



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	TUCZYŃSKI Sylwester Leon	104	BYDGOSKIE OKONIE	M-20	1	00:00:00	00:16:40.85	00:16:41.50		3:20	18 (100%)
2	MUSIAŁ Michał	242		M-40	1	00:00:00	00:17:13.55	00:17:14.50	+00:00:32 (3.2%)	3:26	17.4 (96.7%)
3	STRYCHAŁSKI Tomasz	415	RUN LOTTO-BYDGOSTIA	M-30	1	00:00:06	00:17:37.40	00:17:43.60	+00:00:56 (5.3%)	3:31	17 (94.4%)
4	JAGODZIŃSKI Mateusz	101	BYDGOSKIE OKONIE	M-20	2	00:00:01	00:17:49.80	00:17:50.90	+00:01:08 (6.4%)	3:33	16.8 (93.3%)
5	PELC Marcin	587		M-30	2	00:00:03	00:17:50.55	00:17:53.65	+00:01:09 (6.5%)	3:34	16.8 (93.3%)
6	MYSZKA Łukasz	241		M-30	3	00:00:01	00:17:53.30	00:17:54.35	+00:01:12 (6.8%)	3:34	16.8 (93.3%)
7	PRZYBYLSKI Bartek	568		M-20	3	00:00:03	00:18:24.20	00:18:28.00	+00:01:43 (9.4%)	3:41	16.3 (90.6%)
8	OBREŃBSKI Grzegorz	18	BIEGASIE	M-30	4	00:00:14	00:18:37.80	00:18:51.85	+00:01:56 (10.5%)	3:43	16.1 (89.4%)
9	GŁOGOWSKI Krystian	387	UKS KOPERNIK	M-10	1	00:00:16	00:18:43.70	00:19:00.00	+00:02:02 (10.9%)	3:44	16 (88.9%)
10	TUCHOLSKI Bartłomiej	498	BYDGOSKIE OKONIE	M-20	4	00:00:06	00:18:50.15	00:18:56.15	+00:02:09 (11.4%)	3:46	15.9 (88.3%)
11	WIĘCKOWSKI Dariusz	198	ROWEROWA BRZOZA	M-30	5	00:00:00	00:18:58.00	00:18:58.00	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
12	GRALIK Jędrzej	132	BYDGOSKIE OKONIE	M-20	5	00:00:02	00:18:58.05	00:19:00.40	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
13	ŚLUSARSKI Przemysław	210	BRZozowa TEAM	M-30	6	00:00:02	00:18:59.50	00:19:02.10	+00:02:18 (12.2%)	3:48	15.8 (87.8%)
14	RYMER Jakub	429	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	7	00:00:01	00:19:01.00	00:19:02.30	+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	NOWIKIEWICZ Maciej	417		M-10	2	00:00:02	00:19:12.45	00:19:15.15	+00:02:31 (13.2%)	3:50	15.6 (86.7%)
16	BRZUCHALSKI Mati	393		M-20	6	00:00:09	00:19:18.00	00:19:27.45	+00:02:37 (13.6%)	3:51	15.5 (86.1%)
17	KRYSKE Mariusz	95	SPÓJNIA BIAŁE BŁOTA	M-30	8	00:00:06	00:19:20.10	00:19:26.95	+00:02:39 (13.7%)	3:52	15.5 (86.1%)
18	GWITT Bartosz	566		M-30	9	00:00:02	00:19:30.75	00:19:33.60	+00:02:49 (14.5%)	3:54	15.4 (85.6%)
19	PFAJFER Marek	99	SPÓJNIA BIAŁE BŁOTA	M-30	10	00:00:05	00:19:33.25	00:19:39.10	+00:02:52 (14.7%)	3:54	15.3 (85.0%)
20	LEWANDOWSKI Marek	407	KEEPPER	M-20	7	00:00:13	00:19:33.60	00:19:47.30	+00:02:52 (14.7%)	3:54	15.3 (85.0%)
21	KLÓSKA Fabian	321	SPÓJNIA BIAŁE BŁOTA	M-20	8	00:00:05	00:19:33.65	00:19:39.35	+00:02:52 (14.7%)	3:54	15.3 (85.0%)
22	ZWIEWKA Sebastian	217	PUBLICZNE GIMNAZJUM IM. MARIANA REJEWSKIEGO BIAŁE BŁOTA	M-40	2	00:00:05	00:19:42.80	00:19:48.65	+00:03:01 (15.4%)	3:56	15.2 (84.4%)
23	BABSKI Mariusz	551	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	11	00:00:00	00:19:58.25	00:19:59.00	+00:03:17 (16.5%)	3:59	15 (83.3%)
24	ADACH Pawel	376		M-30	12	00:00:08	00:20:08.35	00:20:17.20	+00:03:27 (17.2%)	4:01	14.9 (82.8%)
25	PIOTROWSKI Dariusz	319	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	13	00:00:06	00:20:11.20	00:20:17.40	+00:03:30 (17.4%)	4:02	14.9 (82.8%)
26	LEWANDOWSKI Mirosław	279		M-30	14	00:00:02	00:20:15.00	00:20:17.20	+00:03:34 (17.6%)	4:03	14.8 (82.2%)
27	SMOLINSKI Artur	330	SPORTSERWISTEAM	M-40	3	00:00:04	00:20:22.00	00:20:26.60	+00:03:41 (18.1%)	4:04	14.7 (81.7%)
28	JUCHACZ Michał	29	TRI TEAM INO	M-30	15	00:00:00	00:20:23.00	00:20:23.50	+00:03:42 (18.2%)	4:04	14.7 (81.7%)
29	DURCZAK Jerzy	495		M-30	16	00:00:06	00:20:24.75	00:20:31.45	+00:03:43 (18.3%)	4:05	14.7 (81.7%)
30	WALĘZA Hubert	572		M-20	9	00:00:06	00:20:25.05	00:20:31.70	+00:03:44 (18.3%)	4:05	14.7 (81.7%)
31	WDOWIAK Kamil	328	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	10	00:00:07	00:20:25.65	00:20:33.50	+00:03:44 (18.3%)	4:05	14.7 (81.7%)
32	KWIATKOWSKI Damian	126	RUN BYDGOSZCZ	M-20	11	00:00:17	00:20:32.50	00:20:49.85	+00:03:51 (18.8%)	4:06	14.6 (81.1%)
33	KWIATKOWSKI Daniel	578	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	12	00:00:06	00:20:33.20	00:20:40.15	+00:03:52 (18.8%)	4:06	14.6 (81.1%)
34	PAWLAK Jakub	165	JFTC SU	M-30	17	00:00:08	00:20:33.60	00:20:42.50	+00:03:52 (18.9%)	4:06	14.6 (81.1%)
35	IŻKO Dariusz	365	BRAK	M-30	18	00:00:09	00:20:39.60	00:20:49.20	+00:03:58 (19.3%)	4:08	14.5 (80.6%)
36	SZYMAŃSKI Roman	574		M-10	3	00:00:13	00:20:40.35	00:20:54.05	+00:03:59 (19.3%)	4:08	14.5 (80.6%)
37	KUBEŁ Marta	189	WSG BYDGOSZCZ	K-20	1	00:00:01	00:20:43.00	00:20:44.30	+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	GRYTA Karol	457		M-20	20	00:00:29	00:21:45.45	00:22:15.05	+00:05:04 (23.3%)	4:21	13.8 (76.7%)
62	LIPSKI Krzysztof	288	RUN BYDGOSZCZ	M-40	11	00:00:12	00:21:45.70	00:21:57.90	+00:05:04 (23.3%)	4:21	13.8 (76.7%)
63	JOACHIMIAK Dariusz	401	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	21	00:00:08	00:21:46.50	00:21:55.00	+00:05:05 (23.4%)	4:21	13.8 (76.7%)
64	SMAŻYK Ewelina	145	RUN BYDGOSZCZ	K-30	1	00:00:03	00:21:47.75	00:21:51.70	+00:05:06 (23.5%)	4:21	13.8 (76.7%)
65	PASIEKA Tomasz	72		M-40	12	00:00:01	00:21:50.50	00:21:51.60	+00:05:09 (23.6%)	4:22	13.7 (76.1%)
66	FRANKÓW Władysław	260		M-20	22	00:00:01	00:21:53.80	00:21:55.20	+00:05:12 (23.8%)	4:22	13.7 (76.1%)
67	LEWICKI Maciej	312	BYDGOSZCZ NA START!	M-40	13	00:00:13	00:21:55.00	00:22:08.20	+00:05:14 (23.9%)	4:23	13.7 (76.1%)
68	FILIPEK Piotr	59		M-40	14	00:00:15	00:21:56.65	00:22:11.70	+00:05:15 (24.0%)	4:23	13.7 (76.1%)
69	NADRATOWSKI Maciej	106	KABEL TEAM BYDGOSZCZ	M-40	15	00:00:07	00:21:56.70	00:22:04.35	+00:05:15 (24.0%)	4:23	13.7 (76.1%)
70	WĘGRZYKOWSKI Sławomit	608		M-40	16	00:00:06	00:21:57.40	00:22:03.90	+00:05:16 (24.0%)	4:23	13.7 (76.1%)
71	CYL Dawid	97	RUN BYDGOSZCZ	M-30	22	00:00:13	00:21:59.20	00:22:12.55	+00:05:18 (24.1%)	4:23	13.6 (75.6%)
72	JAROCKA Beata	176	-	K-30	2	00:00:08	00:22:00.60	00:22:08.90	+00:05:19 (24.2%)	4:24	13.6 (75.6%)
73	MALINOWSKI Marcin	277	WELD-LINE	M-30	23	00:00:18	00:22:00.85	00:22:18.85	+00:05:20 (24.2%)	4:24	13.6 (75.6%)
74	KRAJEWSKA Agnieszka	388	UKS KOPERNIK	K-10	1	00:00:03	00:22:01.25	00:22:05.20	+00:05:20 (24.2%)	4:24	13.6 (75.6%)
75	BANASZAK Monika	p57		K-30	3	00:00:06	00:22:02.40	00:22:08.90	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
76	FAC Kacper	442		M-20	23	00:00:10	00:22:02.45	00:22:12.85	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
77	NADRAJKOWSKI Adam	202	BBL INOWROCŁAW	M-50	2	00:00:14	00:22:02.80	00:22:16.85	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
