



ROLL & RUN :: BIEG GŁÓWNY

B4SPORT

Wydarzenie: Roll & Run Bydgoszcz 2017
Organizator: Stowarzyszenie Podejmij Wyzwanie
Data: 2017-09-02
Miejsce: Bydgoszcz
Dystans: 8 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	TUCZYŃSKI Sylwester Leon	248	BYDGOSKIE OKONIE	M20	1	00:10:57	00:11:46	00:23:00.45	00:23:02.50		3:17	18.3 (100%)
2	BEDNARCZYK Adrian	385	1 POMORSKA BRYGADA LOGISTYCZNA	M30	1	00:10:57	00:11:46	00:23:06.40	00:23:08.45	+00:00:05 (0.4%)	3:18	18.2 (99.5%)
3	MOTOCZYŃSKI Wojciech	400	TKKF KOLEJARZ BYDGOSZCZ	M30	2	00:11:01	00:11:52	00:23:32.60	00:23:34.25	+00:00:31 (2.2%)	3:21	17.8 (97.3%)
4	ŁAZ Kamil	297	RUN BYDGOSZCZ	M30	3	00:11:34	00:12:25	00:23:49.90	00:23:51.55	+00:00:49 (3.4%)	3:24	17.6 (96.2%)
5	MRUK Tomasz	393	CZARNE STOPY.SM	M40	1	00:11:32	00:12:23	00:23:50.50	00:23:53.40	+00:00:50 (3.6%)	3:24	17.6 (96.2%)
6	JAGIEŁA Jarosław	312	TKKF KOLEJARZ BYDGOSZCZ	M40	2	00:11:34	00:12:26	00:24:11.20	00:24:13.65	+00:01:11 (4.9%)	3:27	17.4 (95.1%)
7	SZENK Marta	432		K30	1	00:11:38	00:12:30	00:24:17.35	00:24:19.60	+00:01:17 (5.3%)	3:28	17.3 (94.5%)
8	JAGODZIŃSKI Mateusz	407	BYDGOSKIE OKONIE	M20	2	00:11:34	00:12:26	00:24:21.90	00:24:23.75	+00:01:21 (5.6%)	3:28	17.2 (94.0%)
9	MACZYŃSKI Grzegorz	281	TKKF KOLEJARZ BYDGOSZCZ	M50	1	00:11:34	00:12:26	00:24:24.60	00:24:26.25	+00:01:23 (5.7%)	3:29	17.2 (94.0%)
10	ŻAL Robert	299	SPÓJNIA BIAŁE BŁOTA	M30	4	00:11:37	00:12:30	00:24:34.95	00:24:37.65	+00:01:35 (6.4%)	3:30	17.1 (93.4%)
11	KWIATKOWSKI Damian	420	RUN BYDGOSZCZ	M20	3	00:11:40	00:12:30	00:24:37.10	00:24:40.00	+00:01:37 (6.6%)	3:31	17.1 (93.4%)
12	RETECKI Krzysztof	419	BOGMAR/PRESTO OSTROMECKO	M40	3	00:11:53	00:12:47	00:25:09.95	00:25:12.85	+00:02:10 (8.6%)	3:35	16.7 (91.3%)
13	MAĆKOWSKI Maciej	346	MYŚLĘCINEK BDG	M30	5	00:11:53	00:12:45	00:25:16.35	00:25:16.35	+00:02:13 (8.8%)	3:36	16.6 (90.7%)
14	KOZŁOWSKI Rafał	333	RUN PASJA	M40	4	00:12:24	00:13:16	00:25:18.90	00:25:21.35	+00:02:18 (9.1%)	3:37	16.6 (90.7%)
15	ŁĄCZNY Jarosław	421	BYDGOSKIE OKONIE	M30	6	00:12:01	00:12:54	00:25:22.70	00:25:25.15	+00:02:22 (9.4%)	3:37	16.5 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
16	PIEKARSKI Marek	443		M40	5	00:11:59	00:12:54	00:25:33.45	00:25:33.45	+00:02:30 (9.8%)	3:39	16.4 (89.6%)
17	ROMANOWSKI Michal	306		M30	7	00:12:27	00:13:22	00:25:45.95	00:25:49.95	+00:02:47 (10.8%)	3:40	16.3 (89.1%)
18	KUBARSKI Julian	440	TKKF KOLEJARZ BYDGOSZCZ	M40	6	00:12:30	00:13:26	00:26:17.80	00:26:20.75	+00:03:18 (12.5%)	3:45	16 (87.4%)
19	KRYNICKI Maciej	204	PLICHWYŚCIG.PL	M20	4	00:12:28	00:13:26	00:26:30.90	00:26:35.45	+00:03:32 (13.3%)	3:47	15.8 (86.3%)
