%)
141	BLOKOWSKI Piotr	631	AGROLOK SPORT TEAM	M-30	47	00:11:02	00:21:43	00:32:25	00:42:42	00:44:33.00	00:44:39.50	+00:11:52 (26.6%)	4:27	13.5 (73.8%)
142	OCHENDAL Maciej	603	TRISPACE	M-30	48	00:11:12	00:21:34	00:32:10	00:42:36	00:44:32.50	00:44:40.60	+00:11:53 (26.6%)	4:27	13.5 (73.8%)
143	GUZIK Grzegorz	448	ING	M-30	49	00:10:33	00:20:42	00:31:30	00:41:58	00:43:56.15	00:44:42.70	+00:11:55 (26.7%)	4:23	13.7 (74.9%)
144	MORITZ Rafał	85	MORANI BARCIN	M-30	50	00:10:47	00:21:02	00:31:56	00:42:40	00:44:39.60	00:44:44.40	+00:11:57 (26.7%)	4:28	13.4 (73.2%)
145	DUDKIEWICZ Zbigniew	628	AGROLOK SPORT TEAM	M-30	51	00:11:01	00:21:38	00:32:24	00:42:42	00:44:39.35	00:44:46.45	+00:11:59 (26.8%)	4:27	13.4 (73.2%)
146	SZPOJDA Grzegorz	690		M-30	52	00:10:46	00:21:15	00:32:00	00:42:42	00:44:42.50	00:44:46.70	+00:11:59 (26.8%)	4:28	13.4 (73.2%)
147	GOZIMIRSKI Adam	494	BRZOZA BIEGA	M-30	53	00:10:37	00:21:07	00:32:08	00:42:45	00:44:46.75	00:44:50.05	+00:12:02 (26.9%)	4:28	13.4 (73.2%)
148	HASS Adam	253		M-30	54	00:11:11	00:21:32	00:32:09	00:42:40	00:44:35.40	00:44:51.50	+00:12:04 (26.9%)	4:27	13.5 (73.8%)
149	GRYCZKA Piotr	37		M-50	13	00:11:20	00:21:40	00:32:22	00:42:51	00:44:44.15	00:44:53.20	+00:12:06 (27.0%)	4:28	13.4 (73.2%)
150	KANARKOWSKI Stanisław	486	NIEZRZESZONY	M-50	14	00:10:49	00:21:10	00:31:59	00:42:41	00:44:49.90	00:44:54.20	+00:12:07 (27.0%)	4:29	13.4 (73.2%)
151	JÓŹWIAK Marek	401	BRZOZA BIEGA	M-50	15	00:11:32	00:21:59	00:32:28	00:42:50	00:44:45.90	00:44:54.35	+00:12:07 (27.0%)	4:28	13.4 (73.2%)
152	KRZYWDZIŃSKI Dominik	342	UKB SZUBIN	M-16	3	00:11:47	00:22:07	00:32:18	00:42:40	00:44:38.75	00:44:57.15	+00:12:09 (27.1%)	4:27	13.4 (73.2%)
153	MICHALEWSKI Bartosz	374	DC FELGA TEAM	M-30	55	00:11:21	00:21:56	00:32:32	00:43:04	00:45:02.60	00:45:10.95	+00:12:23 (27.4%)	4:30	13.3 (72.7%)
154	WOJCIECHOWSKI Eugeniusz	339	BRZOZA BIEGA	M-50	16	00:10:40	00:21:14	00:32:08	00:43:07	00:45:13.70	00:45:17.00	+00:12:29 (27.6%)	4:31	13.3 (72.7%)
155	SCHAAL Michel	490	FRANCJA	M-50	17	00:11:07	00:21:49	00:32:38	00:43:24	00:45:23.30	00:45:24.95	+00:12:37 (27.8%)	4:32	13.2 (72.1%)
156	STARZECKI Robert	688		M-40	48	00:11:10	00:21:39	00:32:25	00:43:10	00:45:12.50	00:45:28.00	+00:12:40 (27.9%)	4:31	13.3 (72.7%)
157	MOJSIEWICZ Janusz	231		M-30	56	00:11:48	00:22:39	00:33:34	00:43:07	00:45:03.85	00:45:30.55	+00:12:43 (28.0%)	4:30	13.3 (72.7%)
158	ŁUKASZEWSKI Tomasz	579	KB MANIAC POZNAŃ	M-50	18	00:11:15	00:21:42	00:32:24	00:43:14	00:45:12.70	00:45:31.60	+00:12:44 (28.0%)	4:31	13.3 (72.7%)
159	ZIENKIEWICZ Janusz I Amelia	573	ALLIANZ RUNNING TEAM	M-40	49	00:11:23	00:21:50	00:32:26	00:42:56	00:45:15.75	00:45:35.45	+00:12:48 (28.1%)	4:31	13.3 (72.7%)
160	BRATEK Andrzej	118	TKKF KOLEJARZ BYDGOSZCZ	M-50	19	00:11:14	00:21:53	00:32:45	00:43:32	00:45:28.20	00:45:36.30	+00:12:49 (28.1%)	4:32	13.2 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
161	GLIWKA Artur	215	1. BLWL	M-30	57	00:11:02	00:21:35	00:32:29	00:43:29	00:45:30.00	00:45:38.20	+00:12:51 (28.2%)	4:33	13.2 (72.1%)
162	DURAŁEK Andrzej	272	PRUSZCZ	M-30	58	00:10:59	00:21:29	00:32:36	00:43:31	00:45:31.30	00:45:39.35	+00:12:52 (28.2%)	4:33	13.2 (72.1%)
163	TARKOWSKI Mariusz	584	AUTORECYCLING	M-30	59	00:11:23	00:22:09	00:32:55	00:43:32	00:45:34.70	00:45:39.75	+00:12:52 (28.2%)	4:33	13.2 (72.1%)
164	TREJDEROWSKI Robert	278		M-30	60	00:11:22	00:21:50	00:32:47	00:43:24	00:45:23.90	00:45:40.00	+00:12:52 (28.2%)	4:32	13.2 (72.1%)
165	WOJCIECHOWSKI Grzegorz	406	SPORT I REKREACJA MOGILNO	M-50	20	00:11:17	00:21:34	00:32:29	00:43:37	00:45:36.10	00:45:40.75	+00:12:53 (28.2%)	4:33	13.2 (72.1%)
166	OSKWAREK Bogdan	312		M-40	50	00:11:21	00:21:49	00:32:46	00:43:23	00:45:24.00	00:45:41.50	+00:12:54 (28.2%)	4:32	13.2 (72.1%)
167	KAŁAMAJA Jakub	538		M-20	32	00:11:36	00:22:18	00:32:52	00:43:25	00:45:17.70	00:45:41.90	+00:12:54 (28.3%)	4:31	13.2 (72.1%)
168	ORCHOLSKI Witold	647	T.S. OPATRUNKI TORUŃ	M-40	51	00:13:15	00:23:11	00:33:18	00:43:03	00:44:53.65	00:45:44.45	+00:12:57 (28.3%)	4:29	13.4 (73.2%)
169	BOGACZYK Łukasz	621		M-20	33	00:11:43	00:21:52	00:32:34	00:43:14	00:45:11.50	00:45:45.50	+00:12:58 (28.3%)	4:31	13.3 (72.7%)
170	WIŚNIEWSKI Artur	580		M-40	52	00:11:36	00:22:14	00:32:48	00:43:17	00:45:15.85	00:45:47.35	+00:13:00 (28.4%)	4:31	13.3 (72.7%)
171	LESZCZEWICZ Waldemar	558	KUŹNIA TRIATHLONU	M-30	61	00:11:29	00:22:18	00:33:04	00:43:35	00:45:32.20	00:45:47.45	+00:13:00 (28.4%)	4:33	13.2 (72.1%)
172	KOWALIKOWSKI Daniel	407	MIMI TEAM	M-20	34	00:11:34	00:22:17	00:33:04	00:43:41	00:45:40.00	00:45:49.50	+00:13:02 (28.5%)	4:34	13.1 (71.6%)
173	ZARECKI Piotr	289	PAŁUKI RUNNING TEAM	M-30	62	00:11:15	00:21:50	00:32:57	00:43:41	00:45:42.00	00:45:52.75	+00:13:05 (28.5%)	4:34	13.1 (71.6%)
174	BIEL Marek	358		M-40	53	00:10:52	00:21:35	00:32:34	00:43:44	00:45:46.90	00:45:55.35	+00:13:08 (28.6%)	4:34	13.1 (71.6%)
174	ŚLESIŃSKI Bartosz	443		M-40	54	00:11:41	00:22:24	00:33:09	00:43:46	00:45:37.80	00:45:55.35	+00:13:08 (28.6%)	4:33	13.1 (71.6%)
176	RYBAK Krzysztof	333	DOCENT FELGA TEAM	M-50	21	00:11:22	00:22:06	00:32:59	00:43:48	00:45:47.55	00:45:56.20	+00:13:09 (28.6%)	4:34	13.1 (71.6%)
176	GRUCKI Mateusz	527		M-30	63	00:11:36	00:22:25	00:33:14	00:43:54	00:45:50.95	00:45:56.20	+00:13:09 (28.6%)	4:35	13.1 (71.6%)
178	WRÓBLEWSKI Marcin	543		M-30	64	00:11:55	00:22:31	00:33:10	00:43:48	00:45:47.85	00:45:57.70	+00:13:10 (28.7%)	4:34	13.1 (71.6%)
179	KLIMEK Paweł	395		M-20	35	00:11:37	00:22:19	00:32:53	00:43:32	00:45:36.10	00:45:59.70	+00:13:12 (28.7%)	4:33	13.2 (72.1%)
180	SZABLEWSKI Andrzej	678	TEAMOCHAL	M-40	55	00:11:49	00:22:41	00:33:21	00:43:49	00:45:47.55	00:46:00.55	+00:13:13 (28.7%)	4:34	13.1 (71.6%)
181	MIELCARSKI Michał	213	MIELCAR TEAM	M-30	65	00:11:23	00:22:08	00:32:59	00:43:42	00:45:43.10	00:46:01.95	+00:13:14 (28.8%)	4:34	13.1 (71.6%)
182	WIŚNIEWSKI Janusz	26	CARBON TEAM TORUŃ	M-40	56	00:11:30	00:22:19	00:33:11	00:43:52	00:45:52.85	00:46:03.20	+00:13:16 (28.8%)	4:35	13.1 (71.6%)
183	WIŚNIEWSKI Mikołaj	344		M-20	36	00:11:42	00:22:39	00:33:42	00:44:20	00:46:06.85	00:46:09.15	+00:13:21 (29.0%)	4:36	13 (71.0%)