78	GORGOL Tomasz	616		M-30	24	00:00:18	00:22:04.35	00:22:22.40	+00:05:23 (24.4%)	4:24	13.6 (75.6%)
79	RUDOL Sebastian	291		M-40	17	00:00:04	00:22:04.70	00:22:08.95	+00:05:23 (24.4%)	4:24	13.6 (75.6%)
80	KLINIKOWSKI Jaacek	146	KOCHAM ŻYCIE I...	M-40	18	00:00:04	00:22:05.00	00:22:09.30	+00:05:24 (24.5%)	4:25	13.6 (75.6%)
81	NURKIEWICZ Franciszek	154	KUNG FU PANDY 3	M-10	6	00:00:02	00:22:06.70	00:22:09.60	+00:05:25 (24.6%)	4:25	13.6 (75.6%)
82	ZIELIŃSKI Maciej	239		M-10	7	00:00:23	00:22:08.45	00:22:32.05	+00:05:27 (24.7%)	4:25	13.5 (75.0%)
83	GŁOWACKI Kacper	342		M-10	8	00:00:03	00:22:10.20	00:22:13.20	+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	RUDOL Magdalena	293		K-40	1	00:00:04	00:22:10.70	00:22:14.95	+00:05:29 (24.8%)	4:26	13.5 (75.0%)
85	BRAŹSKIEWICZ Piotr	214	CROSS TEAM BYDGOSZCZ	M-40	19	00:00:05	00:22:12.80	00:22:18.70	+00:05:31 (24.9%)	4:26	13.5 (75.0%)
86	GACKOWSKI Szymon	555		M-30	25	00:00:21	00:22:12.90	00:22:34.05	+00:05:32 (24.9%)	4:26	13.5 (75.0%)
87	GRZUCHOWSKA Roksana	471		K-20	3	00:00:03	00:22:16.90	00:22:20.40	+00:05:36 (25.1%)	4:27	13.5 (75.0%)
88	JAŚNIAK Kinga	382	CROSS TEAM BYDGOSZCZ	K-20	4	00:00:01	00:22:17.95	00:22:19.85	+00:05:37 (25.2%)	4:27	13.5 (75.0%)
89	ROSA Bartosz	423	SMASHING PĄPKINS	M-30	26	00:00:30	00:22:22.80	00:22:53.20	+00:05:41 (25.5%)	4:28	13.4 (74.4%)
90	GACKOWSKI Krzysztof	2		M-40	20	00:00:03	00:22:23.45	00:22:26.80	+00:05:42 (25.5%)	4:28	13.4 (74.4%)
91	BINIENDA Mateusz	8	BIMAT	M-30	27	00:00:24	00:22:27.00	00:22:51.15	+00:05:46 (25.7%)	4:29	13.4 (74.4%)
92	DROŻYŃSKI Maciej	261		M-20	24	00:00:11	00:22:29.95	00:22:41.70	+00:05:49 (25.9%)	4:30	13.3 (73.9%)
93	WYRĄBKIEWICZ Grzegorz	339	UKS KOPERNIK	M-10	9	00:00:40	00:22:30.10	00:23:10.30	+00:05:49 (25.9%)	4:30	13.3 (73.9%)
94	ŁASSA Rafał	427	UKS KOPERNIK	M-10	10	00:00:41	00:22:30.45	00:23:11.50	+00:05:49 (25.9%)	4:30	13.3 (73.9%)
95	KASZEWSKI Tomasz	430	UKS WYSPIAŃSKI SZUBIN	M-40	21	00:00:03	00:22:40.40	00:22:43.70	+00:05:59 (26.4%)	4:32	13.2 (73.3%)
96	BURITTA Mariusz	256		M-30	28	00:00:19	00:22:40.85	00:23:00.30	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
97	STANEK Marek	233		M-40	22	00:00:13	00:22:40.90	00:22:54.10	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
98	SZULC Edmund	343		M-50	3	00:00:09	00:22:41.55	00:22:51.15	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
99	GOTOWICZ Damian	507	UKS KOPERNIK	M-10	11	00:00:40	00:22:41.60	00:23:22.40	+00:06:00 (26.5%)	4:32	13.2 (73.3%)
100	FILIPIAK Jakub	48	HANWOJ	M-30	29	00:00:23	00:22:42.45	00:23:05.55	+00:06:01 (26.5%)	4:32	13.2 (73.3%)
101	NAGOW Michał	341		M-40	23	00:00:01	00:22:45.00	00:22:46.90	+00:06:04 (26.7%)	4:33	13.2 (73.3%)
102	RATAJ Zuzanna	408	KOBIETYBIEGAJA.PL/POLONIA BYDGOSZCZ SLA	K-30	4	00:00:04	00:22:48.00	00:22:52.10	+00:06:07 (26.8%)	4:33	13.2 (73.3%)
103	MENDEL Magdalena	50		K-20	5	00:00:14	00:22:49.60	00:23:03.60	+00:06:08 (26.9%)	4:33	13.1 (72.8%)
104	RATAJ Krzysztof	405	POLONIA BYDGOSZCZ SLA	M-30	30	00:00:03	00:22:49.75	00:22:53.40	+00:06:08 (26.9%)	4:34	13.1 (72.8%)
105	BIAŁKOWSKI Tymoteusz	439	WSD DB	M-20	25	00:00:46	00:22:49.80	00:23:36.50	+00:06:08 (26.9%)	4:34	13.1 (72.8%)
106	FILARECKA Agnieszka	443	ASF BY TRISPEACE	K-30	5	00:00:05	00:22:50.50	00:22:56.35	+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	SZYMAŃSKI Zenon	558		M-50	4	00:00:15	00:22:52.35	00:23:08.30	+00:06:11 (27.1%)	4:34	13.1 (72.8%)
108	KREŃSKI Tomasz	413		M-30	31	00:00:19	00:22:53.95	00:23:13.90	+00:06:13 (27.2%)	4:34	13.1 (72.8%)
109	DUDEK Dawid	351	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA	M-30	32	00:00:23	00:22:58.75	00:23:21.75	+00:06:17 (27.4%)	4:35	13.1 (72.8%)
110	PIOTROWSKI Dariusz	58		M-40	24	00:00:10	00:23:04.25	00:23:15.15	+00:06:23 (27.7%)	4:37	13 (72.2%)
111	KALINOWSKI Dariusz	81		M-30	33	00:00:06	00:23:05.95	00:23:12.80	+00:06:25 (27.8%)	4:37	13 (72.2%)
112	KOWALIK Damian	372		M-30	34	00:00:25	00:23:06.30	00:23:32.05	+00:06:25 (27.8%)	4:37	13 (72.2%)
113	GOLON Marlena	42		K-40	2	00:00:16	00:23:07.05	00:23:23.60	+00:06:26 (27.8%)	4:37	13 (72.2%)
114	STAWLUK Marcin	499	SLA POLONIA BYDGOSZCZ	M-30	35	00:00:02	00:23:10.85	00:23:12.90	+00:06:30 (28.0%)	4:38	12.9 (71.7%)
115	POZNAŃ Łukasz	133		M-30	36	00:01:05	00:23:12.85	00:24:18.10	+00:06:32 (28.1%)	4:38	12.9 (71.7%)
116	OSZUBSKI Kazimierz	573		M-40	25	00:00:07	00:23:13.65	00:23:21.30	+00:06:32 (28.2%)	4:38	12.9 (71.7%)
117	BRUNKE Tomasz	151	RUN BYDGOSZCZ	M-40	26	00:00:18	00:23:16.25	00:23:35.10	+00:06:35 (28.3%)	4:39	12.9 (71.7%)
118	WOJCIECHOWSKI Jarosław	87		M-40	27	00:00:20	00:23:17.30	00:23:37.80	+00:06:36 (28.4%)	4:39	12.9 (71.7%)
119	WOJTECKI Łukasz	479		M-30	37	00:00:55	00:23:17.80	00:24:13.05	+00:06:36 (28.4%)	4:39	12.9 (71.7%)
120	SZMAJDA Seweryn	621		M-40	28	00:00:17	00:23:18.20	00:23:35.30	+00:06:37 (28.4%)	4:39	12.9 (71.7%)
121	JANYSKA Adam	354	UKS KOPERNIK BYDGOSZCZ	M-10	12	00:00:05	00:23:20.50	00:23:25.90	+00:06:39 (28.5%)	4:40	12.9 (71.7%)
122	MIERNIK Szymon	70		M-20	26	00:00:20	00:23:22.65	00:23:42.70	+00:06:41 (28.6%)	4:40	12.8 (71.1%)
123	ZWIĄZEK Hanka	336		K-20	6	00:00:48	00:23:29.90	00:24:18.55	+00:06:49 (29.0%)	4:42	12.8 (71.1%)
124	SIERANT Marian	236		M-50	5	00:00:12	00:23:30.40	00:23:42.50	+00:06:49 (29.0%)	4:42	12.8 (71.1%)
125	SZULC Kamil	644	CROSS TEAM BYDGOSZCZ	M-30	38	00:00:07	00:23:32.00	00:23:39.75	+00:06:51 (29.1%)	4:42	12.7 (70.6%)
126	DOMŻALSKI Jędrzej	4		M-10	13	00:00:22	00:23:33.20	00:23:55.70	+00:06:52 (29.2%)	4:42	12.7 (70.6%)
127	JEKEL Tobiasz	55		M-20	27	00:00:03	00:23:34.75	00:23:38.40	+00:06:53 (29.3%)	4:43	12.7 (70.6%)
128	SZCZEPANIAJ Tomasz	532	CROSSTEAMBYDGOSZCZ	M-30	39	00:00:06	00:23:35.05	00:23:41.20	+00:06:54 (29.3%)	4:43	12.7 (70.6%)
129	JASINIECKI Wojciech	41	RUN BYDGOSZCZ	M-30	40	00:00:04	00:23:40.55	00:23:45.00	+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	LEWANDOWSKI Władysław	346	BBL INOWROCŁAW	M-60+	2	00:00:31	00:24:29.55	00:25:00.75	+00:07:48 (31.9%)	4:53	12.3 (68.3%)
154	WOJTYSIAK Kamil	107		M-20	33	00:00:22	00:24:29.65	00:24:51.90	+00:07:48 (31.9%)	4:53	12.3 (68.3%)
155	DERING Hanna	65	BYDGOSKIE ŻÓŁWIE	K-30	7	00:00:26	00:24:34.05	00:25:00.95	+00:07:53 (32.1%)	4:54	12.2 (67.8%)
156	KALINOWSKI Zbigniew	326		M-40	30	00:00:37	00:24:35.65	00:25:12.85	+00:07:54 (32.2%)	4:55	12.2 (67.8%)
157	HERMELIN Wojciech	570		M-30	48	00:00:36	00:24:35.75	00:25:12.70	+00:07:54 (32.2%)	4:55	12.2 (67.8%)
