



# MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA KASI

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy  
**Data:** 2016-12-04  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>TUCZYŃSKI Sylwester Leon</b>	<b>104</b>	BYDGOSKIE OKONIE	M-20	1	00:00:00	<b>00:16:40.85</b>	<b>00:16:41.50</b>		3:20	18 (100%)
2	<b>MUSIAŁ Michał</b>	<b>242</b>		M-40	1	00:00:00	<b>00:17:13.55</b>	<b>00:17:14.50</b>	+00:00:32 (3.2%)	3:26	17.4 (96.7%)
3	<b>STRYCHAŁSKI Tomasz</b>	<b>415</b>	RUN LOTTO-BYDGOSTIA	M-30	1	00:00:06	<b>00:17:37.40</b>	<b>00:17:43.60</b>	+00:00:56 (5.3%)	3:31	17 (94.4%)
4	<b>JAGODZIŃSKI Mateusz</b>	<b>101</b>	BYDGOSKIE OKONIE	M-20	2	00:00:01	<b>00:17:49.80</b>	<b>00:17:50.90</b>	+00:01:08 (6.4%)	3:33	16.8 (93.3%)
5	<b>PELC Marcin</b>	<b>587</b>		M-30	2	00:00:03	<b>00:17:50.55</b>	<b>00:17:53.65</b>	+00:01:09 (6.5%)	3:34	16.8 (93.3%)
6	<b>MYSZKA Łukasz</b>	<b>241</b>		M-30	3	00:00:01	<b>00:17:53.30</b>	<b>00:17:54.35</b>	+00:01:12 (6.8%)	3:34	16.8 (93.3%)
7	<b>PRZYBYLSKI Bartek</b>	<b>568</b>		M-20	3	00:00:03	<b>00:18:24.20</b>	<b>00:18:28.00</b>	+00:01:43 (9.4%)	3:41	16.3 (90.6%)
8	<b>OBREŃBSKI Grzegorz</b>	<b>18</b>	BIEGASIE	M-30	4	00:00:14	<b>00:18:37.80</b>	<b>00:18:51.85</b>	+00:01:56 (10.5%)	3:43	16.1 (89.4%)
9	<b>GŁOGOWSKI Krystian</b>	<b>387</b>	UKS KOPERNIK	M-10	1	00:00:16	<b>00:18:43.70</b>	<b>00:19:00.00</b>	+00:02:02 (10.9%)	3:44	16 (88.9%)
10	<b>TUCHOLSKI Bartłomiej</b>	<b>498</b>	BYDGOSKIE OKONIE	M-20	4	00:00:06	<b>00:18:50.15</b>	<b>00:18:56.15</b>	+00:02:09 (11.4%)	3:46	15.9 (88.3%)
11	<b>WIĘCKOWSKI Dariusz</b>	<b>198</b>	ROWEROWA BRZOZA	M-30	5	00:00:00	<b>00:18:58.00</b>	<b>00:18:58.00</b>	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
12	<b>GRALIK Jędrzej</b>	<b>132</b>	BYDGOSKIE OKONIE	M-20	5	00:00:02	<b>00:18:58.05</b>	<b>00:19:00.40</b>	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
13	<b>ŚLUSARSKI Przemysław</b>	<b>210</b>	BRZozowa TEAM	M-30	6	00:00:02	<b>00:18:59.50</b>	<b>00:19:02.10</b>	+00:02:18 (12.2%)	3:48	15.8 (87.8%)
14	<b>RYMER Jakub</b>	<b>429</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	7	00:00:01	<b>00:19:01.00</b>	<b>00:19:02.30</b>	+00:02:20 (12.3%)	3:48	15.8 (87.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>NOWIKIEWICZ Maciej</b>	<b>417</b>		M-10	2	00:00:02	<b>00:19:12.45</b>	<b>00:19:15.15</b>	+00:02:31 (13.2%)	3:50	15.6 (86.7%)
16	<b>BRZUCHALSKI Mati</b>	<b>393</b>		M-20	6	00:00:09	<b>00:19:18.00</b>	<b>00:19:27.45</b>	+00:02:37 (13.6%)	3:51	15.5 (86.1%)
17	<b>KRYSKE Mariusz</b>	<b>95</b>	SPÓJNIA BIAŁE BŁOTA	M-30	8	00:00:06	<b>00:19:20.10</b>	<b>00:19:26.95</b>	+00:02:39 (13.7%)	3:52	15.5 (86.1%)
18	<b>GWITT Bartosz</b>	<b>566</b>		M-30	9	00:00:02	<b>00:19:30.75</b>	<b>00:19:33.60</b>	+00:02:49 (14.5%)	3:54	15.4 (85.6%)
19	<b>PFAJFER Marek</b>	<b>99</b>	SPÓJNIA BIAŁE BŁOTA	M-30	10	00:00:05	<b>00:19:33.25</b>	<b>00:19:39.10</b>	+00:02:52 (14.7%)	3:54	15.3 (85.0%)
20	<b>LEWANDOWSKI Marek</b>	<b>407</b>	KEEPPER	M-20	7	00:00:13	<b>00:19:33.60</b>	<b>00:19:47.30</b>	+00:02:52 (14.7%)	3:54	15.3 (85.0%)
21	<b>KLÓSKA Fabian</b>	<b>321</b>	SPÓJNIA BIAŁE BŁOTA	M-20	8	00:00:05	<b>00:19:33.65</b>	<b>00:19:39.35</b>	+00:02:52 (14.7%)	3:54	15.3 (85.0%)
22	<b>ZWIEWKA Sebastian</b>	<b>217</b>	PUBLICZNE GIMNAZJUM IM. MARIANA REJEWSKIEGO BIAŁE BŁOTA	M-40	2	00:00:05	<b>00:19:42.80</b>	<b>00:19:48.65</b>	+00:03:01 (15.4%)	3:56	15.2 (84.4%)
23	<b>BABSKI Mariusz</b>	<b>551</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	11	00:00:00	<b>00:19:58.25</b>	<b>00:19:59.00</b>	+00:03:17 (16.5%)	3:59	15 (83.3%)
24	<b>ADACH Pawel</b>	<b>376</b>		M-30	12	00:00:08	<b>00:20:08.35</b>	<b>00:20:17.20</b>	+00:03:27 (17.2%)	4:01	14.9 (82.8%)
25	<b>PIOTROWSKI Dariusz</b>	<b>319</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	13	00:00:06	<b>00:20:11.20</b>	<b>00:20:17.40</b>	+00:03:30 (17.4%)	4:02	14.9 (82.8%)
26	<b>LEWANDOWSKI Mirosław</b>	<b>279</b>		M-30	14	00:00:02	<b>00:20:15.00</b>	<b>00:20:17.20</b>	+00:03:34 (17.6%)	4:03	14.8 (82.2%)
27	<b>SMOLINSKI Artur</b>	<b>330</b>	SPORTSERWISTEAM	M-40	3	00:00:04	<b>00:20:22.00</b>	<b>00:20:26.60</b>	+00:03:41 (18.1%)	4:04	14.7 (81.7%)
28	<b>JUCHACZ Michał</b>	<b>29</b>	TRI TEAM INO	M-30	15	00:00:00	<b>00:20:23.00</b>	<b>00:20:23.50</b>	+00:03:42 (18.2%)	4:04	14.7 (81.7%)
29	<b>DURCZAK Jerzy</b>	<b>495</b>		M-30	16	00:00:06	<b>00:20:24.75</b>	<b>00:20:31.45</b>	+00:03:43 (18.3%)	4:05	14.7 (81.7%)
30	<b>WALĘZA Hubert</b>	<b>572</b>		M-20	9	00:00:06	<b>00:20:25.05</b>	<b>00:20:31.70</b>	+00:03:44 (18.3%)	4:05	14.7 (81.7%)
31	<b>WDOWIAK Kamil</b>	<b>328</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	10	00:00:07	<b>00:20:25.65</b>	<b>00:20:33.50</b>	+00:03:44 (18.3%)	4:05	14.7 (81.7%)
32	<b>KWIATKOWSKI Damian</b>	<b>126</b>	RUN BYDGOSZCZ	M-20	11	00:00:17	<b>00:20:32.50</b>	<b>00:20:49.85</b>	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
33	<b>KWIATKOWSKI Daniel</b>	<b>578</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	12	00:00:06	<b>00:20:33.20</b>	<b>00:20:40.15</b>	+00:03:52 (18.8%)	4:06	14.6 (81.1%)
34	<b>PAWLAK Jakub</b>	<b>165</b>	JFTC SU	M-30	17	00:00:08	<b>00:20:33.60</b>	<b>00:20:42.50</b>	+00:03:52 (18.9%)	4:06	14.6 (81.1%)
35	<b>IŻKO Dariusz</b>	<b>365</b>	BRAK	M-30	18	00:00:09	<b>00:20:39.60</b>	<b>00:20:49.20</b>	+00:03:58 (19.3%)	4:08	14.5 (80.6%)
36	<b>SZYMAŃSKI Roman</b>	<b>574</b>		M-10	3	00:00:13	<b>00:20:40.35</b>	<b>00:20:54.05</b>	+00:03:59 (19.3%)	4:08	14.5 (80.6%)
37	<b>KUBEŁ Marta</b>	<b>189</b>	WSG BYDGOSZCZ	K-20	1	00:00:01	<b>00:20:43.00</b>	<b>00:20:44.30</b>	+00:04:02 (19.5%)	4:08	14.5 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	MUSZYŃSKI Krzysztof	125	OJ TAM OJ TAM	M-40	4	00:00:50	00:20:44.70	00:21:35.25	+00:04:03 (19.6%)	4:09	14.5 (80.6%)
39	JAGODZIŃSKA Magdalena	102	BYDGOSKIE OKONIE	K-20	2	00:00:01	00:20:53.50	00:20:55.20	+00:04:12 (20.2%)	4:10	14.4 (80.0%)
40	DOMŻALSKI Marek	3		M-40	5	00:00:09	00:20:54.10	00:21:03.40	+00:04:13 (20.2%)	4:10	14.4 (80.0%)
41	ŻOŁYŃIAK Bernard	305		M-40	6	00:00:11	00:21:00.30	00:21:12.20	+00:04:19 (20.6%)	4:12	14.3 (79.4%)
42	SKUZA Sebastian	24		M-20	13	00:00:26	00:21:00.70	00:21:27.25	+00:04:19 (20.6%)	4:12	14.3 (79.4%)
43	JANYSKA Krzysztof	77		M-30	19	00:00:05	00:21:02.75	00:21:08.10	+00:04:21 (20.7%)	4:12	14.3 (79.4%)
44	KUŚ Dawid	337		M-10	4	00:00:01	00:21:07.75	00:21:09.65	+00:04:26 (21.1%)	4:13	14.2 (78.9%)
45	WIADERKIEWICZ Mariusz	15	CLIMAG	M-30	20	00:00:26	00:21:10.05	00:21:36.40	+00:04:29 (21.2%)	4:14	14.2 (78.9%)
46	PAWŁOWSKI Radosław	164	JFTC SU	M-40	7	00:00:09	00:21:12.10	00:21:21.50	+00:04:31 (21.3%)	4:14	14.2 (78.9%)
47	GÓRNY Maciej	158	SAFANDUŁĄ NIE BĘDĘ TEAM	M-30	21	00:00:12	00:21:14.10	00:21:27.00	+00:04:33 (21.4%)	4:15	14.1 (78.3%)
48	WRÓBEL Mateusz	243	1990	M-20	14	00:00:01	00:21:29.00	00:21:30.30	+00:04:48 (22.4%)	4:17	14 (77.8%)
49	CHRZANOWSKI Michał	618		M-20	15	00:00:19	00:21:29.55	00:21:49.00	+00:04:48 (22.4%)	4:18	14 (77.8%)
50	SMOLA Daniel	54	3LO	M-40	8	00:00:03	00:21:30.25	00:21:33.30	+00:04:49 (22.4%)	4:18	14 (77.8%)
51	WYSOCKI Michał	32		M-20	16	00:00:17	00:21:30.60	00:21:47.85	+00:04:49 (22.5%)	4:18	14 (77.8%)
52	PERLAK Maciej	487	III LO	M-10	5	00:00:00	00:21:31.05	00:21:31.05	+00:04:50 (22.5%)	4:18	13.9 (77.2%)
53	GROBELNIAK Adam	406		M-20	17	00:00:29	00:21:32.90	00:22:02.00	+00:04:52 (22.6%)	4:18	13.9 (77.2%)
54	STAFIEJ Wojciech	153		M-40	9	00:00:06	00:21:34.50	00:21:40.80	+00:04:53 (22.7%)	4:18	13.9 (77.2%)
55	BUKOLT Rafał			M-Open	1	00:00:02	00:21:36.90	00:21:39.20	+00:04:56 (22.8%)	4:19	13.9 (77.2%)
56	BIAŁEK Grzegorz	447	WSD DB	M-20	18	00:00:47	00:21:37.25	00:22:24.85	+00:04:56 (22.8%)	4:19	13.9 (77.2%)
57	SOBCZAK Ewelina	562		K-Open	1	00:00:00	00:21:38.00	00:21:38.00	+00:04:57 (22.9%)	4:19	13.9 (77.2%)
58	RUTKOWSKI Adam	110		M-40	10	00:00:35	00:21:38.50	00:22:14.40	+00:04:57 (22.9%)	4:19	13.9 (77.2%)
59	ADAMCZAK Damian	525	ŻKS POLONIA BYDGOSZCZ	M-20	19	00:00:02	00:21:40.90	00:21:43.75	+00:05:00 (23.1%)	4:20	13.8 (76.7%)
60	TORCHALSKI Krzysztof	552		M-50	1	00:00:06	00:21:43.30	00:21:50.05	+00:05:02 (23.2%)	4:20	13.8 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	<b>GRYTA Karol</b>	<b>457</b>		M-20	20	00:00:29	<b>00:21:45.45</b>	<b>00:22:15.05</b>	+00:05:04 (23.3%)	4:21	13.8 (76.7%)
62	<b>LIPSKI Krzysztof</b>	<b>288</b>	RUN BYDGOSZCZ	M-40	11	00:00:12	<b>00:21:45.70</b>	<b>00:21:57.90</b>	+00:05:04 (23.3%)	4:21	13.8 (76.7%)
63	<b>JOACHIMIAK Dariusz</b>	<b>401</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	21	00:00:08	<b>00:21:46.50</b>	<b>00:21:55.00</b>	+00:05:05 (23.4%)	4:21	13.8 (76.7%)
64	<b>SMAŻYK Ewelina</b>	<b>145</b>	RUN BYDGOSZCZ	K-30	1	00:00:03	<b>00:21:47.75</b>	<b>00:21:51.70</b>	+00:05:06 (23.5%)	4:21	13.8 (76.7%)
65	<b>PASIEKA Tomasz</b>	<b>72</b>		M-40	12	00:00:01	<b>00:21:50.50</b>	<b>00:21:51.60</b>	+00:05:09 (23.6%)	4:22	13.7 (76.1%)
66	<b>FRANKÓW Władysław</b>	<b>260</b>		M-20	22	00:00:01	<b>00:21:53.80</b>	<b>00:21:55.20</b>	+00:05:12 (23.8%)	4:22	13.7 (76.1%)
67	<b>LEWICKI Maciej</b>	<b>312</b>	BYDGOSZCZ NA START!	M-40	13	00:00:13	<b>00:21:55.00</b>	<b>00:22:08.20</b>	+00:05:14 (23.9%)	4:23	13.7 (76.1%)
68	<b>FILIPEK Piotr</b>	<b>59</b>		M-40	14	00:00:15	<b>00:21:56.65</b>	<b>00:22:11.70</b>	+00:05:15 (24.0%)	4:23	13.7 (76.1%)
69	<b>NADRATOWSKI Maciej</b>	<b>106</b>	KABEL TEAM BYDGOSZCZ	M-40	15	00:00:07	<b>00:21:56.70</b>	<b>00:22:04.35</b>	+00:05:15 (24.0%)	4:23	13.7 (76.1%)