184	OLENDER Tomasz	201	ENDUHUB RUNNING TEAM	M-20	37	00:11:50	00:22:37	00:33:22	00:43:47	00:45:35.15	00:46:09.25	+00:13:22 (29.0%)	4:33	13.2 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
185	KANIA Dariusz	479		M-40	57	00:11:04	00:21:37	00:32:39	00:43:57	00:46:04.70	00:46:10.60	+00:13:23 (29.0%)	4:36	13 (71.0%)
186	NICKI Paweł	542		M-30	66	00:11:55	00:22:31	00:33:00	00:44:00	00:46:04.10	00:46:13.70	+00:13:26 (29.1%)	4:36	13 (71.0%)
187	KANTORSKI Zbyszek	81	COCA-COLA RUNNERS	M-40	58	00:11:48	00:22:29	00:33:14	00:43:49	00:45:48.85	00:46:13.80	+00:13:26 (29.1%)	4:34	13.1 (71.6%)
188	WĘSIORA Mariusz	545		M-40	59	00:11:32	00:22:17	00:33:07	00:43:57	00:45:57.10	00:46:14.00	+00:13:26 (29.1%)	4:35	13.1 (71.6%)
189	TRZCIŃSKI Franciszek	324	SPORT I REKREACJA START CHEŁMNO	M-50	22	00:11:23	00:21:54	00:32:52	00:44:01	00:46:09.20	00:46:15.05	+00:13:27 (29.1%)	4:37	13 (71.0%)
190	DRABJEWSKI Paweł	492	TKKF WODNIK WIĘCIBORK	M-30	67	00:11:36	00:22:18	00:33:03	00:43:48	00:45:51.15	00:46:17.25	+00:13:30 (29.2%)	4:35	13.1 (71.6%)
191	DĄBKOWSKI Wojciech	288		M-30	68	00:12:09	00:22:52	00:33:28	00:43:49	00:45:43.95	00:46:18.55	+00:13:31 (29.2%)	4:34	13.1 (71.6%)
192	SZWARC Paweł	251	RUN BYDGOSZCZ	M-30	69	00:11:40	00:22:13	00:33:00	00:44:02	00:46:10.40	00:46:21.40	+00:13:34 (29.3%)	4:37	13 (71.0%)
193	TOMCZAK Zbigniew	31	ALTOM GNIEZNO	M-60	3	00:11:31	00:22:18	00:33:10	00:44:11	00:46:13.90	00:46:22.80	+00:13:35 (29.3%)	4:37	13 (71.0%)
194	KOTLARSKI Krystian	309	OZ JFTC	M-20	38	00:11:05	00:21:55	00:33:16	00:44:10	00:46:09.55	00:46:27.90	+00:13:40 (29.4%)	4:36	13 (71.0%)
195	APANASIEWICZ Bartosz	695	RUNSPACE.PL	M-30	70	00:11:14	00:22:00	00:33:19	00:44:10	00:46:07.85	00:46:28.65	+00:13:41 (29.5%)	4:36	13 (71.0%)
196	KULBAKA Dawid	66		M-30	71	00:11:23	00:22:18	00:33:28	00:44:28	00:46:27.65	00:46:34.95	+00:13:47 (29.6%)	4:38	12.9 (70.5%)
197	ŁAZ Kamil	18	RUN BYDGOSZCZ	M-30	72	00:11:39	00:22:13	00:33:00	00:44:01	00:46:24.45	00:46:35.95	+00:13:48 (29.6%)	4:38	12.9 (70.5%)
198	KOWALSKI Krzysztof	120	KRUSZYN KRAJEŃSKI	M-30	73	00:11:39	00:22:29	00:33:25	00:44:29	00:46:24.20	00:46:38.10	+00:13:50 (29.7%)	4:38	12.9 (70.5%)
199	SŁOMA Maciej	151		M-40	60	00:11:48	00:22:39	00:33:34	00:44:12	00:46:11.95	00:46:38.45	+00:13:51 (29.7%)	4:37	13 (71.0%)
200	DZIEŁAK Andrzej	197	JURMET	M-40	61	00:11:32	00:22:14	00:33:12	00:44:24	00:46:30.80	00:46:42.20	+00:13:55 (29.8%)	4:39	12.9 (70.5%)
201	LUZAK Mirosław	42	MWIK BYDGOSZCZ	M-50	23	00:11:35	00:22:14	00:33:11	00:44:24	00:46:29.40	00:46:42.40	+00:13:55 (29.8%)	4:38	12.9 (70.5%)
202	KACZALSKI Kamil	64	DAMY RADĘ INOWROCŁAW	M-20	39	00:11:22	00:22:33	00:33:46	00:44:31	00:46:28.85	00:46:44.10	+00:13:56 (29.8%)	4:38	12.9 (70.5%)
203	LIPSKI Krzysztof	228	RUN BYDGOSZCZ	M-40	62	00:11:27	00:22:21	00:33:22	00:44:26	00:46:26.65	00:46:45.60	+00:13:58 (29.9%)	4:38	12.9 (70.5%)
204	AUGUSTYNOWICZ Piotr	114	BRAK	M-30	74	00:11:49	00:22:37	00:33:35	00:44:21	00:46:20.25	00:46:47.90	+00:14:00 (29.9%)	4:38	12.9 (70.5%)
205	SIEMIENIECKI Dariusz	224	BRAK	M-40	63	00:11:49	00:22:37	00:33:35	00:44:21	00:46:20.55	00:46:48.15	+00:14:00 (29.9%)	4:38	12.9 (70.5%)
206	PAŁKA Michał	208	ŚLIMAKI BARCIN	M-30	75	00:11:13	00:22:18	00:33:46	00:44:51	00:46:45.45	00:46:55.30	+00:14:08 (30.1%)	4:40	12.8 (69.9%)
207	SMYK Piotr	362	ŚLIMAKI BARCIN	M-30	76	00:11:33	00:22:31	00:33:45	00:44:51	00:46:48.20	00:46:55.90	+00:14:08 (30.1%)	4:40	12.8 (69.9%)
208	KANIA Michał	478		M-30	77	00:11:36	00:22:26	00:33:41	00:44:47	00:46:51.30	00:46:56.95	+00:14:09 (30.2%)	4:41	12.8 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
209	WIŚNIEWSKI Maciej	372	THE RUNNERS ŚWIECIE	M-40	64	00:11:41	00:22:43	00:33:39	00:44:36	00:46:40.85	00:46:58.35	+00:14:11 (30.2%)	4:40	12.9 (70.5%)
210	WINIARSKI Grzegorz	86	THERUNNERSŚWIECIE	M-30	78	00:11:41	00:22:42	00:33:39	00:44:35	00:46:40.85	00:46:58.40	+00:14:11 (30.2%)	4:40	12.9 (70.5%)
211	KRZYŻANOWSKI Robert	177	ANDRO	M-40	65	00:11:45	00:22:40	00:33:42	00:44:38	00:46:44.70	00:47:01.30	+00:14:14 (30.3%)	4:40	12.8 (69.9%)
212	SIKORA Atoni	306	ŻNIŃSKI KLUB BIEGACZA 1992	M-60	4	00:11:35	00:22:32	00:33:41	00:44:46	00:46:53.90	00:47:02.30	+00:14:15 (30.3%)	4:41	12.8 (69.9%)
213	HIRT Tomasz	189	DOCENT FELGA TEAM	M-30	79	00:10:57	00:21:36	00:32:48	00:44:44	00:46:57.50	00:47:08.75	+00:14:21 (30.5%)	4:41	12.8 (69.9%)
214	TOCZKIEWICZ Piotr	155		M-30	80	00:11:20	00:22:35	00:34:00	00:45:08	00:47:09.15	00:47:12.70	+00:14:25 (30.6%)	4:42	12.7 (69.4%)
215	PAŚ Michał	343	CHARTY SZELEJEWO	M-30	81	00:11:43	00:22:37	00:33:44	00:44:59	00:47:04.55	00:47:15.00	+00:14:27 (30.6%)	4:42	12.7 (69.4%)
216	JURSKI Robert	169		M-40	66	00:11:51	00:22:58	00:34:02	00:45:08	00:47:02.50	00:47:18.65	+00:14:31 (30.7%)	4:42	12.8 (69.9%)
217	HUTEK Adam	521		M-30	82	00:11:39	00:22:38	00:33:51	00:45:16	00:47:17.25	00:47:21.10	+00:14:33 (30.8%)	4:43	12.7 (69.4%)
218	NIEDBALSKI Grzegorz	161	RUNBYDGOSZCZ	M-50	24	00:12:03	00:23:13	00:34:22	00:45:18	00:47:12.55	00:47:22.75	+00:14:35 (30.8%)	4:43	12.7 (69.4%)
219	STEMPNIAK Krzysztof	83		M-40	67	00:11:30	00:22:38	00:34:01	00:45:11	00:47:19.60	00:47:24.70	+00:14:37 (30.8%)	4:43	12.7 (69.4%)
220	WOJCIECHOWSKI Paweł	582		M-30	83	00:11:47	00:22:46	00:34:05	00:45:00	00:46:56.40	00:47:25.10	+00:14:37 (30.9%)	4:41	12.8 (69.9%)
221	TOBOLSKI Tomasz	348		M-40	68	00:11:32	00:22:46	00:34:12	00:45:22	00:47:19.05	00:47:27.85	+00:14:40 (30.9%)	4:43	12.7 (69.4%)
222	WEŁNICKI Waldemar	79	GOSIR OSIELSKO	M-40	69	00:11:28	00:22:31	00:33:46	00:45:07	00:47:15.15	00:47:30.30	+00:14:43 (31.0%)	4:43	12.7 (69.4%)
223	WAWRZYŃCZAK Arkadiusz	622		M-30	84	00:12:23	00:23:27	00:34:30	00:45:19	00:47:18.05	00:47:30.40	+00:14:43 (31.0%)	4:43	12.7 (69.4%)
224	SMOLIŃSKI Łukasz	519		M-20	40	00:11:46	00:22:40	00:34:00	00:44:59	00:46:58.20	00:47:30.50	+00:14:43 (31.0%)	4:41	12.8 (69.9%)
225	KRZEMKOWSKI Paweł	275		M-30	85	00:12:02	00:23:08	00:34:13	00:45:14	00:47:16.45	00:47:30.95	+00:14:43 (31.0%)	4:43	12.7 (69.4%)
226	KRUCZKOWSKI Piotr	452	TRI-SPORT KRYSPORT	M-50	25	00:11:33	00:22:36	00:34:01	00:45:13	00:47:24.20	00:47:32.65	+00:14:45 (31.0%)	4:44	12.7 (69.4%)