158	BAUMGART Jacek	502	BIEGAJ Z DĘBAMI	M-50	8	00:00:32	00:24:40.40	00:25:12.70	+00:07:59 (32.4%)	4:56	12.2 (67.8%)
159	KWIATOŃ Michał	650		M-20	34	00:00:25	00:24:41.25	00:25:06.25	+00:08:00 (32.4%)	4:56	12.2 (67.8%)
160	MAJEWSKI Michał	320		M-10	14	00:00:21	00:24:41.80	00:25:03.00	+00:08:00 (32.5%)	4:56	12.1 (67.2%)
161	JARZYŃSKI Maciej	28		M-20	35	00:00:46	00:24:46.35	00:25:32.55	+00:08:05 (32.7%)	4:57	12.1 (67.2%)
162	KUBOWICZ Piotr	182	KASIA NIE ŚPIJ, OBUDŹ SIĘ...	M-40	31	00:00:00	00:24:47.05	00:24:47.80	+00:08:06 (32.7%)	4:57	12.1 (67.2%)
163	MAJDA Adrian	445		M-20	36	00:00:33	00:24:47.90	00:25:20.90	+00:08:07 (32.7%)	4:57	12.1 (67.2%)
164	URBAŃSKI Dawid	144		M-30	49	00:00:05	00:24:47.95	00:24:53.00	+00:08:07 (32.7%)	4:57	12.1 (67.2%)
165	LYCZMAŃSKI Adam	524	POLONIA BYDGOSZCZ	M-30	50	00:00:01	00:24:51.40	00:24:53.00	+00:08:10 (32.9%)	4:58	12.1 (67.2%)
166	WONIAKOWSKI Czesław	93	PARKRUN BYDGOSZCZ	M-50	9	00:00:18	00:24:53.20	00:25:11.25	+00:08:12 (33.0%)	4:58	12.1 (67.2%)
167	ŁYSZCZARZ Radosław	643		M-30	51	00:01:02	00:24:53.60	00:25:55.80	+00:08:12 (33.0%)	4:58	12.1 (67.2%)
168	DUDEK Joanna	609		K-Open	3	00:00:11	00:24:54.65	00:25:06.10	+00:08:13 (33.0%)	4:59	12 (66.7%)
169	KALLAS-LIPSKA Anetta	83	RUN BYDGOSZCZ	K-40	5	00:00:10	00:24:55.20	00:25:06.10	+00:08:14 (33.1%)	4:59	12 (66.7%)
170	KRZEWIŃSKI Lucjan	257	CROSS TEAM BYDGOSZCZ	M-20	37	00:00:06	00:24:57.45	00:25:04.35	+00:08:16 (33.2%)	4:59	12 (66.7%)
171	ANDRZEJEWSKA Sylwia	483		K-20	9	00:00:39	00:24:57.80	00:25:36.80	+00:08:16 (33.2%)	4:59	12 (66.7%)
172	RUSIECKI Mikołaj	425	KEEPER	M-20	38	00:00:38	00:24:58.05	00:25:36.25	+00:08:17 (33.2%)	4:59	12 (66.7%)
173	SZYCZEWSKA Ewa	454	KEEPER	K-40	6	00:00:50	00:24:58.35	00:25:49.30	+00:08:17 (33.2%)	4:59	12 (66.7%)
174	ŚLIGOWSKA Ewelina	451	UKS KOPERNIK BYDGOSZCZ	K-10	2	00:00:03	00:24:59.25	00:25:02.45	+00:08:18 (33.2%)	4:59	12 (66.7%)
175	MARCINIAK Justyna	620		K-Open	4	00:00:12	00:25:00.95	00:25:13.10	+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	POTRZEBOWSKA Agata	46		K-30	8	00:00:22	00:25:01.95	00:25:24.05	+00:08:21 (33.4%)	5:00	12 (66.7%)
177	KOZICKI Marcin	115	BYDGOSKIE ŻÓŁWIE	M-30	52	00:00:26	00:25:04.30	00:25:31.20	+00:08:23 (33.5%)	5:01	12 (66.7%)
178	CIACIUCH Monika	1	LOTTO BYDGOSTIA	K-20	10	00:00:00	00:25:05.80	00:25:06.55	+00:08:24 (33.5%)	5:01	12 (66.7%)
179	MAJEWSKA Maria	381		K-20	11	00:00:08	00:25:06.25	00:25:14.85	+00:08:25 (33.6%)	5:01	12 (66.7%)
180	KEMPIŃSKA Beata	226		K-30	9	00:00:37	00:25:07.50	00:25:45.15	+00:08:26 (33.6%)	5:01	11.9 (66.1%)
181	BARANOWSKA Julia	244	KLUB ZDROWEGO STYLU ŻYCIA	K-10	3	00:00:06	00:25:08.20	00:25:14.50	+00:08:27 (33.6%)	5:01	11.9 (66.1%)
182	BONALSKA Magdalena	553		K-30	10	00:00:12	00:25:10.35	00:25:22.45	+00:08:29 (33.7%)	5:02	11.9 (66.1%)
182	PRZYBYLSKI Mariusz	396		M-50	10	00:00:32	00:25:10.35	00:25:42.75	+00:08:29 (33.7%)	5:02	11.9 (66.1%)
184	RESZKOWSKA Maria	630		K-10	4	00:00:12	00:25:11.45	00:25:24.05	+00:08:30 (33.8%)	5:02	11.9 (66.1%)
184	JAMRÓZ Joanna	383		K-40	7	00:00:19	00:25:11.45	00:25:30.45	+00:08:30 (33.8%)	5:02	11.9 (66.1%)
186	WOJCIECHOWSKA Emilia	86		K-40	8	00:00:20	00:25:14.65	00:25:35.35	+00:08:33 (33.9%)	5:03	11.9 (66.1%)
187	ZASKURSKI Tomasz	501	BYDGOSKIE ŻÓŁWIE	M-30	53	00:00:27	00:25:16.40	00:25:43.90	+00:08:35 (34.0%)	5:03	11.9 (66.1%)
188	KUJDA Dorota	150		K-30	11	00:00:32	00:25:19.00	00:25:51.05	+00:08:38 (34.1%)	5:03	11.8 (65.6%)
189	KUJDA Arkadiusz	149	1 BRYGADA LOGISTYCZNA	M-30	54	00:00:31	00:25:19.25	00:25:50.95	+00:08:38 (34.1%)	5:03	11.8 (65.6%)
190	DE GRABLA-MŚCISZEWSKI Roland	263	CROSS TEAM BYDGOSZCZ	M-40	32	00:00:07	00:25:22.50	00:25:29.85	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
191	RAKOMSKI Piotr	629		M-60+	3	00:00:37	00:25:22.55	00:25:59.70	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
192	MEDZIŃSKI Szymon	462		M-20	39	00:00:09	00:25:22.70	00:25:32.25	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
193	POTRZEBOWSKI Marek	36		M-30	55	00:00:21	00:25:24.90	00:25:46.85	+00:08:44 (34.4%)	5:05	11.8 (65.6%)
194	FILASEK Paweł	583		M-20	40	00:00:37	00:25:25.70	00:26:03.40	+00:08:44 (34.4%)	5:05	11.8 (65.6%)
194	WŁODARCZYK Olga	52		K-20	12	00:00:37	00:25:25.70	00:26:03.60	+00:08:44 (34.4%)	5:05	11.8 (65.6%)
196	GOŁĘBIOWSKI Łukasz	488	III LO	M-10	15	00:00:03	00:25:25.85	00:25:29.50	+00:08:45 (34.4%)	5:05	11.8 (65.6%)
197	HULISZ Karolina	503	ELKO!	K-20	13	00:00:21	00:25:30.95	00:25:52.60	+00:08:50 (34.6%)	5:06	11.8 (65.6%)
198	ŚWIATKOWSKI Przemysław	561		M-20	41	00:00:21	00:25:31.40	00:25:52.80	+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	BUDZIAK Bartosz	62		M-40	33	00:00:18	00:25:31.45	00:25:49.90	+00:08:50 (34.6%)	5:06	11.8 (65.6%)
200	MIKOŁAJCZAK Tomasz	441		M-20	42	00:00:33	00:25:33.25	00:26:06.70	+00:08:52 (34.7%)	5:06	11.7 (65.0%)
201	GACKOWSKI Napoleon	335		M-30	56	00:00:48	00:25:33.45	00:26:22.40	+00:08:52 (34.7%)	5:06	11.7 (65.0%)
202	PAWŁOWSKA Gabriela	416		K-30	12	00:00:04	00:25:34.70	00:25:39.65	+00:08:53 (34.8%)	5:07	11.7 (65.0%)
203	MACKIEWICZ Piotr	325		M-30	57	00:00:34	00:25:40.80	00:26:14.80	+00:08:59 (35.0%)	5:08	11.7 (65.0%)
204	REDLIŃSKI Bartosz	141		M-30	58	00:00:57	00:25:40.90	00:26:38.60	+00:09:00 (35.0%)	5:08	11.7 (65.0%)
205	PIŃSKA Sylwia	47	BBL INOWROCŁAW	K-30	13	00:00:31	00:25:41.00	00:26:12.50	+00:09:00 (35.1%)	5:08	11.7 (65.0%)
206	PROBANT Wioletta	623		K-Open	5	00:00:14	00:25:41.75	00:25:56.45	+00:09:00 (35.1%)	5:08	11.7 (65.0%)
207	ANDRZEJEWSKA Agnieszka	295		K-30	14	00:00:09	00:25:42.40	00:25:52.10	+00:09:01 (35.1%)	5:08	11.7 (65.0%)
208	ŁOBOCKI Krzysztof	143		M-30	59	00:00:51	00:25:43.60	00:26:35.05	+00:09:02 (35.2%)	5:08	11.7 (65.0%)
209	ANDRZEJEWSKI Dariusz	397		M-30	60	00:00:10	00:25:43.90	00:25:54.60	+00:09:03 (35.2%)	5:08	11.7 (65.0%)
210	WILIŃSKI Miłosz	196		M-50	11	00:00:15	00:25:45.20	00:26:00.70	+00:09:04 (35.2%)	5:09	11.7 (65.0%)
211	WOJTYSIAK Dorota	469		K-30	15	00:00:08	00:25:47.30	00:25:55.65	+00:09:06 (35.3%)	5:09	11.6 (64.4%)
212	GRABARSKA Anna	302		K-30	16	00:00:11	00:25:49.05	00:26:00.40	+00:09:08 (35.4%)	5:09	11.6 (64.4%)
213	SOSIŃSKI Paweł	169		M-30	61	00:00:29	00:25:49.85	00:26:19.15	+00:09:09 (35.4%)	5:10	11.6 (64.4%)
214	SOSIŃSKA Izabela	170		K-30	17	00:00:28	00:25:50.25	00:26:19.05	+00:09:09 (35.4%)	5:10	11.6 (64.4%)
215	STACHNIUK Przemek	166	JFTC SU	M-30	62	00:01:04	00:25:51.65	00:26:56.10	+00:09:10 (35.5%)	5:10	11.6 (64.4%)