70	<b>WĘGRZYKOWSKI Sławomit</b>	<b>608</b>		M-40	16	00:00:06	<b>00:21:57.40</b>	<b>00:22:03.90</b>	+00:05:16 (24.0%)	4:23	13.7 (76.1%)
71	<b>CYL Dawid</b>	<b>97</b>	RUN BYDGOSZCZ	M-30	22	00:00:13	<b>00:21:59.20</b>	<b>00:22:12.55</b>	+00:05:18 (24.1%)	4:23	13.6 (75.6%)
72	<b>JAROCKA Beata</b>	<b>176</b>	-	K-30	2	00:00:08	<b>00:22:00.60</b>	<b>00:22:08.90</b>	+00:05:19 (24.2%)	4:24	13.6 (75.6%)
73	<b>MALINOWSKI Marcin</b>	<b>277</b>	WELD-LINE	M-30	23	00:00:18	<b>00:22:00.85</b>	<b>00:22:18.85</b>	+00:05:20 (24.2%)	4:24	13.6 (75.6%)
74	<b>KRAJEWSKA Agnieszka</b>	<b>388</b>	UKS KOPERNIK	K-10	1	00:00:03	<b>00:22:01.25</b>	<b>00:22:05.20</b>	+00:05:20 (24.2%)	4:24	13.6 (75.6%)
75	<b>BANASZAK Monika</b>	<b>p57</b>		K-30	3	00:00:06	<b>00:22:02.40</b>	<b>00:22:08.90</b>	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
76	<b>FAC Kacper</b>	<b>442</b>		M-20	23	00:00:10	<b>00:22:02.45</b>	<b>00:22:12.85</b>	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
77	<b>NADRAJKOWSKI Adam</b>	<b>202</b>	BBL INOWROCŁAW	M-50	2	00:00:14	<b>00:22:02.80</b>	<b>00:22:16.85</b>	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
78	<b>GORGOL Tomasz</b>	<b>616</b>		M-30	24	00:00:18	<b>00:22:04.35</b>	<b>00:22:22.40</b>	+00:05:23 (24.4%)	4:24	13.6 (75.6%)
79	<b>RUDOL Sebastian</b>	<b>291</b>		M-40	17	00:00:04	<b>00:22:04.70</b>	<b>00:22:08.95</b>	+00:05:23 (24.4%)	4:24	13.6 (75.6%)
80	<b>KLINIKOWSKI Jaacek</b>	<b>146</b>	KOCHAM ŻYCIE I...	M-40	18	00:00:04	<b>00:22:05.00</b>	<b>00:22:09.30</b>	+00:05:24 (24.5%)	4:25	13.6 (75.6%)
81	<b>NURKIEWICZ Franciszek</b>	<b>154</b>	KUNG FU PANDY 3	M-10	6	00:00:02	<b>00:22:06.70</b>	<b>00:22:09.60</b>	+00:05:25 (24.6%)	4:25	13.6 (75.6%)
82	<b>ZIELIŃSKI Maciej</b>	<b>239</b>		M-10	7	00:00:23	<b>00:22:08.45</b>	<b>00:22:32.05</b>	+00:05:27 (24.7%)	4:25	13.5 (75.0%)
83	<b>GŁOWACKI Kacper</b>	<b>342</b>		M-10	8	00:00:03	<b>00:22:10.20</b>	<b>00:22:13.20</b>	+00:05:29 (24.8%)	4:26	13.5 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>RUDOL Magdalena</b>	<b>293</b>		K-40	1	00:00:04	<b>00:22:10.70</b>	<b>00:22:14.95</b>	+00:05:29 (24.8%)	4:26	13.5 (75.0%)
85	<b>BRAŚZKIEWICZ Piotr</b>	<b>214</b>	CROSS TEAM BYDGOSZCZ	M-40	19	00:00:05	<b>00:22:12.80</b>	<b>00:22:18.70</b>	+00:05:31 (24.9%)	4:26	13.5 (75.0%)
86	<b>GACKOWSKI Szymon</b>	<b>555</b>		M-30	25	00:00:21	<b>00:22:12.90</b>	<b>00:22:34.05</b>	+00:05:32 (24.9%)	4:26	13.5 (75.0%)
87	<b>GRZUCHOWSKA Roksana</b>	<b>471</b>		K-20	3	00:00:03	<b>00:22:16.90</b>	<b>00:22:20.40</b>	+00:05:36 (25.1%)	4:27	13.5 (75.0%)
88	<b>JAŚNIAK Kinga</b>	<b>382</b>	CROSS TEAM BYDGOSZCZ	K-20	4	00:00:01	<b>00:22:17.95</b>	<b>00:22:19.85</b>	+00:05:37 (25.2%)	4:27	13.5 (75.0%)
89	<b>ROSA Bartosz</b>	<b>423</b>	SMASHING PĄPKINS	M-30	26	00:00:30	<b>00:22:22.80</b>	<b>00:22:53.20</b>	+00:05:41 (25.5%)	4:28	13.4 (74.4%)
90	<b>GACKOWSKI Krzysztof</b>	<b>2</b>		M-40	20	00:00:03	<b>00:22:23.45</b>	<b>00:22:26.80</b>	+00:05:42 (25.5%)	4:28	13.4 (74.4%)
91	<b>BINIENDA Mateusz</b>	<b>8</b>	BIMAT	M-30	27	00:00:24	<b>00:22:27.00</b>	<b>00:22:51.15</b>	+00:05:46 (25.7%)	4:29	13.4 (74.4%)
92	<b>DROŻYŃSKI Maciej</b>	<b>261</b>		M-20	24	00:00:11	<b>00:22:29.95</b>	<b>00:22:41.70</b>	+00:05:49 (25.9%)	4:30	13.3 (73.9%)
93	<b>WYRĄBKIEWICZ Grzegorz</b>	<b>339</b>	UKS KOPERNIK	M-10	9	00:00:40	<b>00:22:30.10</b>	<b>00:23:10.30</b>	+00:05:49 (25.9%)	4:30	13.3 (73.9%)
94	<b>ŁASSA Rafał</b>	<b>427</b>	UKS KOPERNIK	M-10	10	00:00:41	<b>00:22:30.45</b>	<b>00:23:11.50</b>	+00:05:49 (25.9%)	4:30	13.3 (73.9%)
95	<b>KASZEWSKI Tomasz</b>	<b>430</b>	UKS WYSPIAŃSKI SZUBIN	M-40	21	00:00:03	<b>00:22:40.40</b>	<b>00:22:43.70</b>	+00:05:59 (26.4%)	4:32	13.2 (73.3%)
96	<b>BURITTA Mariusz</b>	<b>256</b>		M-30	28	00:00:19	<b>00:22:40.85</b>	<b>00:23:00.30</b>	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
97	<b>STANEK Marek</b>	<b>233</b>		M-40	22	00:00:13	<b>00:22:40.90</b>	<b>00:22:54.10</b>	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
98	<b>SZULC Edmund</b>	<b>343</b>		M-50	3	00:00:09	<b>00:22:41.55</b>	<b>00:22:51.15</b>	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
99	<b>GOTOWICZ Damian</b>	<b>507</b>	UKS KOPERNIK	M-10	11	00:00:40	<b>00:22:41.60</b>	<b>00:23:22.40</b>	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
100	<b>FILIPIAK Jakub</b>	<b>48</b>	HANWOJ	M-30	29	00:00:23	<b>00:22:42.45</b>	<b>00:23:05.55</b>	+00:06:01 (26.5%)	4:32	13.2 (73.3%)
101	<b>NAGOW Michał</b>	<b>341</b>		M-40	23	00:00:01	<b>00:22:45.00</b>	<b>00:22:46.90</b>	+00:06:04 (26.7%)	4:33	13.2 (73.3%)
102	<b>RATAJ Zuzanna</b>	<b>408</b>	KOBIETYBIEGAJA.PL/POLONIA BYDGOSZCZ SLA	K-30	4	00:00:04	<b>00:22:48.00</b>	<b>00:22:52.10</b>	+00:06:07 (26.8%)	4:33	13.2 (73.3%)
103	<b>MENDEL Magdalena</b>	<b>50</b>		K-20	5	00:00:14	<b>00:22:49.60</b>	<b>00:23:03.60</b>	+00:06:08 (26.9%)	4:33	13.1 (72.8%)
104	<b>RATAJ Krzysztof</b>	<b>405</b>	POLONIA BYDGOSZCZ SLA	M-30	30	00:00:03	<b>00:22:49.75</b>	<b>00:22:53.40</b>	+00:06:08 (26.9%)	4:34	13.1 (72.8%)
105	<b>BIAŁKOWSKI Tymoteusz</b>	<b>439</b>	WSD DB	M-20	25	00:00:46	<b>00:22:49.80</b>	<b>00:23:36.50</b>	+00:06:08 (26.9%)	4:34	13.1 (72.8%)
106	<b>FILARECKA Agnieszka</b>	<b>443</b>	ASF BY TRISPEACE	K-30	5	00:00:05	<b>00:22:50.50</b>	<b>00:22:56.35</b>	+00:06:09 (27.0%)	4:34	13.1 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>SZYMAŃSKI Zenon</b>	<b>558</b>		M-50	4	00:00:15	<b>00:22:52.35</b>	<b>00:23:08.30</b>	+00:06:11 (27.1%)	4:34	13.1 (72.8%)
108	<b>KREŃSKI Tomasz</b>	<b>413</b>		M-30	31	00:00:19	<b>00:22:53.95</b>	<b>00:23:13.90</b>	+00:06:13 (27.2%)	4:34	13.1 (72.8%)
109	<b>DUDEK Dawid</b>	<b>351</b>	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA	M-30	32	00:00:23	<b>00:22:58.75</b>	<b>00:23:21.75</b>	+00:06:17 (27.4%)	4:35	13.1 (72.8%)
110	<b>PIOTROWSKI Dariusz</b>	<b>58</b>		M-40	24	00:00:10	<b>00:23:04.25</b>	<b>00:23:15.15</b>	+00:06:23 (27.7%)	4:37	13 (72.2%)
111	<b>KALINOWSKI Dariusz</b>	<b>81</b>		M-30	33	00:00:06	<b>00:23:05.95</b>	<b>00:23:12.80</b>	+00:06:25 (27.8%)	4:37	13 (72.2%)
112	<b>KOWALIK Damian</b>	<b>372</b>		M-30	34	00:00:25	<b>00:23:06.30</b>	<b>00:23:32.05</b>	+00:06:25 (27.8%)	4:37	13 (72.2%)
113	<b>GOLON Marlena</b>	<b>42</b>		K-40	2	00:00:16	<b>00:23:07.05</b>	<b>00:23:23.60</b>	+00:06:26 (27.8%)	4:37	13 (72.2%)
114	<b>STAWLUK Marcin</b>	<b>499</b>	SLA POLONIA BYDGOSZCZ	M-30	35	00:00:02	<b>00:23:10.85</b>	<b>00:23:12.90</b>	+00:06:30 (28.0%)	4:38	12.9 (71.7%)
115	<b>POZNAŃ Łukasz</b>	<b>133</b>		M-30	36	00:01:05	<b>00:23:12.85</b>	<b>00:24:18.10</b>	+00:06:32 (28.1%)	4:38	12.9 (71.7%)
116	<b>OSZUBSKI Kazimierz</b>	<b>573</b>		M-40	25	00:00:07	<b>00:23:13.65</b>	<b>00:23:21.30</b>	+00:06:32 (28.2%)	4:38	12.9 (71.7%)
117	<b>BRUNKE Tomasz</b>	<b>151</b>	RUN BYDGOSZCZ	M-40	26	00:00:18	<b>00:23:16.25</b>	<b>00:23:35.10</b>	+00:06:35 (28.3%)	4:39	12.9 (71.7%)
118	<b>WOJCIECHOWSKI Jarosław</b>	<b>87</b>		M-40	27	00:00:20	<b>00:23:17.30</b>	<b>00:23:37.80</b>	+00:06:36 (28.4%)	4:39	12.9 (71.7%)
119	<b>WOJTECKI Łukasz</b>	<b>479</b>		M-30	37	00:00:55	<b>00:23:17.80</b>	<b>00:24:13.05</b>	+00:06:36 (28.4%)	4:39	12.9 (71.7%)
120	<b>SZMAJDA Seweryn</b>	<b>621</b>		M-40	28	00:00:17	<b>00:23:18.20</b>	<b>00:23:35.30</b>	+00:06:37 (28.4%)	4:39	12.9 (71.7%)
121	<b>JANYSKA Adam</b>	<b>354</b>	UKS KOPERNIK BYDGOSZCZ	M-10	12	00:00:05	<b>00:23:20.50</b>	<b>00:23:25.90</b>	+00:06:39 (28.5%)	4:40	12.9 (71.7%)
122	<b>MIERNIK Szymon</b>	<b>70</b>		M-20	26	00:00:20	<b>00:23:22.65</b>	<b>00:23:42.70</b>	+00:06:41 (28.6%)	4:40	12.8 (71.1%)
123	<b>ZWIĄZEK Hanka</b>	<b>336</b>		K-20	6	00:00:48	<b>00:23:29.90</b>	<b>00:24:18.55</b>	+00:06:49 (29.0%)	4:42	12.8 (71.1%)
124	<b>SIERANT Marian</b>	<b>236</b>		M-50	5	00:00:12	<b>00:23:30.40</b>	<b>00:23:42.50</b>	+00:06:49 (29.0%)	4:42	12.8 (71.1%)
125	<b>SZULC Kamil</b>	<b>644</b>	CROSS TEAM BYDGOSZCZ	M-30	38	00:00:07	<b>00:23:32.00</b>	<b>00:23:39.75</b>	+00:06:51 (29.1%)	4:42	12.7 (70.6%)
126	<b>DOMŻALSKI Jędrzej</b>	<b>4</b>		M-10	13	00:00:22	<b>00:23:33.20</b>	<b>00:23:55.70</b>	+00:06:52 (29.2%)	4:42	12.7 (70.6%)
127	<b>JEKEL Tobiasz</b>	<b>55</b>		M-20	27	00:00:03	<b>00:23:34.75</b>	<b>00:23:38.40</b>	+00:06:53 (29.3%)	4:43	12.7 (70.6%)
128	<b>SZCZEPANIAJ Tomasz</b>	<b>532</b>	CROSSTEAMBYDGOSZCZ	M-30	39	00:00:06	<b>00:23:35.05</b>	<b>00:23:41.20</b>	+00:06:54 (29.3%)	4:43	12.7 (70.6%)
129	<b>JASINIECKI Wojciech</b>	<b>41</b>	RUN BYDGOSZCZ	M-30	40	00:00:04	<b>00:23:40.55</b>	<b>00:23:45.00</b>	+00:06:59 (29.5%)	4:44	12.7 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	WIŚNIEWSKI Przemysław	194		M-30	41	00:00:16	00:23:41.25	00:23:57.65	+00:07:00 (29.6%)	4:44	12.7 (70.6%)
131	GIERSZEWSKA Grażyna	504		K-40	3	00:00:19	00:23:46.45	00:24:05.95	+00:07:05 (29.8%)	4:45	12.6 (70.0%)
132	SZUSTER Marcin	435	WSD DB	M-20	28	00:00:02	00:23:48.95	00:23:51.30	+00:07:08 (30.0%)	4:45	12.6 (70.0%)
133	KOWALIK Patryk	80	TEAM CHOJNICE	M-30	42	00:00:22	00:23:52.40	00:24:15.10	+00:07:11 (30.1%)	4:46	12.6 (70.0%)
134	LEWANDOWSKI Sebastian	201		M-30	43	00:00:29	00:23:53.85	00:24:23.60	+00:07:13 (30.2%)	4:46	12.6 (70.0%)
135	TRUDNOWSKI Janusz	69	DRUŻYNA SZPIKU BYDGOSZCZ	M-60+	1	00:00:04	00:23:56.10	00:24:00.80	+00:07:15 (30.3%)	4:47	12.5 (69.4%)
136	ĆWIKLIŃSKI Jarosław	304		M-50	6	00:00:43	00:23:56.55	00:24:40.45	+00:07:15 (30.3%)	4:47	12.5 (69.4%)
