

## TRENING SYLWESTROWY 2020

Organizator: Rowerowa Brzoza  
 Data: 2020-12-31  
 Miejsce: Brzoza  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.



### TRENING SYLWESTROWY 2020, OPEN

| M-ce | Nazwisko i imię          | Nr  | Klub | M-scowość           | Kraj | Kat. | M. kat | K/M  | Drużyna                 | Klub                    | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|--------------------------|-----|------|---------------------|------|------|--------|------|-------------------------|-------------------------|----------|----------|----------|-------------|--------|------|
| 1    | TUCZYŃSKI SYLWESTER LEON | 138 |      | BYDGOSZCZ           | M-20 |      | 1      | M 1  | BYDGOSKIE OKONIE        | BYDGOSKIE OKONIE        | 00:11:53 | 00:23:47 | 00:35:43 | 00:35:51.00 | 3:35   | 16.7 |
| 2    | ŚWIĄTKOWSKI PAWEŁ        | 59  |      | TRZEMESZNO          | M-30 |      | 1      | M 2  |                         |                         | 00:12:01 | 00:24:08 | 00:36:24 | 00:36:33.80 | 3:39   | 16.4 |
| 3    | RYCHTER KAROL            | 170 |      |                     | M-40 |      | 1      | M 3  |                         |                         | 00:12:13 | 00:24:53 | 00:37:47 | 00:37:55.45 | 3:47   | 15.8 |
| 4    | CHRZĄSZCZ BARTEK         | 156 |      | PAKOŚĆ              | M-20 |      | 2      | M 4  |                         |                         | 00:12:12 | 00:25:09 | 00:38:04 | 00:38:11.40 | 3:49   | 15.7 |
| 5    | SOSNOWSKI KRZYSZTOF      | 99  |      | BYDGOSZCZ           | M-40 |      | 2      | M 5  |                         | SP 17 BYDGOSZCZ         | 00:12:47 | 00:25:36 | 00:38:04 | 00:38:12.05 | 3:49   | 15.7 |
| 6    | KOWALCZYK MAREK          | 149 |      | BYDGOSZCZ           | M-40 |      | 3      | M 6  | BRZOZA BIEGA            | BRZOZA BIEGA            | 00:12:36 | 00:25:34 | 00:38:11 | 00:38:19.45 | 3:49   | 15.7 |
| 7    | LENC SEBASTIAN           | 76  |      | LASKOWICE POMORSKIE | M-40 |      | 4      | M 7  | TKKF KOLEJARZ BYDGOSZCZ | TKKF KOLEJARZ BYDGOSZCZ | 00:12:32 | 00:25:26 | 00:38:16 | 00:38:24.05 | 3:50   | 15.6 |
| 8    | GOŁEMBIEWSKI MAREK       | 103 |      | BYDGOSZCZ           | M-40 |      | 5      | M 8  |                         |                         | 00:12:49 | 00:25:47 | 00:38:39 | 00:38:46.70 | 3:52   | 15.5 |
| 9    | DONARSKI FRANEK          | 107 |      | BYDGOSZCZ           | M-1  |      | 1      | M 9  | N BIKE ACADEMY          |                         | 00:12:46 | 00:25:45 | 00:38:41 | 00:38:48.70 | 3:52   | 15.5 |
| 10   | MUSIAŁ MICHAŁ            | 98  |      | BYDGOSZCZ           | M-50 |      | 1      | M 10 |                         |                         | 00:12:50 | 00:25:59 | 00:38:59 | 00:39:07.45 | 3:54   | 15.3 |
| 11   | TACZKOWSKI JAROSŁAW      | 166 |      |                     | M-40 |      | 6      | M 11 |                         |                         | 00:12:46 | 00:26:15 | 00:39:44 | 00:39:52.65 | 3:59   | 15.1 |