20	BUKOWSKI Maciej	214	SPORT4LIFE	M30	8	00:12:28	00:13:26	00:26:30.95	00:26:35.55	+00:03:33 (13.4%)	3:47	15.8 (86.3%)
21	CIBOROWSKI Sebastian	223	SEBA-SPORT PISZ	M40	7	00:12:29	00:13:29	00:26:35.05	00:26:37.65	+00:03:35 (13.5%)	3:47	15.8 (86.3%)
22	WOŹNIAKOWSKA Agata	298	RUN BYDGOSZCZ	K30	2	00:12:49	00:13:44	00:26:39.00	00:26:42.35	+00:03:39 (13.7%)	3:48	15.8 (86.3%)
23	GRALIK Jdrzej	401	BYDGOSKIE OKONIE	M20	5	00:12:54	00:13:52	00:26:58.50	00:27:02.00	+00:03:59 (14.8%)	3:51	15.6 (85.2%)
24	TACZKOWSKI Mateusz	442	DECATHLON FORDON TEAM	M20	6	00:12:29	00:13:28	00:27:33.95	00:27:38.20	+00:04:35 (16.6%)	3:56	15.2 (83.1%)
25	GALIŃSKI Bartosz	408	DEACTHLON FORDON TEAM	M20	7	00:12:53	00:13:52	00:27:44.45	00:27:48.70	+00:04:46 (17.2%)	3:57	15.1 (82.5%)
26	JUCHACZ Michał	275	DZIKI Z BALCZEWA/ POMAGAM.PL/MAGDALENA	M30	9	00:12:53	00:13:53	00:27:47.90	00:27:50.90	+00:04:48 (17.3%)	3:58	15.1 (82.5%)
27	BONAS Maciej	246	STOLNO TEAM	M20	8	00:12:59	00:13:58	00:27:49.30	00:27:50.95	+00:04:48 (17.3%)	3:58	15.1 (82.5%)
28	SZAJBE Michał	395	CZARNE STOPY.SM	M30	10	00:13:47	00:14:47	00:28:02.10	00:28:07.45	+00:05:04 (18.1%)	4:00	15 (82.0%)
29	LUDZKOWSKI Andrzej	348	KB KATORŹNIK MUROWANA GOŚLINA	M40	8	00:13:47	00:14:46	00:28:36.15	00:28:39.85	+00:05:37 (19.6%)	4:05	14.7 (80.3%)
30	KOSTAŃSKI Adam	213	BRODNICA BIEGA	M30	11	00:14:11	00:15:12	00:28:47.35	00:28:51.65	+00:05:49 (20.2%)	4:06	14.6 (79.8%)
31	ZIÓŁKOWSKI Julian	215	STOWARZYSZENIE WROTKARSKIE 'GDAŃSKIE LWY'	M50	2	00:13:51	00:14:52	00:28:51.20	00:28:52.25	+00:05:49 (20.2%)	4:07	14.6 (79.8%)
32	JANIAK Marek	382	STRZAŁKOWSKA GRUPA BIEGOWA SOKÓŁ	M40	9	00:13:34	00:14:37	00:28:49.60	00:28:52.35	+00:05:49 (20.2%)	4:07	14.6 (79.8%)
32	PARASZKA Łukasz	207		M30	12	00:13:54	00:15:00	00:28:48.40	00:28:52.35	+00:05:49 (20.2%)	4:07	14.6 (79.8%)
34	JAROCKA Beata	377		K40	1	00:13:49	00:14:51	00:28:54.55	00:28:56.95	+00:05:54 (20.4%)	4:07	14.5 (79.2%)
35	SOBCZAK Marcin	394	CZARNE STOPY.SM	M30	13	00:13:59	00:15:00	00:28:54.35	00:28:58.75	+00:05:56 (20.5%)	4:07	14.5 (79.2%)
36	JASIENIECKI Piotr	423		M40	10	00:14:07	00:15:10	00:29:09.25	00:29:14.75	+00:06:12 (21.2%)	4:09	14.4 (78.7%)
37	KADOW Ryszard	291		M40	11	00:14:08	00:15:10	00:29:11.40	00:29:16.70	+00:06:14 (21.3%)	4:10	14.4 (78.7%)
38	GRZEGORZEWSKI Rafał	391		M40	12	00:13:53	00:14:56	00:29:22.65	00:29:29.35	+00:06:26 (21.9%)	4:11	14.3 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
39	CHOJECKI Dariusz	216	ONIA TEAM	M50	3	00:13:56	00:15:01	00:29:31.75	00:29:34.20	+00:06:31 (22.1%)	4:13	14.2 (77.6%)
40	NIEDBALSKI Grzegorz	315	RUN BYDGOSZCZ	M50	4	00:14:07	00:15:10	00:29:32.35	00:29:37.55	+00:06:35 (22.2%)	4:13	14.2 (77.6%)