227	BUKOWSKI Mateusz	509		M-20	41	00:11:47	00:22:36	00:33:37	00:44:44	00:46:54.40	00:47:34.70	+00:14:47 (31.1%)	4:41	12.8 (69.9%)
228	KUJAWA Piotr	67	RUN BYDGOSZCZ	M-40	70	00:12:18	00:23:20	00:34:14	00:45:07	00:47:14.25	00:47:37.00	+00:14:49 (31.1%)	4:43	12.7 (69.4%)
228	GRYCZKA Karol	38		M-20	42	00:12:37	00:23:59	00:34:57	00:45:23	00:47:05.25	00:47:37.00	+00:14:49 (31.1%)	4:42	12.7 (69.4%)
230	ŚWIERCZYŃSKI Robert	491	JW 4655	M-50	26	00:11:32	00:22:36	00:34:03	00:45:35	00:47:41.90	00:47:43.75	+00:14:56 (31.3%)	4:46	12.6 (68.9%)
231	FILIPIAK Tomasz	293		M-40	71	00:12:11	00:22:58	00:33:51	00:44:58	00:47:09.40	00:47:44.50	+00:14:57 (31.3%)	4:42	12.7 (69.4%)
232	ROBINSON Paul	216		M-60	5	00:12:29	00:23:39	00:34:28	00:45:21	00:47:24.90	00:47:45.25	+00:14:58 (31.3%)	4:44	12.7 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
233	ZBORALSKI Krzysztof	405		M-40	72	00:12:08	00:23:22	00:34:32	00:45:35	00:47:36.20	00:47:48.05	+00:15:00 (31.4%)	4:45	12.6 (68.9%)
234	KANAREK Szymon	475	1. BLWL	M-30	86	00:11:53	00:22:57	00:34:13	00:45:34	00:47:36.10	00:47:48.30	+00:15:01 (31.4%)	4:45	12.6 (68.9%)
235	MICHAŁEK Bartek	429	RUN BYDGOSZCZ	M-30	87	00:12:06	00:23:24	00:34:38	00:45:37	00:47:42.80	00:47:50.65	+00:15:03 (31.5%)	4:46	12.6 (68.9%)
236	GAŚIOROWSKI Robert	129	RUN BYDGOSZCZ	M-40	73	00:12:06	00:23:24	00:34:38	00:45:37	00:47:43.40	00:47:51.00	+00:15:03 (31.5%)	4:46	12.6 (68.9%)
237	LUDWINIAK Bogdan	59	45PLUS	M-40	74					00:47:52.00	00:47:52.00	+00:15:04 (31.5%)	4:47	12.5 (68.3%)
238	KIECA Andrzej	627	BRZOZA BIEGA	M-40	75	00:11:42	00:22:56	00:34:19	00:45:34	00:47:37.25	00:47:53.10	+00:15:05 (31.5%)	4:45	12.6 (68.9%)
239	DAWIDOWICZ Maciej	200	LOK POGRANICZNIK	M-30	88	00:12:18	00:23:27	00:34:37	00:45:34	00:47:40.95	00:47:56.55	+00:15:09 (31.6%)	4:46	12.6 (68.9%)
240	JASINIEWSKI Sławomir	477		M-40	76	00:11:55	00:23:14	00:34:34	00:45:44	00:47:47.50	00:47:57.05	+00:15:09 (31.6%)	4:46	12.6 (68.9%)
241	FIGLEWSKI Rafał	476	OKBA	M-30	89	00:11:58	00:22:50	00:34:16	00:45:40	00:47:46.85	00:47:58.10	+00:15:10 (31.6%)	4:46	12.6 (68.9%)
242	ŚWITAL Mateusz	55	TAZAR	M-20	43	00:12:17	00:23:44	00:35:16	00:46:07	00:47:54.75	00:48:03.10	+00:15:15 (31.8%)	4:47	12.5 (68.3%)
243	KĘPSKI Mariusz	472	KRUSZWICA	M-30	90	00:11:58	00:23:13	00:34:32	00:45:47	00:47:58.20	00:48:07.55	+00:15:20 (31.9%)	4:47	12.5 (68.3%)
244	TOMASZEWSKI Marcin	554		M-40	77	00:11:53	00:23:05	00:34:28	00:45:43	00:47:50.75	00:48:08.80	+00:15:21 (31.9%)	4:47	12.5 (68.3%)
245	WESOŁOWSKI Krzysztof	290	RUN BYDGOSZCZ	M-40	78	00:12:59	00:24:02	00:35:06	00:45:50	00:47:48.00	00:48:09.80	+00:15:22 (31.9%)	4:46	12.6 (68.9%)
246	KOWALSKI Jacek	653		M-30	91	00:12:12	00:23:05	00:34:09	00:45:26	00:47:35.00	00:48:10.60	+00:15:23 (31.9%)	4:45	12.6 (68.9%)
247	MAŁKIŃSKI Józef	435	RWT W BYDGOSZCZY	M-50	27	00:12:06	00:23:10	00:34:24	00:45:40	00:47:50.20	00:48:12.55	+00:15:25 (32.0%)	4:47	12.5 (68.3%)
248	KAMINSKI Paweł	392		M-40	79	00:11:48	00:23:03	00:34:24	00:45:54	00:48:01.35	00:48:21.45	+00:15:34 (32.2%)	4:48	12.5 (68.3%)
249	ZIÓLKOWSKI Mieczysław	70	ZGUBIŁEM SPONSORA	M-50	28	00:11:36	00:23:07	00:34:52	00:46:10	00:48:15.00	00:48:24.35	+00:15:37 (32.3%)	4:49	12.4 (67.8%)
250	KULKA Marek	296		M-50	29	00:12:07	00:23:17	00:34:32	00:45:49	00:47:55.40	00:48:26.55	+00:15:39 (32.3%)	4:47	12.5 (68.3%)
251	GRZYWNOWICZ Łukasz	274		M-30	92	00:11:50	00:23:15	00:34:43	00:46:08	00:48:12.40	00:48:35.60	+00:15:48 (32.5%)	4:49	12.4 (67.8%)
252	MAŚLIŃSKI Mirosław	402		M-50	30	00:12:06	00:23:22	00:34:46	00:46:13	00:48:23.60	00:48:37.05	+00:15:49 (32.6%)	4:50	12.4 (67.8%)
253	SUMISŁAWSKI Jacek	316		M-40	80	00:11:50	00:23:09	00:34:29	00:45:52	00:47:58.85	00:48:47.90	+00:16:00 (32.8%)	4:47	12.5 (68.3%)
254	GAŚIOREK Tomasz	1	BRZOZA BIEGA	M-50	31	00:14:05	00:22:49	00:32:06	00:46:05	00:48:47.35	00:48:48.90	+00:16:01 (32.8%)	4:52	12.3 (67.2%)
255	RUS Dariusz	518	RANCZO MICHALIN	M-20	44	00:12:12	00:23:33	00:34:58	00:46:15	00:48:17.85	00:48:51.65	+00:16:04 (32.9%)	4:49	12.4 (67.8%)
255	RZEMEK Sławomir	551	RUN BYDGOSZCZ	M-30	93	00:12:17	00:23:41	00:35:11	00:46:39	00:48:39.20	00:48:51.65	+00:16:04 (32.9%)	4:51	12.3 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
257	RYDLEWSKI Andrzej	28	RUN BYDGOSZCZ	M-30	94	00:12:00	00:23:24	00:34:56	00:46:25	00:48:39.75	00:48:54.25	+00:16:07 (33.0%)	4:52	12.3 (67.2%)
258	MOYS Tomasz	511		M-50	32	00:12:05	00:23:28	00:34:49	00:46:15	00:48:29.05	00:48:54.30	+00:16:07 (33.0%)	4:50	12.4 (67.8%)
259	GRZENIA Jacek	607	MJG INVESTMENTS	M-40	81	00:12:25	00:23:55	00:35:23	00:46:37	00:48:40.75	00:48:54.60	+00:16:07 (33.0%)	4:52	12.3 (67.2%)
260	ŚWIĘCICKI Andrzej	99	BYDGOSZCZ	M-40	82	00:12:03	00:23:23	00:35:02	00:46:32	00:48:38.20	00:48:57.20	+00:16:10 (33.0%)	4:51	12.3 (67.2%)
261	PODLASZEWSKI Jacek	247	VENI,CUCURI,VICI	M-40	83	00:12:02	00:23:29	00:35:17	00:46:54	00:49:02.25	00:49:05.95	+00:16:18 (33.2%)	4:54	12.2 (66.7%)
262	WICZKOWSKI Gabriel	133	WKB MARATOŃCZYK	M-40	84	00:13:24	00:24:38	00:35:50	00:46:41	00:48:43.25	00:49:06.25	+00:16:19 (33.2%)	4:52	12.3 (67.2%)
263	BRZEWIŃSKI Jacek	577	BOLT	M-40	85	00:12:38	00:24:08	00:35:15	00:46:23	00:48:27.60	00:49:08.30	+00:16:21 (33.3%)	4:50	12.4 (67.8%)
264	KLIMKIEWICZ Dariusz	652	KLUB RELAKS	M-40	86	00:12:22	00:23:40	00:35:11	00:46:37	00:48:49.05	00:49:12.25	+00:16:25 (33.4%)	4:52	12.3 (67.2%)
265	GORDON Roman	143	RUN BYDGOSZCZ	M-50	33	00:12:07	00:23:37	00:35:10	00:46:52	00:49:07.10	00:49:14.45	+00:16:27 (33.4%)	4:54	12.2 (66.7%)
266	LASKOWSKI Daniel	164		M-30	95	00:12:00	00:23:16	00:35:17	00:46:59	00:49:03.55	00:49:14.50	+00:16:27 (33.4%)	4:54	12.2 (66.7%)
267	MARCHEL Paweł	383	TKKF KOLEJARZ BYDGOSZCZ	M-20	45	00:11:35	00:23:04	00:35:08	00:46:52	00:49:09.05	00:49:14.70	+00:16:27 (33.4%)	4:54	12.2 (66.7%)
268	SADOWSKI Michał	436	BARTOLEK	M-30	96	00:12:30	00:24:02	00:35:27	00:46:59	00:49:03.00	00:49:15.45	+00:16:28 (33.4%)	4:54	12.2 (66.7%)
269	KONIEC Krzysztof	124	TKKF WODNIK WIĘCBORK	M-40	87	00:11:51	00:23:24	00:35:15	00:46:47	00:48:50.00	00:49:16.20	+00:16:29 (33.5%)	4:53	12.3 (67.2%)
270	GABRYSZAK Bartosz	484		M-20	46	00:12:35	00:24:04	00:35:40	00:47:08	00:49:07.95	00:49:20.30	+00:16:33 (33.5%)	4:54	12.2 (66.7%)