216	WASILEWSKA Martyna	639		K-30	18	00:00:48	00:25:56.40	00:26:44.60	+00:09:15 (35.7%)	5:11	11.6 (64.4%)
217	KOMINEK Jakub	184		M-10	16	00:00:04	00:25:56.50	00:26:00.85	+00:09:15 (35.7%)	5:11	11.6 (64.4%)
218		p13				00:00:03	00:25:56.60	00:26:00.55	+00:09:15 (35.7%)	5:11	11.6 (64.4%)
219	WASILEWSKA Agata	640		K-30	19	00:00:48	00:25:56.90	00:26:45.10	+00:09:16 (35.7%)	5:11	11.6 (64.4%)
220	BOROWIEC Wioleta	26	BBL SZUBIN	K-30	20	00:00:04	00:25:57.70	00:26:02.60	+00:09:16 (35.7%)	5:11	11.6 (64.4%)
221	MORYKSIEWICZ Marcin	44		M-30	63	00:01:06	00:25:58.40	00:27:04.55	+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	SZUKAJ Karol	284	KANAŁOWA 8	M-30	64	00:00:08	00:26:00.65	00:26:09.00	+00:09:19 (35.9%)	5:12	11.5 (63.9%)
223	TOMASZEK Marcin	109		M-30	65	00:00:10	00:26:01.15	00:26:11.65	+00:09:20 (35.9%)	5:12	11.5 (63.9%)
224	PAPIS Piotr	152	BACKONIK	M-30	66	00:00:16	00:26:01.65	00:26:18.20	+00:09:20 (35.9%)	5:12	11.5 (63.9%)
225	WEBER Krzysztof	373		M-10	17	00:00:35	00:26:01.80	00:26:37.30	+00:09:20 (35.9%)	5:12	11.5 (63.9%)
226	KACZOR Michał	324		M-10	18	00:00:35	00:26:02.70	00:26:38.00	+00:09:21 (36.0%)	5:12	11.5 (63.9%)
227	BUDZIK Justyna	340		K-40	9	00:00:38	00:26:02.90	00:26:41.40	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
228	BUDZIK Ireneusz	338	BOZITA POLSKA	M-40	34	00:00:38	00:26:03.10	00:26:41.60	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
229	PILECKI Michał	529		M-30	67	00:00:56	00:26:03.80	00:26:59.85	+00:09:22 (36.0%)	5:12	11.5 (63.9%)
230	SKORY Kacper	174	WELD-LINE TEAM	M-10	19	00:00:00	00:26:06.50	00:26:06.50	+00:09:25 (36.1%)	5:13	11.5 (63.9%)
231	KRAWCZYK Przemysław	25		M-30	68	00:00:55	00:26:06.55	00:27:02.50	+00:09:25 (36.1%)	5:13	11.5 (63.9%)
232	HAUS Katarzyna	16	BBL SZUBIN	K-40	10	00:00:04	00:26:07.65	00:26:12.20	+00:09:26 (36.2%)	5:13	11.5 (63.9%)
233	BIAŁY Szymon	450		M-30	69	00:00:14	00:26:07.85	00:26:21.85	+00:09:27 (36.2%)	5:13	11.5 (63.9%)
234	KAZERA Marek	610		M-40	35	00:00:51	00:26:09.05	00:27:00.40	+00:09:28 (36.2%)	5:13	11.5 (63.9%)
235	MARAŚKIEWICZ Agnieszka	345		K-20	14	00:00:25	00:26:16.10	00:26:41.60	+00:09:35 (36.5%)	5:15	11.4 (63.3%)
236	STRYCZYŃSKI Marek	349	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	43	00:00:26	00:26:16.70	00:26:42.80	+00:09:35 (36.5%)	5:15	11.4 (63.3%)
237	BEDNARCZYK Krzysztof	374		M-30	70	00:00:08	00:26:16.75	00:26:25.35	+00:09:35 (36.5%)	5:15	11.4 (63.3%)
238	BANAŚ Marcin	589		M-20	44	00:00:11	00:26:17.10	00:26:28.10	+00:09:36 (36.5%)	5:15	11.4 (63.3%)
239	PŁOCIŃSKA Patrycja	409		K-30	21	00:00:09	00:26:17.85	00:26:27.50	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
240	KANIA Dorota	299	1975	K-40	11	00:00:53	00:26:17.95	00:27:11.25	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
241	ROGALSKA Justyna	316		K-20	15	00:00:33	00:26:18.15	00:26:52.10	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
242	LUBIŃSKA Anna	588	FIRE HOUSE	K-20	16	00:00:09	00:26:18.85	00:26:27.85	+00:09:38 (36.6%)	5:15	11.4 (63.3%)
243	MASŁEK Patrycja	571		K-20	17	00:00:07	00:26:18.90	00:26:26.45	+00:09:38 (36.6%)	5:15	11.4 (63.3%)
244	PRZEKWASIEŃSKA Anna	255		K-30	22	00:00:49	00:26:19.55	00:27:08.65	+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	DOLATA Grzegorz	61	OCELOTY	M-40	36	00:00:30	00:26:20.30	00:26:50.40	+00:09:39 (36.7%)	5:16	11.4 (63.3%)
246	STRZELECKI Wiktor	138		M-10	20	00:00:00	00:26:20.40	00:26:21.00	+00:09:39 (36.7%)	5:16	11.4 (63.3%)
246	MAGDZIARZ Katarzyna	254	KANCELARIA HMM	K-30	23	00:00:48	00:26:20.40	00:27:09.25	+00:09:39 (36.7%)	5:16	11.4 (63.3%)
248	ZAKRZEWSKA Julia	227		K-10	5	00:00:13	00:26:23.70	00:26:37.05	+00:09:42 (36.8%)	5:16	11.4 (63.3%)
249	SZAFKOWSKI Arek	82		M-40	37	00:01:01	00:26:25.30	00:27:26.60	+00:09:44 (36.9%)	5:17	11.4 (63.3%)
250	KAWAŁKOWSKI Marcel	224	ENCE-PENCE RUN TEAM	M-10	21	00:00:13	00:26:27.25	00:26:40.80	+00:09:46 (36.9%)	5:17	11.3 (62.8%)
251	DOŁHUN Adam	282	RUN PASJA BYDGOSZCZ	M-30	71	00:00:34	00:26:29.70	00:27:04.60	+00:09:48 (37.0%)	5:18	11.3 (62.8%)
252	WOŁOSZYN Kazimierz	246	ROWEROWA BRZOZA/ BRZOZA BIEGA	M-50	12	00:00:30	00:26:31.95	00:27:02.65	+00:09:51 (37.1%)	5:18	11.3 (62.8%)
253	KOZIŃSKI Tomasz	228	BYDGOSKIE ŻÓŁWIE	M-40	38	00:00:31	00:26:32.50	00:27:03.50	+00:09:51 (37.2%)	5:18	11.3 (62.8%)
254	MAĆKOWIAK Kasia	96		K-30	24	00:01:01	00:26:33.10	00:27:34.70	+00:09:52 (37.2%)	5:18	11.3 (62.8%)
255	ZAWISZEWSKI Adam	392		M-30	72	00:00:04	00:26:33.20	00:26:38.00	+00:09:52 (37.2%)	5:18	11.3 (62.8%)
256	SKRZYPCZAK Arkadiusz	395		M-40	39	00:01:00	00:26:35.35	00:27:35.50	+00:09:54 (37.3%)	5:19	11.3 (62.8%)
257	RYNKOWSKI Jędrzej	419		M-10	22	00:00:49	00:26:37.15	00:27:26.90	+00:09:56 (37.3%)	5:19	11.3 (62.8%)
258	KOTLAREK Mariusz	303		M-20	45	00:00:13	00:26:37.90	00:26:51.15	+00:09:57 (37.4%)	5:19	11.3 (62.8%)
259	NAPIERALSKA Natalia	440		K-30	25	00:00:53	00:26:42.70	00:27:36.20	+00:10:01 (37.6%)	5:20	11.2 (62.2%)
260	ZIELIŃSKI Krzysztof	64		M-40	40	00:00:24	00:26:43.45	00:27:07.65	+00:10:02 (37.6%)	5:20	11.2 (62.2%)
261	TWARDOWSKI Wojciech	159	RUN BYDGOSZCZ	M-40	41	00:00:19	00:26:46.40	00:27:05.90	+00:10:05 (37.7%)	5:21	11.2 (62.2%)
262	KASZEWSKI Adam	432		M-10	23	00:00:49	00:26:47.35	00:27:36.75	+00:10:06 (37.7%)	5:21	11.2 (62.2%)
263	KAŹMIERCZAK Michał	633		M-Open	2	00:00:45	00:26:48.90	00:27:34.40	+00:10:08 (37.8%)	5:21	11.2 (62.2%)
264	SIKORSKA Marta	657		K-20	18	00:00:51	00:26:49.70	00:27:40.80	+00:10:08 (37.8%)	5:21	11.2 (62.2%)
265	ŚLESIŃSKA Patrycja	9		K-20	19	00:00:05	00:26:50.55	00:26:55.85	+00:10:09 (37.9%)	5:22	11.2 (62.2%)
266	PIETRASZAK Tomasz	475	RUN BYDGOSZCZ	M-40	42	00:00:18	00:26:50.95	00:27:09.80	+00:10:10 (37.9%)	5:22	11.2 (62.2%)
267	TYSZKA Renata	531		K-30	26	00:00:59	00:26:51.15	00:27:50.15	+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	NUNZEK Agnieszka	581		K-40	12	00:00:10	00:26:51.95	00:27:02.50	+00:10:11 (37.9%)	5:22	11.2 (62.2%)
269	ZATOŃ Bożena	598	RUN PASJA	K-50	2	00:00:03	00:26:54.30	00:26:58.05	+00:10:13 (38.0%)	5:23	11.1 (61.7%)
270	KOLIGNAN Katarzyna	234	BRAK	K-30	27	00:00:26	00:26:54.50	00:27:20.85	+00:10:13 (38.0%)	5:22	11.2 (62.2%)
271	BURDZIŃSKI Igor	360	MEDUZA	M-30	73	00:00:44	00:26:56.25	00:27:41.05	+00:10:15 (38.1%)	5:23	11.1 (61.7%)
272	GOLIMOWSKA Anna	517		K-30	28	00:01:03	00:26:57.10	00:28:01.00	+00:10:16 (38.1%)	5:23	11.1 (61.7%)
273	FRANCZAK Joanna	300		K-30	29	00:00:34	00:26:59.45	00:27:34.15	+00:10:18 (38.2%)	5:24	11.1 (61.7%)