41	LAR Krystian	368	1993	M20	9	00:13:38	00:14:41	00:29:40.10	00:29:43.00	+00:06:40 (22.5%)	4:14	14.1 (77.0%)
42	GABRYCH Maciej	392	CZARNE STOPY.SM	M30	14	00:14:08	00:15:11	00:29:38.65	00:29:43.75	+00:06:41 (22.5%)	4:14	14.2 (77.6%)
43	OKOŃSKI Jarosław	335		M30	15	00:14:23	00:15:27	00:29:48.35	00:29:53.55	+00:06:51 (22.9%)	4:15	14.1 (77.0%)
44	KACZMAREK Sebastian	438		M30	16	00:14:13	00:15:17	00:29:58.35	00:30:01.85	+00:06:59 (23.3%)	4:16	14 (76.5%)
45	MITKOWSKA Natalia	218		K30	3	00:14:12	00:15:17	00:29:58.15	00:30:01.95	+00:06:59 (23.3%)	4:16	14 (76.5%)
46	TATULIŃSKA Aleksandra	431	RUN BYDGOSZCZ 2	K30	4	00:14:25	00:15:30	00:30:01.85	00:30:05.05	+00:07:02 (23.4%)	4:17	14 (76.5%)
47	MAJCHRZAK Dawid	314	ZOSIA TEAM	M30	17	00:14:14	00:15:16	00:29:59.85	00:30:07.65	+00:07:05 (23.5%)	4:17	14 (76.5%)
48	FELD Maciej	286	BZ WBK RUNNERS TEAM	M60+	1	00:14:09	00:15:16	00:30:08.20	00:30:13.35	+00:07:10 (23.8%)	4:18	13.9 (76.0%)
49	STĘPSKI Marek	234		M40	13	00:14:25	00:15:31	00:30:18.35	00:30:22.75	+00:07:20 (24.2%)	4:19	13.9 (76.0%)
50	ŚWIATOWY Krystian	322	ŚLIMAKI BARCIN	M30	18	00:14:26	00:15:29	00:30:16.15	00:30:25.05	+00:07:22 (24.2%)	4:19	13.9 (76.0%)
51	STYKAŁA Magdalena	276		K40	2	00:14:27	00:15:32	00:30:19.60	00:30:25.95	+00:07:23 (24.3%)	4:19	13.9 (76.0%)
52	CIBOROWSKA Aneta	222	SEBA-SPORT PISZ	K40	3	00:14:33	00:15:37	00:30:28.05	00:30:29.85	+00:07:27 (24.4%)	4:21	13.8 (75.4%)
53	SIUDA Sebastian	268	SOLECCY BIEGACZE	M40	14	00:14:33	00:15:37	00:30:25.25	00:30:33.65	+00:07:31 (24.6%)	4:20	13.8 (75.4%)
54	KRÓL Rafał	446		M30	19	00:15:13	00:16:16	00:31:00.40	00:31:11.65	+00:08:09 (26.1%)	4:25	13.5 (73.8%)
55	PIWOWSKI Maciej	345		M20	10	00:15:20	00:16:27	00:31:26.35	00:31:31.20	+00:08:28 (26.9%)	4:29	13.4 (73.2%)
56	WAWRZYNIAK Dawid	347	RUN BYDGOSZCZ 2	M30	20	00:15:15	00:16:19	00:31:16.20	00:31:31.40	+00:08:28 (26.9%)	4:28	13.4 (73.2%)
57	DĘBSKI Rafał	378	POLONIA BYDGOSZCZ SLA	M20	11	00:14:56	00:16:07	00:31:36.85	00:31:47.10	+00:08:44 (27.5%)	4:31	13.3 (72.7%)
58	LEŚNIEWICZ Danuta	211	MINIONSSPEEDTEAM	K30	5	00:15:09	00:16:17	00:31:43.80	00:31:48.35	+00:08:45 (27.6%)	4:32	13.2 (72.1%)
59	SADOWSKI Wojciech	212	AMATOR	M50	5	00:14:45	00:15:52	00:31:44.75	00:31:49.75	+00:08:47 (27.6%)	4:32	13.2 (72.1%)
60	CHOŚCIŃSKI Piotr	439	DZIK	M40	15	00:14:52	00:16:00	00:31:45.30	00:31:51.15	+00:08:48 (27.7%)	4:32	13.2 (72.1%)
61	PASTWA Donata	364	TRISPACE	K40	4	00:15:34	00:16:41	00:32:16.75	00:32:21.75	+00:09:19 (28.8%)	4:36	13 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
62	GIERSZEWSKA Grażyna	313		K40	5	00:15:39	00:16:48	00:32:18.95	00:32:25.90	+00:09:23 (29.0%)	4:37	13 (71.0%)