271	GACKOWSKI Krzysztof	179		M-40	88	00:11:43	00:23:24	00:35:20	00:47:03	00:49:16.85	00:49:22.85	+00:16:35 (33.6%)	4:55	12.2 (66.7%)
272	MAŁECKI Jakub	139	PAŁUKI RUNNING TEAM	M-20	47	00:12:17	00:23:47	00:35:22	00:46:47	00:48:56.25	00:49:29.35	+00:16:42 (33.7%)	4:53	12.3 (67.2%)
273	FOLERZYŃSKI Dawid	389	4 RUN TEAM	M-16	4	00:11:57	00:22:46	00:34:01	00:47:13	00:49:19.15	00:49:33.50	+00:16:46 (33.8%)	4:55	12.2 (66.7%)
274	WAJDA Mariusz	615		M-30	97	00:12:09	00:23:30	00:35:05	00:46:59	00:49:12.35	00:49:34.40	+00:16:47 (33.9%)	4:55	12.2 (66.7%)
275	MARCHEL Tomasz	109		M-20	48	00:11:35	00:23:04	00:35:09	00:47:00	00:49:33.55	00:49:38.90	+00:16:51 (34.0%)	4:57	12.1 (66.1%)
276	SPARZYŃSKI Adam	107	1.BLWL	M-30	98	00:12:22	00:23:49	00:35:22	00:47:09	00:49:25.90	00:49:39.35	+00:16:52 (34.0%)	4:56	12.1 (66.1%)
277	ZDANOWSKI Marian	48		M-50	34	00:12:03	00:24:05	00:35:47	00:47:23	00:49:36.25	00:49:41.90	+00:16:54 (34.0%)	4:57	12.1 (66.1%)
278	ROSA Bartosz	428	NIEZRZESZONY	M-30	99	00:12:19	00:23:59	00:35:44	00:47:22	00:49:31.45	00:49:43.35	+00:16:56 (34.1%)	4:57	12.1 (66.1%)
279	ZIEMSKI Mateusz	167	TEAMOCHAL	M-20	49	00:12:16	00:23:30	00:34:58	00:47:02	00:49:04.70	00:49:43.60	+00:16:56 (34.1%)	4:54	12.2 (66.7%)
280	BARAŃSKI Przemysław	700	ROWEROWA BRZOZA	M-30	100	00:12:16	00:24:17	00:36:04	00:47:25	00:49:29.15	00:49:46.40	+00:16:59 (34.1%)	4:56	12.1 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
281	KUJATT Wojciech	408	KUJATT RUNNERS TEAM	M-30	101	00:12:13	00:23:42	00:35:32	00:47:24	00:49:38.40	00:49:47.40	+00:17:00 (34.2%)	4:57	12.1 (66.1%)
282	ŁUKOMSKI Filip	675		M-30	102	00:12:20	00:23:50	00:35:37	00:47:17	00:49:16.25	00:49:48.75	+00:17:01 (34.2%)	4:55	12.2 (66.7%)
283	OSIŃSKI Karol	190	PAŁUKI RUNNING TEAM	M-30	103	00:12:20	00:23:49	00:35:37	00:47:17	00:49:16.95	00:49:48.95	+00:17:01 (34.2%)	4:55	12.2 (66.7%)
284	NOWACZYK Zygmunt	526	BOLT TRZEMESZNO	M-50	35	00:12:41	00:24:08	00:35:36	00:47:00	00:49:10.25	00:49:51.15	+00:17:03 (34.2%)	4:55	12.2 (66.7%)
285	DERENDA Mirek	269	1. BLWL	M-30	104	00:12:00	00:23:23	00:35:20	00:47:28	00:49:38.90	00:49:51.85	+00:17:04 (34.2%)	4:57	12.1 (66.1%)
286	WITKA Piotr	45	KLUB ŁEBA MORS POLAND	M-50	36	00:12:36	00:24:15	00:35:47	00:47:10	00:49:25.75	00:49:52.70	+00:17:05 (34.3%)	4:56	12.1 (66.1%)
287	ŚMIGIEL Marek	393		M-30	105	00:12:04	00:23:17	00:35:14	00:47:23	00:49:38.55	00:49:54.70	+00:17:07 (34.3%)	4:57	12.1 (66.1%)
288	RÓŻYCKI Sławomir	119	TKKF KOLEJARZ BYDGOSZCZ	M-50	37	00:12:13	00:24:01	00:35:48	00:47:42	00:49:49.45	00:49:57.95	+00:17:10 (34.4%)	4:58	12 (65.6%)
289	DĘBIŃSKI Robert	198		M-40	89	00:12:39	00:24:20	00:36:15	00:47:47	00:49:45.15	00:50:00.95	+00:17:13 (34.4%)	4:58	12.1 (66.1%)
290	FABIAŃSKI Piotr	453	KRUSZWICA	M-40	90	00:12:08	00:23:36	00:35:35	00:47:34	00:49:54.30	00:50:05.55	+00:17:18 (34.5%)	4:59	12 (65.6%)
291	SIMIŃSKI Maciej	444		M-40	91	00:12:59	00:24:49	00:36:42	00:47:53	00:49:50.35	00:50:08.45	+00:17:21 (34.6%)	4:59	12 (65.6%)
292	CHŁOPEK Tomasz	464		M-30	106	00:12:34	00:24:15	00:36:01	00:47:27	00:49:38.85	00:50:08.70	+00:17:21 (34.6%)	4:57	12.1 (66.1%)
293	MICHALAK Karol	654	RUNEDA	M-20	50	00:12:17	00:23:52	00:35:57	00:47:32	00:50:00.65	00:50:09.85	+00:17:22 (34.6%)	5:00	12 (65.6%)
294	DOMAN Janusz	43	UKS SZABLA BRZOZA	M-60	6	00:12:00	00:23:35	00:35:37	00:47:50	00:50:08.40	00:50:13.05	+00:17:25 (34.7%)	5:00	12 (65.6%)
295	KILKOWSKI Maciej	447		M-40	92	00:13:33	00:25:34	00:37:29	00:49:10	00:50:00.40	00:50:13.85	+00:17:26 (34.7%)	5:00	12 (65.6%)
296	PRĄTNICKI Mariusz	242		M-40	93	00:12:10	00:23:42	00:35:48	00:47:53	00:50:06.55	00:50:19.85	+00:17:32 (34.9%)	5:00	12 (65.6%)
297	KLESSA Krystian	105		M-30	107	00:12:32	00:24:28	00:36:29	00:48:10	00:50:03.90	00:50:29.30	+00:17:42 (35.1%)	5:00	12 (65.6%)
298	BUJAK Karol	689	JANIKOWO NA SPORTOWO	M-40	94	00:12:32	00:24:18	00:36:28	00:48:27	00:50:37.20	00:50:42.85	+00:17:55 (35.4%)	5:03	11.9 (65.0%)
299	KOMAJDA Jarosław	214	GOSIR OSIELSKO	M-50	38	00:12:28	00:24:11	00:36:11	00:48:21	00:50:31.30	00:50:47.90	+00:18:00 (35.5%)	5:03	11.9 (65.0%)
300	LESZCZYŃSKI Bartosz	388		M-20	51	00:12:55	00:24:51	00:36:51	00:48:26	00:50:39.90	00:50:49.70	+00:18:02 (35.5%)	5:04	11.8 (64.5%)
301	GŁOWSKI Aleksander	566		M-40	95	00:12:57	00:24:30	00:36:22	00:47:58	00:50:01.55	00:50:52.60	+00:18:05 (35.6%)	5:00	12 (65.6%)
302	KONOPIŃSKI Tomasz	153	RUN BYDGOSZCZ	M-30	108	00:13:00	00:24:48	00:36:27	00:48:06	00:50:19.25	00:50:53.25	+00:18:06 (35.6%)	5:01	11.9 (65.0%)
303	RAUT Wiesław	223		M-60	7	00:12:47	00:24:36	00:36:24	00:48:07	00:50:26.55	00:50:53.50	+00:18:06 (35.6%)	5:02	11.9 (65.0%)
304	HRUZEWICZ Witold	641	OBÓZ BIEGOWY	M-40	96	00:13:12	00:25:23	00:37:07	00:48:23	00:50:29.65	00:50:56.90	+00:18:09 (35.6%)	5:02	11.9 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
305	ŚWIERCZYŃSKI Tomasz	665	ZRYW RADZIEJOW	M-30	109	00:13:14	00:25:09	00:37:01	00:48:14	00:50:24.05	00:50:59.80	+00:18:12 (35.7%)	5:02	11.9 (65.0%)
306	KAŹMIERSKI Krzysztof	423		M-30	110	00:12:47	00:24:40	00:36:45	00:48:36	00:50:50.85	00:51:01.80	+00:18:14 (35.8%)	5:05	11.8 (64.5%)
307	ŻYWICA Adam	126	BRZOZA BIEGA	M-30	111	00:13:59	00:25:39	00:37:17	00:48:58	00:51:00.50	00:51:02.40	+00:18:15 (35.8%)	5:06	11.8 (64.5%)
308	TRZIŃSKI Eugeniusz	159	AKTYWNA BYDGOSZCZ	M-50	39	00:12:39	00:24:23	00:36:12	00:48:28	00:50:51.75	00:51:03.00	+00:18:15 (35.8%)	5:05	11.8 (64.5%)
309	MRÓWCZYŃSKI Tomasz	512		M-30	112	00:12:25	00:24:12	00:36:06	00:48:00	00:50:20.10	00:51:04.35	+00:18:17 (35.8%)	5:02	11.9 (65.0%)
310	KOWALCZYK Tomasz	291		M-40	97	00:12:47	00:24:21	00:36:07	00:48:02	00:50:21.40	00:51:05.95	+00:18:18 (35.8%)	5:02	11.9 (65.0%)
311	DŁUTKOWSKI Jarosław	576	ZADYSZKA	M-40	98	00:12:50	00:24:34	00:36:19	00:48:26	00:50:47.15	00:51:09.25	+00:18:22 (35.9%)	5:04	11.8 (64.5%)
312	SZCZĘSNY Roman	522		M-40	99	00:12:51	00:24:35	00:36:20	00:48:28	00:50:48.00	00:51:09.45	+00:18:22 (35.9%)	5:04	11.8 (64.5%)
313	KĘSIK Mieczysław	455		M-60	8	00:12:31	00:24:24	00:36:32	00:48:49	00:51:08.30	00:51:17.05	+00:18:29 (36.1%)	5:06	11.7 (63.9%)
314	GARSKI Krystin	620	ŚWIAT PŁYTEK / SEXYRUNNERS	M-30	113	00:12:38	00:24:29	00:36:15	00:48:39	00:50:58.30	00:51:19.20	+00:18:32 (36.1%)	5:05	11.8 (64.5%)