| 12   | MAGDZIARZ JAKUB          | 58  |      | PRZYŁĘKI            | M-40 |      | 7      | M 12 |                         | KANCELARIA HMM          | 00:12:46 | 00:26:11 | 00:39:47 | 00:39:55.10 | 3:59   | 15   |
| 13   | JASTRZĘBSKI KRZYSZTOF    | 110 |      | TORUŃ               | M-40 |      | 8      | M 13 |                         |                         | 00:13:10 | 00:26:40 | 00:39:50 | 00:39:57.10 | 3:59   | 15   |
| 14   | KRUPA PIOTR              | 20  |      | BYDGOSZCZ           | M-30 |      | 2      | M 14 |                         | WOODRUNNERS             | 00:13:16 | 00:26:40 | 00:39:50 | 00:39:57.70 | 3:59   | 15   |
| 15   | WŁODARSKI PRZEMYSŁAW     | 119 |      | BYDGOSZCZ           | M-30 |      | 3      | M 15 | POLONIA BYDGOSZCZ SLA   | POLONIA BYDGOSZCZ       | 00:13:18 | 00:26:47 | 00:40:31 | 00:40:39.20 | 4:03   | 14.8 |
| 16   | NIEDZIAŁKOWSKI PATRYK    | 144 |      | BYDGOSZCZ           | M-20 |      | 3      | M 16 | BYDGOSKIE OKONIE        | BYDGOSKIE OKONIE        | 00:12:55 | 00:26:46 | 00:40:48 | 00:40:56.65 | 4:05   | 14.7 |
| 17   | KUBANEK ŁUKASZ           | 85  |      | NIMECZ              | M-30 |      | 4      | M 17 | TEAMOCHAL               | TEAMOCHAL               | 00:13:44 | 00:27:12 | 00:40:50 | 00:40:58.70 | 4:05   | 14.6 |
| 18   | WACHOWSKI KAROL          | 48  |      | WARSZAWA            | M-40 |      | 9      | M 18 | AMS TRIATHLON           | AMS TRIATHLON           | 00:13:35 | 00:27:22 | 00:41:08 | 00:41:16.00 | 4:07   | 14.5 |
| 19   | WILLMA JAROSŁAW          | 127 |      | BYDGOSZCZ           | M-50 |      | 2      | M 19 | BRZOZA BIEGA            | BRZOZA BIEGA            | 00:13:40 | 00:27:47 | 00:41:56 | 00:42:04.55 | 4:12   | 14.3 |
| 20   | ANDRZEJEWSKI PAWEŁ       | 69  |      | NOWA WIEŚ WIELKA    | M-40 |      | 10     | M 20 |                         |                         | 00:13:48 | 00:28:19 | 00:42:31 | 00:42:40.45 | 4:16   | 14.1 |
| 21   | BARTOSZ MAREK            | 51  |      | KIKÓŁ               | M-40 |      | 11     | M 21 |                         |                         | 00:13:43 | 00:28:24 | 00:42:43 | 00:42:51.35 | 4:17   | 14   |
| 22   | KARCZMARCZYK MATEUSZ     | 143 |      | BYDGOSZCZ           | M-30 |      | 5      | M 22 |                         |                         | 00:13:51 | 00:28:22 | 00:42:40 | 00:42:55.55 | 4:17   | 14   |
| 23   | HENDRZAK SYLWESTER       | 134 |      | ŁUBIANKA            | M-30 |      | 6      | M 23 | CHOŁE KLÓLIKI           | CHOŁEKŁÓLIKI            | 00:14:08 | 00:28:39 | 00:42:45 | 00:43:00.95 | 4:18   | 14   |
| 24   | ŚWITAL LESZEK            | 63  |      | MARGONIN            | M-40 |      | 12     | M 24 |                         | MORSY MARGONIN-TAZAR    | 00:14:20 | 00:28:48 | 00:43:00 | 00:43:08.30 | 4:18   | 13.9 |
| 25   | KRYSKE MARIUSZ           | 101 |      | BIAŁE BŁOTA         | M-30 |      | 7      | M 25 | SPÓJNIA BIAŁE BŁOTA     |                         | 00:14:13 | 00:28:36 | 00:43:01 | 00:43:08.90 | 4:18   | 13.9 |