274	PYTLIK Agnieszka	289		K-20	20	00:00:07	00:27:01.75	00:27:09.60	+00:10:20 (38.3%)	5:24	11.1 (61.7%)
275	IZAJASZ Tomasz	292	3LO	M-30	74	00:00:56	00:27:04.15	00:28:00.40	+00:10:23 (38.4%)	5:24	11.1 (61.7%)
276	KUDŁA Monika	476		K-30	30	00:01:00	00:27:05.00	00:28:05.90	+00:10:24 (38.4%)	5:25	11.1 (61.7%)
277	IWAN Remigiusz	155		M-30	75	00:00:33	00:27:07.55	00:27:41.15	+00:10:26 (38.5%)	5:25	11.1 (61.7%)
278	DZIĘDZIK Agnieszka	594		K-30	31	00:00:28	00:27:08.45	00:27:36.90	+00:10:27 (38.5%)	5:25	11.1 (61.7%)
279	OŻGA Agnieszka	84		K-20	21	00:00:45	00:27:10.80	00:27:56.40	+00:10:29 (38.6%)	5:26	11 (61.1%)
280	GIŻA Wioletta	185	POLONIA BYDGOSZCZ SLA	K-30	32	00:00:22	00:27:12.60	00:27:35.40	+00:10:31 (38.7%)	5:26	11 (61.1%)
281	SZTURO Lidia	57		K-30	33	00:00:22	00:27:12.80	00:27:35.50	+00:10:31 (38.7%)	5:26	11 (61.1%)
282	NIKOŁAJEW Monika	208		K-30	34	00:00:22	00:27:13.95	00:27:36.65	+00:10:33 (38.7%)	5:26	11 (61.1%)
283	WIŚNIEWSKI Kamil	591		M-Open	3	00:00:02	00:27:14.10	00:27:16.40	+00:10:33 (38.8%)	5:26	11 (61.1%)
284	KOWALSKA Anna	472		K-30	35	00:00:21	00:27:14.15	00:27:35.20	+00:10:33 (38.8%)	5:26	11 (61.1%)
285	ZIELIŃSKA Agnieszka	590		K-Open	6	00:00:02	00:27:14.20	00:27:16.30	+00:10:33 (38.8%)	5:26	11 (61.1%)
286	JAŹDŻEWSKA Alicja	181		K-30	36	00:00:17	00:27:15.90	00:27:33.15	+00:10:35 (38.8%)	5:27	11 (61.1%)
287	DERON Łukasz	459		M-20	46	00:00:28	00:27:17.75	00:27:46.55	+00:10:36 (38.9%)	5:27	11 (61.1%)
288	PŁOSZAJ Maciej	17		M-30	76	00:01:02	00:27:18.30	00:28:20.95	+00:10:37 (38.9%)	5:27	11 (61.1%)
289	GRODZKA Ewelina	404		K-20	22	00:00:29	00:27:18.50	00:27:48.20	+00:10:37 (38.9%)	5:27	11 (61.1%)
290	PŁOSZAJ Magdalena	19		K-30	37	00:01:01	00:27:19.10	00:28:20.70	+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	OLEKSY Ilona	500		K-30	38	00:01:01	00:27:19.75	00:28:21.30	+00:10:38 (39.0%)	5:28	11 (61.1%)
292	OBREŃBSKA Ela	20	BIEGASIE	K-30	39	00:00:17	00:27:22.95	00:27:40.20	+00:10:42 (39.1%)	5:28	11 (61.1%)
293	DAŃIEL Aleksander	597		M-30	77	00:01:07	00:27:23.00	00:28:30.70	+00:10:42 (39.1%)	5:28	11 (61.1%)
294	NAWROCKI Łukasz	209		M-30	78	00:00:16	00:27:23.20	00:27:39.80	+00:10:42 (39.1%)	5:28	11 (61.1%)
295	BAK Agnieszka	294	AGNIESZKA BAK	K-30	40	00:00:01	00:27:23.85	00:27:25.45	+00:10:43 (39.1%)	5:28	10.9 (60.6%)
296	DROBIŃSKI Dawid	600		M-30	79	00:00:39	00:27:24.70	00:28:03.70	+00:10:43 (39.1%)	5:28	10.9 (60.6%)
297	MENDEL Patryk	88		M-20	47	00:00:52	00:27:25.05	00:28:17.95	+00:10:44 (39.2%)	5:29	10.9 (60.6%)
298	JELEŃ Agnieszka	424	KEEPPER	K-30	41	00:00:50	00:27:27.40	00:28:17.50	+00:10:46 (39.2%)	5:29	10.9 (60.6%)
299	CEMKE Magdalena	268		K-20	23	00:00:31	00:27:27.65	00:27:58.65	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
300	STAFIEJ Mariusz	465		M-40	43	00:00:32	00:27:28.45	00:28:00.85	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
301	BRYŚ Bartłomiej	31		M-20	48	00:00:42	00:27:29.20	00:28:11.50	+00:10:48 (39.3%)	5:29	10.9 (60.6%)
302	KAMIŃSKI Iga	437		K-10	6	00:00:21	00:27:29.35	00:27:50.40	+00:10:48 (39.3%)	5:29	10.9 (60.6%)
303	MAJSON Kamila	364		K-20	24	00:00:09	00:27:30.05	00:27:39.20	+00:10:49 (39.3%)	5:30	10.9 (60.6%)
304	CABANSKA Katarzyna	73	VITAPOL	K-30	42	00:00:33	00:27:31.15	00:28:04.20	+00:10:50 (39.4%)	5:30	10.9 (60.6%)
305	MELLEM-ZWIEWKA Małgorzata	212	PUBLICZNE GIMNAZJUM IM. MARIANA REJEWSKIEGO BIAŁE BŁOTA	K-30	43	00:00:37	00:27:31.90	00:28:09.80	+00:10:51 (39.4%)	5:30	10.9 (60.6%)
306	STAFIEJ Barbara	468		K-40	13	00:00:32	00:27:33.65	00:28:05.90	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
306	SZTYMA Michał	480	KLUB RADIOLOKACJI SPORTOWEJ	M-30	80	00:00:45	00:27:33.65	00:28:18.65	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
308	KALINOWSKA Patrycja	68		K-20	25	00:00:09	00:27:34.80	00:27:44.05	+00:10:53 (39.5%)	5:31	10.9 (60.6%)
309	BURITTA Robert	422		M-20	49	00:00:18	00:27:40.35	00:27:59.25	+00:10:59 (39.7%)	5:32	10.8 (60.0%)
310	FUJARSKA Agata	426	ZESPÓŁ SZKÓŁ CHEMICZNYCH	K-10	7	00:00:17	00:27:40.45	00:27:58.10	+00:10:59 (39.7%)	5:32	10.8 (60.0%)
311	BICZKOWSKA Magdalena	622		K-30	44	00:00:18	00:27:40.50	00:27:58.95	+00:10:59 (39.7%)	5:32	10.8 (60.0%)
312	GORGOL Renata	615		K-40	14	00:00:17	00:27:41.25	00:27:58.50	+00:11:00 (39.8%)	5:32	10.8 (60.0%)
313	SOBOLEWSKA Agnieszka	276		K-40	15	00:00:29	00:27:42.50	00:28:11.80	+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	DEKOWSKA Anna	265		K-30	45	00:00:05	00:27:44.80	00:27:50.10	+00:11:03 (39.9%)	5:33	10.8 (60.0%)
315	DURAND Małgorzata	411	KEEPPER	K-40	16	00:00:35	00:27:46.05	00:28:21.95	+00:11:05 (39.9%)	5:33	10.8 (60.0%)
316	WERLING Daniel	318		M-20	50	00:00:34	00:27:47.05	00:28:21.95	+00:11:06 (40.0%)	5:33	10.8 (60.0%)
317	PAWSKI Przemysław	315		M-20	51	00:00:34	00:27:47.30	00:28:21.65	+00:11:06 (40.0%)	5:33	10.8 (60.0%)
318	KACZMAREK Aleksandra	114		K-20	26	00:00:02	00:27:48.05	00:27:50.60	+00:11:07 (40.0%)	5:33	10.8 (60.0%)
319	CISZEWSKA Emilia	76		K-30	46	00:00:16	00:27:49.20	00:28:05.20	+00:11:08 (40.0%)	5:33	10.8 (60.0%)
320	RABKOWSKA Marta	563		K-10	8	00:00:40	00:27:51.05	00:28:31.80	+00:11:10 (40.1%)	5:34	10.8 (60.0%)
321	NOSKOWIAK-BAJNO Alicja	13	4FUN	K-30	47	00:00:06	00:27:51.40	00:27:57.55	+00:11:10 (40.1%)	5:34	10.8 (60.0%)
322	RZEPECKA Katarzyna	56		K-30	48	00:00:14	00:27:52.10	00:28:06.95	+00:11:11 (40.1%)	5:34	10.8 (60.0%)
323	SZCZEŚNIAK Wiktor	638		M-10	24	00:00:01	00:27:53.60	00:27:55.00	+00:11:12 (40.2%)	5:34	10.8 (60.0%)
324	WILCZYŃSKA Sara	481	RADIOLOKACJ SPORTOWEJ	K-10	9	00:00:06	00:27:53.95	00:28:00.10	+00:11:13 (40.2%)	5:34	10.8 (60.0%)
325	KROPIŃSKA Monika	323		K-20	27	00:00:26	00:27:54.40	00:28:20.80	+00:11:13 (40.2%)	5:34	10.8 (60.0%)
326	ŚLESIŃSKA Ewa	391		K-40	17	00:00:06	00:27:59.45	00:28:05.60	+00:11:18 (40.4%)	5:35	10.7 (59.4%)
327	DOMŻALSKA Sławomira	5		K-40	18	00:00:52	00:28:03.60	00:28:56.00	+00:11:22 (40.6%)	5:36	10.7 (59.4%)
328	RABKOWSKI Dariusz	567		M-40	44	00:00:28	00:28:03.95	00:28:32.20	+00:11:23 (40.6%)	5:36	10.7 (59.4%)
329	JAGŁA Mateusz	528	ŻKS POLONIA BYDGOSZCZ	M-20	52	00:00:23	00:28:07.95	00:28:31.20	+00:11:27 (40.7%)	5:37	10.7 (59.4%)
330	MIKOŁAJEWSKI Jacek	515		M-30	81	00:00:33	00:28:08.75	00:28:42.10	+00:11:27 (40.7%)	5:37	10.7 (59.4%)
331	MELLER Agata	463	GŁODNE ŻÓŁWIKI	K-20	28	00:00:36	00:28:08.90	00:28:45.30	+00:11:28 (40.7%)	5:37	10.7 (59.4%)
332	GIŻA Michał	496	GŁODNE ŻÓŁWIKI	M-20	53	00:00:36	00:28:08.95	00:28:45.85	+00:11:28 (40.7%)	5:37	10.7 (59.4%)