137	KWINTAL Dominika	560		K-Open	2	00:00:07	00:24:01.35	00:24:08.70	+00:07:20 (30.6%)	4:48	12.5 (69.4%)
138	NOWAKOWSKI Tomasz	178		M-30	44	00:00:26	00:24:06.25	00:24:33.10	+00:07:25 (30.8%)	4:49	12.4 (68.9%)
139	PARUCKI Zbigniew	14		M-50	7	00:00:13	00:24:06.35	00:24:19.45	+00:07:25 (30.8%)	4:49	12.4 (68.9%)
140	MAZANOWSKA-KAWA Ewa	582		K-30	6	00:00:18	00:24:06.55	00:24:25.05	+00:07:25 (30.8%)	4:49	12.4 (68.9%)
141	KUŹNIAR Robert	188	WSG BYDGOSZCZ	M-20	29	00:00:02	00:24:06.70	00:24:09.25	+00:07:25 (30.8%)	4:49	12.4 (68.9%)
142	LASKA Artur	412		M-30	45	00:00:18	00:24:07.50	00:24:26.10	+00:07:26 (30.9%)	4:49	12.4 (68.9%)
143	BISKUPSKA Rita	410	KLINIKA TRIATHLONU BYDGOSZCZ	K-20	7	00:00:11	00:24:08.50	00:24:19.85	+00:07:27 (30.9%)	4:49	12.4 (68.9%)
144	PRZYBYLSKA Karolina	285	KLINIKA TRIATHLONU TEAM	K-20	8	00:00:08	00:24:11.40	00:24:20.00	+00:07:30 (31.0%)	4:50	12.4 (68.9%)
145	WOŹNIACKA Beata	156	POMÓŻMY JEŻOM-POLONIA BYDGOSZCZ	K-50	1	00:00:19	00:24:11.65	00:24:30.90	+00:07:30 (31.1%)	4:50	12.4 (68.9%)
146	POBIEDZIŃSKI Robert	129	POLONIA BYDGOSZCZ SLA	M-20	30	00:00:18	00:24:13.10	00:24:32.00	+00:07:32 (31.1%)	4:50	12.4 (68.9%)
147	KOWALCZYK Tomasz	187		M-40	29	00:01:09	00:24:13.75	00:25:23.55	+00:07:32 (31.2%)	4:50	12.4 (68.9%)
148	DZIEWIĄTKOWSKI Paweł	436	WSD DB	M-20	31	00:00:02	00:24:15.20	00:24:17.40	+00:07:34 (31.2%)	4:51	12.4 (68.9%)
149	DUDZIŃSKA Aleksandra	516		K-40	4	00:00:12	00:24:15.60	00:24:27.80	+00:07:34 (31.2%)	4:51	12.4 (68.9%)
150	LEWANDOWSKI Daniel	446	WSD DB	M-20	32	00:00:46	00:24:17.75	00:25:04.45	+00:07:36 (31.3%)	4:51	12.3 (68.3%)
151	WIŚNIEWSKI Dawid	363	CZARDZIECI.PL	M-30	46	00:00:53	00:24:24.05	00:25:17.05	+00:07:43 (31.6%)	4:52	12.3 (68.3%)
152	ZGÓRSKI Maciej	117	LEVEL 10	M-30	47	00:00:19	00:24:24.40	00:24:44.30	+00:07:43 (31.7%)	4:53	12.3 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	<b>LEWANDOWSKI Władysław</b>	<b>346</b>	BBL INOWROCŁAW	M-60+	2	00:00:31	<b>00:24:29.55</b>	<b>00:25:00.75</b>	+00:07:48 (31.9%)	4:53	12.3 (68.3%)
154	<b>WOJTYSIAK Kamil</b>	<b>107</b>		M-20	33	00:00:22	<b>00:24:29.65</b>	<b>00:24:51.90</b>	+00:07:48 (31.9%)	4:53	12.3 (68.3%)
155	<b>DERING Hanna</b>	<b>65</b>	BYDGOSKIE ŻÓŁWIE	K-30	7	00:00:26	<b>00:24:34.05</b>	<b>00:25:00.95</b>	+00:07:53 (32.1%)	4:54	12.2 (67.8%)
156	<b>KALINOWSKI Zbigniew</b>	<b>326</b>		M-40	30	00:00:37	<b>00:24:35.65</b>	<b>00:25:12.85</b>	+00:07:54 (32.2%)	4:55	12.2 (67.8%)
157	<b>HERMELIN Wojciech</b>	<b>570</b>		M-30	48	00:00:36	<b>00:24:35.75</b>	<b>00:25:12.70</b>	+00:07:54 (32.2%)	4:55	12.2 (67.8%)
158	<b>BAUMGART Jacek</b>	<b>502</b>	BIEGAJ Z DĘBAMI	M-50	8	00:00:32	<b>00:24:40.40</b>	<b>00:25:12.70</b>	+00:07:59 (32.4%)	4:56	12.2 (67.8%)
159	<b>KWIATOŃ Michał</b>	<b>650</b>		M-20	34	00:00:25	<b>00:24:41.25</b>	<b>00:25:06.25</b>	+00:08:00 (32.4%)	4:56	12.2 (67.8%)
160	<b>MAJEWSKI Michał</b>	<b>320</b>		M-10	14	00:00:21	<b>00:24:41.80</b>	<b>00:25:03.00</b>	+00:08:00 (32.5%)	4:56	12.1 (67.2%)
161	<b>JARZYŃSKI Maciej</b>	<b>28</b>		M-20	35	00:00:46	<b>00:24:46.35</b>	<b>00:25:32.55</b>	+00:08:05 (32.7%)	4:57	12.1 (67.2%)
162	<b>KUBOWICZ Piotr</b>	<b>182</b>	KASIA NIE ŚPIJ, OBUDŹ SIĘ...	M-40	31	00:00:00	<b>00:24:47.05</b>	<b>00:24:47.80</b>	+00:08:06 (32.7%)	4:57	12.1 (67.2%)
163	<b>MAJDA Adrian</b>	<b>445</b>		M-20	36	00:00:33	<b>00:24:47.90</b>	<b>00:25:20.90</b>	+00:08:07 (32.7%)	4:57	12.1 (67.2%)
164	<b>URBAŃSKI Dawid</b>	<b>144</b>		M-30	49	00:00:05	<b>00:24:47.95</b>	<b>00:24:53.00</b>	+00:08:07 (32.7%)	4:57	12.1 (67.2%)
165	<b>LYCZMAŃSKI Adam</b>	<b>524</b>	POLONIA BYDGOSZCZ	M-30	50	00:00:01	<b>00:24:51.40</b>	<b>00:24:53.00</b>	+00:08:10 (32.9%)	4:58	12.1 (67.2%)
166	<b>WONIAKOWSKI Czesław</b>	<b>93</b>	PARKRUN BYDGOSZCZ	M-50	9	00:00:18	<b>00:24:53.20</b>	<b>00:25:11.25</b>	+00:08:12 (33.0%)	4:58	12.1 (67.2%)
167	<b>ŁYSZCZARZ Radosław</b>	<b>643</b>		M-30	51	00:01:02	<b>00:24:53.60</b>	<b>00:25:55.80</b>	+00:08:12 (33.0%)	4:58	12.1 (67.2%)
168	<b>DUDEK Joanna</b>	<b>609</b>		K-Open	3	00:00:11	<b>00:24:54.65</b>	<b>00:25:06.10</b>	+00:08:13 (33.0%)	4:59	12 (66.7%)
169	<b>KALLAS-LIPSKA Anetta</b>	<b>83</b>	RUN BYDGOSZCZ	K-40	5	00:00:10	<b>00:24:55.20</b>	<b>00:25:06.10</b>	+00:08:14 (33.1%)	4:59	12 (66.7%)
170	<b>KRZEWIŃSKI Lucjan</b>	<b>257</b>	CROSS TEAM BYDGOSZCZ	M-20	37	00:00:06	<b>00:24:57.45</b>	<b>00:25:04.35</b>	+00:08:16 (33.2%)	4:59	12 (66.7%)
171	<b>ANDRZEJEWSKA Sylwia</b>	<b>483</b>		K-20	9	00:00:39	<b>00:24:57.80</b>	<b>00:25:36.80</b>	+00:08:16 (33.2%)	4:59	12 (66.7%)
172	<b>RUSIECKI Mikołaj</b>	<b>425</b>	KEEPER	M-20	38	00:00:38	<b>00:24:58.05</b>	<b>00:25:36.25</b>	+00:08:17 (33.2%)	4:59	12 (66.7%)
173	<b>SZYCZEWSKA Ewa</b>	<b>454</b>	KEEPER	K-40	6	00:00:50	<b>00:24:58.35</b>	<b>00:25:49.30</b>	+00:08:17 (33.2%)	4:59	12 (66.7%)
174	<b>ŚLIGOWSKA Ewelina</b>	<b>451</b>	UKS KOPERNIK BYDGOSZCZ	K-10	2	00:00:03	<b>00:24:59.25</b>	<b>00:25:02.45</b>	+00:08:18 (33.2%)	4:59	12 (66.7%)
175	<b>MARCINIAK Justyna</b>	<b>620</b>		K-Open	4	00:00:12	<b>00:25:00.95</b>	<b>00:25:13.10</b>	+00:08:20 (33.3%)	5:00	12 (66.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	<b>POTRZEBOWSKA Agata</b>	<b>46</b>		K-30	8	00:00:22	<b>00:25:01.95</b>	<b>00:25:24.05</b>	+00:08:21 (33.4%)	5:00	12 (66.7%)
177	<b>KOZICKI Marcin</b>	<b>115</b>	BYDGOSKIE ŻÓŁWIE	M-30	52	00:00:26	<b>00:25:04.30</b>	<b>00:25:31.20</b>	+00:08:23 (33.5%)	5:01	12 (66.7%)
178	<b>CIACIUCH Monika</b>	<b>1</b>	LOTTO BYDGOSTIA	K-20	10	00:00:00	<b>00:25:05.80</b>	<b>00:25:06.55</b>	+00:08:24 (33.5%)	5:01	12 (66.7%)
179	<b>MAJEWSKA Maria</b>	<b>381</b>		K-20	11	00:00:08	<b>00:25:06.25</b>	<b>00:25:14.85</b>	+00:08:25 (33.6%)	5:01	12 (66.7%)
180	<b>KEMPIŃSKA Beata</b>	<b>226</b>		K-30	9	00:00:37	<b>00:25:07.50</b>	<b>00:25:45.15</b>	+00:08:26 (33.6%)	5:01	11.9 (66.1%)
181	<b>BARANOWSKA Julia</b>	<b>244</b>	KLUB ZDROWEGO STYLU ŻYCIA	K-10	3	00:00:06	<b>00:25:08.20</b>	<b>00:25:14.50</b>	+00:08:27 (33.6%)	5:01	11.9 (66.1%)
182	<b>BONALSKA Magdalena</b>	<b>553</b>		K-30	10	00:00:12	<b>00:25:10.35</b>	<b>00:25:22.45</b>	+00:08:29 (33.7%)	5:02	11.9 (66.1%)
182	<b>PRZYBYLSKI Mariusz</b>	<b>396</b>		M-50	10	00:00:32	<b>00:25:10.35</b>	<b>00:25:42.75</b>	+00:08:29 (33.7%)	5:02	11.9 (66.1%)
184	<b>RESZKOWSKA Maria</b>	<b>630</b>		K-10	4	00:00:12	<b>00:25:11.45</b>	<b>00:25:24.05</b>	+00:08:30 (33.8%)	5:02	11.9 (66.1%)
184	<b>JAMRÓZ Joanna</b>	<b>383</b>		K-40	7	00:00:19	<b>00:25:11.45</b>	<b>00:25:30.45</b>	+00:08:30 (33.8%)	5:02	11.9 (66.1%)
186	<b>WOJCIECHOWSKA Emilia</b>	<b>86</b>		K-40	8	00:00:20	<b>00:25:14.65</b>	<b>00:25:35.35</b>	+00:08:33 (33.9%)	5:03	11.9 (66.1%)
187	<b>ZASKURSKI Tomasz</b>	<b>501</b>	BYDGOSKIE ŻÓŁWIE	M-30	53	00:00:27	<b>00:25:16.40</b>	<b>00:25:43.90</b>	+00:08:35 (34.0%)	5:03	11.9 (66.1%)
188	<b>KUJDA Dorota</b>	<b>150</b>		K-30	11	00:00:32	<b>00:25:19.00</b>	<b>00:25:51.05</b>	+00:08:38 (34.1%)	5:03	11.8 (65.6%)
189	<b>KUJDA Arkadiusz</b>	<b>149</b>	1 BRYGADA LOGISTYCZNA	M-30	54	00:00:31	<b>00:25:19.25</b>	<b>00:25:50.95</b>	+00:08:38 (34.1%)	5:03	11.8 (65.6%)
190	<b>DE GRABLA-MŚCISZEWSKI Roland</b>	<b>263</b>	CROSS TEAM BYDGOSZCZ	M-40	32	00:00:07	<b>00:25:22.50</b>	<b>00:25:29.85</b>	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
191	<b>RAKOMSKI Piotr</b>	<b>629</b>		M-60+	3	00:00:37	<b>00:25:22.55</b>	<b>00:25:59.70</b>	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
192	<b>MEDZIŃSKI Szymon</b>	<b>462</b>		M-20	39	00:00:09	<b>00:25:22.70</b>	<b>00:25:32.25</b>	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
193	<b>POTRZEBOWSKI Marek</b>	<b>36</b>		M-30	55	00:00:21	<b>00:25:24.90</b>	<b>00:25:46.85</b>	+00:08:44 (34.4%)	5:05	11.8 (65.6%)
194	<b>FILASEK Paweł</b>	<b>583</b>		M-20	40	00:00:37	<b>00:25:25.70</b>	<b>00:26:03.40</b>	+00:08:44 (34.4%)	5:05	11.8 (65.6%)
194	<b>WŁODARCZYK Olga</b>	<b>52</b>		K-20	12	00:00:37	<b>00:25:25.70</b>	<b>00:26:03.60</b>	+00:08:44 (34.4%)	5:05	11.8 (65.6%)
196	<b>GOŁĘBIOWSKI Łukasz</b>	<b>488</b>	III LO	M-10	15	00:00:03	<b>00:25:25.85</b>	<b>00:25:29.50</b>	+00:08:45 (34.4%)	5:05	11.8 (65.6%)
197	<b>HULISZ Karolina</b>	<b>503</b>	ELKO!	K-20	13	00:00:21	<b>00:25:30.95</b>	<b>00:25:52.60</b>	+00:08:50 (34.6%)	5:06	11.8 (65.6%)
198	<b>ŚWIATKOWSKI Przemysław</b>	<b>561</b>		M-20	41	00:00:21	<b>00:25:31.40</b>	<b>00:25:52.80</b>	+00:08:50 (34.6%)	5:06	11.8 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	<b>BUDZIAK Bartosz</b>	<b>62</b>		M-40	33	00:00:18	<b>00:25:31.45</b>	<b>00:25:49.90</b>	+00:08:50 (34.6%)	5:06	11.8 (65.6%)
200	<b>MIKOŁAJCZAK Tomasz</b>	<b>441</b>		M-20	42	00:00:33	<b>00:25:33.25</b>	<b>00:26:06.70</b>	+00:08:52 (34.7%)	5:06	11.7 (65.0%)
201	<b>GACKOWSKI Napoleon</b>	<b>335</b>		M-30	56	00:00:48	<b>00:25:33.45</b>	<b>00:26:22.40</b>	+00:08:52 (34.7%)	5:06	11.7 (65.0%)
202	<b>PAWŁOWSKA Gabriela</b>	<b>416</b>		K-30	12	00:00:04	<b>00:25:34.70</b>	<b>00:25:39.65</b>	+00:08:53 (34.8%)	5:07	11.7 (65.0%)
203	<b>MACKIEWICZ Piotr</b>	<b>325</b>		M-30	57	00:00:34	<b>00:25:40.80</b>	<b>00:26:14.80</b>	+00:08:59 (35.0%)	5:08	11.7 (65.0%)
204	<b>REDLIŃSKI Bartosz</b>	<b>141</b>		M-30	58	00:00:57	<b>00:25:40.90</b>	<b>00:26:38.60</b>	+00:09:00 (35.0%)	5:08	11.7 (65.0%)
205	<b>PIŃSKA Sylwia</b>	<b>47</b>	BBL INOWROCŁAW	K-30	13	00:00:31	<b>00:25:41.00</b>	<b>00:26:12.50</b>	+00:09:00 (35.1%)	5:08	11.7 (65.0%)
206	<b>PROBANT Wioletta</b>	<b>623</b>		K-Open	5	00:00:14	<b>00:25:41.75</b>	<b>00:25:56.45</b>	+00:09:00 (35.1%)	5:08	11.7 (65.0%)