| 26   | CHRUSZCZEWSKI ANDRZEJ    | 81  |      | BYDGOSZCZ           | M-40 |      | 13     | M 26 |                         |                         | 00:14:30 | 00:28:45 | 00:43:00 | 00:43:10.80 | 4:19   | 13.9 |
| 27   | RACZYŃSKI KRZYSZTOF      | 15  |      | BYDGOSZCZ           | M-60 |      | 1      | M 27 |                         | BIEGAJĄCY FILOZOF TEAM  | 00:14:22 | 00:28:50 | 00:43:11 | 00:43:20.25 | 4:20   | 13.8 |
| 28   | GREZGOCKI PIOTR          | 10  |      | STRZELNO            | M-30 |      | 8      | M 28 |                         |                         | 00:14:15 | 00:28:44 | 00:43:14 | 00:43:23.55 | 4:20   | 13.8 |
| 29   | MENDEL PATRYK            | 3   |      | BYDGOSZCZ           | M-20 |      | 4      | M 29 | POLONIA BYDGOSZCZ SLA   | POLONIA BYDGOSZCZ       | 00:14:18 | 00:28:56 | 00:43:25 | 00:43:33.30 | 4:21   | 13.8 |
| 30   | PRĄDZYŃSKI MARCIN        | 32  |      | BYDGOSZCZ           | M-40 |      | 14     | M 30 | AMS TRIATHLON           | AMS TRIATHLON           | 00:15:40 | 00:29:28 | 00:43:28 | 00:43:36.90 | 4:21   | 13.8 |
| 31   | MACIŃSKI WALDEMAR        | 24  |      | BYDGOSZCZ           | M-30 |      | 9      | M 31 |                         |                         | 00:14:16 | 00:28:57 | 00:43:29 | 00:43:37.85 | 4:21   | 13.8 |
| 32   | TOMCZYK AGATA            | 4   |      | BYDGOSZCZ           | K-30 |      | 1      | K 1  | POLONIA BYDGOSZCZ SLA   | POLONIA BYDGOSZCZ       | 00:14:20 | 00:28:58 | 00:43:35 | 00:43:43.25 | 4:22   | 13.7 |

**TRENING SYLWESTROWY 2020, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub | M-scowość      | Kraj | Kat. | M. kat | K/M  | Drużyna                    | Klub                       | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|---------------------------|-----|------|----------------|------|------|--------|------|----------------------------|----------------------------|----------|----------|----------|-------------|--------|------|
| 33   | KŁOSOWSKI MARCIN          | 2   |      | BYDGOSZCZ      | M-40 |      | 15     | M 32 |                            |                            | 00:14:42 | 00:29:15 | 00:43:34 | 00:43:43.40 | 4:22   | 13.7 |
| 34   | SZWARC WALDEMAR           | 123 |      | LNIANO         | M-40 |      | 16     | M 33 |                            | AKTYWNE LNIANO             | 00:14:30 | 00:29:09 | 00:43:46 | 00:43:54.95 | 4:23   | 13.7 |
| 35   | JAGODZIŃSKA<br>MAGDALENA  | 116 |      | BYDGOSZCZ      | K-30 |      | 2      | K 2  | BYDGOSKIE OKONIE           | BYDGOSKIE OKONIE           | 00:14:29 | 00:29:13 | 00:43:48 | 00:43:56.35 | 4:23   | 13.7 |
| 36   | MICHALEWSKI<br>BARTOSZ    | 91  |      | BYDGOSZCZ      | M-40 |      | 17     | M 34 |                            | LUCKY LUCK                 | 00:14:42 | 00:29:33 | 00:44:00 | 00:44:08.55 | 4:24   | 13.6 |