333	PIETKUN Ryszard	357		M-50	13	00:00:30	00:28:12.10	00:28:42.10	+00:11:31 (40.9%)	5:38	10.6 (58.9%)
334	BUSTA Julia	580		K-10	10	00:00:06	00:28:12.75	00:28:19.50	+00:11:31 (40.9%)	5:38	10.6 (58.9%)
335	TOPOLNICKA Karolina	477		K-30	49	00:00:05	00:28:13.45	00:28:18.50	+00:11:32 (40.9%)	5:38	10.6 (58.9%)
336	WIŚNIEWSKA Aleksandra	127		K-10	11	00:00:25	00:28:13.90	00:28:39.35	+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	BUSZTA Anna	579	KLUB ZDROWEGO STYLU ŻYCIA	K-30	50	00:00:05	00:28:14.45	00:28:19.85	+00:11:33 (40.9%)	5:38	10.6 (58.9%)
338	RYDELSKA Kinga	556		K-40	19	00:00:30	00:28:15.45	00:28:46.35	+00:11:34 (41.0%)	5:39	10.6 (58.9%)
339	KLISZEWSKI Damian	452		M-40	45	00:00:47	00:28:17.20	00:29:05.10	+00:11:36 (41.0%)	5:39	10.6 (58.9%)
340	NALEWALSKA Justyna	453		K-20	29	00:00:51	00:28:19.75	00:29:10.85	+00:11:38 (41.1%)	5:39	10.6 (58.9%)
341	MALINOWSKA Agata	278	WELD-LINE	K-10	12	00:00:17	00:28:28.20	00:28:45.30	+00:11:47 (41.4%)	5:41	10.5 (58.3%)
342	GÓRSKA Joanna	245		K-30	51	00:00:16	00:28:29.45	00:28:45.60	+00:11:48 (41.5%)	5:41	10.5 (58.3%)
343	ZAWADZKI Wojciech	645		M-Open	4	00:01:04	00:28:30.95	00:29:35.90	+00:11:50 (41.5%)	5:42	10.5 (58.3%)
344	MALICKA Beata	367		K-50	3	00:00:31	00:28:31.10	00:29:02.80	+00:11:50 (41.5%)	5:42	10.5 (58.3%)
345	KRZYŻELEWSKA - SUŚ Anna	23	BYDZIA POWER BIKE TEAM	K-40	20	00:00:50	00:28:31.15	00:29:21.90	+00:11:50 (41.5%)	5:42	10.5 (58.3%)
346	TUPTANOWSKI Przemysław	167	WELD-LINE TEAM	M-30	82	00:01:00	00:28:33.25	00:29:33.70	+00:11:52 (41.6%)	5:42	10.5 (58.3%)
347	OLECHNOWICZ Tomasz	642		M-40	46	00:00:07	00:28:35.20	00:28:42.30	+00:11:54 (41.6%)	5:43	10.5 (58.3%)
348	SUCHANEK Magdalena	389		K-20	30	00:00:10	00:28:36.85	00:28:47.10	+00:11:56 (41.7%)	5:43	10.5 (58.3%)
349	MATEUSZCZYK Dawid	307		M-30	83	00:00:51	00:28:38.60	00:29:30.35	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
350	BYCZYŃSKI Michał	179		M-20	54	00:00:38	00:28:40.30	00:29:18.80	+00:11:59 (41.8%)	5:44	10.5 (58.3%)
351	JUNKA Karolina	162		K-20	31	00:00:19	00:28:45.30	00:29:05.05	+00:12:04 (42.0%)	5:45	10.4 (57.8%)
352	KAMIŃSKI Arkadiusz	433		M-40	47	00:00:21	00:28:46.45	00:29:07.55	+00:12:05 (42.0%)	5:45	10.4 (57.8%)
353	PIECZEK Małgorzata	356		K-40	21	00:00:15	00:28:47.30	00:29:02.65	+00:12:06 (42.1%)	5:45	10.4 (57.8%)
354	MIKLASZ Michał	274		M-20	55	00:00:42	00:28:47.75	00:29:29.80	+00:12:06 (42.1%)	5:45	10.4 (57.8%)
355	KOSIŃSKA Agata	12		K-20	32	00:00:42	00:28:51.05	00:29:33.85	+00:12:10 (42.2%)	5:46	10.4 (57.8%)
356	PRZYBYLSKA Grażyna	286	BRAK	K-50	4	00:00:45	00:28:52.80	00:29:38.75	+00:12:11 (42.2%)	5:46	10.4 (57.8%)
357	JUNKA Małgorzata	287		K-40	22	00:00:19	00:28:55.15	00:29:14.30	+00:12:14 (42.3%)	5:47	10.4 (57.8%)
358	NĘCKA Gosia	355		K-40	23	00:00:15	00:28:55.50	00:29:10.60	+00:12:14 (42.3%)	5:47	10.4 (57.8%)
359	WYRWAS Anetta	308		K-30	52	00:00:51	00:28:57.15	00:29:48.75	+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	MAJEK Agata	508		K-30	63	00:00:20	00:29:25.60	00:29:46.20	+00:12:44 (43.3%)	5:53	10.2 (56.7%)
384	SIUDA Rafal	301	RUN BDG	M-30	86	00:00:43	00:29:26.45	00:30:09.55	+00:12:45 (43.3%)	5:53	10.2 (56.7%)
385	WIECHECKA-KORENKIEWICZ Joanna	197		K-30	64	00:00:57	00:29:27.15	00:30:24.75	+00:12:46 (43.4%)	5:53	10.2 (56.7%)
386	NADRAJKOWSKA Marta	203	BBL INOWROCŁAW	K-60+	1	00:00:57	00:29:27.85	00:30:24.95	+00:12:47 (43.4%)	5:53	10.2 (56.7%)
387	SUŚ Cyprian	27	N-BIKE ACADEMY	M-10	25	00:00:50	00:29:29.30	00:30:19.65	+00:12:48 (43.4%)	5:53	10.2 (56.7%)
388	GOCH Aleksandra	384		K-10	14	00:00:03	00:29:30.20	00:29:33.40	+00:12:49 (43.5%)	5:54	10.2 (56.7%)
389	SUSZEK Katarzyna	219		K-30	65	00:00:51	00:29:30.65	00:30:21.90	+00:12:49 (43.5%)	5:54	10.2 (56.7%)
390	ŚLIWA Marcin	63		M-40	49	00:00:00	00:29:31.40	00:29:31.40	+00:12:50 (43.5%)	5:54	10.2 (56.7%)
391	KOWALIK Justyna	464		K-30	66	00:00:26	00:29:33.40	00:29:59.45	+00:12:52 (43.6%)	5:54	10.2 (56.7%)
392	PIĄTEK Lidia	218	PUBLICZNE GIMNAZJUM IM. MARIANA REJEWSKIEGO BIAŁE BŁOTA	K-30	67	00:00:37	00:29:34.00	00:30:11.50	+00:12:53 (43.6%)	5:54	10.1 (56.1%)
393	FEDORKIEWICZ Ryszard	611		M-Open	5	00:00:07	00:29:35.95	00:29:43.90	+00:12:55 (43.6%)	5:55	10.1 (56.1%)
394	WIRKUS Justyna	98	TEAM CHOJNICE	K-Open	7	00:00:25	00:29:37.15	00:30:02.90	+00:12:56 (43.7%)	5:55	10.1 (56.1%)
395	LEWIŃSKA Aleksandra	565		K-30	68	00:00:27	00:29:37.55	00:30:05.40	+00:12:56 (43.7%)	5:55	10.1 (56.1%)
396	LEWANDOWSKI Maciej	403	KEEPER	M-40	50	00:00:36	00:29:40.40	00:30:16.50	+00:12:59 (43.8%)	5:56	10.1 (56.1%)
397	KRZYŻAŃSKI Kacper	43	BYDGOSZCZ TRIATHLON TEAM	M-10	26	00:00:13	00:29:41.15	00:29:54.90	+00:13:00 (43.8%)	5:56	10.1 (56.1%)
398	LENC Agnieszka	216	POLONIA BYDGOSZCZ SLA	K-30	69	00:00:23	00:29:43.05	00:30:06.60	+00:13:02 (43.9%)	5:56	10.1 (56.1%)
398	KAWA Marcin	460	CUKIER & SERCE	M-40	51	00:01:08	00:29:43.05	00:30:51.55	+00:13:02 (43.9%)	5:56	10.1 (56.1%)
400	PIÓRKOWSKA Aga	6		K-30	70	00:01:01	00:29:43.35	00:30:44.40	+00:13:02 (43.9%)	5:56	10.1 (56.1%)
401	CZEKALSKA Beata	632		K-Open	8	00:00:24	00:29:44.80	00:30:09.70	+00:13:03 (43.9%)	5:57	10.1 (56.1%)
402	MIKLASZ Ola	273		K-30	71	00:00:42	00:29:45.90	00:30:27.90	+00:13:05 (44.0%)	5:57	10.1 (56.1%)
403	SZYSZKOWSKI Grzegorz	485	III LO	M-10	27	00:00:21	00:29:46.30	00:30:08.15	+00:13:05 (44.0%)	5:57	10.1 (56.1%)
404	HETEL Beata	444		K-30	72	00:00:21	00:29:48.95	00:30:10.65	+00:13:08 (44.1%)	5:57	10.1 (56.1%)
405	GAJEK Agnieszka	131	TASAK TEAM	K-30	73	00:00:32	00:29:49.65	00:30:22.50	+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	MAKOWSKA Justyna	120	TASAK TEAM	K-30	74	00:00:32	00:29:49.75	00:30:22.50	+00:13:08 (44.1%)	5:58	10.1 (56.1%)
407	JANKOWSKI Rafał	380	7 BDH	M-40	52	00:00:45	00:29:51.20	00:30:36.80	+00:13:10 (44.1%)	5:58	10.1 (56.1%)
408	KOPCIŃSKA Małgorzata	329		K-30	75	00:00:30	00:29:52.85	00:30:23.20	+00:13:12 (44.2%)	5:58	10 (55.6%)
409	GACKOWSKI Edward	554		M-60+	4	00:00:25	00:29:58.10	00:30:24.05	+00:13:17 (44.3%)	5:59	10 (55.6%)
410	MAJEWSKA Zuzanna	402		K-10	15	00:00:48	00:29:59.65	00:30:48.00	+00:13:18 (44.4%)	6:00	10 (55.6%)
411	MAKA Radek	267		M-30	87	00:00:04	00:30:00.40	00:30:05.20	+00:13:19 (44.4%)	6:00	10 (55.6%)
412	NAPIÓRKOWSKA Ewa	237		K-50	6	00:00:45	00:30:01.30	00:30:47.20	+00:13:20 (44.4%)	6:00	10 (55.6%)
413	SOBOLEWSKI Jarosław	275		M-40	53	00:00:29	00:30:02.70	00:30:32.15	+00:13:21 (44.5%)	6:00	10 (55.6%)
