



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 | MYŚLECINEK 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 | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|---------------------|---------------------|--------------------|--------------------|----------------------|-----------------|-----------------|
| | | | | | | | | netto 7km | brutto 7km | | | |
| 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 | WAWRZY尼亚K 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%) |

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|-----|-------------------------------|------------|------------------------------|-----------|------|---------------------|---------------------|--------------------|--------------------|----------------------|-----------------|-----------------|
| | | | | | | | | 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%) |

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|-----|-----------------------|-------|-----------------------|-----------|------|---------------------|---------------------|--------------|---------------|----------------------|-----------------|-----------------|
| | | | | | | | | 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 netto 7km | Czas brutto 7km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|-------------------------------|-----------|------|---------------------|---------------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 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)