207	<b>ANDRZEJEWSKA Agnieszka</b>	<b>295</b>		K-30	14	00:00:09	<b>00:25:42.40</b>	<b>00:25:52.10</b>	+00:09:01 (35.1%)	5:08	11.7 (65.0%)
208	<b>ŁOBOCKI Krzysztof</b>	<b>143</b>		M-30	59	00:00:51	<b>00:25:43.60</b>	<b>00:26:35.05</b>	+00:09:02 (35.2%)	5:08	11.7 (65.0%)
209	<b>ANDRZEJEWSKI Dariusz</b>	<b>397</b>		M-30	60	00:00:10	<b>00:25:43.90</b>	<b>00:25:54.60</b>	+00:09:03 (35.2%)	5:08	11.7 (65.0%)
210	<b>WILIŃSKI Miłosz</b>	<b>196</b>		M-50	11	00:00:15	<b>00:25:45.20</b>	<b>00:26:00.70</b>	+00:09:04 (35.2%)	5:09	11.7 (65.0%)
211	<b>WOJTYSIAK Dorota</b>	<b>469</b>		K-30	15	00:00:08	<b>00:25:47.30</b>	<b>00:25:55.65</b>	+00:09:06 (35.3%)	5:09	11.6 (64.4%)
212	<b>GRABARSKA Anna</b>	<b>302</b>		K-30	16	00:00:11	<b>00:25:49.05</b>	<b>00:26:00.40</b>	+00:09:08 (35.4%)	5:09	11.6 (64.4%)
213	<b>SOSIŃSKI Paweł</b>	<b>169</b>		M-30	61	00:00:29	<b>00:25:49.85</b>	<b>00:26:19.15</b>	+00:09:09 (35.4%)	5:10	11.6 (64.4%)
214	<b>SOSIŃSKA Izabela</b>	<b>170</b>		K-30	17	00:00:28	<b>00:25:50.25</b>	<b>00:26:19.05</b>	+00:09:09 (35.4%)	5:10	11.6 (64.4%)
215	<b>STACHNIUK Przemek</b>	<b>166</b>	JFTC SU	M-30	62	00:01:04	<b>00:25:51.65</b>	<b>00:26:56.10</b>	+00:09:10 (35.5%)	5:10	11.6 (64.4%)
216	<b>WASILEWSKA Martyna</b>	<b>639</b>		K-30	18	00:00:48	<b>00:25:56.40</b>	<b>00:26:44.60</b>	+00:09:15 (35.7%)	5:11	11.6 (64.4%)
217	<b>KOMINEK Jakub</b>	<b>184</b>		M-10	16	00:00:04	<b>00:25:56.50</b>	<b>00:26:00.85</b>	+00:09:15 (35.7%)	5:11	11.6 (64.4%)
218		<b>p13</b>				00:00:03	<b>00:25:56.60</b>	<b>00:26:00.55</b>	+00:09:15 (35.7%)	5:11	11.6 (64.4%)
219	<b>WASILEWSKA Agata</b>	<b>640</b>		K-30	19	00:00:48	<b>00:25:56.90</b>	<b>00:26:45.10</b>	+00:09:16 (35.7%)	5:11	11.6 (64.4%)
220	<b>BOROWIEC Wioleta</b>	<b>26</b>	BBL SZUBIN	K-30	20	00:00:04	<b>00:25:57.70</b>	<b>00:26:02.60</b>	+00:09:16 (35.7%)	5:11	11.6 (64.4%)
221	<b>MORYKSIEWICZ Marcin</b>	<b>44</b>		M-30	63	00:01:06	<b>00:25:58.40</b>	<b>00:27:04.55</b>	+00:09:17 (35.8%)	5:11	11.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	<b>SZUKAJ Karol</b>	<b>284</b>	KANAŁOWA 8	M-30	64	00:00:08	<b>00:26:00.65</b>	<b>00:26:09.00</b>	+00:09:19 (35.9%)	5:12	11.5 (63.9%)
223	<b>TOMASZEK Marcin</b>	<b>109</b>		M-30	65	00:00:10	<b>00:26:01.15</b>	<b>00:26:11.65</b>	+00:09:20 (35.9%)	5:12	11.5 (63.9%)
224	<b>PAPIS Piotr</b>	<b>152</b>	BACKONIK	M-30	66	00:00:16	<b>00:26:01.65</b>	<b>00:26:18.20</b>	+00:09:20 (35.9%)	5:12	11.5 (63.9%)
225	<b>WEBER Krzysztof</b>	<b>373</b>		M-10	17	00:00:35	<b>00:26:01.80</b>	<b>00:26:37.30</b>	+00:09:20 (35.9%)	5:12	11.5 (63.9%)
226	<b>KACZOR Michał</b>	<b>324</b>		M-10	18	00:00:35	<b>00:26:02.70</b>	<b>00:26:38.00</b>	+00:09:21 (36.0%)	5:12	11.5 (63.9%)
227	<b>BUDZIK Justyna</b>	<b>340</b>		K-40	9	00:00:38	<b>00:26:02.90</b>	<b>00:26:41.40</b>	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
228	<b>BUDZIK Ireneusz</b>	<b>338</b>	BOZITA POLSKA	M-40	34	00:00:38	<b>00:26:03.10</b>	<b>00:26:41.60</b>	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
229	<b>PILECKI Michał</b>	<b>529</b>		M-30	67	00:00:56	<b>00:26:03.80</b>	<b>00:26:59.85</b>	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
230	<b>SKORY Kacper</b>	<b>174</b>	WELD-LINE TEAM	M-10	19	00:00:00	<b>00:26:06.50</b>	<b>00:26:06.50</b>	+00:09:25 (36.1%)	5:13	11.5 (63.9%)
231	<b>KRAWCZYK Przemysław</b>	<b>25</b>		M-30	68	00:00:55	<b>00:26:06.55</b>	<b>00:27:02.50</b>	+00:09:25 (36.1%)	5:13	11.5 (63.9%)
232	<b>HAUS Katarzyna</b>	<b>16</b>	BBL SZUBIN	K-40	10	00:00:04	<b>00:26:07.65</b>	<b>00:26:12.20</b>	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
233	<b>BIAŁY Szymon</b>	<b>450</b>		M-30	69	00:00:14	<b>00:26:07.85</b>	<b>00:26:21.85</b>	+00:09:27 (36.2%)	5:13	11.5 (63.9%)
234	<b>KAZERA Marek</b>	<b>610</b>		M-40	35	00:00:51	<b>00:26:09.05</b>	<b>00:27:00.40</b>	+00:09:28 (36.2%)	5:13	11.5 (63.9%)
235	<b>MARAŚKIEWICZ Agnieszka</b>	<b>345</b>		K-20	14	00:00:25	<b>00:26:16.10</b>	<b>00:26:41.60</b>	+00:09:35 (36.5%)	5:15	11.4 (63.3%)
236	<b>STRYCZYŃSKI Marek</b>	<b>349</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	43	00:00:26	<b>00:26:16.70</b>	<b>00:26:42.80</b>	+00:09:35 (36.5%)	5:15	11.4 (63.3%)
237	<b>BEDNARCZYK Krzysztof</b>	<b>374</b>		M-30	70	00:00:08	<b>00:26:16.75</b>	<b>00:26:25.35</b>	+00:09:35 (36.5%)	5:15	11.4 (63.3%)
238	<b>BANAŚ Marcin</b>	<b>589</b>		M-20	44	00:00:11	<b>00:26:17.10</b>	<b>00:26:28.10</b>	+00:09:36 (36.5%)	5:15	11.4 (63.3%)
239	<b>PŁOCIŃSKA Patrycja</b>	<b>409</b>		K-30	21	00:00:09	<b>00:26:17.85</b>	<b>00:26:27.50</b>	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
240	<b>KANIA Dorota</b>	<b>299</b>	1975	K-40	11	00:00:53	<b>00:26:17.95</b>	<b>00:27:11.25</b>	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
241	<b>ROGALSKA Justyna</b>	<b>316</b>		K-20	15	00:00:33	<b>00:26:18.15</b>	<b>00:26:52.10</b>	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
242	<b>LUBIŃSKA Anna</b>	<b>588</b>	FIRE HOUSE	K-20	16	00:00:09	<b>00:26:18.85</b>	<b>00:26:27.85</b>	+00:09:38 (36.6%)	5:15	11.4 (63.3%)
243	<b>MASŁEK Patrycja</b>	<b>571</b>		K-20	17	00:00:07	<b>00:26:18.90</b>	<b>00:26:26.45</b>	+00:09:38 (36.6%)	5:15	11.4 (63.3%)
244	<b>PRZEKWASIEŃSKA Anna</b>	<b>255</b>		K-30	22	00:00:49	<b>00:26:19.55</b>	<b>00:27:08.65</b>	+00:09:38 (36.6%)	5:15	11.4 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	<b>DOLATA Grzegorz</b>	<b>61</b>	OCELOTY	M-40	36	00:00:30	<b>00:26:20.30</b>	<b>00:26:50.40</b>	+00:09:39 (36.7%)	5:16	11.4 (63.3%)
246	<b>STRZELECKI Wiktor</b>	<b>138</b>		M-10	20	00:00:00	<b>00:26:20.40</b>	<b>00:26:21.00</b>	+00:09:39 (36.7%)	5:16	11.4 (63.3%)
246	<b>MAGDZIARZ Katarzyna</b>	<b>254</b>	KANCELARIA HMM	K-30	23	00:00:48	<b>00:26:20.40</b>	<b>00:27:09.25</b>	+00:09:39 (36.7%)	5:16	11.4 (63.3%)
248	<b>ZAKRZEWSKA Julia</b>	<b>227</b>		K-10	5	00:00:13	<b>00:26:23.70</b>	<b>00:26:37.05</b>	+00:09:42 (36.8%)	5:16	11.4 (63.3%)
249	<b>SZAFKOWSKI Arek</b>	<b>82</b>		M-40	37	00:01:01	<b>00:26:25.30</b>	<b>00:27:26.60</b>	+00:09:44 (36.9%)	5:17	11.4 (63.3%)
250	<b>KAWAŁKOWSKI Marcel</b>	<b>224</b>	ENCE-PENCE RUN TEAM	M-10	21	00:00:13	<b>00:26:27.25</b>	<b>00:26:40.80</b>	+00:09:46 (36.9%)	5:17	11.3 (62.8%)
251	<b>DOŁHUN Adam</b>	<b>282</b>	RUN PASJA BYDGOSZCZ	M-30	71	00:00:34	<b>00:26:29.70</b>	<b>00:27:04.60</b>	+00:09:48 (37.0%)	5:18	11.3 (62.8%)
252	<b>WOŁOSZYN Kazimierz</b>	<b>246</b>	ROWEROWA BRZOZA/ BRZOZA BIEGA	M-50	12	00:00:30	<b>00:26:31.95</b>	<b>00:27:02.65</b>	+00:09:51 (37.1%)	5:18	11.3 (62.8%)
253	<b>KOZIŃSKI Tomasz</b>	<b>228</b>	BYDGOSKIE ŻÓŁWIE	M-40	38	00:00:31	<b>00:26:32.50</b>	<b>00:27:03.50</b>	+00:09:51 (37.2%)	5:18	11.3 (62.8%)
254	<b>MAĆKOWIAK Kasia</b>	<b>96</b>		K-30	24	00:01:01	<b>00:26:33.10</b>	<b>00:27:34.70</b>	+00:09:52 (37.2%)	5:18	11.3 (62.8%)
255	<b>ZAWISZEWSKI Adam</b>	<b>392</b>		M-30	72	00:00:04	<b>00:26:33.20</b>	<b>00:26:38.00</b>	+00:09:52 (37.2%)	5:18	11.3 (62.8%)
256	<b>SKRZYPCZAK Arkadiusz</b>	<b>395</b>		M-40	39	00:01:00	<b>00:26:35.35</b>	<b>00:27:35.50</b>	+00:09:54 (37.3%)	5:19	11.3 (62.8%)
257	<b>RYNKOWSKI Jędrzej</b>	<b>419</b>		M-10	22	00:00:49	<b>00:26:37.15</b>	<b>00:27:26.90</b>	+00:09:56 (37.3%)	5:19	11.3 (62.8%)
258	<b>KOTLAREK Mariusz</b>	<b>303</b>		M-20	45	00:00:13	<b>00:26:37.90</b>	<b>00:26:51.15</b>	+00:09:57 (37.4%)	5:19	11.3 (62.8%)
259	<b>NAPIERALSKA Natalia</b>	<b>440</b>		K-30	25	00:00:53	<b>00:26:42.70</b>	<b>00:27:36.20</b>	+00:10:01 (37.6%)	5:20	11.2 (62.2%)
260	<b>ZIELIŃSKI Krzysztof</b>	<b>64</b>		M-40	40	00:00:24	<b>00:26:43.45</b>	<b>00:27:07.65</b>	+00:10:02 (37.6%)	5:20	11.2 (62.2%)
261	<b>TWARDOWSKI Wojciech</b>	<b>159</b>	RUN BYDGOSZCZ	M-40	41	00:00:19	<b>00:26:46.40</b>	<b>00:27:05.90</b>	+00:10:05 (37.7%)	5:21	11.2 (62.2%)
262	<b>KASZEWSKI Adam</b>	<b>432</b>		M-10	23	00:00:49	<b>00:26:47.35</b>	<b>00:27:36.75</b>	+00:10:06 (37.7%)	5:21	11.2 (62.2%)
263	<b>KAŹMIERCZAK Michał</b>	<b>633</b>		M-Open	2	00:00:45	<b>00:26:48.90</b>	<b>00:27:34.40</b>	+00:10:08 (37.8%)	5:21	11.2 (62.2%)
264	<b>SIKORSKA Marta</b>	<b>657</b>		K-20	18	00:00:51	<b>00:26:49.70</b>	<b>00:27:40.80</b>	+00:10:08 (37.8%)	5:21	11.2 (62.2%)
265	<b>ŚLESIŃSKA Patrycja</b>	<b>9</b>		K-20	19	00:00:05	<b>00:26:50.55</b>	<b>00:26:55.85</b>	+00:10:09 (37.9%)	5:22	11.2 (62.2%)
266	<b>PIETRASZAK Tomasz</b>	<b>475</b>	RUN BYDGOSZCZ	M-40	42	00:00:18	<b>00:26:50.95</b>	<b>00:27:09.80</b>	+00:10:10 (37.9%)	5:22	11.2 (62.2%)
267	<b>TYSZKA Renata</b>	<b>531</b>		K-30	26	00:00:59	<b>00:26:51.15</b>	<b>00:27:50.15</b>	+00:10:10 (37.9%)	5:22	11.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	<b>NUNZEK Agnieszka</b>	<b>581</b>		K-40	12	00:00:10	<b>00:26:51.95</b>	<b>00:27:02.50</b>	+00:10:11 (37.9%)	5:22	11.2 (62.2%)
269	<b>ZATOŃ Bożena</b>	<b>598</b>	RUN PASJA	K-50	2	00:00:03	<b>00:26:54.30</b>	<b>00:26:58.05</b>	+00:10:13 (38.0%)	5:23	11.1 (61.7%)
270	<b>KOLIGNAN Katarzyna</b>	<b>234</b>	BRAK	K-30	27	00:00:26	<b>00:26:54.50</b>	<b>00:27:20.85</b>	+00:10:13 (38.0%)	5:22	11.2 (62.2%)
271	<b>BURDZIŃSKI Igor</b>	<b>360</b>	MEDUZA	M-30	73	00:00:44	<b>00:26:56.25</b>	<b>00:27:41.05</b>	+00:10:15 (38.1%)	5:23	11.1 (61.7%)
272	<b>GOLIMOWSKA Anna</b>	<b>517</b>		K-30	28	00:01:03	<b>00:26:57.10</b>	<b>00:28:01.00</b>	+00:10:16 (38.1%)	5:23	11.1 (61.7%)
273	<b>FRANCZAK Joanna</b>	<b>300</b>		K-30	29	00:00:34	<b>00:26:59.45</b>	<b>00:27:34.15</b>	+00:10:18 (38.2%)	5:24	11.1 (61.7%)