315	KOŚCIELAK Maciej	683	ŻANDARMI Z BYDGOSZCZY	M-30	114	00:12:45	00:24:53	00:37:12	00:49:01	00:51:14.30	00:51:20.90	+00:18:33 (36.1%)	5:07	11.7 (63.9%)
316	OCHOCKI Krzysztof	508	-	M-40	100	00:13:18	00:25:20	00:37:14	00:48:51	00:50:55.50	00:51:23.05	+00:18:35 (36.2%)	5:05	11.8 (64.5%)
317	KRAWCZUK Andrzej	581	ŻEGLUGA GDAŃSKA	M-50	40	00:12:01	00:24:04	00:36:31	00:49:12	00:51:26.05	00:51:27.10	+00:18:39 (36.3%)	5:08	11.7 (63.9%)
318	KUZIEMSKI Jacek	507	CYTADELA GRUDZIĄDZ	M-50	41	00:13:04	00:25:41	00:37:46	00:49:01	00:51:06.80	00:51:28.10	+00:18:40 (36.3%)	5:06	11.7 (63.9%)
319	MARCYJANIAK Krzysztof	612	KS ZRYW RADZIEJÓW	M-30	115	00:13:13	00:25:08	00:37:01	00:48:44	00:50:53.75	00:51:29.90	+00:18:42 (36.3%)	5:05	11.8 (64.5%)
320	MIŁO Adam	555		M-40	101	00:12:11	00:24:03	00:36:19	00:48:47	00:51:10.40	00:51:31.30	+00:18:44 (36.4%)	5:07	11.7 (63.9%)
321	KŁOSKOWSKI Dariusz	560	CSMW	M-40	102	00:11:46	00:23:04	00:34:43	00:49:01	00:51:16.00	00:51:37.20	+00:18:50 (36.5%)	5:07	11.7 (63.9%)
322	DOLIWKA Paweł	411	LUBAWA KOCHA BIEGAĆ	M-30	116	00:13:34	00:25:41	00:37:38	00:48:55	00:51:09.90	00:51:39.75	+00:18:52 (36.5%)	5:07	11.7 (63.9%)
323	WŁODARSKI Przemysław	319	FRIDAY STYLE	M-30	117	00:12:58	00:25:27	00:37:52	00:49:19	00:51:26.90	00:51:40.65	+00:18:53 (36.6%)	5:08	11.7 (63.9%)
324	JANISZEWSKI Przemysław	74	SPOCENI MARIANKI GÓRNE	M-30	118	00:12:55	00:25:04	00:37:17	00:49:17	00:51:20.45	00:51:43.45	+00:18:56 (36.6%)	5:08	11.7 (63.9%)
325	HAREMZA Mariusz	585	KOBYLARNIA	M-40	103	00:11:45	00:23:12	00:35:09	00:50:22	00:51:35.80	00:51:43.95	+00:18:56 (36.6%)	5:09	11.6 (63.4%)
326	GRODEK Krzysztof	505	CYTADELA GRUDZIĄDZ	M-40	104	00:11:48	00:23:12	00:35:05	00:50:16	00:51:20.70	00:51:45.05	+00:18:57 (36.6%)	5:08	11.7 (63.9%)
327	CHWIŁKA Daniel	267	ASSECO ACTIVE TEAM	M-30	119	00:12:43	00:24:28	00:36:56	00:49:00	00:51:25.70	00:51:45.15	+00:18:57 (36.6%)	5:08	11.7 (63.9%)
328	SUCHOMSKI Eugeniusz	222	TKKF KOLEJARZ BYDGOSZCZ	M-50	42	00:13:25	00:25:45	00:37:46	00:49:33	00:51:43.70	00:51:46.50	+00:18:59 (36.7%)	5:10	11.6 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
329	MAZUR Jacek	361	TEAMOCHAL	M-30	120	00:12:03	00:23:30	00:36:04	00:48:54	00:51:08.95	00:51:47.10	+00:18:59 (36.7%)	5:06	11.7 (63.9%)
330	JENERALSKI Maciej	685	.	M-40	105	00:12:51	00:25:01	00:37:16	00:49:08	00:51:25.70	00:51:48.90	+00:19:01 (36.7%)	5:08	11.7 (63.9%)
331	KALA Michał	378		M-30	121	00:13:08	00:25:13	00:37:16	00:49:15	00:51:31.70	00:51:51.15	+00:19:03 (36.8%)	5:09	11.6 (63.4%)
332	ANDRZEJEWSKI Ryszard	211	WZGÓRZE WOLNOŚCI	M-60	9	00:12:20	00:24:34	00:36:51	00:49:33	00:51:49.95	00:51:52.70	+00:19:05 (36.8%)	5:11	11.6 (63.4%)
333	ROŹNIAKOWSKI Paweł	499		M-30	122	00:13:26	00:25:19	00:37:17	00:49:05	00:51:24.40	00:51:57.60	+00:19:10 (36.9%)	5:08	11.7 (63.9%)
334	OSIŃSKI Tomasz	442	ING	M-30	123	00:13:25	00:25:18	00:37:16	00:49:05	00:51:23.55	00:51:57.80	+00:19:10 (36.9%)	5:08	11.7 (63.9%)
334	BZDAWKA Tomasz	451	NAKIELSKI KLUB BIEGACZA	M-40	106	00:13:27	00:25:20	00:37:17	00:49:06	00:51:25.00	00:51:57.80	+00:19:10 (36.9%)	5:08	11.7 (63.9%)
336	OKSIK Kamil	363		M-30	124	00:13:52	00:26:25	00:37:52	00:49:11	00:51:17.15	00:51:59.60	+00:19:12 (36.9%)	5:07	11.7 (63.9%)
337	RYBARCZYK Bartosz	623	CSLOG GRUPA	M-30	125	00:12:44	00:24:40	00:36:56	00:49:15	00:51:31.35	00:52:00.20	+00:19:13 (37.0%)	5:09	11.6 (63.4%)
338	SZOT Grzegorz	516		M-20	52	00:12:09	00:23:58	00:36:03	00:49:21	00:51:34.45	00:52:01.00	+00:19:13 (37.0%)	5:09	11.6 (63.4%)
339	KAŹMIERCZAK Paweł	202		M-30	126	00:12:51	00:25:11	00:37:33	00:49:15	00:51:31.20	00:52:01.95	+00:19:14 (37.0%)	5:09	11.6 (63.4%)
340	GROCHOWSKI Jakub	670		M-20	53	00:13:06	00:25:11	00:37:22	00:49:13	00:51:23.25	00:52:02.30	+00:19:15 (37.0%)	5:08	11.7 (63.9%)
341	ZIĘTARA Rajmund	437	56 BLOT	M-50	43	00:12:43	00:24:26	00:36:29	00:48:59	00:51:37.45	00:52:02.70	+00:19:15 (37.0%)	5:09	11.6 (63.4%)
342	NURKIEWICZ Jarosław	243	ANIOŁY	M-40	107	00:11:38	00:23:10	00:35:06	00:49:41	00:51:46.50	00:52:03.40	+00:19:16 (37.0%)	5:10	11.6 (63.4%)
343	SICIŃSKI Dariusz	412	KS GÓRNIK WAŁBRZYCH	M-50	44	00:12:36	00:24:42	00:37:09	00:49:41	00:51:56.70	00:52:08.75	+00:19:21 (37.1%)	5:11	11.6 (63.4%)
344	WOJCIECHOWSKI Jarosław	80		M-40	108	00:12:53	00:25:22	00:38:02	00:49:40	00:51:51.55	00:52:09.35	+00:19:22 (37.1%)	5:11	11.6 (63.4%)
345	CZERESZKO Piotr	655	ZAWISZA KAYAK	M-16	5	00:13:58	00:26:47	00:38:51	00:50:02	00:51:57.95	00:52:13.40	+00:19:26 (37.2%)	5:11	11.5 (62.8%)
346	SZUBARTOWSKI Robert	60		M-40	109	00:13:01	00:25:11	00:37:27	00:49:48	00:52:04.85	00:52:18.45	+00:19:31 (37.3%)	5:12	11.5 (62.8%)
347	KLINIEWSKI Piotr	532	BRZOZA BIEGA	M-40	110	00:13:43	00:26:11	00:38:16	00:49:59	00:51:55.45	00:52:19.95	+00:19:32 (37.3%)	5:11	11.6 (63.4%)
348	REPKA Marek	205	LUPUS TEAM	M-40	111	00:12:48	00:25:24	00:37:56	00:50:11	00:52:21.70	00:52:29.00	+00:19:41 (37.5%)	5:14	11.5 (62.8%)
349	WIŚNIEWSKI Jakub	434		M-20	54	00:13:04	00:25:22	00:37:44	00:50:02	00:52:18.20	00:52:30.60	+00:19:43 (37.6%)	5:13	11.5 (62.8%)
350	ANDRYSZAK Piotr	234		M-30	127	00:13:05	00:25:24	00:37:46	00:50:03	00:52:19.15	00:52:31.05	+00:19:43 (37.6%)	5:14	11.5 (62.8%)
351	GOZIMIRSKI Andrzej	337	BRZOZA BIEGA	M-60	10	00:12:31	00:24:36	00:37:33	00:50:09	00:52:29.10	00:52:31.85	+00:19:44 (37.6%)	5:14	11.4 (62.3%)
352	DUCHIŃSKI Błażej	433		M-30	128	00:12:44	00:24:56	00:37:42	00:49:58	00:52:14.40	00:52:33.95	+00:19:46 (37.6%)	5:13	11.5 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
353	BETKE Marcin	467		M-30	129	00:12:44	00:24:56	00:37:42	00:49:58	00:52:14.40	00:52:34.15	+00:19:46 (37.6%)	5:13	11.5 (62.8%)
354	ZUPA Wojciech	217	BRZOZA BIEGA	M-50	45	00:12:41	00:25:09	00:37:46	00:50:04	00:52:19.30	00:52:36.60	+00:19:49 (37.7%)	5:13	11.5 (62.8%)
355	OSZUBSKI Kazimierz	550		M-40	112	00:13:25	00:25:58	00:38:35	00:50:23	00:52:25.05	00:52:37.80	+00:19:50 (37.7%)	5:14	11.4 (62.3%)
356	WADOWSKI Bartosz	432		M-30	130	00:12:40	00:24:46	00:37:15	00:49:32	00:51:54.85	00:52:38.15	+00:19:50 (37.7%)	5:11	11.6 (63.4%)