63	KOWALSKA Małgorzata	219		K40	6	00:15:36	00:16:42	00:32:16.70	00:32:26.40	+00:09:23 (29.0%)	4:36	13 (71.0%)
64	POPOWSKI Zbigniew	287	RUN BYDGOSZCZ 2	M60+	2	00:15:38	00:16:48	00:32:27.85	00:32:34.50	+00:09:32 (29.3%)	4:38	12.9 (70.5%)
65	SZEWczykowski Grzegorz	232	BYDGOSKIE ŻÓŁWIE	M30	21	00:15:29	00:16:36	00:32:28.70	00:32:37.10	+00:09:34 (29.4%)	4:38	12.9 (70.5%)
66	ETTINGER Justyna	260	RUN BYDGOSZCZ 2	K30	6	00:15:37	00:16:45	00:32:32.40	00:32:37.85	+00:09:35 (29.4%)	4:38	12.9 (70.5%)
67	GRUBCZYŃSKI Sławomir	371		M30	22	00:16:03	00:17:11	00:32:37.80	00:32:45.95	+00:09:43 (29.7%)	4:39	12.9 (70.5%)
68	URBAN Stanisław	410	INOWROCLAW BIEGA	M50	6	00:16:13	00:17:25	00:32:53.55	00:32:53.55	+00:09:51 (29.9%)	4:41	12.8 (69.9%)
69	WOJCIECHOWSKI Grzegorz	247	ATOS BYDGOSZCZ	M20	12	00:16:12	00:17:21	00:32:54.10	00:33:00.35	+00:09:57 (30.2%)	4:42	12.8 (69.9%)
70	BEDNAREK Marta	397	CZARNE STOPY.SM	K30	7	00:15:41	00:16:51	00:32:56.80	00:33:02.75	+00:10:00 (30.3%)	4:42	12.7 (69.4%)
71	BŁAŻEJAK Krzysztofa`	430	RUN BYDGOSZCZ 3	K30	8	00:15:49	00:16:55	00:32:48.55	00:33:03.05	+00:10:00 (30.3%)	4:41	12.8 (69.9%)
72	GROBELNA Angelika	328		K40	7	00:15:33	00:16:44	00:32:57.45	00:33:07.80	+00:10:05 (30.5%)	4:42	12.7 (69.4%)
73	CHRUŚCICKI Waldemar	435		M40	16	00:16:06	00:17:15	00:33:03.90	00:33:13.95	+00:10:11 (30.7%)	4:43	12.7 (69.4%)
74	CHRUPAŁA Rafał	326		M30	23	00:14:57	00:16:05	00:33:11.20	00:33:15.20	+00:10:12 (30.7%)	4:44	12.7 (69.4%)
75	JUSZCZAK Arur	448		M30	24	00:16:28	00:17:39	00:33:13.40	00:33:25.35	+00:10:22 (31.1%)	4:44	12.6 (68.9%)
76	KRUBER Karolina	319		K20	1	00:16:18	00:17:26	00:33:18.75	00:33:30.25	+00:10:27 (31.2%)	4:45	12.6 (68.9%)
77	KOPACZEWSKA Agata	353		K20	2	00:16:41	00:17:55	00:33:22.05	00:33:30.90	+00:10:28 (31.2%)	4:46	12.6 (68.9%)
78	KOSCIOWSKA Agnieszka	202	ZICO RACING SPEED TEAM	K30	9	00:15:45	00:16:59	00:33:28.20	00:33:31.55	+00:10:29 (31.3%)	4:46	12.5 (68.3%)
79	GOŁCZYŃSKI Tomasz	355		M40	17	00:15:10	00:16:23	00:33:31.65	00:33:38.65	+00:10:36 (31.5%)	4:47	12.5 (68.3%)
80	RENC Patryk	341	SERCE TYBETU	M20	13	00:16:33	00:17:44	00:33:52.15	00:33:56.55	+00:10:54 (32.1%)	4:50	12.4 (67.8%)
81	SKALISZ Ryszard	411		M60+	3	00:16:06	00:17:17	00:33:49.80	00:33:57.90	+00:10:55 (32.2%)	4:49	12.4 (67.8%)
82	STRYCZYŃSKI Marek	370	KLINIKA TRIATHLONU BYDGOSZCZ	M30	25	00:16:32	00:17:43	00:33:55.75	00:34:00.75	+00:10:58 (32.3%)	4:50	12.4 (67.8%)
83	DZIEŻA Roma	283	ITAX	K40	8	00:17:01	00:18:08	00:33:54.60	00:34:06.65	+00:11:04 (32.5%)	4:50	12.4 (67.8%)
84	BARANOWSKA Julia	388		K20	3	00:15:36	00:16:50	00:34:01.30	00:34:07.25	+00:11:04 (32.5%)	4:51	12.3 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