| 37   | KAZUBOWSKI JACEK          | 21  |      | BIAŁE BŁOTA    | M-50 |      | 3      | M 35 |                            | TRIDARKO                   | 00:14:30 | 00:29:18 | 00:44:16 | 00:44:25.40 | 4:26   | 13.5 |
| 38   | CZAJKOWSKA SYLWIA         | 121 |      | BYDGOSZCZ      | K-40 |      | 1      | K 3  |                            | #ŻÓŁTOKRÓLEWSCY            | 00:14:29 | 00:29:18 | 00:44:18 | 00:44:26.70 | 4:26   | 13.5 |
| 39   | JAGODZIŃSKI MATEUSZ       | 117 |      | BYDGOSZCZ      | M-30 |      | 10     | M 36 | BYDGOSKIE OKONIE           | BYDGOSKIE OKONIE           | 00:14:50 | 00:29:41 | 00:44:49 | 00:44:58.25 | 4:29   | 13.3 |
| 40   | MACIOSZEK MARCIN          | 79  |      | BYDGOSZCZ      | M-40 |      | 18     | M 37 |                            |                            | 00:14:46 | 00:29:51 | 00:44:52 | 00:45:00.65 | 4:30   | 13.3 |
| 41   | STRZAŁKA ROBERT           | 90  |      | BYDGOSZCZ      | M-30 |      | 11     | M 38 |                            | 1. BLWL                    | 00:14:35 | 00:29:37 | 00:44:54 | 00:45:04.25 | 4:30   | 13.3 |
| 42   | GRALIK JĘDRZEJ            | 95  |      | BYDGOSZCZ      | M-20 |      | 5      | M 39 | BYDGOSKIE OKONIE           | BYDGOSKIE OKONIE           | 00:14:49 | 00:29:57 | 00:45:06 | 00:45:14.15 | 4:31   | 13.3 |
| 43   | ZAKURZEWSKI TOMASZ        | 151 |      | BRZOZA         | M-40 |      | 19     | M 40 | BRZOZA BIEGA               | BRZOZA BIEGA               | 00:14:48 | 00:29:56 | 00:45:09 | 00:45:18.65 | 4:31   | 13.2 |
| 44   | WASILEWSKA MARTYNA        | 33  |      | BYDGOSZCZ      | K-30 |      | 3      | K 4  |                            | AMS TRIATHLON              | 00:14:15 | 00:29:44 | 00:45:28 | 00:45:37.75 | 4:33   | 13.2 |
| 45   | KUBARSKI JULIAN           | 84  |      | BYDGOSZCZ      | M-40 |      | 20     | M 41 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:14:53 | 00:30:03 | 00:45:39 | 00:45:50.15 | 4:35   | 13.1 |
| 46   | GWIAZDOWSKI<br>KRZYSZTOF  | 11  |      | BYDGOSZCZ      | M-40 |      | 21     | M 42 |                            |                            | 00:14:55 | 00:30:26 | 00:45:42 | 00:45:52.90 | 4:35   | 13.1 |
| 47   | KUPRACZ ANDRZEJ           | 114 |      | BRZOZA         | M-40 |      | 22     | M 43 | BRZOZA BIEGA               | BRZOZA BIEGA               | 00:14:24 | 00:29:58 | 00:45:58 | 00:46:07.30 | 4:36   | 13   |
| 48   | TOMTAS KONRAD             | 42  |      | INOWROCŁAW     | M-40 |      | 23     | M 44 |                            | 56 BLOT                    | 00:15:47 | 00:31:11 | 00:46:03 | 00:46:13.30 | 4:37   | 13   |
| 49   | NOWACZYK BARTOSZ          | 22  |      | BYDGOSZCZ      | M-30 |      | 12     | M 45 |                            |                            | 00:15:01 | 00:30:39 | 00:46:08 | 00:46:18.20 | 4:37   | 13   |
| 50   | PAWLACZYK SZYMON          | 113 |      | BYDGOSZCZ      | M-30 |      | 13     | M 46 |                            |                            | 00:15:25 | 00:30:49 | 00:46:28 | 00:46:37.15 | 4:39   | 12.9 |