414	MIKOŁAJCZAK Aleksandra	103		K-30	76	00:00:59	00:30:05.35	00:31:04.90	+00:13:24 (44.6%)	6:01	10 (55.6%)
415	MADEJ Kamil	173	WELD-LINE TEAM	M-30	88	00:00:54	00:30:19.10	00:31:13.50	+00:13:38 (45.0%)	6:03	9.9 (55.0%)
416	ORWAT Tomasz	527	ŻKS POLONIA BYDGOSZCZ	M-20	57	00:00:05	00:30:20.90	00:30:26.25	+00:13:40 (45.0%)	6:04	9.9 (55.0%)
417	KAMZELEWSKI Filip	420		M-10	28	00:00:47	00:30:21.60	00:31:09.05	+00:13:40 (45.1%)	6:04	9.9 (55.0%)
418	KURANT Zuzanna	418		K-10	16	00:00:47	00:30:21.80	00:31:08.90	+00:13:40 (45.1%)	6:04	9.9 (55.0%)
419	RUDOL Damian			M-30	89	00:00:11	00:30:28.20	00:30:39.25	+00:13:47 (45.3%)	6:05	9.8 (54.4%)
420	BŁASZKIEWICZ Marzena	p47		K-10	17	00:00:07	00:30:32.05	00:30:39.50	+00:13:51 (45.4%)	6:06	9.8 (54.4%)
421	NOWAK Adam	593		M-40	54	00:00:53	00:30:34.10	00:31:27.30	+00:13:53 (45.4%)	6:06	9.8 (54.4%)
422	STEFANOWICZ Wojciech	135	RUN BYDGOSZCZ	M-30	90	00:00:53	00:30:36.90	00:31:29.90	+00:13:56 (45.5%)	6:07	9.8 (54.4%)
423	NOWAKOWSKA Paulina	434		K-30	77	00:00:49	00:30:37.25	00:31:27.20	+00:13:56 (45.5%)	6:07	9.8 (54.4%)
424	BARTKOWIAK Kasia	271		K-30	78	00:00:50	00:30:37.40	00:31:27.60	+00:13:56 (45.5%)	6:07	9.8 (54.4%)
425	ANDRYSZAK Karolina	509		K-30	79	00:00:53	00:30:38.40	00:31:31.90	+00:13:57 (45.6%)	6:07	9.8 (54.4%)
426	RAKOWSKI Wiesław	386	UKS KOPERNIK	M-50	15	00:00:40	00:30:40.70	00:31:20.85	+00:13:59 (45.6%)	6:08	9.8 (54.4%)
427	TELIŻYN Henryka	377	KOPERNIK BYDGOSZCZ	K-50	7	00:00:40	00:30:41.10	00:31:21.25	+00:14:00 (45.6%)	6:08	9.8 (54.4%)
428	NOWAK Piotr	493		M-40	55	00:00:10	00:30:45.15	00:30:55.95	+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	KOŁECKA KORONOWSKA Kamila	262		K-30	80	00:00:38	00:30:45.25	00:31:23.65	+00:14:04 (45.8%)	6:09	9.8 (54.4%)
430	PIETRZAK Aga	636		K-Open	9	00:00:00	00:30:49.60	00:30:49.60	+00:14:08 (45.9%)	6:09	9.7 (53.9%)
431	STORMANN Maja	204	TEAM CHOJNICE	K-30	81	00:00:22	00:30:54.60	00:31:16.60	+00:14:13 (46.0%)	6:10	9.7 (53.9%)
431	OPARCZYK Karolina	157		K-10	18	00:00:49	00:30:54.60	00:31:44.55	+00:14:13 (46.0%)	6:11	9.7 (53.9%)
433	CEGIELSKI Maciej	92	ŻANDARMI Z BYDGOSZCZY	M-40	56	00:00:36	00:30:58.60	00:31:35.50	+00:14:17 (46.2%)	6:11	9.7 (53.9%)
434	RACZYŃSKI Mikołaj	371		M-10	29	00:01:04	00:31:00.60	00:32:05.05	+00:14:19 (46.2%)	6:12	9.7 (53.9%)
435	RACZYŃSKI Mikołaj	370		M-10	30	00:01:03	00:31:00.75	00:32:04.70	+00:14:19 (46.2%)	6:12	9.7 (53.9%)
436	CZARNECKI Błażej	559		M-30	91	00:01:06	00:31:05.50	00:32:12.20	+00:14:24 (46.3%)	6:13	9.6 (53.3%)
437	ARNDT Robert	333		M-40	57	00:01:07	00:31:06.45	00:32:13.90	+00:14:25 (46.4%)	6:13	9.6 (53.3%)
438	KLABACHA Katarzyna	569		K-40	26	00:00:01	00:31:16.30	00:31:18.20	+00:14:35 (46.7%)	6:15	9.6 (53.3%)
439	NURKIEWICZ Zofia	334	KUNG FU PANDY 3	K-10	19	00:01:09	00:31:20.10	00:32:29.90	+00:14:39 (46.8%)	6:16	9.6 (53.3%)
440	NURKIEWICZ Jarosław	94	KUNG FU PANDY 3	M-40	58	00:01:10	00:31:20.30	00:32:30.30	+00:14:39 (46.8%)	6:16	9.6 (53.3%)
441	SOSNOWSKI Jakub	484		M-30	92	00:00:14	00:31:22.55	00:31:37.35	+00:14:41 (46.8%)	6:16	9.6 (53.3%)
442	SOSNOWSKA Aneta	482		K-30	82	00:00:14	00:31:23.45	00:31:37.65	+00:14:42 (46.9%)	6:16	9.6 (53.3%)
443	NOWAK Karol	249	BIEGAJ Z KAROLEM	M-30	93	00:00:24	00:31:29.10	00:31:53.25	+00:14:48 (47.0%)	6:17	9.5 (52.8%)
444	WENCEL Agnieszka	251	BIEGAM Z KAROLEM	K-20	37	00:00:24	00:31:29.20	00:31:53.55	+00:14:48 (47.0%)	6:17	9.5 (52.8%)
445	PIKULSKI Krzysztof	606		M-20	58	00:00:41	00:31:29.70	00:32:10.95	+00:14:48 (47.0%)	6:17	9.5 (52.8%)
446	FIUT Kazimierz	599		M-50	16	00:00:41	00:31:30.05	00:32:11.30	+00:14:49 (47.0%)	6:18	9.5 (52.8%)
447	MALCZEWSKA Mirka	344	SPORT FAKTORY	K-50	8	00:00:49	00:31:32.55	00:32:21.85	+00:14:51 (47.1%)	6:18	9.5 (52.8%)
448	PAWLAK Franciszek	121		M-20	59	00:01:03	00:31:37.45	00:32:40.75	+00:14:56 (47.3%)	6:19	9.5 (52.8%)
449	OSTAPCZUK Kamil	348	NAŁOGOWI POŻERACZE KILOMETRÓW	M-40	59	00:00:58	00:31:39.00	00:32:37.40	+00:14:58 (47.3%)	6:19	9.5 (52.8%)
450	OSTAPCZUK Monika	347	NAŁOGOWI POŻERACZE KILOMETRÓW	K-30	83	00:00:58	00:31:39.30	00:32:37.60	+00:14:58 (47.3%)	6:19	9.5 (52.8%)
451	RADKOWSKI Jakub	564		M-10	31	00:00:27	00:31:40.00	00:32:07.85	+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	RYGIEWICZ Hanna	332	GIMNAZJUM W BIAŁYCH BŁOTACH	K-10	21	00:00:03	00:32:44.55	00:32:48.50	+00:16:03 (49.1%)	6:33	9.2 (51.1%)
476	PATER Amelia	314		K-10	22	00:00:03	00:32:45.15	00:32:48.55	+00:16:04 (49.1%)	6:33	9.2 (51.1%)
477	HORABIK Waldemar	489		M-40	63	00:01:04	00:32:51.65	00:33:56.35	+00:16:10 (49.2%)	6:34	9.1 (50.6%)
478	WIOLA Maria	584		K-50	10	00:00:30	00:32:51.70	00:33:22.05	+00:16:10 (49.2%)	6:34	9.1 (50.6%)
479	BOJAREK Daniel	607		M-20	60	00:00:41	00:32:53.60	00:33:35.45	+00:16:12 (49.3%)	6:34	9.1 (50.6%)
480	DRAŹDŹEWSKI Marian	605		M-60+	5	00:00:41	00:32:54.20	00:33:35.75	+00:16:13 (49.3%)	6:34	9.1 (50.6%)
481	KOWALIK Katarzyna	79	TEAM CHOJNICE	K-20	40	00:00:26	00:33:02.35	00:33:28.70	+00:16:21 (49.5%)	6:36	9.1 (50.6%)
482	MARĆ Natalia	252	BIEGAM Z KAROLEM	K-30	96	00:00:23	00:33:04.40	00:33:28.25	+00:16:23 (49.6%)	6:37	9.1 (50.6%)
483	MAJEWSKI Wojciech	322		M-50	17	00:00:18	00:33:06.95	00:33:24.95	+00:16:26 (49.6%)	6:37	9.1 (50.6%)
484	CZEKAŁA Dorota	193		K-50	11	00:00:54	00:33:08.95	00:34:03.30	+00:16:28 (49.7%)	6:37	9 (50.0%)
485	KUZIAK Ola	192		K-50	12	00:00:54	00:33:09.80	00:34:03.95	+00:16:28 (49.7%)	6:37	9 (50.0%)
486	GOLLOB Oskar A.	523	ŻKS POLONIA BYDGOSZCZ	M-20	61	00:00:00	00:33:10.85	00:33:11.30	+00:16:30 (49.7%)	6:38	9 (50.0%)
487	MARSZAŁEK Agata	478		K-20	41	00:01:00	00:33:26.50	00:34:26.60	+00:16:45 (50.1%)	6:41	9 (50.0%)
488	ŁAWRECKA Natalia	327		K-20	42	00:00:59	00:33:27.25	00:34:26.75	+00:16:46 (50.1%)	6:41	9 (50.0%)
489	KONARZEWSKA Jolanta	91		K-40	28	00:00:44	00:33:44.10	00:34:28.95	+00:17:03 (50.6%)	6:44	8.9 (49.4%)
490	WIŚNIEWSKA Małgorzata	118		K-30	97	00:00:44	00:33:44.15	00:34:28.30	+00:17:03 (50.6%)	6:44	8.9 (49.4%)
491	WORONIECKA Anna	105		K-30	98	00:00:44	00:33:44.20	00:34:28.70	+00:17:03 (50.6%)	6:44	8.9 (49.4%)
492	KONOPIŃSKA Agnieszka	89	RUN BYDGOSZCZ	K-30	99	00:00:44	00:33:45.60	00:34:29.80	+00:17:04 (50.6%)	6:45	8.9 (49.4%)
493	POLEK Krystyna	128		K-30	100	00:00:43	00:33:46.60	00:34:29.90	+00:17:05 (50.6%)	6:45	8.9 (49.4%)
494	BOCZKAJA Agata	130		K-30	101	00:00:43	00:33:53.65	00:34:37.55	+00:17:12 (50.8%)	6:46	8.8 (48.9%)
495	STASIAK Renata	113		K-50	13	00:00:55	00:33:59.10	00:34:54.55	+00:17:18 (50.9%)	6:47	8.8 (48.9%)