85	STYKAŁA Adrianna	277		K20	4	00:16:34	00:17:46	00:34:05.85	00:34:14.55	+00:11:12 (32.7%)	4:52	12.3 (67.2%)
86	CZYŻEWSKA Anna	272		K30	10	00:16:14	00:17:26	00:34:11.40	00:34:15.05	+00:11:12 (32.7%)	4:53	12.3 (67.2%)
87	TELEJKO Zbigniew	244	ROLL&RUN TEAM	M40	18	00:16:16	00:17:25	00:34:14.55	00:34:26.45	+00:11:23 (33.1%)	4:53	12.3 (67.2%)
88	PACZKOWSKI Mirosław	236		M40	19	00:16:59	00:18:12	00:34:18.15	00:34:29.80	+00:11:27 (33.2%)	4:54	12.2 (66.7%)
89	POTRZEBOWSKA Agata	255	DEAF	K30	11	00:17:04	00:18:17	00:34:42.05	00:34:51.50	+00:11:49 (33.9%)	4:57	12.1 (66.1%)
90	WYSOCKI Jerzy	396	CZARNE STOPY.SM	M50	7	00:16:47	00:18:00	00:34:41.05	00:34:52.70	+00:11:50 (33.9%)	4:57	12.1 (66.1%)
91	GUŹDZIOŁ Jarek	425		M30	26	00:16:40	00:17:55	00:34:59.95	00:35:08.40	+00:12:05 (34.4%)	5:00	12 (65.6%)
92	KOPICKI Mariusz	429		M40	20	00:16:25	00:17:35	00:35:08.15	00:35:14.85	+00:12:12 (34.6%)	5:01	12 (65.6%)
93	SZULC Małgorzata	428		K40	9	00:16:25	00:17:35	00:35:08.90	00:35:15.05	+00:12:12 (34.6%)	5:01	11.9 (65.0%)
94	TUCHOLSKI Mikołaj	415		M20	14	00:16:40	00:17:55	00:35:11.85	00:35:19.00	+00:12:16 (34.8%)	5:01	11.9 (65.0%)
95	TUCHOLSKA Helena	414		K20	5	00:16:40	00:17:55	00:35:11.80	00:35:19.10	+00:12:16 (34.8%)	5:01	11.9 (65.0%)
96	NIEDBALSKA Anna	338		K40	10	00:16:39	00:17:55	00:35:12.25	00:35:19.25	+00:12:16 (34.8%)	5:01	11.9 (65.0%)
97	NIEDBALSKI Przemysław	339	PRT ŻNIN	M40	21	00:16:39	00:17:54	00:35:12.15	00:35:19.60	+00:12:17 (34.8%)	5:01	11.9 (65.0%)
98	KISIEL Krystian	233		M30	27	00:16:22	00:17:31	00:35:10.75	00:35:23.20	+00:12:20 (34.9%)	5:01	11.9 (65.0%)
99	BOROWIAK Dominika	434		K30	12	00:17:21	00:18:27	00:35:14.80	00:35:25.05	+00:12:22 (34.9%)	5:02	11.9 (65.0%)
100	GADOMSKA Maria	409	RUN BYDGOSZCZ 3	K60+	1	00:16:59	00:18:13	00:35:27.15	00:35:31.90	+00:12:29 (35.2%)	5:03	11.8 (64.5%)
101	SIEWERT Hanna	380		K30	13	00:16:53	00:18:07	00:35:19.90	00:35:35.10	+00:12:32 (35.2%)	5:02	11.9 (65.0%)
102	ZAMIATOWSKA Kinga	267	ROLL&RUN TEAM	K40	11	00:17:12	00:18:26	00:35:40.20	00:35:45.90	+00:12:43 (35.6%)	5:05	11.8 (64.5%)
103	WOSIK Radosław	449		M30	28	00:16:37	00:17:53	00:35:41.95	00:35:53.30	+00:12:50 (35.8%)	5:06	11.8 (64.5%)
104	NUNZEK Agnieszka	417		K40	12	00:17:26	00:18:43	00:35:40.65	00:35:53.45	+00:12:50 (35.8%)	5:05	11.8 (64.5%)
105	PAWLAK Franciszek	363	POLONIA BYDGOSZCZ SLA	M20	15	00:17:34	00:18:52	00:35:46.15	00:35:57.00	+00:12:54 (35.9%)	5:06	11.7 (63.9%)
106	PIŃSKA Sylwia	274	INOWROCLAW BIEGA	K30	14	00:17:21	00:18:36	00:35:44.45	00:35:57.80	+00:12:55 (35.9%)	5:06	11.8 (64.5%)
107	RADECKI Maciej	359	CYBORGI	M40	22	00:17:46	00:19:02	00:35:48.30	00:35:59.15	+00:12:56 (36.0%)	5:07	11.7 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