357	RATAJ Maciej	111		M-40	113	00:12:39	00:24:46	00:37:11	00:49:39	00:52:07.65	00:52:42.45	+00:19:55 (37.8%)	5:12	11.5 (62.8%)
358	RATAJ Krzysztof	673	BKS POLONIA BYDGOSZCZ	M-30	131	00:12:27	00:24:25	00:37:00	00:49:36	00:52:07.60	00:52:42.60	+00:19:55 (37.8%)	5:12	11.5 (62.8%)
359	GAWRYCH Andrzej	248		M-40	114	00:12:45	00:24:57	00:37:23	00:50:07	00:52:29.85	00:52:46.75	+00:19:59 (37.9%)	5:15	11.4 (62.3%)
360	BEDNAREK Mikolaj	457		M-20	55	00:13:38	00:26:34	00:38:48	00:50:07	00:52:16.65	00:52:47.55	+00:20:00 (37.9%)	5:13	11.5 (62.8%)
361	TURO Dariusz	660	BRZOZA BIEGA	M-50	46	00:14:03	00:26:13	00:38:44	00:50:45	00:52:50.85	00:52:53.50	+00:20:06 (38.0%)	5:17	11.4 (62.3%)
362	NOWACKI Michal	400		M-30	132	00:13:19	00:25:51	00:38:27	00:50:33	00:52:31.40	00:52:54.80	+00:20:07 (38.0%)	5:15	11.4 (62.3%)
363	PALACZ Michał	110	POZKAL	M-40	115	00:13:13	00:25:46	00:38:14	00:50:29	00:52:43.25	00:52:57.00	+00:20:09 (38.1%)	5:16	11.4 (62.3%)
364	STASZEWSKI Adam	422		M-30	133	00:13:24	00:25:30	00:37:54	00:50:06	00:52:23.65	00:52:59.90	+00:20:12 (38.1%)	5:14	11.5 (62.8%)
365	KRAWISZ Szymon	262	CWZS ZAWISZA-STOWARZYSZENIE WIOSLARSKIE	M-20	56	00:13:50	00:26:24	00:38:35	00:50:10	00:52:17.60	00:53:00.75	+00:20:13 (38.2%)	5:13	11.5 (62.8%)
366	KRAWISZ Maciej	261	RUN BDG	M-30	134	00:13:51	00:26:25	00:38:37	00:50:11	00:52:18.25	00:53:00.80	+00:20:13 (38.2%)	5:13	11.5 (62.8%)
367	SZYMONIAK Michał	14	BRAK	M-30	135	00:12:57	00:25:04	00:37:34	00:49:55	00:52:16.30	00:53:03.60	+00:20:16 (38.2%)	5:13	11.5 (62.8%)
368	KRAJDA Piotr	170	BBL BYDGOSZCZ	M-30	136	00:13:04	00:25:18	00:37:50	00:50:36	00:52:52.30	00:53:05.00	+00:20:17 (38.2%)	5:17	11.3 (61.7%)
369	KOZŁOWSKI Marek	674		M-40	116	00:13:21	00:25:50	00:38:46	00:50:23	00:52:34.35	00:53:05.50	+00:20:18 (38.2%)	5:15	11.4 (62.3%)
370	KOSIŃSKI Krzysztof	396		M-40	117	00:14:09	00:26:25	00:38:34	00:50:23	00:52:33.75	00:53:11.35	+00:20:24 (38.4%)	5:15	11.4 (62.3%)
371	GROTT Bartłomiej	461		M-30	137	00:13:18	00:25:50	00:38:27	00:50:32	00:52:48.25	00:53:12.35	+00:20:25 (38.4%)	5:16	11.4 (62.3%)
372	MARCHEL Leszek	108	KMW	M-50	47	00:12:21	00:24:50	00:37:39	00:50:41	00:53:12.50	00:53:15.80	+00:20:28 (38.4%)	5:19	11.3 (61.7%)
373	RUTKIEWICZ Mateusz	583		M-20	57	00:11:52	00:23:54	00:36:53	00:50:29	00:52:53.30	00:53:22.90	+00:20:35 (38.6%)	5:17	11.3 (61.7%)
374	ŻABOWSKI Marek	100		M-30	138	00:13:23	00:25:37	00:38:01	00:50:12	00:52:48.95	00:53:23.00	+00:20:35 (38.6%)	5:16	11.4 (62.3%)
375	BRZYKCY Tomasz	185	BIEGAM JAK DZIKI	M-40	118	00:13:59	00:26:14	00:38:44	00:50:57	00:53:30.50	00:53:32.95	+00:20:45 (38.8%)	5:21	11.2 (61.2%)
376	LEWANDOWSKI Remigiusz	285	NAKIELSKI KB	M-50	48	00:13:01	00:25:23	00:37:56	00:50:50	00:53:26.35	00:53:33.10	+00:20:45 (38.8%)	5:20	11.2 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
377	WOJCIECHOWSKI Piotr	659	K.S. GWIAZDA	M-50	49	00:13:30	00:25:57	00:38:26	00:50:41	00:52:59.20	00:53:33.30	+00:20:46 (38.8%)	5:17	11.3 (61.7%)
378	KLINIKOWSKI Jacek	221	POLSKA	M-40	119	00:13:46	00:26:21	00:38:49	00:50:52	00:53:17.90	00:53:35.35	+00:20:48 (38.8%)	5:19	11.3 (61.7%)
379	GAJZLER Jerzy	11	BARTODZIEJE	M-60	11	00:12:43	00:25:12	00:37:55	00:50:49	00:53:20.90	00:53:39.75	+00:20:52 (38.9%)	5:20	11.2 (61.2%)
380	NAPIERAŁA Leszek	376		M-40	120	00:12:54	00:25:21	00:38:04	00:50:56	00:53:16.20	00:53:41.55	+00:20:54 (38.9%)	5:19	11.3 (61.7%)
381	OLENDER Robert	446	AGAPE	M-50	50	00:12:27	00:24:52	00:37:47	00:50:47	00:53:14.70	00:53:42.80	+00:20:55 (39.0%)	5:19	11.3 (61.7%)
382	CZERESZKO Krzysztof	368	LPJKM TEAM	M-40	121	00:13:57	00:26:47	00:39:22	00:51:22	00:53:30.20	00:53:46.20	+00:20:59 (39.0%)	5:21	11.2 (61.2%)
383	CZESZEWSKI Rafał	414	#DW43	M-30	139	00:13:48	00:26:26	00:39:06	00:51:16	00:53:22.65	00:53:52.30	+00:21:05 (39.1%)	5:20	11.2 (61.2%)
384	DĘBSKI Jan	326	SOŁTYS	M-60	12	00:13:09	00:25:43	00:38:30	00:51:15	00:53:43.80	00:53:56.40	+00:21:09 (39.2%)	5:22	11.2 (61.2%)
385	PILIŃSKI Robert	498		M-20	58	00:13:56	00:26:33	00:39:13	00:51:23	00:53:39.95	00:54:03.75	+00:21:16 (39.4%)	5:22	11.2 (61.2%)
386	KLICH Sławomir	415	DW#43	M-30	140	00:13:48	00:26:26	00:39:06	00:51:16	00:53:35.35	00:54:05.05	+00:21:17 (39.4%)	5:21	11.2 (61.2%)
387	DOBOSZ Kamil	462		M-20	59	00:14:04	00:26:22	00:38:56	00:51:09	00:53:33.25	00:54:15.00	+00:21:27 (39.6%)	5:21	11.2 (61.2%)
388	NAMIEŚNIK Krzysztof	397		M-40	122	00:13:35	00:26:06	00:38:38	00:51:17	00:53:51.35	00:54:17.15	+00:21:29 (39.6%)	5:23	11.1 (60.7%)
389	STANGRECKI Dariusz	318	KB ŁAPKA	M-30	141	00:13:28	00:26:08	00:38:51	00:51:39	00:53:51.65	00:54:18.75	+00:21:31 (39.6%)	5:23	11.1 (60.7%)
390	KOZŁOWSKI Stanisław	624	BRZOZA BIEGA	M-60	13	00:14:06	00:26:28	00:39:03	00:51:53	00:54:21.15	00:54:22.35	+00:21:35 (39.7%)	5:26	11 (60.1%)
391	KADOW Ryszard	553		M-40	123	00:13:43	00:26:12	00:39:01	00:51:53	00:54:12.05	00:54:33.80	+00:21:46 (39.9%)	5:25	11.1 (60.7%)
392	KUDŁA Krzysztof	474	NIEZRZESZONY	M-60	14	00:13:23	00:26:09	00:39:08	00:52:12	00:54:32.95	00:54:47.65	+00:22:00 (40.2%)	5:27	11 (60.1%)
393	REDLAK Tomasz	137		M-40	124	00:13:23	00:26:08	00:39:07	00:52:11	00:54:33.20	00:54:47.85	+00:22:00 (40.2%)	5:27	11 (60.1%)
394	KUCHARSKI Jarosław	595	ŚLIMAKI BARCIN	M-40	125	00:13:22	00:25:51	00:38:47	00:51:58	00:54:19.80	00:54:50.40	+00:22:03 (40.2%)	5:26	11 (60.1%)
395	TWARDOWSKI Wojciech	271	RUN BYDGOSZCZ	M-40	126	00:13:46	00:26:21	00:39:06	00:51:59	00:54:25.25	00:54:53.90	+00:22:06 (40.3%)	5:26	11 (60.1%)
396	STRABEL Piotr	276	NIEZRZESZONY	M-60	15	00:13:59	00:26:49	00:39:39	00:52:25	00:54:42.45	00:55:07.70	+00:22:20 (40.5%)	5:28	11 (60.1%)
397	SUCHOMSKI Marek	75	OPENTAX24.PL	M-40	127	00:13:58	00:26:57	00:39:53	00:52:38	00:54:52.70	00:55:11.55	+00:22:24 (40.6%)	5:29	10.9 (59.6%)
398	GROMEK Mariusz	246		M-50	51	00:13:30	00:26:18	00:39:28	00:52:31	00:54:59.15	00:55:13.05	+00:22:25 (40.6%)	5:30	10.9 (59.6%)
399	WIŚNIEWSKI Włodzimierz	22		M-50	52	00:12:03	00:24:33	00:38:49	00:52:14	00:54:36.00	00:55:13.75	+00:22:26 (40.6%)	5:27	11 (60.1%)
400	BUDZIK Ireneusz	96	BOZITA TEAM	M-40	128	00:13:42	00:26:42	00:39:28	00:52:32	00:55:01.30	00:55:19.35	+00:22:32 (40.7%)	5:30	10.9 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