496	RÓŻYCKA Jadwiga	186		K-50	14	00:00:54	00:33:59.45	00:34:54.40	+00:17:18 (50.9%)	6:48	8.8 (48.9%)
497	OLECH-SIUCHNIŃSKA Małgorzata	313	BIEGASIE	K-40	29	00:00:14	00:33:59.90	00:34:14.60	+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	HORABIK Jan	492		M-10	32	00:01:05	00:34:00.15	00:35:05.20	+00:17:19 (50.9%)	6:48	8.8 (48.9%)
499	SIUCHNIŃSKI Tomasz	311	BIEGASIE	M-30	97	00:00:15	00:34:00.30	00:34:16.00	+00:17:19 (50.9%)	6:48	8.8 (48.9%)
500	SKORA-TUPTANOWSKA Monika	168	WELD-LINE TEAM	K-30	102	00:01:00	00:34:06.90	00:35:07.45	+00:17:26 (51.1%)	6:49	8.8 (48.9%)
501	WRÓBLEWSKI Bolesław	309		M-40	64	00:00:36	00:34:09.15	00:34:45.40	+00:17:28 (51.2%)	6:49	8.8 (48.9%)
502	MELER Iwona	180		K-50	15	00:00:33	00:34:21.00	00:34:54.00	+00:17:40 (51.4%)	6:52	8.7 (48.3%)
503	WIŚNIEWSKA Ewa	124		K-40	30	00:00:25	00:34:29.85	00:34:55.45	+00:17:49 (51.6%)	6:54	8.7 (48.3%)
504	BOCIAN Natalia	486	BYDGOSZCZ TRIATHLON TEAM	K-20	43	00:00:08	00:35:00.75	00:35:08.80	+00:18:19 (52.4%)	7:00	8.6 (47.8%)
505	NAPIERALSKA Katarzyna	225		K-30	103	00:00:35	00:35:03.25	00:35:38.40	+00:18:22 (52.4%)	7:00	8.6 (47.8%)
506	JÓZEFIAK Agnieszka	222		K-Open	10	00:00:35	00:35:03.30	00:35:38.55	+00:18:22 (52.4%)	7:00	8.6 (47.8%)
507	IDZIKOWSKA Agnieszka	647		K-Open	11	00:01:05	00:35:04.75	00:36:10.60	+00:18:23 (52.4%)	7:01	8.6 (47.8%)
508	IDZIKOWSKI Mariusz	648		M-Open	6	00:01:05	00:35:04.95	00:36:10.75	+00:18:24 (52.5%)	7:01	8.6 (47.8%)
509	MENDEL Karolina	53		K-10	23	00:00:52	00:35:05.25	00:35:57.40	+00:18:24 (52.5%)	7:01	8.6 (47.8%)
510	KLUCZYŃSKA Blanka	30		K-30	104	00:00:14	00:35:15.55	00:35:30.20	+00:18:34 (52.7%)	7:03	8.5 (47.2%)
511	KRZYŻAŃSKA Pola	37	BYDGOSZCZ TRIATHLON TEAM	K-10	24	00:00:15	00:35:23.80	00:35:39.55	+00:18:42 (52.9%)	7:04	8.5 (47.2%)
512	KRZYŻAŃSKI Przemysław	40	BYDGOSZCZ TRIATHLON TEAM	M-40	65	00:00:15	00:35:23.90	00:35:39.70	+00:18:43 (52.9%)	7:04	8.5 (47.2%)
513	MUSIAŁ Elwira	35	BYDGOSZCZ TRIATHLON TEAM	K-30	105	00:00:15	00:35:24.05	00:35:39.55	+00:18:43 (52.9%)	7:04	8.5 (47.2%)
514	PIECZARA Iwona	577	KLINIKA TRIATHLONU BYDGOSZCZ	K-40	31	00:00:20	00:35:25.55	00:35:46.30	+00:18:44 (52.9%)	7:05	8.5 (47.2%)
514	SZYMAŃSKA Haina	627		K-50	16	00:00:55	00:35:25.55	00:36:20.55	+00:18:44 (52.9%)	7:05	8.5 (47.2%)
516	PIECZARA Michał	394	KLINIKA TRIATHLONU BYDGOSZCZ	M-20	62	00:00:20	00:35:25.75	00:35:46.45	+00:18:44 (52.9%)	7:05	8.5 (47.2%)
517	CHROBAK Kamila	74	TEAM CHOJNICE	K-30	106	00:00:27	00:35:34.70	00:36:01.90	+00:18:53 (53.1%)	7:06	8.4 (46.7%)
518	PATER Jarosław	310		M-40	66	00:00:42	00:35:45.60	00:36:27.80	+00:19:04 (53.4%)	7:09	8.4 (46.7%)
519	BARTNIK Przemysław	490		M-30	98	00:00:19	00:35:48.20	00:36:07.75	+00:19:07 (53.4%)	7:09	8.4 (46.7%)
520	SZWEDA Roma	22		K-20	44	00:00:52	00:35:51.60	00:36:43.65	+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	GRZYB Aleksandra	160		K-30	107	00:00:32	00:36:05.50	00:36:38.35	+00:19:24 (53.8%)	7:13	8.3 (46.1%)
522	BRZUCHALSKA Justyna	270		K-20	45	00:00:36	00:36:12.90	00:36:49.30	+00:19:32 (53.9%)	7:14	8.3 (46.1%)
523	LICZNERSKA Natalia	266		K-20	46	00:00:36	00:36:13.00	00:36:49.55	+00:19:32 (53.9%)	7:14	8.3 (46.1%)
524	SARNOWSKA Beata	33		K-20	47	00:00:51	00:36:17.70	00:37:09.60	+00:19:36 (54.0%)	7:15	8.3 (46.1%)
525	SZAMROWICZ Piotr	100		M-10	33	00:00:41	00:36:29.10	00:37:11.00	+00:19:48 (54.3%)	7:18	8.2 (45.6%)
526	KOWALSKA Katarzyna	136		K-30	108	00:00:14	00:36:32.45	00:36:46.50	+00:19:51 (54.4%)	7:18	8.2 (45.6%)
527	WALCZAK Joanna	229		K-30	109	00:00:13	00:36:33.70	00:36:47.20	+00:19:52 (54.4%)	7:18	8.2 (45.6%)
528	SLINKO Anna	231		K-30	110	00:00:12	00:36:33.85	00:36:46.60	+00:19:53 (54.4%)	7:18	8.2 (45.6%)
529	SZAMROWICZ Jacek	90		M-40	67	00:00:41	00:36:36.50	00:37:18.10	+00:19:55 (54.4%)	7:19	8.2 (45.6%)
530	BARTKOWIAK Agnieszka	438		K-30	111	00:00:05	00:36:43.70	00:36:49.55	+00:20:02 (54.6%)	7:20	8.2 (45.6%)
531	MADEJ Patrycja	171	WELD-LINE TEAM	K-20	48	00:00:54	00:37:05.70	00:38:00.15	+00:20:24 (55.0%)	7:25	8.1 (45.0%)
532	MAJEWSKA Aneta	641		K-50	17	00:00:00	00:37:07.35	00:37:07.35	+00:20:26 (55.1%)	7:25	8.1 (45.0%)
533	KOZIOŁ Mariusz	221	CLIMAG	M-30	99	00:00:27	00:37:56.50	00:38:24.20	+00:21:15 (56.0%)	7:35	7.9 (43.9%)
533	BINIENDA Katarzyna	11	BIMAT	K-30	112	00:00:27	00:37:56.50	00:38:23.55	+00:21:15 (56.0%)	7:35	7.9 (43.9%)
535	MAJDZIŃSKA Paulina	474		K-40	32	00:00:00	00:37:58.70	00:37:58.70	+00:21:17 (56.1%)	7:35	7.9 (43.9%)
536	RUTKOWSKA Ania	51		K-40	33	00:00:35	00:38:47.15	00:39:22.75	+00:22:06 (57.0%)	7:45	7.7 (42.8%)
537	BINIENDA Zbigniew	119	BIMAT	M-60+	6	00:00:28	00:39:17.00	00:39:45.25	+00:22:36 (57.5%)	7:51	7.6 (42.2%)
538	NOWAK Oliwia	494		K-30	113	00:00:24	00:39:19.25	00:39:44.15	+00:22:38 (57.6%)	7:52	7.6 (42.2%)
538	KUŹNIAR Patryk	190	CM UMK	M-10	34	00:00:49	00:39:19.25	00:40:08.65	+00:22:38 (57.6%)	7:51	7.6 (42.2%)
540	SZCZEŚNIAK Waldemar	635		M-Open	7	00:00:28	00:39:19.85	00:39:48.55	+00:22:39 (57.6%)	7:52	7.6 (42.2%)
541	SZCZEŚNIAK Magdalena	634		K-Open	12	00:00:28	00:39:20.05	00:39:48.30	+00:22:39 (57.6%)	7:52	7.6 (42.2%)
542	WYSTĘPSKA Agata	626		K-20	49	00:00:23	00:39:23.40	00:39:47.00	+00:22:42 (57.7%)	7:52	7.6 (42.2%)
543	GUCZALSKA Wioletta	290		K-30	114	00:00:36	00:39:43.40	00:40:19.50	+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	TUPTANOWSKI Wiesław	175	WELD-LINE TEAM	M-60+	7	00:01:01	00:40:58.30	00:41:59.60	+00:24:17 (59.3%)	8:11	7.3 (40.6%)
545	RESZKOWSKA Jolanta	p1		K-50	18	00:00:03	00:41:12.55	00:41:15.95	+00:24:31 (59.5%)	8:14	7.3 (40.6%)
546	NOWAK Agnieszka	362	III LO	K-40	34	00:00:02	00:41:13.40	00:41:15.70	+00:24:32 (59.5%)	8:14	7.3 (40.6%)
547	BINIENDA Martyna	10	BIMAT	K-10	25	00:00:25	00:41:44.55	00:42:09.90	+00:25:03 (60.0%)	8:20	7.2 (40.0%)
548	NOWAK Bartosz	557		M-10	35	00:00:25	00:41:48.75	00:42:14.35	+00:25:07 (60.1%)	8:21	7.2 (40.0%)
549	GŁOWACKI Maciej	195		M-40	68	00:00:10	00:42:04.05	00:42:14.30	+00:25:23 (60.3%)	8:24	7.1 (39.4%)
550	PANKOWSKA Ewa	116		K-40	35	00:00:09	00:42:05.20	00:42:14.90	+00:25:24 (60.4%)	8:25	7.1 (39.4%)
551	ROŚCISZEWSKI Alan	522		M-10	36	00:01:07	00:51:25.05	00:52:32.05	+00:34:44 (67.6%)	10:17	5.8 (32.2%)
552	ROŚCISZEWSKA Paulina	521		K-30	115	00:01:06	00:51:25.40	00:52:32.30	+00:34:44 (67.6%)	10:17	5.8 (32.2%)
553	ZARĘBSKA Sylwia	390		K-20	50	00:00:06					(0.0%)
554	BIAŁOWĄS Dariusz	283		M-40	69	00:01:02					(0.0%)

Znaleziono 554 wynik(ów)