108	ZDROJKOWSKA Joanna	231	ROLL&RUN TEAM	K50	1	00:17:33	00:18:49	00:35:52.85	00:36:00.20	+00:12:57 (36.0%)	5:07	11.7 (63.9%)
109	MALATYŃSKA Barbara	278		K40	13	00:17:33	00:18:51	00:35:54.25	00:36:01.70	+00:12:59 (36.0%)	5:07	11.7 (63.9%)
110	JELEŃ Agnieszka	292	VEGE RUNNERS	K30	15	00:16:50	00:18:06	00:35:55.85	00:36:07.20	+00:13:04 (36.2%)	5:08	11.7 (63.9%)
111	RATAJ Krzysztof	360	POLONIA BYDGOSZCZ SLA	M30	29	00:16:48	00:18:05	00:35:59.75	00:36:09.45	+00:13:06 (36.3%)	5:08	11.7 (63.9%)
112	SURMA Balbina	217		K20	6	00:17:01	00:18:20	00:36:22.90	00:36:26.15	+00:13:23 (36.8%)	5:11	11.5 (62.8%)
113	BIERNACKA Anna	265		K30	16	00:16:49	00:18:06	00:36:26.60	00:36:30.15	+00:13:27 (36.9%)	5:12	11.5 (62.8%)
114	JARZYŃSKI Maciej	279	BYDGOSKI DZIK BIEGOWY	M20	16	00:17:13	00:18:29	00:36:19.85	00:36:35.70	+00:13:33 (37.0%)	5:11	11.6 (63.4%)
115	PACZKOWSKA Joanna	386	AKADEMIA SPORT FACTORY	K20	7	00:17:21	00:18:40	00:36:33.00	00:36:38.15	+00:13:35 (37.1%)	5:13	11.5 (62.8%)
116	WOŁKIEWICZ Marcin	406		M30	30	00:16:50	00:18:11	00:36:31.60	00:36:40.05	+00:13:37 (37.2%)	5:13	11.5 (62.8%)
117	KOZŁOWSKA Dominika	375		K20	8	00:17:18	00:18:39	00:36:35.40	00:36:45.00	+00:13:42 (37.3%)	5:13	11.5 (62.8%)
118	POTRZEBOWSKI Marek	256	TWIX83	M30	31	00:17:52	00:19:11	00:36:39.95	00:36:49.45	+00:13:46 (37.4%)	5:14	11.5 (62.8%)
119	POPOWSKA Barbara	288	RUN BYDGOSZCZ 3	K60+	2	00:17:22	00:18:41	00:36:39.30	00:36:51.55	+00:13:49 (37.5%)	5:14	11.5 (62.8%)
120	GIŻA Wioletta	361	POLONIA BYDGOSZCZ SLA	K30	17	00:17:34	00:18:52	00:36:45.70	00:36:55.95	+00:13:53 (37.6%)	5:15	11.4 (62.3%)
121	KOZAKIEWICZ Marcin	296	TRAMWAJ FORDON TEAM	M40	23	00:17:24	00:18:50	00:36:44.80	00:36:56.55	+00:13:54 (37.6%)	5:15	11.4 (62.3%)
122	LUDZKOWSKA Edyta	349	KB KATORŻNIK MUROWANA GOŚLINA	K40	14	00:17:36	00:18:51	00:36:44.95	00:36:57.70	+00:13:55 (37.7%)	5:15	11.4 (62.3%)
123	RICHERT Teresa	245	STOLNO TEAM	K30	18	00:17:57	00:19:13	00:36:48.05	00:37:00.10	+00:13:57 (37.7%)	5:15	11.4 (62.3%)
124	MATUSZEWSKA Monika	251		K30	19	00:17:22	00:18:40	00:36:49.00	00:37:01.70	+00:13:59 (37.8%)	5:15	11.4 (62.3%)
125	BIERNAT Magdalena	295	SPORT4LIFE	K30	20	00:18:08	00:19:24	00:36:55.50	00:37:03.95	+00:14:01 (37.8%)	5:16	11.4 (62.3%)
126	KNIOŁA Lucyna	320		K40	15	00:17:29	00:18:55	00:37:07.10	00:37:10.80	+00:14:08 (38.0%)	5:18	11.3 (61.7%)
127	ZAORSKA Marta	402		K30	21	00:18:04	00:19:38	00:37:03.35	00:37:13.55	+00:14:11 (38.1%)	5:17	11.3 (61.7%)
128	OŻGA Agnieszka	334		K20	9	00:17:56	00:19:13	00:37:18.00	00:37:31.75	+00:14:29 (38.6%)	5:19	11.3 (61.7%)