401	MICHALSKI Artur	334	RUN BYDGOSZCZ	M-30	142	00:14:16	00:27:12	00:40:27	00:52:48	00:54:53.20	00:55:25.55	+00:22:38 (40.8%)	5:29	10.9 (59.6%)
402	WOJANOWSKI Zbigniew	501	CYTADELA GRUDZIĄDZ	M-50	53	00:13:05	00:25:45	00:39:06	00:52:43	00:55:20.55	00:55:40.75	+00:22:53 (41.1%)	5:32	10.8 (59.0%)
403	TYMOSIAK Mateusz	530		M-20	60	00:14:17	00:27:22	00:40:08	00:52:44	00:55:03.00	00:55:44.60	+00:22:57 (41.2%)	5:30	10.9 (59.6%)
404	FARMAS Daniel	513	4RUN BYDGOSZCZ	M-30	143	00:14:16	00:27:23	00:40:17	00:53:11	00:55:40.70	00:55:48.15	+00:23:00 (41.2%)	5:34	10.8 (59.0%)
405	NIEMECZEK Waldemar	321	JANIKOWO NA SPORTOWO	M-50	54	00:14:10	00:27:15	00:40:23	00:53:11	00:55:28.45	00:55:50.70	+00:23:03 (41.3%)	5:32	10.8 (59.0%)
406	DĄBROWSKI Jarosław	295	SOLO	M-40	129	00:14:21	00:26:54	00:39:43	00:52:49	00:55:13.95	00:55:56.95	+00:23:09 (41.4%)	5:31	10.9 (59.6%)
407	ZIELINSKI Józef	282	NAKIELSKI K.B	M-60	16	00:13:21	00:26:20	00:39:45	00:53:21	00:55:52.00	00:56:03.55	+00:23:16 (41.5%)	5:35	10.7 (58.5%)
408	WYKRZYKOWSKI Andrzej	590	CYTADELAGRUDZIĄDZ	M-60	17	00:13:06	00:26:43	00:39:55	00:53:08	00:55:42.35	00:56:06.75	+00:23:19 (41.6%)	5:34	10.8 (59.0%)
409	SCHMIDT Robert	294	RUN BYDGOSZCZ	M-40	130	00:13:22	00:26:07	00:39:32	00:53:08	00:55:44.40	00:56:09.90	+00:23:22 (41.6%)	5:34	10.8 (59.0%)
410	KOISZEWSKI Krzysztof	351	MIRAP ŁĘBORK	M-40	131	00:13:58	00:27:23	00:40:43	00:53:25	00:55:45.80	00:56:22.40	+00:23:35 (41.8%)	5:34	10.8 (59.0%)
411	MIROWSKI Mariusz	353		M-40	132	00:13:58	00:27:22	00:40:43	00:53:24	00:55:44.80	00:56:22.50	+00:23:35 (41.8%)	5:34	10.8 (59.0%)
412	WOŁOSZYN Kazimierz	13	ROWEROWA BRZOZA	M-50	55	00:13:55	00:26:53	00:39:58	00:53:25	00:56:05.15	00:56:26.90	+00:23:39 (41.9%)	5:36	10.7 (58.5%)
413	DEMBEK Marcin	473		M-40	133	00:14:05	00:27:27	00:40:57	00:53:38	00:55:43.70	00:56:27.70	+00:23:40 (41.9%)	5:34	10.8 (59.0%)
414	KRÓLIKOWSKI Andrzej	209	SBZZ ZŁOTÓW	M-50	56	00:13:39	00:26:33	00:39:48	00:53:27	00:56:04.70	00:56:28.20	+00:23:41 (41.9%)	5:36	10.7 (58.5%)
415	MIKUŁA Tomasz	112	RUN GORDON	M-30	144	00:13:59	00:27:10	00:40:29	00:53:47	00:56:08.00	00:56:34.10	+00:23:46 (42.0%)	5:36	10.7 (58.5%)
416	STASZKIEWICZ Radosław	184	STASHKY TEAM	M-40	134	00:13:33	00:26:19	00:39:46	00:53:32	00:56:04.10	00:56:36.35	+00:23:49 (42.1%)	5:36	10.7 (58.5%)
417	LIBERA Arkadiusz	336		M-40	135	00:14:26	00:27:34	00:40:26	00:53:14	00:55:45.55	00:56:36.95	+00:23:49 (42.1%)	5:34	10.8 (59.0%)
418	STARSZAK Paweł	380		M-30	145	00:13:30	00:26:50	00:40:37	00:54:11	00:56:30.55	00:56:40.35	+00:23:53 (42.1%)	5:39	10.6 (57.9%)
419	KAZUBOWSKI Jeremiasz	68	NIEZRZESZONY	M-20	61	00:14:35	00:27:53	00:40:53	00:53:50	00:56:05.65	00:56:40.45	+00:23:53 (42.1%)	5:36	10.7 (58.5%)
420	SZMAŃDA Kacper	365	SPEED BIG TONY	M-16	6	00:12:21	00:24:44	00:38:42	00:54:07	00:56:30.00	00:56:45.80	+00:23:58 (42.2%)	5:39	10.6 (57.9%)
421	STEFANIAK Piotr	40	ŁEBA MORS POLAND MORSY ŁEBSKIE	M-50	57	00:17:04	00:28:59	00:41:21	00:53:40	00:56:19.05	00:56:47.75	+00:24:00 (42.3%)	5:37	10.7 (58.5%)
422	ANGLART Roman	611		M-40	136	00:14:09	00:27:44	00:41:15	00:54:22	00:56:35.55	00:56:55.00	+00:24:07 (42.4%)	5:39	10.6 (57.9%)
423	BARANOWSKI Adrian	58		M-30	146	00:14:47	00:27:50	00:40:48	00:53:48	00:56:15.65	00:57:03.80	+00:24:16 (42.5%)	5:37	10.7 (58.5%)
424	KARPIŃSKI Daniel Marek	305	KOBYLARNIA	M-30	147	00:14:16	00:27:43	00:41:07	00:54:30	00:56:58.45	00:57:06.10	+00:24:18 (42.6%)	5:41	10.5 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
425	KAŻMIERSKI Radosław	465		M-30	148	00:14:19	00:27:44	00:41:02	00:54:01	00:56:25.05	00:57:14.40	+00:24:27 (42.7%)	5:38	10.6 (57.9%)
426	UCIŃSKI Edward	122	TTKF INSTALATOR PELIKAN SZUBIN	M-60	18	00:13:25	00:26:56	00:40:36	00:54:33	00:57:11.25	00:57:20.30	+00:24:33 (42.8%)	5:43	10.5 (57.4%)
427	JANCZARSKI Andrzej Czasowiec	91	CARBON TEAM TORUN	M-60	19	00:14:57	00:28:35	00:41:39	00:55:08	00:57:41.20	00:57:41.20	+00:24:54 (43.2%)	5:46	10.4 (56.8%)
428	BRZOZOWSKI Piotr	16		M-20	62	00:14:35	00:27:50	00:41:05	00:54:41	00:57:07.15	00:57:44.05	+00:24:56 (43.2%)	5:42	10.5 (57.4%)
429	ŁUGOWSKI Tomasz	369	BIL	M-30	149	00:14:32	00:27:51	00:41:15	00:54:48	00:57:17.25	00:57:47.30	+00:25:00 (43.3%)	5:43	10.5 (57.4%)
430	JARMOSZEWICZ Łukasz	684	TORUŃSKI KLUB TRIATHLONOWY	M-40	137	00:14:20	00:27:32	00:40:55	00:54:32	00:57:07.90	00:57:51.65	+00:25:04 (43.3%)	5:42	10.5 (57.4%)
431	RUJNA Przemysław	658		M-30	150	00:14:20	00:27:32	00:40:55	00:54:32	00:57:08.60	00:57:51.70	+00:25:04 (43.3%)	5:42	10.5 (57.4%)
432	KOSTRZEWSKI Aleksander	506	CYTADELA GRUDZIĄDZ	M-40	138	00:13:16	00:26:54	00:41:01	00:54:54	00:57:30.50	00:57:52.55	+00:25:05 (43.3%)	5:45	10.4 (56.8%)
433	TRYT Maciej	332	RUN BYDGOSZCZ	M-30	151	00:13:43	00:26:41	00:40:26	00:54:45	00:57:38.50	00:57:54.25	+00:25:07 (43.4%)	5:45	10.4 (56.8%)
434	LASKOWSKI Maciej	394		M-20	63	00:13:45	00:27:24	00:41:24	00:55:07	00:57:39.65	00:58:19.30	+00:25:32 (43.8%)	5:46	10.4 (56.8%)
435	KLATECKI Adam	172		M-30	152	00:15:08	00:28:25	00:41:34	00:55:01	00:57:31.95	00:58:20.25	+00:25:33 (43.8%)	5:45	10.4 (56.8%)
436	RYBAK Mariusz	284		M-40	139	00:14:36	00:28:41	00:42:05	00:55:33	00:58:07.00	00:58:23.65	+00:25:36 (43.9%)	5:48	10.3 (56.3%)
437	MIAZGA Adam	698		M-30	153	00:14:24	00:27:42	00:41:26	00:55:20	00:58:03.20	00:58:31.35	+00:25:44 (44.0%)	5:48	10.3 (56.3%)
438	RADKOWSKI Tomasz	439	AZS TORUŃ	M-40	140	00:14:39	00:28:01	00:41:33	00:55:25	00:58:08.40	00:58:41.40	+00:25:54 (44.1%)	5:48	10.3 (56.3%)
439	BARTOSZYŃSKI Marcin	413	RAW-STUDIO REKLAMY	M-30	154	00:14:40	00:28:02	00:41:34	00:55:26	00:58:08.80	00:58:41.60	+00:25:54 (44.1%)	5:48	10.3 (56.3%)
440	RACIBORSKI Grzegorz	416	TASAK TEAM	M-30	155	00:14:18	00:27:40	00:41:48	00:55:37	00:58:15.20	00:58:51.80	+00:26:04 (44.3%)	5:49	10.3 (56.3%)
441	SIMINSKI Wojciech	469	AWKS PITIK	M-30	156	00:14:38	00:28:21	00:42:15	00:55:45	00:58:24.25	00:58:54.60	+00:26:07 (44.3%)	5:50	10.3 (56.3%)
442	STASZKIEWICZ Jakub	229	STASHKY TEAM	M-16	7	00:14:07	00:27:46	00:41:39	00:55:52	00:58:25.20	00:58:56.05	+00:26:08 (44.4%)	5:50	10.3 (56.3%)
443	ŚPICA Leszek	345	BBL	M-40	141	00:14:22	00:27:41	00:41:48	00:55:48	00:58:22.90	00:59:01.75	+00:26:14 (44.5%)	5:50	10.3 (56.3%)