| 51   | NAMIEŚNIK KRZYSZTOF       | 65  |      | INOWROCŁAW     | M-40 |      | 24     | M 47 |                            | QSZYSIEKN                  | 00:15:48 | 00:31:12 | 00:46:40 | 00:46:49.30 | 4:40   | 12.8 |
| 52   | LEWANDOWSKI RAFAŁ         | 141 |      | TORUŃ          | M-30 |      | 14     | M 48 | SPC                        | SPC                        | 00:14:48 | 00:30:52 | 00:46:43 | 00:46:53.10 | 4:41   | 12.8 |
| 53   | BARSZCZEWSKI<br>SEBASTIAN | 13  |      | BYDGOSZCZ      | M-40 |      | 25     | M 49 |                            |                            | 00:15:41 | 00:31:25 | 00:46:43 | 00:46:54.05 | 4:41   | 12.8 |
| 54   | WIŚNIEWSKI ZBIGNIEW       | 100 |      | OLIMPIN        | M-50 |      | 4      | M 50 |                            | BRZOZA BIEGA               | 00:15:18 | 00:30:59 | 00:46:48 | 00:46:56.25 | 4:41   | 12.8 |
| 55   | BUZALSKI ROBERT           | 8   |      | BYDGOSZCZ      | M-40 |      | 26     | M 51 |                            | ORANGE POLSKA              | 00:14:31 | 00:30:27 | 00:46:51 | 00:47:01.10 | 4:42   | 12.8 |
| 56   | KIEŁCZYŃSKI MAREK         | 12  |      | PRZYŁĘKI       | M-40 |      | 27     | M 52 |                            |                            | 00:15:33 | 00:31:30 | 00:47:09 | 00:47:18.60 | 4:43   | 12.7 |
| 57   | DAWIDOWICZ MACIEJ         | 150 |      | BRZOZA         | M-40 |      | 28     | M 53 | BRZOZA BIEGA               | BRZOZA BIEGA               | 00:16:45 | 00:32:50 | 00:47:19 | 00:47:29.00 | 4:44   | 12.6 |
| 58   | SZEWS MAREK               | 34  |      | KORONOWO       | M-40 |      | 29     | M 54 |                            | AMS TRIATHLON              | 00:14:42 | 00:30:56 | 00:47:20 | 00:47:32.50 | 4:45   | 12.6 |
| 59   | WASILEWSKA AGATA          | 31  |      | BYDGOSZCZ      | K-30 |      | 4      | K 5  | AMS TRIATHLON              | AMS TRIATHLON              | 00:15:41 | 00:31:53 | 00:47:54 | 00:48:03.85 | 4:48   | 12.5 |
| 60   | GÓRSKI MARIAN             | 139 |      | SOLEC KUJAWSKI | M-60 |      | 2      | M 55 | BRZOZA BIEGA               | BRZOZA BIEGA               | 00:16:04 | 00:32:17 | 00:48:21 | 00:48:31.20 | 4:51   | 12.4 |
| 61   | TOMCZYK ZBIGNIEW          | 112 |      | GNIEZNO        | M-60 |      | 3      | M 56 | ALTOM GNIEZNO              | ALTOM GNIEZNO              | 00:16:24 | 00:32:36 | 00:48:24 | 00:48:33.65 | 4:51   | 12.4 |
| 62   | GROTA ARTUR               | 140 |      | SOLEC KUJAWSKI | M-40 |      | 30     | M 57 |                            |                            | 00:16:00 | 00:32:15 | 00:48:50 | 00:49:03.35 | 4:54   | 12.2 |
| 63   | RZEPECKI JACEK            | 66  |      | BYDGOSZCZ      | M-50 |      | 5      | M 58 |                            |                            | 00:16:45 | 00:33:09 | 00:49:23 | 00:49:33.80 | 4:57   | 12.1 |