129	OWCZARZAK Daria	381		K20	10	00:17:46	00:19:06	00:37:20.70	00:37:33.75	+00:14:31 (38.7%)	5:20	11.3 (61.7%)
130	GOTOWICZ Mariusz	376	KDP GOTOWICZ	M50	8	00:18:00	00:19:19	00:37:29.20	00:37:38.50	+00:14:36 (38.8%)	5:21	11.2 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
131	WOJTYSIAK Szymon	203	BYDGOSKIE OKONIE	M20	17	00:17:39	00:18:59	00:37:26.60	00:37:38.75	+00:14:36 (38.8%)	5:20	11.2 (61.2%)
132	ARNISTA Julia	433		K30	22	00:17:05	00:18:26	00:37:34.70	00:37:41.05	+00:14:38 (38.9%)	5:22	11.2 (61.2%)
133	ARENT Jan	317	1966	M50	9	00:17:17	00:18:36	00:37:50.40	00:37:56.65	+00:14:54 (39.3%)	5:24	11.1 (60.7%)
134	CEMKE Magdalena	337		K20	11	00:18:40	00:19:57	00:37:58.65	00:38:10.90	+00:15:08 (39.7%)	5:25	11.1 (60.7%)
135	DURDA Dominika	307		K20	12	00:18:32	00:19:55	00:38:02.15	00:38:11.90	+00:15:09 (39.7%)	5:26	11 (60.1%)
136	ZALECH Barbara	273		K30	23	00:17:52	00:19:13	00:38:04.20	00:38:15.35	+00:15:12 (39.8%)	5:26	11 (60.1%)
137	KISIELEWSKA Aleksandra	405		K30	24	00:18:04	00:19:38	00:38:30.55	00:38:41.15	+00:15:38 (40.4%)	5:30	10.9 (59.6%)
138	MARIANSKA Emilia	404		K40	16	00:18:25	00:19:51	00:38:39.90	00:38:54.30	+00:15:51 (40.8%)	5:31	10.9 (59.6%)
139	KOCHANSKA Wioletta	379		K40	17	00:18:23	00:19:46	00:38:48.55	00:38:57.90	+00:15:55 (40.9%)	5:32	10.8 (59.0%)
140	JAWORSKA Monika	303	BIEGAJĄCE CIACHA	K30	25	00:18:24	00:19:48	00:39:00.90	00:39:08.55	+00:16:06 (41.1%)	5:34	10.8 (59.0%)
141	JAWORSKI Tomasz	304	BIEGAJACE CIACHA	M30	32	00:18:25	00:19:48	00:39:00.85	00:39:08.75	+00:16:06 (41.1%)	5:34	10.8 (59.0%)
142	SAWIŃSKI Łukasz	284		M20	18	00:18:39	00:19:59	00:39:01.30	00:39:10.30	+00:16:07 (41.2%)	5:34	10.8 (59.0%)
143	MIŁKOWSKA Monika	264	MONIA BAND	K30	26	00:19:02	00:20:22	00:39:00.10	00:39:12.45	+00:16:09 (41.2%)	5:34	10.8 (59.0%)
144	JANICKI Robert	257	RUN BYDGOSZCZ 3	M30	33	00:19:04	00:20:25	00:39:03.00	00:39:13.35	+00:16:10 (41.3%)	5:34	10.8 (59.0%)
145	TOKARSKA Alicja	336	VEGE RUNNERS	K30	27	00:18:55	00:20:15	00:39:05.25	00:39:15.85	+00:16:13 (41.3%)	5:35	10.7 (58.5%)
146	CIESIELSKA Oktawia	242		K20	13	00:19:05	00:20:26	00:39:11.60	00:39:20.90	+00:16:18 (41.4%)	5:35	10.7 (58.5%)
147	SOBOWIEC Mirka	418	SOBOWIEC TEAM	K40	18	00:18:57	00:20:21	00:39:18.85	00:39:26.65	+00:16:24 (41.6%)	5:37	10.7 (58.5%)
148	BRZozowski Krzysztof	325	KLUBBEN TEAM	M30	34	00:19:43	00:21:05	00:39:29.60	00:39:43.00	+00:16:40 (42.0%)	5:38	10.6 (57.9%)
149	SOBCZAK Anna	399	CZARNE STOPY.SM	K30	28	00:19:19	00:20:42	00:39:31.20	00:39:43.45	+00:16:40 (42.0%)	5:38	10.6 (57.9%)
150	PIóRKOWSKA Aga	356		K30	29	00:18:05	00:19:23	00:39:34.95	00:39:45.90	+00:16:43 (42.1%)	5:39	10.6 (57.9%)