274	<b>PYTLIK Agnieszka</b>	<b>289</b>		K-20	20	00:00:07	<b>00:27:01.75</b>	<b>00:27:09.60</b>	+00:10:20 (38.3%)	5:24	11.1 (61.7%)
275	<b>IZAJASZ Tomasz</b>	<b>292</b>	3LO	M-30	74	00:00:56	<b>00:27:04.15</b>	<b>00:28:00.40</b>	+00:10:23 (38.4%)	5:24	11.1 (61.7%)
276	<b>KUDŁA Monika</b>	<b>476</b>		K-30	30	00:01:00	<b>00:27:05.00</b>	<b>00:28:05.90</b>	+00:10:24 (38.4%)	5:25	11.1 (61.7%)
277	<b>IWAN Remigiusz</b>	<b>155</b>		M-30	75	00:00:33	<b>00:27:07.55</b>	<b>00:27:41.15</b>	+00:10:26 (38.5%)	5:25	11.1 (61.7%)
278	<b>DZIĘDZIK Agnieszka</b>	<b>594</b>		K-30	31	00:00:28	<b>00:27:08.45</b>	<b>00:27:36.90</b>	+00:10:27 (38.5%)	5:25	11.1 (61.7%)
279	<b>OŻGA Agnieszka</b>	<b>84</b>		K-20	21	00:00:45	<b>00:27:10.80</b>	<b>00:27:56.40</b>	+00:10:29 (38.6%)	5:26	11 (61.1%)
280	<b>GIŻA Wioletta</b>	<b>185</b>	POLONIA BYDGOSZCZ SLA	K-30	32	00:00:22	<b>00:27:12.60</b>	<b>00:27:35.40</b>	+00:10:31 (38.7%)	5:26	11 (61.1%)
281	<b>SZTURO Lidia</b>	<b>57</b>		K-30	33	00:00:22	<b>00:27:12.80</b>	<b>00:27:35.50</b>	+00:10:31 (38.7%)	5:26	11 (61.1%)
282	<b>NIKOŁAJEW Monika</b>	<b>208</b>		K-30	34	00:00:22	<b>00:27:13.95</b>	<b>00:27:36.65</b>	+00:10:33 (38.7%)	5:26	11 (61.1%)
283	<b>WIŚNIEWSKI Kamil</b>	<b>591</b>		M-Open	3	00:00:02	<b>00:27:14.10</b>	<b>00:27:16.40</b>	+00:10:33 (38.8%)	5:26	11 (61.1%)
284	<b>KOWALSKA Anna</b>	<b>472</b>		K-30	35	00:00:21	<b>00:27:14.15</b>	<b>00:27:35.20</b>	+00:10:33 (38.8%)	5:26	11 (61.1%)
285	<b>ZIELIŃSKA Agnieszka</b>	<b>590</b>		K-Open	6	00:00:02	<b>00:27:14.20</b>	<b>00:27:16.30</b>	+00:10:33 (38.8%)	5:26	11 (61.1%)
286	<b>JAŹDŻEWSKA Alicja</b>	<b>181</b>		K-30	36	00:00:17	<b>00:27:15.90</b>	<b>00:27:33.15</b>	+00:10:35 (38.8%)	5:27	11 (61.1%)
287	<b>DERON Łukasz</b>	<b>459</b>		M-20	46	00:00:28	<b>00:27:17.75</b>	<b>00:27:46.55</b>	+00:10:36 (38.9%)	5:27	11 (61.1%)
288	<b>PŁOSZAJ Maciej</b>	<b>17</b>		M-30	76	00:01:02	<b>00:27:18.30</b>	<b>00:28:20.95</b>	+00:10:37 (38.9%)	5:27	11 (61.1%)
289	<b>GRODZKA Ewelina</b>	<b>404</b>		K-20	22	00:00:29	<b>00:27:18.50</b>	<b>00:27:48.20</b>	+00:10:37 (38.9%)	5:27	11 (61.1%)
290	<b>PŁOSZAJ Magdalena</b>	<b>19</b>		K-30	37	00:01:01	<b>00:27:19.10</b>	<b>00:28:20.70</b>	+00:10:38 (38.9%)	5:27	11 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	<b>OLEKSY Ilona</b>	<b>500</b>		K-30	38	00:01:01	<b>00:27:19.75</b>	<b>00:28:21.30</b>	+00:10:38 (39.0%)	5:28	11 (61.1%)
292	<b>OBREBSKA Ela</b>	<b>20</b>	BIEGASIE	K-30	39	00:00:17	<b>00:27:22.95</b>	<b>00:27:40.20</b>	+00:10:42 (39.1%)	5:28	11 (61.1%)
293	<b>DAĞIEL Aleksander</b>	<b>597</b>		M-30	77	00:01:07	<b>00:27:23.00</b>	<b>00:28:30.70</b>	+00:10:42 (39.1%)	5:28	11 (61.1%)
294	<b>NAWROCKI Łukasz</b>	<b>209</b>		M-30	78	00:00:16	<b>00:27:23.20</b>	<b>00:27:39.80</b>	+00:10:42 (39.1%)	5:28	11 (61.1%)
295	<b>BAK Agnieszka</b>	<b>294</b>	AGNIESZKA BAK	K-30	40	00:00:01	<b>00:27:23.85</b>	<b>00:27:25.45</b>	+00:10:43 (39.1%)	5:28	10.9 (60.6%)
296	<b>DROBIŃSKI Dawid</b>	<b>600</b>		M-30	79	00:00:39	<b>00:27:24.70</b>	<b>00:28:03.70</b>	+00:10:43 (39.1%)	5:28	10.9 (60.6%)
297	<b>MENDEL Patryk</b>	<b>88</b>		M-20	47	00:00:52	<b>00:27:25.05</b>	<b>00:28:17.95</b>	+00:10:44 (39.2%)	5:29	10.9 (60.6%)
298	<b>JELEŃ Agnieszka</b>	<b>424</b>	KEEPPER	K-30	41	00:00:50	<b>00:27:27.40</b>	<b>00:28:17.50</b>	+00:10:46 (39.2%)	5:29	10.9 (60.6%)
299	<b>CEMKE Magdalena</b>	<b>268</b>		K-20	23	00:00:31	<b>00:27:27.65</b>	<b>00:27:58.65</b>	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
300	<b>STAFIEJ Mariusz</b>	<b>465</b>		M-40	43	00:00:32	<b>00:27:28.45</b>	<b>00:28:00.85</b>	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
301	<b>BRYŚ Bartłomiej</b>	<b>31</b>		M-20	48	00:00:42	<b>00:27:29.20</b>	<b>00:28:11.50</b>	+00:10:48 (39.3%)	5:29	10.9 (60.6%)
302	<b>KAMIŃSKI Iga</b>	<b>437</b>		K-10	6	00:00:21	<b>00:27:29.35</b>	<b>00:27:50.40</b>	+00:10:48 (39.3%)	5:29	10.9 (60.6%)
303	<b>MAJSON Kamila</b>	<b>364</b>		K-20	24	00:00:09	<b>00:27:30.05</b>	<b>00:27:39.20</b>	+00:10:49 (39.3%)	5:30	10.9 (60.6%)
304	<b>CABANSKA Katarzyna</b>	<b>73</b>	VITAPOL	K-30	42	00:00:33	<b>00:27:31.15</b>	<b>00:28:04.20</b>	+00:10:50 (39.4%)	5:30	10.9 (60.6%)
305	<b>MELLEM-ZWIEWKA Małgorzata</b>	<b>212</b>	PUBLICZNE GIMNAZJUM IM. MARIANA REJEWSKIEGO BIAŁE BŁOTA	K-30	43	00:00:37	<b>00:27:31.90</b>	<b>00:28:09.80</b>	+00:10:51 (39.4%)	5:30	10.9 (60.6%)
306	<b>STAFIEJ Barbara</b>	<b>468</b>		K-40	13	00:00:32	<b>00:27:33.65</b>	<b>00:28:05.90</b>	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
306	<b>SZTYMA Michał</b>	<b>480</b>	KLUB RADIOLOKACJI SPORTOWEJ	M-30	80	00:00:45	<b>00:27:33.65</b>	<b>00:28:18.65</b>	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
308	<b>KALINOWSKA Patrycja</b>	<b>68</b>		K-20	25	00:00:09	<b>00:27:34.80</b>	<b>00:27:44.05</b>	+00:10:53 (39.5%)	5:31	10.9 (60.6%)
309	<b>BURITTA Robert</b>	<b>422</b>		M-20	49	00:00:18	<b>00:27:40.35</b>	<b>00:27:59.25</b>	+00:10:59 (39.7%)	5:32	10.8 (60.0%)
310	<b>FUJARSKA Agata</b>	<b>426</b>	ZESPÓŁ SZKÓŁ CHEMICZNYCH	K-10	7	00:00:17	<b>00:27:40.45</b>	<b>00:27:58.10</b>	+00:10:59 (39.7%)	5:32	10.8 (60.0%)
311	<b>BICZKOWSKA Magdalena</b>	<b>622</b>		K-30	44	00:00:18	<b>00:27:40.50</b>	<b>00:27:58.95</b>	+00:10:59 (39.7%)	5:32	10.8 (60.0%)
312	<b>GORGOL Renata</b>	<b>615</b>		K-40	14	00:00:17	<b>00:27:41.25</b>	<b>00:27:58.50</b>	+00:11:00 (39.8%)	5:32	10.8 (60.0%)
313	<b>SOBOLEWSKA Agnieszka</b>	<b>276</b>		K-40	15	00:00:29	<b>00:27:42.50</b>	<b>00:28:11.80</b>	+00:11:01 (39.8%)	5:32	10.8 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	<b>DEKOWSKA Anna</b>	<b>265</b>		K-30	45	00:00:05	<b>00:27:44.80</b>	<b>00:27:50.10</b>	+00:11:03 (39.9%)	5:33	10.8 (60.0%)
315	<b>DURAND Małgorzata</b>	<b>411</b>	KEEPPER	K-40	16	00:00:35	<b>00:27:46.05</b>	<b>00:28:21.95</b>	+00:11:05 (39.9%)	5:33	10.8 (60.0%)
316	<b>WERLING Daniel</b>	<b>318</b>		M-20	50	00:00:34	<b>00:27:47.05</b>	<b>00:28:21.95</b>	+00:11:06 (40.0%)	5:33	10.8 (60.0%)
317	<b>PAWSKI Przemysław</b>	<b>315</b>		M-20	51	00:00:34	<b>00:27:47.30</b>	<b>00:28:21.65</b>	+00:11:06 (40.0%)	5:33	10.8 (60.0%)
318	<b>KACZMAREK Aleksandra</b>	<b>114</b>		K-20	26	00:00:02	<b>00:27:48.05</b>	<b>00:27:50.60</b>	+00:11:07 (40.0%)	5:33	10.8 (60.0%)
319	<b>CISZEWSKA Emilia</b>	<b>76</b>		K-30	46	00:00:16	<b>00:27:49.20</b>	<b>00:28:05.20</b>	+00:11:08 (40.0%)	5:33	10.8 (60.0%)
320	<b>RABKOWSKA Marta</b>	<b>563</b>		K-10	8	00:00:40	<b>00:27:51.05</b>	<b>00:28:31.80</b>	+00:11:10 (40.1%)	5:34	10.8 (60.0%)
321	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>13</b>	4FUN	K-30	47	00:00:06	<b>00:27:51.40</b>	<b>00:27:57.55</b>	+00:11:10 (40.1%)	5:34	10.8 (60.0%)
322	<b>RZEPECKA Katarzyna</b>	<b>56</b>		K-30	48	00:00:14	<b>00:27:52.10</b>	<b>00:28:06.95</b>	+00:11:11 (40.1%)	5:34	10.8 (60.0%)
323	<b>SZCZEŚNIAK Wiktor</b>	<b>638</b>		M-10	24	00:00:01	<b>00:27:53.60</b>	<b>00:27:55.00</b>	+00:11:12 (40.2%)	5:34	10.8 (60.0%)
324	<b>WILCZYŃSKA Sara</b>	<b>481</b>	RADIOLOKACJ SPORTOWEJ	K-10	9	00:00:06	<b>00:27:53.95</b>	<b>00:28:00.10</b>	+00:11:13 (40.2%)	5:34	10.8 (60.0%)
325	<b>KROPIŃSKA Monika</b>	<b>323</b>		K-20	27	00:00:26	<b>00:27:54.40</b>	<b>00:28:20.80</b>	+00:11:13 (40.2%)	5:34	10.8 (60.0%)
326	<b>ŚLESIŃSKA Ewa</b>	<b>391</b>		K-40	17	00:00:06	<b>00:27:59.45</b>	<b>00:28:05.60</b>	+00:11:18 (40.4%)	5:35	10.7 (59.4%)
327	<b>DOMŻALSKA Sławomira</b>	<b>5</b>		K-40	18	00:00:52	<b>00:28:03.60</b>	<b>00:28:56.00</b>	+00:11:22 (40.6%)	5:36	10.7 (59.4%)
328	<b>RABKOWSKI Dariusz</b>	<b>567</b>		M-40	44	00:00:28	<b>00:28:03.95</b>	<b>00:28:32.20</b>	+00:11:23 (40.6%)	5:36	10.7 (59.4%)
329	<b>JAGŁA Mateusz</b>	<b>528</b>	ŻKS POLONIA BYDGOSZCZ	M-20	52	00:00:23	<b>00:28:07.95</b>	<b>00:28:31.20</b>	+00:11:27 (40.7%)	5:37	10.7 (59.4%)
330	<b>MIKOŁAJEWSKI Jacek</b>	<b>515</b>		M-30	81	00:00:33	<b>00:28:08.75</b>	<b>00:28:42.10</b>	+00:11:27 (40.7%)	5:37	10.7 (59.4%)
331	<b>MELLER Agata</b>	<b>463</b>	GŁODNE ŻÓŁWIKI	K-20	28	00:00:36	<b>00:28:08.90</b>	<b>00:28:45.30</b>	+00:11:28 (40.7%)	5:37	10.7 (59.4%)
332	<b>GIŻA Michał</b>	<b>496</b>	GŁODNE ŻÓŁWIKI	M-20	53	00:00:36	<b>00:28:08.95</b>	<b>00:28:45.85</b>	+00:11:28 (40.7%)	5:37	10.7 (59.4%)
333	<b>PIETKUN Ryszard</b>	<b>357</b>		M-50	13	00:00:30	<b>00:28:12.10</b>	<b>00:28:42.10</b>	+00:11:31 (40.9%)	5:38	10.6 (58.9%)
334	<b>BUSTA Julia</b>	<b>580</b>		K-10	10	00:00:06	<b>00:28:12.75</b>	<b>00:28:19.50</b>	+00:11:31 (40.9%)	5:38	10.6 (58.9%)
335	<b>TOPOLNICKA Karolina</b>	<b>477</b>		K-30	49	00:00:05	<b>00:28:13.45</b>	<b>00:28:18.50</b>	+00:11:32 (40.9%)	5:38	10.6 (58.9%)
336	<b>WIŚNIEWSKA Aleksandra</b>	<b>127</b>		K-10	11	00:00:25	<b>00:28:13.90</b>	<b>00:28:39.35</b>	+00:11:33 (40.9%)	5:38	10.6 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	<b>BUSZTA Anna</b>	<b>579</b>	KLUB ZDROWEGO STYLU ŻYCIA	K-30	50	00:00:05	<b>00:28:14.45</b>	<b>00:28:19.85</b>	+00:11:33 (40.9%)	5:38	10.6 (58.9%)
338	<b>RYDELSKA Kinga</b>	<b>556</b>		K-40	19	00:00:30	<b>00:28:15.45</b>	<b>00:28:46.35</b>	+00:11:34 (41.0%)	5:39	10.6 (58.9%)
339	<b>KLISZEWSKI Damian</b>	<b>452</b>		M-40	45	00:00:47	<b>00:28:17.20</b>	<b>00:29:05.10</b>	+00:11:36 (41.0%)	5:39	10.6 (58.9%)
340	<b>NALEWALSKA Justyna</b>	<b>453</b>		K-20	29	00:00:51	<b>00:28:19.75</b>	<b>00:29:10.85</b>	+00:11:38 (41.1%)	5:39	10.6 (58.9%)