| 64   | DROZDOWSKI DANIEL         | 105 |      | BYDGOSZCZ      | M-30 |      | 15     | M 59 |                            |                            | 00:15:39 | 00:32:20 | 00:49:34 | 00:49:44.95 | 4:58   | 12.1 |
| 65   | KWIATKOWSKI PIOTR         | 71  |      | BYDGOSZCZ      | M-30 |      | 16     | M 60 |                            |                            | 00:16:35 | 00:33:10 | 00:49:42 | 00:49:52.85 | 4:59   | 12   |
| 66   | PAŚ MICHAŁ                | 54  |      | GNIEZNO        | M-40 |      | 31     | M 61 | CHARTY SZELEJEWO           | CHARTY SZELEJEWO           | 00:16:41 | 00:32:34 | 00:49:55 | 00:50:08.40 | 5:00   | 12   |
| 67   | JARNOT OSKAR              | 142 |      | TORUŃ          | M-30 |      | 17     | M 62 |                            |                            | 00:16:09 | 00:33:00 | 00:50:09 | 00:50:18.60 | 5:01   | 11.9 |
| 68   | OTREBSKI KAMIL            | 146 |      | PIŻGA          | M-30 |      | 18     | M 63 |                            |                            | 00:16:06 | 00:32:40 | 00:50:07 | 00:50:18.95 | 5:01   | 11.9 |
| 69   | GRZEGORZEWSKI<br>RAFAŁ    | 82  |      | NIEMCZ         | M-40 |      | 32     | M 64 |                            | BRZOZA BIEGA               | 00:16:20 | 00:33:29 | 00:50:18 | 00:50:28.85 | 5:02   | 11.9 |
| 70   | BIERNAT MAGDALENA         | 7   |      | INOWROCŁAW     | K-30 |      | 5      | K 6  |                            | TG SOKÓŁ<br>GNIEWKOWO      | 00:16:20 | 00:33:23 | 00:50:36 | 00:50:46.70 | 5:04   | 11.8 |
| 71   | DOMAN JANUSZ              | 115 |      | BRZOZA         | M-60 |      | 4      | M 65 |                            | UKS SZABLA BRZOZA          | 00:16:34 | 00:33:40 | 00:50:55 | 00:51:05.50 | 5:06   | 11.7 |
| 72   | FULARA NADIA              | 47  |      | BYDGOSZCZ      | K-30 |      | 6      | K 7  |                            |                            | 00:16:49 | 00:33:55 | 00:51:28 | 00:51:40.40 | 5:10   | 11.6 |
| 73   | KUBIAK SŁAWOMIR           | 93  |      | BYDGOSZCZ      | M-50 |      | 6      | M 66 |                            |                            | 00:16:50 | 00:33:51 | 00:51:26 | 00:51:40.75 | 5:10   | 11.6 |
| 74   | STASZKIEWICZ LUCYNA       | 25  |      | BYDGOSZCZ      | K-50 |      | 1      | K 8  |                            | STASHKY TEAM               | 00:16:37 | 00:33:44 | 00:51:14 | 00:51:43.25 | 5:10   | 11.6 |
| 75   | SIKORA ANTONI             | 148 |      | ŻNIN           | M-70 |      | 1      | M 67 | ŻNIŃSKI KLUB<br>BIEGACZA   | ŻNIŃSKI KLUB<br>BIEGACZA   | 00:16:45 | 00:34:23 | 00:51:58 | 00:52:07.95 | 5:12   | 11.5 |
| 76   | ANDRZEJEWSKI<br>RYSZARD   | 86  |      | BYDGOSZCZ      | M-70 |      | 2      | M 68 |                            | ŻÓŁTOKRÓLEWSCY             | 00:16:45 | 00:34:22 | 00:52:12 | 00:52:22.90 | 5:14   | 11.5 |