151	CHOŚCIŃSKA Agnieszka	437	RUN FOR FUN	K40	19	00:18:28	00:19:52	00:39:59.20	00:40:05.20	+00:17:02 (42.5%)	5:42	10.5 (57.4%)
152	STACHOWIAK Kamila	294		K20	14	00:19:15	00:20:38	00:40:02.65	00:40:11.40	+00:17:08 (42.7%)	5:43	10.5 (57.4%)
153	WESOŁOWSKA Aleksandra	237		K30	30	00:19:15	00:20:40	00:40:04.55	00:40:19.40	+00:17:16 (42.9%)	5:43	10.5 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.4km	Finish_All 3.6km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
154	LUZKOWSKA Klaudia	351	KB KATORŻNIK MUROWANA GOŚLINA	K20	15	00:19:49	00:21:17	00:40:39.90	00:40:53.00	+00:17:50 (43.6%)	5:48	10.3 (56.3%)
155	DUBIAŁ Rafał	205	ZICO RACING SPEED TEAM	M40	24	00:14:57	00:16:04	00:41:42.90	00:41:44.85	+00:18:42 (44.8%)	5:57	10.1 (55.2%)
156	MIKOŁAJCZAK Aleksandra	331	SOLECCY BIEGACZE	K30	31	00:19:11	00:20:44	00:41:42.75	00:41:51.75	+00:18:49 (45.0%)	5:57	10.1 (55.2%)
157	ROSOŁOWICZ Kamila	238		K30	32	00:19:42	00:21:13	00:42:56.30	00:43:11.60	+00:20:09 (46.7%)	6:08	9.8 (53.6%)
158	MARIAŃSKA Magdalena	403		K20	16	00:19:47	00:21:16	00:43:41.80	00:43:55.90	+00:20:53 (47.6%)	6:14	9.6 (52.5%)
159	BŁASZKIEWICZ Marzena	323		K30	33	00:19:53	00:21:33	00:43:57.30	00:44:05.45	+00:21:02 (47.7%)	6:16	9.6 (52.5%)
160	DANIELEK Adam	266	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M30	35	00:21:05	00:22:32	00:44:04.65	00:44:14.10	+00:21:11 (47.9%)	6:17	9.5 (51.9%)
161	PETELCZYC Olga	372		K20	17	00:21:53	00:23:27	00:44:04.25	00:44:14.50	+00:21:12 (47.9%)	6:17	9.5 (51.9%)
162	LUZKOWSKI Krzysztof	350	KB KATORŻNIK MUROWANA GOŚLINA	M20	19	00:21:56	00:23:28	00:44:00.10	00:44:14.70	+00:21:12 (47.9%)	6:17	9.5 (51.9%)
163	JANZEN Dirk	373		M30	36	00:21:53	00:23:27	00:44:05.05	00:44:15.35	+00:21:12 (47.9%)	6:17	9.5 (51.9%)
164	MALCZEWSKA Mirula	426	SPORT FAKTORY	K60+	3	00:21:04	00:22:32	00:44:14.75	00:44:23.75	+00:21:21 (48.1%)	6:19	9.5 (51.9%)
165	BIELENNY Michał	384		M60+	4	00:21:50	00:23:26	00:46:24.00	00:46:37.05	+00:23:34 (50.6%)	6:37	9.1 (49.7%)
166	DULKIEWICZ Mikołaj	342		M20	20	00:22:03	00:23:04	00:46:27.25	00:46:38.15	+00:23:35 (50.6%)	6:38	9 (49.2%)
167	NALEWALSKA Justyna	290	SERCE TYBETU	K20	18	00:21:53	00:23:28	00:46:51.20	00:47:06.50	+00:24:04 (51.1%)	6:41	9 (49.2%)
168	ZIELIŃSKA Justyna	329	SOLECCY BIEGACZE	K30	34	00:20:16	00:22:00	00:48:46.75	00:48:46.75	+00:25:44 (52.8%)	6:58	8.6 (47.0%)
	STANISZEWSKA Kasia	220		K40		00:18:28 DNF	00:19:53 DNF	DNF	DNF		-	- (0.0%)
	GURYN Wiktor	362	ZIELONY PELIKAN	M30		00:19:30 DNF	00:21:07 DNF	DNF	DNF		-	- (0.0%)
	ROMMEL Małgorzata	413	OBI TEAM	K30		00:22:07 DNF	DNF	DNF	DNF		-	- (0.0%)
	ĆWIKLIŃSKI Tomasz	424		M20		00:36:48 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 172 wynik(ów)