341	<b>MALINOWSKA Agata</b>	<b>278</b>	WELD-LINE	K-10	12	00:00:17	<b>00:28:28.20</b>	<b>00:28:45.30</b>	+00:11:47 (41.4%)	5:41	10.5 (58.3%)
342	<b>GÓRSKA Joanna</b>	<b>245</b>		K-30	51	00:00:16	<b>00:28:29.45</b>	<b>00:28:45.60</b>	+00:11:48 (41.5%)	5:41	10.5 (58.3%)
343	<b>ZAWADZKI Wojciech</b>	<b>645</b>		M-Open	4	00:01:04	<b>00:28:30.95</b>	<b>00:29:35.90</b>	+00:11:50 (41.5%)	5:42	10.5 (58.3%)
344	<b>MALICKA Beata</b>	<b>367</b>		K-50	3	00:00:31	<b>00:28:31.10</b>	<b>00:29:02.80</b>	+00:11:50 (41.5%)	5:42	10.5 (58.3%)
345	<b>KRZYŻELEWSKA - SUŚ Anna</b>	<b>23</b>	BYDZIA POWER BIKE TEAM	K-40	20	00:00:50	<b>00:28:31.15</b>	<b>00:29:21.90</b>	+00:11:50 (41.5%)	5:42	10.5 (58.3%)
346	<b>TUPTANOWSKI Przemysław</b>	<b>167</b>	WELD-LINE TEAM	M-30	82	00:01:00	<b>00:28:33.25</b>	<b>00:29:33.70</b>	+00:11:52 (41.6%)	5:42	10.5 (58.3%)
347	<b>OLECHNOWICZ Tomasz</b>	<b>642</b>		M-40	46	00:00:07	<b>00:28:35.20</b>	<b>00:28:42.30</b>	+00:11:54 (41.6%)	5:43	10.5 (58.3%)
348	<b>SUCHANEK Magdalena</b>	<b>389</b>		K-20	30	00:00:10	<b>00:28:36.85</b>	<b>00:28:47.10</b>	+00:11:56 (41.7%)	5:43	10.5 (58.3%)
349	<b>MATEUSZCZYK Dawid</b>	<b>307</b>		M-30	83	00:00:51	<b>00:28:38.60</b>	<b>00:29:30.35</b>	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
350	<b>BYCZYŃSKI Michał</b>	<b>179</b>		M-20	54	00:00:38	<b>00:28:40.30</b>	<b>00:29:18.80</b>	+00:11:59 (41.8%)	5:44	10.5 (58.3%)
351	<b>JUNKA Karolina</b>	<b>162</b>		K-20	31	00:00:19	<b>00:28:45.30</b>	<b>00:29:05.05</b>	+00:12:04 (42.0%)	5:45	10.4 (57.8%)
352	<b>KAMIŃSKI Arkadiusz</b>	<b>433</b>		M-40	47	00:00:21	<b>00:28:46.45</b>	<b>00:29:07.55</b>	+00:12:05 (42.0%)	5:45	10.4 (57.8%)
353	<b>PIECZEK Małgorzata</b>	<b>356</b>		K-40	21	00:00:15	<b>00:28:47.30</b>	<b>00:29:02.65</b>	+00:12:06 (42.1%)	5:45	10.4 (57.8%)
354	<b>MIKLASZ Michał</b>	<b>274</b>		M-20	55	00:00:42	<b>00:28:47.75</b>	<b>00:29:29.80</b>	+00:12:06 (42.1%)	5:45	10.4 (57.8%)
355	<b>KOSIŃSKA Agata</b>	<b>12</b>		K-20	32	00:00:42	<b>00:28:51.05</b>	<b>00:29:33.85</b>	+00:12:10 (42.2%)	5:46	10.4 (57.8%)
356	<b>PRZYBYLSKA Grażyna</b>	<b>286</b>	BRAK	K-50	4	00:00:45	<b>00:28:52.80</b>	<b>00:29:38.75</b>	+00:12:11 (42.2%)	5:46	10.4 (57.8%)
357	<b>JUNKA Małgorzata</b>	<b>287</b>		K-40	22	00:00:19	<b>00:28:55.15</b>	<b>00:29:14.30</b>	+00:12:14 (42.3%)	5:47	10.4 (57.8%)
358	<b>NĘCKA Gosia</b>	<b>355</b>		K-40	23	00:00:15	<b>00:28:55.50</b>	<b>00:29:10.60</b>	+00:12:14 (42.3%)	5:47	10.4 (57.8%)
359	<b>WYRWAS Anetta</b>	<b>308</b>		K-30	52	00:00:51	<b>00:28:57.15</b>	<b>00:29:48.75</b>	+00:12:16 (42.4%)	5:47	10.4 (57.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	HOLESIŃSKA Danka	358		K-20	33	00:00:11	00:28:57.85	00:29:09.80	+00:12:17 (42.4%)	5:47	10.4 (57.8%)
361	PIELAK Sylwia	369		K-20	34	00:00:08	00:28:59.80	00:29:08.10	+00:12:18 (42.5%)	5:48	10.3 (57.2%)
361	KUCHTA Izabela	379		K-20	35	00:00:08	00:28:59.80	00:29:08.10	+00:12:18 (42.5%)	5:48	10.3 (57.2%)
363	FARBOTKO Anna	461	MAM NA TO WYBIEGANIE	K-30	53	00:00:49	00:28:59.90	00:29:49.50	+00:12:19 (42.5%)	5:48	10.3 (57.2%)
364	DROŻ Krzysztof	207		M-50	14	00:00:44	00:29:00.65	00:29:45.15	+00:12:19 (42.5%)	5:48	10.3 (57.2%)
365	PROKOPOWICZ Agnieszka	49		K-30	54	00:00:43	00:29:02.60	00:29:46.05	+00:12:21 (42.6%)	5:48	10.3 (57.2%)
366	CIESIÓŁKA Angelika	619		K-10	13	00:00:53	00:29:03.25	00:29:57.10	+00:12:22 (42.6%)	5:48	10.3 (57.2%)
367	OBREŃBSKA Karolina	428		K-20	36	00:00:07	00:29:04.55	00:29:11.65	+00:12:23 (42.6%)	5:48	10.3 (57.2%)
368	DROZDOWSKA Anna	108		K-30	55	00:00:10	00:29:05.95	00:29:16.75	+00:12:25 (42.7%)	5:49	10.3 (57.2%)
369	GIERLICKI Mateusz	473		M-20	56	00:00:16	00:29:08.30	00:29:24.55	+00:12:27 (42.8%)	5:49	10.3 (57.2%)
370	MODRZEJWSKI Grzegorz	613		M-40	48	00:00:57	00:29:14.20	00:30:11.20	+00:12:33 (42.9%)	5:50	10.3 (57.2%)
371	DONAJSKI Sławomir	456		M-30	84	00:00:19	00:29:14.70	00:29:34.35	+00:12:33 (43.0%)	5:51	10.3 (57.2%)
372	KUGACZ Aneta	238	RUN BYDGOSZCZ	K-30	56	00:00:04	00:29:16.25	00:29:21.00	+00:12:35 (43.0%)	5:51	10.2 (56.7%)
373	PARADOWSKA Bogumiła	306		K-40	24	00:00:52	00:29:17.20	00:30:09.55	+00:12:36 (43.0%)	5:51	10.2 (56.7%)
374	PASIEKA Magda	71		K-30	57	00:00:25	00:29:22.15	00:29:47.35	+00:12:41 (43.2%)	5:52	10.2 (56.7%)
375	ETTINGER Justyna	617		K-30	58	00:00:53	00:29:22.60	00:30:16.35	+00:12:41 (43.2%)	5:52	10.2 (56.7%)
376	KACZMAREK Agnieszka	240		K-40	25	00:00:12	00:29:23.40	00:29:36.00	+00:12:42 (43.2%)	5:52	10.2 (56.7%)
377	MAJEK Marcin	506		M-30	85	00:00:22	00:29:24.00	00:29:46.25	+00:12:43 (43.3%)	5:52	10.2 (56.7%)
378	CZYŻEWSKA Bernadeta	38		K-30	59	00:00:15	00:29:24.25	00:29:39.70	+00:12:43 (43.3%)	5:52	10.2 (56.7%)
379	KISZKA Justyna	359	RUNPASJA	K-30	60	00:00:24	00:29:24.75	00:29:49.45	+00:12:43 (43.3%)	5:53	10.2 (56.7%)
380	SZATKOWSKA Beata	576		K-50	5	00:00:52	00:29:25.00	00:30:17.80	+00:12:44 (43.3%)	5:53	10.2 (56.7%)
381	ZAMIATOWSKA Kinga	519	RUN BYDGOSZCZ	K-30	61	00:00:43	00:29:25.10	00:30:08.55	+00:12:44 (43.3%)	5:53	10.2 (56.7%)
382	MEGER Agnieszka	518		K-30	62	00:00:43	00:29:25.25	00:30:08.40	+00:12:44 (43.3%)	5:53	10.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	<b>MAJEK Agata</b>	<b>508</b>		K-30	63	00:00:20	<b>00:29:25.60</b>	<b>00:29:46.20</b>	+00:12:44 (43.3%)	5:53	10.2 (56.7%)
384	<b>SIUDA Rafal</b>	<b>301</b>	RUN BDG	M-30	86	00:00:43	<b>00:29:26.45</b>	<b>00:30:09.55</b>	+00:12:45 (43.3%)	5:53	10.2 (56.7%)
385	<b>WIECHECKA-KORENKIEWICZ Joanna</b>	<b>197</b>		K-30	64	00:00:57	<b>00:29:27.15</b>	<b>00:30:24.75</b>	+00:12:46 (43.4%)	5:53	10.2 (56.7%)
386	<b>NADRAJKOWSKA Marta</b>	<b>203</b>	BBL INOWROCŁAW	K-60+	1	00:00:57	<b>00:29:27.85</b>	<b>00:30:24.95</b>	+00:12:47 (43.4%)	5:53	10.2 (56.7%)
387	<b>SUŚ Cyprian</b>	<b>27</b>	N-BIKE ACADEMY	M-10	25	00:00:50	<b>00:29:29.30</b>	<b>00:30:19.65</b>	+00:12:48 (43.4%)	5:53	10.2 (56.7%)
388	<b>GOCH Aleksandra</b>	<b>384</b>		K-10	14	00:00:03	<b>00:29:30.20</b>	<b>00:29:33.40</b>	+00:12:49 (43.5%)	5:54	10.2 (56.7%)
389	<b>SUSZEK Katarzyna</b>	<b>219</b>		K-30	65	00:00:51	<b>00:29:30.65</b>	<b>00:30:21.90</b>	+00:12:49 (43.5%)	5:54	10.2 (56.7%)
390	<b>ŚLIWA Marcin</b>	<b>63</b>		M-40	49	00:00:00	<b>00:29:31.40</b>	<b>00:29:31.40</b>	+00:12:50 (43.5%)	5:54	10.2 (56.7%)
391	<b>KOWALIK Justyna</b>	<b>464</b>		K-30	66	00:00:26	<b>00:29:33.40</b>	<b>00:29:59.45</b>	+00:12:52 (43.6%)	5:54	10.2 (56.7%)
392	<b>PIĄTEK Lidia</b>	<b>218</b>	PUBLICZNE GIMNAZJUM IM. MARIANA REJEWSKIEGO BIAŁE BŁOTA	K-30	67	00:00:37	<b>00:29:34.00</b>	<b>00:30:11.50</b>	+00:12:53 (43.6%)	5:54	10.1 (56.1%)
393	<b>FEDORKIEWICZ Ryszard</b>	<b>611</b>		M-Open	5	00:00:07	<b>00:29:35.95</b>	<b>00:29:43.90</b>	+00:12:55 (43.6%)	5:55	10.1 (56.1%)
394	<b>WIRKUS Justyna</b>	<b>98</b>	TEAM CHOJNICE	K-Open	7	00:00:25	<b>00:29:37.15</b>	<b>00:30:02.90</b>	+00:12:56 (43.7%)	5:55	10.1 (56.1%)
395	<b>LEWIŃSKA Aleksandra</b>	<b>565</b>		K-30	68	00:00:27	<b>00:29:37.55</b>	<b>00:30:05.40</b>	+00:12:56 (43.7%)	5:55	10.1 (56.1%)
396	<b>LEWANDOWSKI Maciej</b>	<b>403</b>	KEEPER	M-40	50	00:00:36	<b>00:29:40.40</b>	<b>00:30:16.50</b>	+00:12:59 (43.8%)	5:56	10.1 (56.1%)
397	<b>KRZYŻAŃSKI Kacper</b>	<b>43</b>	BYDGOSZCZ TRIATHLON TEAM	M-10	26	00:00:13	<b>00:29:41.15</b>	<b>00:29:54.90</b>	+00:13:00 (43.8%)	5:56	10.1 (56.1%)
398	<b>LENC Agnieszka</b>	<b>216</b>	POLONIA BYDGOSZCZ SLA	K-30	69	00:00:23	<b>00:29:43.05</b>	<b>00:30:06.60</b>	+00:13:02 (43.9%)	5:56	10.1 (56.1%)
398	<b>KAWA Marcin</b>	<b>460</b>	CUKIER & SERCE	M-40	51	00:01:08	<b>00:29:43.05</b>	<b>00:30:51.55</b>	+00:13:02 (43.9%)	5:56	10.1 (56.1%)
400	<b>PIÓRKOWSKA Aga</b>	<b>6</b>		K-30	70	00:01:01	<b>00:29:43.35</b>	<b>00:30:44.40</b>	+00:13:02 (43.9%)	5:56	10.1 (56.1%)
401	<b>CZEKALSKA Beata</b>	<b>632</b>		K-Open	8	00:00:24	<b>00:29:44.80</b>	<b>00:30:09.70</b>	+00:13:03 (43.9%)	5:57	10.1 (56.1%)
402	<b>MIKLASZ Ola</b>	<b>273</b>		K-30	71	00:00:42	<b>00:29:45.90</b>	<b>00:30:27.90</b>	+00:13:05 (44.0%)	5:57	10.1 (56.1%)
403	<b>SZYSZKOWSKI Grzegorz</b>	<b>485</b>	III LO	M-10	27	00:00:21	<b>00:29:46.30</b>	<b>00:30:08.15</b>	+00:13:05 (44.0%)	5:57	10.1 (56.1%)
404	<b>HETEL Beata</b>	<b>444</b>		K-30	72	00:00:21	<b>00:29:48.95</b>	<b>00:30:10.65</b>	+00:13:08 (44.1%)	5:57	10.1 (56.1%)
405	<b>GAJEK Agnieszka</b>	<b>131</b>	TASAK TEAM	K-30	73	00:00:32	<b>00:29:49.65</b>	<b>00:30:22.50</b>	+00:13:08 (44.1%)	5:58	10.1 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
406	<b>MAKOWSKA Justyna</b>	<b>120</b>	TASAK TEAM	K-30	74	00:00:32	<b>00:29:49.75</b>	<b>00:30:22.50</b>	+00:13:08 (44.1%)	5:58	10.1 (56.1%)
407	<b>JANKOWSKI Rafał</b>	<b>380</b>	7 BDH	M-40	52	00:00:45	<b>00:29:51.20</b>	<b>00:30:36.80</b>	+00:13:10 (44.1%)	5:58	10.1 (56.1%)
408	<b>KOPCIŃSKA Małgorzata</b>	<b>329</b>		K-30	75	00:00:30	<b>00:29:52.85</b>	<b>00:30:23.20</b>	+00:13:12 (44.2%)	5:58	10 (55.6%)
409	<b>GACKOWSKI Edward</b>	<b>554</b>		M-60+	4	00:00:25	<b>00:29:58.10</b>	<b>00:30:24.05</b>	+00:13:17 (44.3%)	5:59	10 (55.6%)
410	<b>MAJEWSKA Zuzanna</b>	<b>402</b>		K-10	15	00:00:48	<b>00:29:59.65</b>	<b>00:30:48.00</b>	+00:13:18 (44.4%)	6:00	10 (55.6%)
411	<b>MAKA Radek</b>	<b>267</b>		M-30	87	00:00:04	<b>00:30:00.40</b>	<b>00:30:05.20</b>	+00:13:19 (44.4%)	6:00	10 (55.6%)
412	<b>NAPIÓRKOWSKA Ewa</b>	<b>237</b>		K-50	6	00:00:45	<b>00:30:01.30</b>	<b>00:30:47.20</b>	+00:13:20 (44.4%)	6:00	10 (55.6%)
413	<b>SOBOLEWSKI Jarosław</b>	<b>275</b>		M-40	53	00:00:29	<b>00:30:02.70</b>	<b>00:30:32.15</b>	+00:13:21 (44.5%)	6:00	10 (55.6%)