444	BOGACZ Michał	158		M-20	64	00:14:04	00:28:11	00:42:17	00:56:01	00:58:27.80	00:59:02.60	+00:26:15 (44.5%)	5:50	10.3 (56.3%)
445	JANKOWSKI Tomasz Michał	257		M-40	142	00:15:04	00:28:55	00:42:53	00:56:25	00:58:48.30	00:59:28.60	+00:26:41 (44.9%)	5:52	10.2 (55.7%)
446	JARZEMSKI Marcin	693		M-20	65	00:14:47	00:28:21	00:42:20	00:56:32	00:59:13.05	00:59:55.45	+00:27:08 (45.3%)	5:55	10.1 (55.2%)
447	KALISZ Andrzej	330	TRIATLON TEAM CIESIELSKI	M-50	58	00:14:32	00:28:11	00:42:33	00:56:52	00:59:29.15	01:00:11.65	+00:27:24 (45.5%)	5:56	10.1 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
448	WIŚNIEWSKI Andrzej	320	CARBON TEAM TORUN	M-30	157	00:15:12	00:29:07	00:43:16	00:57:10	00:59:43.65	01:00:14.75	+00:27:27 (45.6%)	5:58	10 (54.6%)
449	MŁODZIK Adam	552	1POMORSKA BRYGADA LOGISTYCZNA	M-40	143	00:14:06	00:27:48	00:42:19	00:57:14	00:59:52.20	01:00:14.90	+00:27:27 (45.6%)	5:59	10 (54.6%)
450	KARWASZ Adam	593		M-20	66	00:13:28	00:27:20	00:42:27	00:57:00	00:59:44.50	01:00:21.05	+00:27:33 (45.7%)	5:58	10 (54.6%)
451	DANIELEWSKI Marcin	664	.	M-30	158	00:14:38	00:28:48	00:43:15	00:57:37	01:00:14.60	01:00:29.55	+00:27:42 (45.8%)	6:01	10 (54.6%)
452	DRAPIEWSKI Przemysław	338	RUN BYDGOSZCZ	M-40	144	00:15:32	00:29:52	00:43:32	00:57:36	01:00:04.05	01:00:47.90	+00:28:00 (46.1%)	6:00	10 (54.6%)
453	SYNAKIEWICZ Marcin	101	ES-TEAM	M-30	159	00:14:52	00:28:53	00:43:18	00:57:55	01:00:42.85	01:00:55.50	+00:28:08 (46.2%)	6:04	9.9 (54.1%)
454	MAGDZIARZ Jakub	258	KANCELARIA HMM	M-30	160	00:14:57	00:28:53	00:43:00	00:57:08	01:00:22.05	01:01:07.60	+00:28:20 (46.4%)	6:02	9.9 (54.1%)
455	KOWAL Adam	633	OBÓZ BIEGACZA	M-50	59	00:15:52	00:30:52	00:44:21	00:58:10	01:00:39.80	01:01:16.20	+00:28:29 (46.5%)	6:04	9.9 (54.1%)
456	HERMELIN Wojciech	371	KANCELARIA HMM	M-30	161	00:14:56	00:28:52	00:42:59	00:57:08	01:00:49.60	01:01:35.85	+00:28:48 (46.8%)	6:04	9.9 (54.1%)
457	PIETRASZAK Tomasz	431	RUN BYDGOSZCZ	M-40	145	00:15:38	00:29:43	00:43:59	00:58:33	01:01:26.90	01:02:04.45	+00:29:17 (47.2%)	6:08	9.8 (53.6%)
458	KUBIAK Rafał	163		M-40	146	00:14:53	00:29:29	00:44:09	00:59:14	01:02:08.30	01:02:25.40	+00:29:38 (47.5%)	6:12	9.7 (53.0%)
459	BRZOZOWSKI Marcin	19	BRZOZA TRI TEAM	M-20	67	00:15:03	00:29:35	00:44:27	00:59:17	01:01:59.30	01:02:35.70	+00:29:48 (47.6%)	6:11	9.7 (53.0%)
460	DRUŻYŃSKI Sebastian	547		M-30	162	00:14:48	00:29:08	00:43:52	00:59:14	01:02:07.10	01:02:44.80	+00:29:57 (47.7%)	6:12	9.7 (53.0%)
461	KAPELINSKI Stanisław	567		M-40	147	00:14:08	00:28:20	00:43:54	00:59:31	01:02:26.55	01:02:50.05	+00:30:02 (47.8%)	6:14	9.6 (52.5%)
462	KLATECKI Mateusz	9		M-30	163	00:15:25	00:29:56	00:44:47	00:59:23	01:02:25.50	01:03:07.90	+00:30:20 (48.1%)	6:14	9.6 (52.5%)
463	KAWA Marcin	382	CUKIER & SERCE	M-40	148	00:15:29	00:29:58	00:45:18	01:00:05	01:02:48.05	01:03:36.75	+00:30:49 (48.5%)	6:16	9.6 (52.5%)
464	CIEŚLAK Sławomir	489		M-30	164	00:14:36	00:29:13	00:44:38	01:00:04	01:02:58.55	01:03:41.40	+00:30:54 (48.5%)	6:17	9.5 (51.9%)
465	MIELCAREK Zdzisław	15	BRZOZA BIEGA	M-70	1	00:15:29	00:30:08	00:45:20	01:00:25	01:03:21.85	01:03:42.25	+00:30:55 (48.5%)	6:20	9.5 (51.9%)
466	SZMAŃDA Tony	364	SPEED BIG TONY	M-40	149	00:14:29	00:28:39	00:44:02	01:00:08	01:03:35.00	01:03:51.30	+00:31:04 (48.7%)	6:21	9.4 (51.4%)
467	TOMSZA Michał	425		M-30	165	00:16:03	00:30:55	00:45:56	01:01:26	01:04:18.55	01:04:55.70	+00:32:08 (49.5%)	6:25	9.3 (50.8%)
468	ZIELIŃSKI Waldemar	254		M-50	60	00:15:59	00:31:11	00:46:32	01:01:41	01:04:31.85	01:04:59.30	+00:32:12 (49.5%)	6:27	9.3 (50.8%)
469	MARCINKOWSKI Piotr	366		M-40	150	00:15:40	00:31:14	00:46:31	01:01:52	01:04:46.00	01:05:20.90	+00:32:33 (49.8%)	6:28	9.3 (50.8%)
470	KRZYŻANOWSKI Wojciech	463	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M-40	151	00:16:13	00:31:20	00:47:09	01:02:23	01:04:49.40	01:05:38.80	+00:32:51 (50.1%)	6:28	9.3 (50.8%)
471	KEMPA Arkadiusz	304	RUN BYDGOSZCZ	M-40	152	00:15:32	00:30:58	00:46:43	01:02:41	01:05:44.10	01:06:27.60	+00:33:40 (50.7%)	6:34	9.1 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
472	BUKOWSKI Rafał	57		M-40	153	00:16:15	00:31:54	00:47:46	01:03:14	01:05:51.95	01:06:37.00	+00:33:49 (50.8%)	6:35	9.1 (49.7%)
472	KAWALERSKI Krzysztof	173	KRISIANKA	M-40	154	00:16:15	00:31:55	00:47:46	01:03:14	01:05:51.80	01:06:37.00	+00:33:49 (50.8%)	6:35	9.1 (49.7%)
474	ŻYCHOWSKI Rafał	325	BOLS	M-30	166	00:15:59	00:31:23	00:47:20	01:03:26	01:06:29.75	01:06:51.55	+00:34:04 (51.0%)	6:39	9 (49.2%)
475	GRABOWSKI Piotr	103	BRZOZA BIEGA	M-40	155	00:16:37	00:32:17	00:48:08	01:03:40	01:06:49.15	01:07:13.75	+00:34:26 (51.2%)	6:40	9 (49.2%)
476	WAŚICKI Kamil	541		M-20	68	00:15:15	00:31:13	00:47:46	01:04:31	01:07:24.70	01:07:34.90	+00:34:47 (51.5%)	6:44	8.9 (48.6%)
477	PACZKOWSKI Mariusz	686		M-30	167	00:15:59	00:32:03	00:48:40	01:05:30	01:08:36.80	01:09:22.60	+00:36:35 (52.7%)	6:51	8.7 (47.5%)
478	ZAWISZEWSKI Adam	445		M-30	168	00:16:55	00:32:52	00:49:15	01:05:57	01:08:45.30	01:09:25.60	+00:36:38 (52.8%)	6:52	8.7 (47.5%)
479	FUDAŁA Marek	165		M-60	20	00:17:17	00:34:06	00:51:01	01:07:44	01:10:54.20	01:11:04.90	+00:38:17 (53.9%)	7:05	8.5 (46.4%)
480	PEPLIŃSKI Piotr	681		M-40	156	00:17:24	00:34:41	00:52:33	01:09:57	01:12:56.60	01:13:25.60	+00:40:38 (55.3%)	7:17	8.2 (44.8%)
481	PERLIK Wiesław	249	MATOWI	M-60	21	00:17:50	00:35:00	00:52:36	01:10:28	01:14:13.50	01:15:01.05	+00:42:13 (56.3%)	7:25	8.1 (44.3%)
482	BAK Bogdan	186	-	M-60	22	00:17:27	00:35:21	00:54:42	01:15:01	01:18:53.45	01:19:19.10	+00:46:31 (58.7%)	7:53	7.6 (41.5%)
	MILUK Artur	515	ŚWINKA RAĆKA TEAM	M-30		00:11:37 DNF	00:23:10 DNF	00:34:36 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GACKOWSKI Jarosław	679		M-40		00:12:03 DNF	00:23:40 DNF	00:35:24 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CIEMNICKI Jacek	355		M-40		00:14:00 DNF	00:27:05 DNF	00:40:03 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	LUTKOWSKI Dariusz	168	TEAMOCHAL	M-30		00:13:58 DNF	00:32:57 DNF	00:47:02 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	ROŚ Adam	237		M-40		00:12:52 DNF	00:29:57 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 487 wynik(ów)