414	<b>MIKOŁAJCZAK Aleksandra</b>	<b>103</b>		K-30	76	00:00:59	<b>00:30:05.35</b>	<b>00:31:04.90</b>	+00:13:24 (44.6%)	6:01	10 (55.6%)
415	<b>MADEJ Kamil</b>	<b>173</b>	WELD-LINE TEAM	M-30	88	00:00:54	<b>00:30:19.10</b>	<b>00:31:13.50</b>	+00:13:38 (45.0%)	6:03	9.9 (55.0%)
416	<b>ORWAT Tomasz</b>	<b>527</b>	ŻKS POLONIA BYDGOSZCZ	M-20	57	00:00:05	<b>00:30:20.90</b>	<b>00:30:26.25</b>	+00:13:40 (45.0%)	6:04	9.9 (55.0%)
417	<b>KAMZELEWSKI Filip</b>	<b>420</b>		M-10	28	00:00:47	<b>00:30:21.60</b>	<b>00:31:09.05</b>	+00:13:40 (45.1%)	6:04	9.9 (55.0%)
418	<b>KURANT Zuzanna</b>	<b>418</b>		K-10	16	00:00:47	<b>00:30:21.80</b>	<b>00:31:08.90</b>	+00:13:40 (45.1%)	6:04	9.9 (55.0%)
419	<b>RUDOL Damian</b>			M-30	89	00:00:11	<b>00:30:28.20</b>	<b>00:30:39.25</b>	+00:13:47 (45.3%)	6:05	9.8 (54.4%)
420	<b>BŁASZKIEWICZ Marzena</b>	<b>p47</b>		K-10	17	00:00:07	<b>00:30:32.05</b>	<b>00:30:39.50</b>	+00:13:51 (45.4%)	6:06	9.8 (54.4%)
421	<b>NOWAK Adam</b>	<b>593</b>		M-40	54	00:00:53	<b>00:30:34.10</b>	<b>00:31:27.30</b>	+00:13:53 (45.4%)	6:06	9.8 (54.4%)
422	<b>STEFANOWICZ Wojciech</b>	<b>135</b>	RUN BYDGOSZCZ	M-30	90	00:00:53	<b>00:30:36.90</b>	<b>00:31:29.90</b>	+00:13:56 (45.5%)	6:07	9.8 (54.4%)
423	<b>NOWAKOWSKA Paulina</b>	<b>434</b>		K-30	77	00:00:49	<b>00:30:37.25</b>	<b>00:31:27.20</b>	+00:13:56 (45.5%)	6:07	9.8 (54.4%)
424	<b>BARTKOWIAK Kasia</b>	<b>271</b>		K-30	78	00:00:50	<b>00:30:37.40</b>	<b>00:31:27.60</b>	+00:13:56 (45.5%)	6:07	9.8 (54.4%)
425	<b>ANDRYSZAK Karolina</b>	<b>509</b>		K-30	79	00:00:53	<b>00:30:38.40</b>	<b>00:31:31.90</b>	+00:13:57 (45.6%)	6:07	9.8 (54.4%)
426	<b>RAKOWSKI Wiesław</b>	<b>386</b>	UKS KOPERNIK	M-50	15	00:00:40	<b>00:30:40.70</b>	<b>00:31:20.85</b>	+00:13:59 (45.6%)	6:08	9.8 (54.4%)
427	<b>TELIŻYN Henryka</b>	<b>377</b>	KOPERNIK BYDGOSZCZ	K-50	7	00:00:40	<b>00:30:41.10</b>	<b>00:31:21.25</b>	+00:14:00 (45.6%)	6:08	9.8 (54.4%)
428	<b>NOWAK Piotr</b>	<b>493</b>		M-40	55	00:00:10	<b>00:30:45.15</b>	<b>00:30:55.95</b>	+00:14:04 (45.8%)	6:09	9.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
429	<b>KOŁECKA KORONOWSKA Kamila</b>	<b>262</b>		K-30	80	00:00:38	<b>00:30:45.25</b>	<b>00:31:23.65</b>	+00:14:04 (45.8%)	6:09	9.8 (54.4%)
430	<b>PIETRZAK Aga</b>	<b>636</b>		K-Open	9	00:00:00	<b>00:30:49.60</b>	<b>00:30:49.60</b>	+00:14:08 (45.9%)	6:09	9.7 (53.9%)
431	<b>STORMANN Maja</b>	<b>204</b>	TEAM CHOJNICE	K-30	81	00:00:22	<b>00:30:54.60</b>	<b>00:31:16.60</b>	+00:14:13 (46.0%)	6:10	9.7 (53.9%)
431	<b>OPARCZYK Karolina</b>	<b>157</b>		K-10	18	00:00:49	<b>00:30:54.60</b>	<b>00:31:44.55</b>	+00:14:13 (46.0%)	6:11	9.7 (53.9%)
433	<b>CEGIELSKI Maciej</b>	<b>92</b>	ŻANDARMI Z BYDGOSZCZY	M-40	56	00:00:36	<b>00:30:58.60</b>	<b>00:31:35.50</b>	+00:14:17 (46.2%)	6:11	9.7 (53.9%)
434	<b>RACZYŃSKI Mikołaj</b>	<b>371</b>		M-10	29	00:01:04	<b>00:31:00.60</b>	<b>00:32:05.05</b>	+00:14:19 (46.2%)	6:12	9.7 (53.9%)
435	<b>RACZYŃSKI Mikołaj</b>	<b>370</b>		M-10	30	00:01:03	<b>00:31:00.75</b>	<b>00:32:04.70</b>	+00:14:19 (46.2%)	6:12	9.7 (53.9%)
436	<b>CZARNECKI Błażej</b>	<b>559</b>		M-30	91	00:01:06	<b>00:31:05.50</b>	<b>00:32:12.20</b>	+00:14:24 (46.3%)	6:13	9.6 (53.3%)
437	<b>ARNDT Robert</b>	<b>333</b>		M-40	57	00:01:07	<b>00:31:06.45</b>	<b>00:32:13.90</b>	+00:14:25 (46.4%)	6:13	9.6 (53.3%)
438	<b>KLABACHA Katarzyna</b>	<b>569</b>		K-40	26	00:00:01	<b>00:31:16.30</b>	<b>00:31:18.20</b>	+00:14:35 (46.7%)	6:15	9.6 (53.3%)
439	<b>NURKIEWICZ Zofia</b>	<b>334</b>	KUNG FU PANDY 3	K-10	19	00:01:09	<b>00:31:20.10</b>	<b>00:32:29.90</b>	+00:14:39 (46.8%)	6:16	9.6 (53.3%)
440	<b>NURKIEWICZ Jarosław</b>	<b>94</b>	KUNG FU PANDY 3	M-40	58	00:01:10	<b>00:31:20.30</b>	<b>00:32:30.30</b>	+00:14:39 (46.8%)	6:16	9.6 (53.3%)
441	<b>SOSNOWSKI Jakub</b>	<b>484</b>		M-30	92	00:00:14	<b>00:31:22.55</b>	<b>00:31:37.35</b>	+00:14:41 (46.8%)	6:16	9.6 (53.3%)
442	<b>SOSNOWSKA Aneta</b>	<b>482</b>		K-30	82	00:00:14	<b>00:31:23.45</b>	<b>00:31:37.65</b>	+00:14:42 (46.9%)	6:16	9.6 (53.3%)
443	<b>NOWAK Karol</b>	<b>249</b>	BIEGAJ Z KAROLEM	M-30	93	00:00:24	<b>00:31:29.10</b>	<b>00:31:53.25</b>	+00:14:48 (47.0%)	6:17	9.5 (52.8%)
444	<b>WENCEL Agnieszka</b>	<b>251</b>	BIEGAM Z KAROLEM	K-20	37	00:00:24	<b>00:31:29.20</b>	<b>00:31:53.55</b>	+00:14:48 (47.0%)	6:17	9.5 (52.8%)
445	<b>PIKULSKI Krzysztof</b>	<b>606</b>		M-20	58	00:00:41	<b>00:31:29.70</b>	<b>00:32:10.95</b>	+00:14:48 (47.0%)	6:17	9.5 (52.8%)
446	<b>FIUT Kazimierz</b>	<b>599</b>		M-50	16	00:00:41	<b>00:31:30.05</b>	<b>00:32:11.30</b>	+00:14:49 (47.0%)	6:18	9.5 (52.8%)
447	<b>MALCZEWSKA Mirka</b>	<b>344</b>	SPORT FAKTORY	K-50	8	00:00:49	<b>00:31:32.55</b>	<b>00:32:21.85</b>	+00:14:51 (47.1%)	6:18	9.5 (52.8%)
448	<b>PAWLAK Franciszek</b>	<b>121</b>		M-20	59	00:01:03	<b>00:31:37.45</b>	<b>00:32:40.75</b>	+00:14:56 (47.3%)	6:19	9.5 (52.8%)
449	<b>OSTAPCZUK Kamil</b>	<b>348</b>	NAŁOGOWI POŻERACZE KILOMETRÓW	M-40	59	00:00:58	<b>00:31:39.00</b>	<b>00:32:37.40</b>	+00:14:58 (47.3%)	6:19	9.5 (52.8%)
450	<b>OSTAPCZUK Monika</b>	<b>347</b>	NAŁOGOWI POŻERACZE KILOMETRÓW	K-30	83	00:00:58	<b>00:31:39.30</b>	<b>00:32:37.60</b>	+00:14:58 (47.3%)	6:19	9.5 (52.8%)
451	<b>RADKOWSKI Jakub</b>	<b>564</b>		M-10	31	00:00:27	<b>00:31:40.00</b>	<b>00:32:07.85</b>	+00:14:59 (47.3%)	6:20	9.5 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
452	ŚLIWA Magdalena	7		K-30	84	00:00:50	00:31:44.60	00:32:35.25	+00:15:03 (47.5%)	6:21	9.4 (52.2%)
453	GÓRSKA Paulina	631		K-30	85	00:00:30	00:31:51.85	00:32:22.75	+00:15:11 (47.7%)	6:22	9.4 (52.2%)
454	WIADERKIEWICZ Magdalena	21	CLIMAG	K-30	86	00:00:26	00:31:53.35	00:32:19.75	+00:15:12 (47.7%)	6:22	9.4 (52.2%)
455	TUCZKOWSKA Joanna	112		K-20	38	00:00:45	00:31:56.65	00:32:42.55	+00:15:15 (47.8%)	6:23	9.4 (52.2%)
456	KOMOSIŃSKI Paweł	250		M-30	94	00:00:45	00:31:56.80	00:32:42.75	+00:15:15 (47.8%)	6:23	9.4 (52.2%)
457	SKOWRON Monika			K-10	20	00:00:45	00:31:57.00	00:32:42.30	+00:15:16 (47.8%)	6:23	9.4 (52.2%)
458	STACHNIK Jadwiga	142		K-30	87	00:00:43	00:32:00.50	00:32:44.40	+00:15:19 (47.9%)	6:24	9.4 (52.2%)
459	BIAŁOUSEWICZ-SUCZYŃSKA Justyna	140		K-30	88	00:00:44	00:32:01.45	00:32:45.70	+00:15:20 (47.9%)	6:24	9.4 (52.2%)
460	WIERZBICKA Anna	414		K-30	89	00:00:24	00:32:03.50	00:32:28.00	+00:15:22 (48.0%)	6:24	9.4 (52.2%)
461	ADAMIK Ilona	67		K-40	27	00:00:22	00:32:03.90	00:32:26.65	+00:15:23 (48.0%)	6:24	9.4 (52.2%)
462	BĄK Magda	253	BIEGAM Z KAROLEM	K-30	90	00:00:23	00:32:05.10	00:32:28.20	+00:15:24 (48.0%)	6:25	9.4 (52.2%)
463	PÓŁGĘSEK Rafał	66		M-40	60	00:01:03	00:32:07.10	00:33:10.10	+00:15:26 (48.1%)	6:25	9.3 (51.7%)
464	SUCHARSKI Wojciech	586		M-40	61	00:00:11	00:32:07.55	00:32:18.75	+00:15:26 (48.1%)	6:25	9.3 (51.7%)
465	MAJEWSKI Tomasz	264	ZESPÓŁ SZKÓŁ NR 2 W CHEŁMNIE	M-40	62	00:01:03	00:32:08.15	00:33:11.90	+00:15:27 (48.1%)	6:25	9.3 (51.7%)
466	KUPIŃSKA Anna	585		K-30	91	00:00:11	00:32:10.20	00:32:21.25	+00:15:29 (48.1%)	6:26	9.3 (51.7%)
467	BUKOWSKI Mikołaj	34		M-30	95	00:01:01	00:32:13.55	00:33:14.80	+00:15:32 (48.2%)	6:26	9.3 (51.7%)
468	RATAJCZAK Aurelia	646	RUN BYDGOSZCZ	K-30	92	00:00:53	00:32:17.75	00:33:11.55	+00:15:36 (48.3%)	6:27	9.3 (51.7%)
469	ROGALSKA Marcelina	317		K-20	39	00:00:34	00:32:19.95	00:32:54.20	+00:15:39 (48.4%)	6:28	9.3 (51.7%)
470	KORNIK Agata	466	BRAK	K-50	9	00:00:30	00:32:39.80	00:33:10.75	+00:15:58 (48.9%)	6:32	9.2 (51.1%)
471	RESZKOWSKI Maciej	533		M-30	96	00:00:34	00:32:43.60	00:33:17.90	+00:16:02 (49.0%)	6:32	9.2 (51.1%)
472	JÓZEFIAK Iwona	400		K-30	93	00:00:34	00:32:43.75	00:33:17.85	+00:16:02 (49.0%)	6:32	9.2 (51.1%)
473	ŚWIECA Justyna	199	III LO	K-30	94	00:00:46	00:32:44.05	00:33:30.80	+00:16:03 (49.0%)	6:32	9.2 (51.1%)
474	PORĘBNA Aleksandra	575		K-30	95	00:00:46	00:32:44.20	00:33:30.80	+00:16:03 (49.0%)	6:32	9.2 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
475	<b>RYGIEWICZ Hanna</b>	<b>332</b>	GIMNAZJUM W BIAŁYCH BŁOTACH	K-10	21	00:00:03	<b>00:32:44.55</b>	<b>00:32:48.50</b>	+00:16:03 (49.1%)	6:33	9.2 (51.1%)
476	<b>PATER Amelia</b>	<b>314</b>		K-10	22	00:00:03	<b>00:32:45.15</b>	<b>00:32:48.55</b>	+00:16:04 (49.1%)	6:33	9.2 (51.1%)
477	<b>HORABIK Waldemar</b>	<b>489</b>		M-40	63	00:01:04	<b>00:32:51.65</b>	<b>00:33:56.35</b>	+00:16:10 (49.2%)	6:34	9.1 (50.6%)
478	<b>WIOLA Maria</b>	<b>584</b>		K-50	10	00:00:30	<b>00:32:51.70</b>	<b>00:33:22.05</b>	+00:16:10 (49.2%)	6:34	9.1 (50.6%)
479	<b>BOJAREK Daniel</b>	<b>607</b>		M-20	60	00:00:41	<b>00:32:53.60</b>	<b>00:33:35.45</b>	+00:16:12 (49.3%)	6:34	9.1 (50.6%)
480	<b>DRAŹDŹEWSKI Marian</b>	<b>605</b>		M-60+	5	00:00:41	<b>00:32:54.20</b>	<b>00:33:35.75</b>	+00:16:13 (49.3%)	6:34	9.1 (50.6%)
481	<b>KOWALIK Katarzyna</b>	<b>79</b>	TEAM CHOJNICE	K-20	40	00:00:26	<b>00:33:02.35</b>	<b>00:33:28.70</b>	+00:16:21 (49.5%)	6:36	9.1 (50.6%)
482	<b>MARĆ Natalia</b>	<b>252</b>	BIEGAM Z KAROLEM	K-30	96	00:00:23	<b>00:33:04.40</b>	<b>00:33:28.25</b>	+00:16:23 (49.6%)	6:37	9.1 (50.6%)
483	<b>MAJEWSKI Wojciech</b>	<b>322</b>		M-50	17	00:00:18	<b>00:33:06.95</b>	<b>00:33:24.95</b>	+00:16:26 (49.6%)	6:37	9.1 (50.6%)
484	<b>CZEKAŁA Dorota</b>	<b>193</b>		K-50	11	00:00:54	<b>00:33:08.95</b>	<b>00:34:03.30</b>	+00:16:28 (49.7%)	6:37	9 (50.0%)
485	<b>KUZIĄK Ola</b>	<b>192</b>		K-50	12	00:00:54	<b>00:33:09.80</b>	<b>00:34:03.95</b>	+00:16:28 (49.7%)	6:37	9 (50.0%)
486	<b>GOLLOB Oskar A.</b>	<b>523</b>	ŻKS POLONIA BYDGOSZCZ	M-20	61	00:00:00	<b>00:33:10.85</b>	<b>00:33:11.30</b>	+00:16:30 (49.7%)	6:38	9 (50.0%)
487	<b>MARSZAŁEK Agata</b>	<b>478</b>		K-20	41	00:01:00	<b>00:33:26.50</b>	<b>00:34:26.60</b>	+00:16:45 (50.1%)	6:41	9 (50.0%)
488	<b>ŁAWRECKA Natalia</b>	<b>327</b>		K-20	42	00:00:59	<b>00:33:27.25</b>	<b>00:34:26.75</b>	+00:16:46 (50.1%)	6:41	9 (50.0%)
489	<b>KONARZEWSKA Jolanta</b>	<b>91</b>		K-40	28	00:00:44	<b>00:33:44.10</b>	<b>00:34:28.95</b>	+00:17:03 (50.6%)	6:44	8.9 (49.4%)
490	<b>WIŚNIEWSKA Małgorzata</b>	<b>118</b>		K-30	97	00:00:44	<b>00:33:44.15</b>	<b>00:34:28.30</b>	+00:17:03 (50.6%)	6:44	8.9 (49.4%)
491	<b>WORONIECKA Anna</b>	<b>105</b>		K-30	98	00:00:44	<b>00:33:44.20</b>	<b>00:34:28.70</b>	+00:17:03 (50.6%)	6:44	8.9 (49.4%)
492	<b>KONOPIŃSKA Agnieszka</b>	<b>89</b>	RUN BYDGOSZCZ	K-30	99	00:00:44	<b>00:33:45.60</b>	<b>00:34:29.80</b>	+00:17:04 (50.6%)	6:45	8.9 (49.4%)
493	<b>POLEK Krystyna</b>	<b>128</b>		K-30	100	00:00:43	<b>00:33:46.60</b>	<b>00:34:29.90</b>	+00:17:05 (50.6%)	6:45	8.9 (49.4%)
494	<b>BOCZKAJA Agata</b>	<b>130</b>		K-30	101	00:00:43	<b>00:33:53.65</b>	<b>00:34:37.55</b>	+00:17:12 (50.8%)	6:46	8.8 (48.9%)
495	<b>STASIAK Renata</b>	<b>113</b>		K-50	13	00:00:55	<b>00:33:59.10</b>	<b>00:34:54.55</b>	+00:17:18 (50.9%)	6:47	8.8 (48.9%)
496	<b>RÓŻYCKA Jadwiga</b>	<b>186</b>		K-50	14	00:00:54	<b>00:33:59.45</b>	<b>00:34:54.40</b>	+00:17:18 (50.9%)	6:48	8.8 (48.9%)
497	<b>OLECH-SIUCHNIŃSKA Małgorzata</b>	<b>313</b>	BIEGASIE	K-40	29	00:00:14	<b>00:33:59.90</b>	<b>00:34:14.60</b>	+00:17:19 (50.9%)	6:48	8.8 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
498	<b>HORABIK Jan</b>	<b>492</b>		M-10	32	00:01:05	<b>00:34:00.15</b>	<b>00:35:05.20</b>	+00:17:19 (50.9%)	6:48	8.8 (48.9%)
499	<b>SIUCHNIŃSKI Tomasz</b>	<b>311</b>	BIEGASIE	M-30	97	00:00:15	<b>00:34:00.30</b>	<b>00:34:16.00</b>	+00:17:19 (50.9%)	6:48	8.8 (48.9%)
500	<b>SKORA-TUPTANOWSKA Monika</b>	<b>168</b>	WELD-LINE TEAM	K-30	102	00:01:00	<b>00:34:06.90</b>	<b>00:35:07.45</b>	+00:17:26 (51.1%)	6:49	8.8 (48.9%)
501	<b>WRÓBLEWSKI Bolesław</b>	<b>309</b>		M-40	64	00:00:36	<b>00:34:09.15</b>	<b>00:34:45.40</b>	+00:17:28 (51.2%)	6:49	8.8 (48.9%)
502	<b>MELER Iwona</b>	<b>180</b>		K-50	15	00:00:33	<b>00:34:21.00</b>	<b>00:34:54.00</b>	+00:17:40 (51.4%)	6:52	8.7 (48.3%)
503	<b>WIŚNIEWSKA Ewa</b>	<b>124</b>		K-40	30	00:00:25	<b>00:34:29.85</b>	<b>00:34:55.45</b>	+00:17:49 (51.6%)	6:54	8.7 (48.3%)
504	<b>BOCIAN Natalia</b>	<b>486</b>	BYDGOSZCZ TRIATHLON TEAM	K-20	43	00:00:08	<b>00:35:00.75</b>	<b>00:35:08.80</b>	+00:18:19 (52.4%)	7:00	8.6 (47.8%)
505	<b>NAPIERALSKA Katarzyna</b>	<b>225</b>		K-30	103	00:00:35	<b>00:35:03.25</b>	<b>00:35:38.40</b>	+00:18:22 (52.4%)	7:00	8.6 (47.8%)
506	<b>JÓZEFIAK Agnieszka</b>	<b>222</b>		K-Open	10	00:00:35	<b>00:35:03.30</b>	<b>00:35:38.55</b>	+00:18:22 (52.4%)	7:00	8.6 (47.8%)
507	<b>IDZIKOWSKA Agnieszka</b>	<b>647</b>		K-Open	11	00:01:05	<b>00:35:04.75</b>	<b>00:36:10.60</b>	+00:18:23 (52.4%)	7:01	8.6 (47.8%)
508	<b>IDZIKOWSKI Mariusz</b>	<b>648</b>		M-Open	6	00:01:05	<b>00:35:04.95</b>	<b>00:36:10.75</b>	+00:18:24 (52.5%)	7:01	8.6 (47.8%)
509	<b>MENDEL Karolina</b>	<b>53</b>		K-10	23	00:00:52	<b>00:35:05.25</b>	<b>00:35:57.40</b>	+00:18:24 (52.5%)	7:01	8.6 (47.8%)
510	<b>KLUCZYŃSKA Blanka</b>	<b>30</b>		K-30	104	00:00:14	<b>00:35:15.55</b>	<b>00:35:30.20</b>	+00:18:34 (52.7%)	7:03	8.5 (47.2%)
511	<b>KRZYŻAŃSKA Pola</b>	<b>37</b>	BYDGOSZCZ TRIATHLON TEAM	K-10	24	00:00:15	<b>00:35:23.80</b>	<b>00:35:39.55</b>	+00:18:42 (52.9%)	7:04	8.5 (47.2%)
512	<b>KRZYŻAŃSKI Przemysław</b>	<b>40</b>	BYDGOSZCZ TRIATHLON TEAM	M-40	65	00:00:15	<b>00:35:23.90</b>	<b>00:35:39.70</b>	+00:18:43 (52.9%)	7:04	8.5 (47.2%)
513	<b>MUSIAŁ Elwira</b>	<b>35</b>	BYDGOSZCZ TRIATHLON TEAM	K-30	105	00:00:15	<b>00:35:24.05</b>	<b>00:35:39.55</b>	+00:18:43 (52.9%)	7:04	8.5 (47.2%)
514	<b>PIECZARA Iwona</b>	<b>577</b>	KLINIKA TRIATHLONU BYDGOSZCZ	K-40	31	00:00:20	<b>00:35:25.55</b>	<b>00:35:46.30</b>	+00:18:44 (52.9%)	7:05	8.5 (47.2%)
514	<b>SZYMAŃSKA Haina</b>	<b>627</b>		K-50	16	00:00:55	<b>00:35:25.55</b>	<b>00:36:20.55</b>	+00:18:44 (52.9%)	7:05	8.5 (47.2%)
516	<b>PIECZARA Michał</b>	<b>394</b>	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	62	00:00:20	<b>00:35:25.75</b>	<b>00:35:46.45</b>	+00:18:44 (52.9%)	7:05	8.5 (47.2%)
517	<b>CHROBAK Kamila</b>	<b>74</b>	TEAM CHOJNICE	K-30	106	00:00:27	<b>00:35:34.70</b>	<b>00:36:01.90</b>	+00:18:53 (53.1%)	7:06	8.4 (46.7%)
518	<b>PATER Jarosław</b>	<b>310</b>		M-40	66	00:00:42	<b>00:35:45.60</b>	<b>00:36:27.80</b>	+00:19:04 (53.4%)	7:09	8.4 (46.7%)
519	<b>BARTNIK Przemysław</b>	<b>490</b>		M-30	98	00:00:19	<b>00:35:48.20</b>	<b>00:36:07.75</b>	+00:19:07 (53.4%)	7:09	8.4 (46.7%)
520	<b>SZWEDA Roma</b>	<b>22</b>		K-20	44	00:00:52	<b>00:35:51.60</b>	<b>00:36:43.65</b>	+00:19:10 (53.5%)	7:10	8.4 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
521	<b>GRZYB Aleksandra</b>	<b>160</b>		K-30	107	00:00:32	<b>00:36:05.50</b>	<b>00:36:38.35</b>	+00:19:24 (53.8%)	7:13	8.3 (46.1%)
522	<b>BRZUCHALSKA Justyna</b>	<b>270</b>		K-20	45	00:00:36	<b>00:36:12.90</b>	<b>00:36:49.30</b>	+00:19:32 (53.9%)	7:14	8.3 (46.1%)
523	<b>LICZNERSKA Natalia</b>	<b>266</b>		K-20	46	00:00:36	<b>00:36:13.00</b>	<b>00:36:49.55</b>	+00:19:32 (53.9%)	7:14	8.3 (46.1%)
524	<b>SARNOWSKA Beata</b>	<b>33</b>		K-20	47	00:00:51	<b>00:36:17.70</b>	<b>00:37:09.60</b>	+00:19:36 (54.0%)	7:15	8.3 (46.1%)
525	<b>SZAMROWICZ Piotr</b>	<b>100</b>		M-10	33	00:00:41	<b>00:36:29.10</b>	<b>00:37:11.00</b>	+00:19:48 (54.3%)	7:18	8.2 (45.6%)
526	<b>KOWALSKA Katarzyna</b>	<b>136</b>		K-30	108	00:00:14	<b>00:36:32.45</b>	<b>00:36:46.50</b>	+00:19:51 (54.4%)	7:18	8.2 (45.6%)
527	<b>WALCZAK Joanna</b>	<b>229</b>		K-30	109	00:00:13	<b>00:36:33.70</b>	<b>00:36:47.20</b>	+00:19:52 (54.4%)	7:18	8.2 (45.6%)
528	<b>SLINKO Anna</b>	<b>231</b>		K-30	110	00:00:12	<b>00:36:33.85</b>	<b>00:36:46.60</b>	+00:19:53 (54.4%)	7:18	8.2 (45.6%)
529	<b>SZAMROWICZ Jacek</b>	<b>90</b>		M-40	67	00:00:41	<b>00:36:36.50</b>	<b>00:37:18.10</b>	+00:19:55 (54.4%)	7:19	8.2 (45.6%)
530	<b>BARTKOWIAK Agnieszka</b>	<b>438</b>		K-30	111	00:00:05	<b>00:36:43.70</b>	<b>00:36:49.55</b>	+00:20:02 (54.6%)	7:20	8.2 (45.6%)
531	<b>MADEJ Patrycja</b>	<b>171</b>	WELD-LINE TEAM	K-20	48	00:00:54	<b>00:37:05.70</b>	<b>00:38:00.15</b>	+00:20:24 (55.0%)	7:25	8.1 (45.0%)
532	<b>MAJEWSKA Aneta</b>	<b>641</b>		K-50	17	00:00:00	<b>00:37:07.35</b>	<b>00:37:07.35</b>	+00:20:26 (55.1%)	7:25	8.1 (45.0%)
533	<b>KOZIOŁ Mariusz</b>	<b>221</b>	CLIMAG	M-30	99	00:00:27	<b>00:37:56.50</b>	<b>00:38:24.20</b>	+00:21:15 (56.0%)	7:35	7.9 (43.9%)
533	<b>BINIENDA Katarzyna</b>	<b>11</b>	BIMAT	K-30	112	00:00:27	<b>00:37:56.50</b>	<b>00:38:23.55</b>	+00:21:15 (56.0%)	7:35	7.9 (43.9%)
535	<b>MAJDZIŃSKA Paulina</b>	<b>474</b>		K-40	32	00:00:00	<b>00:37:58.70</b>	<b>00:37:58.70</b>	+00:21:17 (56.1%)	7:35	7.9 (43.9%)
536	<b>RUTKOWSKA Ania</b>	<b>51</b>		K-40	33	00:00:35	<b>00:38:47.15</b>	<b>00:39:22.75</b>	+00:22:06 (57.0%)	7:45	7.7 (42.8%)
537	<b>BINIENDA Zbigniew</b>	<b>119</b>	BIMAT	M-60+	6	00:00:28	<b>00:39:17.00</b>	<b>00:39:45.25</b>	+00:22:36 (57.5%)	7:51	7.6 (42.2%)
538	<b>NOWAK Oliwia</b>	<b>494</b>		K-30	113	00:00:24	<b>00:39:19.25</b>	<b>00:39:44.15</b>	+00:22:38 (57.6%)	7:52	7.6 (42.2%)
538	<b>KUŹNIAR Patryk</b>	<b>190</b>	CM UMK	M-10	34	00:00:49	<b>00:39:19.25</b>	<b>00:40:08.65</b>	+00:22:38 (57.6%)	7:51	7.6 (42.2%)
540	<b>SZCZEŚNIAK Waldemar</b>	<b>635</b>		M-Open	7	00:00:28	<b>00:39:19.85</b>	<b>00:39:48.55</b>	+00:22:39 (57.6%)	7:52	7.6 (42.2%)
541	<b>SZCZEŚNIAK Magdalena</b>	<b>634</b>		K-Open	12	00:00:28	<b>00:39:20.05</b>	<b>00:39:48.30</b>	+00:22:39 (57.6%)	7:52	7.6 (42.2%)
542	<b>WYSTĘPSKA Agata</b>	<b>626</b>		K-20	49	00:00:23	<b>00:39:23.40</b>	<b>00:39:47.00</b>	+00:22:42 (57.7%)	7:52	7.6 (42.2%)
543	<b>GUCZALSKA Wioletta</b>	<b>290</b>		K-30	114	00:00:36	<b>00:39:43.40</b>	<b>00:40:19.50</b>	+00:23:02 (58.0%)	7:56	7.6 (42.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
544	<b>TUPTANOWSKI Wiesław</b>	<b>175</b>	WELD-LINE TEAM	M-60+	7	00:01:01	<b>00:40:58.30</b>	<b>00:41:59.60</b>	+00:24:17 (59.3%)	8:11	7.3 (40.6%)
545	<b>RESZKOWSKA Jolanta</b>	<b>p1</b>		K-50	18	00:00:03	<b>00:41:12.55</b>	<b>00:41:15.95</b>	+00:24:31 (59.5%)	8:14	7.3 (40.6%)
546	<b>NOWAK Agnieszka</b>	<b>362</b>	III LO	K-40	34	00:00:02	<b>00:41:13.40</b>	<b>00:41:15.70</b>	+00:24:32 (59.5%)	8:14	7.3 (40.6%)
547	<b>BINIENDA Martyna</b>	<b>10</b>	BIMAT	K-10	25	00:00:25	<b>00:41:44.55</b>	<b>00:42:09.90</b>	+00:25:03 (60.0%)	8:20	7.2 (40.0%)
548	<b>NOWAK Bartosz</b>	<b>557</b>		M-10	35	00:00:25	<b>00:41:48.75</b>	<b>00:42:14.35</b>	+00:25:07 (60.1%)	8:21	7.2 (40.0%)
549	<b>GŁOWACKI Maciej</b>	<b>195</b>		M-40	68	00:00:10	<b>00:42:04.05</b>	<b>00:42:14.30</b>	+00:25:23 (60.3%)	8:24	7.1 (39.4%)
550	<b>PANKOWSKA Ewa</b>	<b>116</b>		K-40	35	00:00:09	<b>00:42:05.20</b>	<b>00:42:14.90</b>	+00:25:24 (60.4%)	8:25	7.1 (39.4%)
551	<b>ROŚCISZEWSKI Alan</b>	<b>522</b>		M-10	36	00:01:07	<b>00:51:25.05</b>	<b>00:52:32.05</b>	+00:34:44 (67.6%)	10:17	5.8 (32.2%)
552	<b>ROŚCISZEWSKA Paulina</b>	<b>521</b>		K-30	115	00:01:06	<b>00:51:25.40</b>	<b>00:52:32.30</b>	+00:34:44 (67.6%)	10:17	5.8 (32.2%)
553	<b>ZARĘBSKA Sylwia</b>	<b>390</b>		K-20	50	00:00:06					(0.0%)
554	<b>BIAŁOWĄS Dariusz</b>	<b>283</b>		M-40	69	00:01:02					(0.0%)

Znaleziono 554 wynik(ów)