**TRENING SYLWESTROWY 2020, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub            | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna                     | Klub  | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-----------------------|-----|-----------------|-----------|------|------|--------|------|-----------------------------|---|----------|----------|----------|-------------|--------|------|
| 77   | BRYWCZYŃSKA JUSTYNA   | 17  | PIECHCIN        |           | K-40 |      | 2      | K 9  |                             | #SLIMAKIBARCIN / RODOS TEAM                               | 00:17:21 | 00:34:52 | 00:52:14 | 00:52:24.15 | 5:14   | 11.5 |
| 78   | ŻYŁA MAGDALENA        | 23  | ŁABISZYN        |           | K-30 |      | 7      | K 10 |                             |   | 00:17:35 | 00:35:19 | 00:52:35 | 00:52:44.00 | 5:16   | 11.4 |
| 79   | MAZGA ADAM            | 137 | BRZOZA          |           | M-30 |      | 19     | M 69 |                             |   | 00:16:29 | 00:34:26 | 00:52:38 | 00:52:49.05 | 5:16   | 11.4 |
| 80   | KRUBER KAROLINA       | 164 | BYDGOSZCZ       |           | K-30 |      | 8      | K 11 |                             | TEAMOCHAL   | 00:17:34 | 00:35:18 | 00:52:44 | 00:52:54.30 | 5:17   | 11.3 |
| 81   | FUŁAT KAROL           | 167 |                 |           | M-50 |      | 7      | M 70 |                             |   | 00:16:20 | 00:34:33 | 00:52:44 | 00:52:55.85 | 5:17   | 11.3 |
| 82   | GRUDA MIROSLAW        | 73  | OSIELSKO        |           | M-60 |      | 5      | M 71 |                             | G TEAM  | 00:17:51 | 00:35:25 | 00:52:39 | 00:53:00.65 | 5:18   | 11.3 |
| 83   | LICA KRZYSZTOF        | 61  | BYDGOSZCZ       |           | M-50 |      | 8      | M 72 |                             | SISU-OWB<br>ROWERTOUR.COM                                 | 00:17:51 | 00:35:52 | 00:53:46 | 00:53:59.10 | 5:23   | 11.1 |
| 84   | STEJUK ALEKSANDRA     | 36  | BYDGOSZCZ       |           | K-40 |      | 3      | K 12 | AMS TRIATHLON               |   | 00:17:28 | 00:35:34 | 00:54:01 | 00:54:11.25 | 5:25   | 11.1 |
| 85   | MISUN-NOWAK KATARZYNA | 30  | OSÓWIEC         |           | K-40 |      | 3      | K 12 | AMS TRIATHLON               |   | 00:17:28 | 00:35:34 | 00:54:01 | 00:54:11.25 | 5:25   | 11.1 |
| 86   | STĘPIEŃ TOMASZ        | 1   | JARUŻYN         |           | M-40 |      | 33     | M 73 |                             |   | 00:18:34 | 00:36:36 | 00:54:01 | 00:54:12.40 | 5:25   | 11.1 |
| 87   | GROBELNA MONIKA       | 72  | KOBYLARNIA      |           | K-30 |      | 9      | K 14 |                             | G TEAM  | 00:18:13 | 00:36:07 | 00:54:58 | 00:55:08.15 | 5:30   | 10.9 |
| 88   | BADOWSKI KRZYSZTOF    | 147 | BYDGOSZCZ       |           | M-50 |      | 9      | M 74 | KSN ŁUCZNICZKA<br>BYDGOSZCZ | KSN ŁUCZNICZKA<br>BYDGOSZCZ                               | 00:18:12 | 00:36:28 | 00:55:05 | 00:55:25.20 | 5:32   | 10.8 |
| 89   | CZYŻEWSKA JUSTYNA     | 16  | BRZOZA          |           | K-30 |      | 10     | K 15 |                             |   | 00:18:05 | 00:36:36 | 00:55:10 | 00:55:25.50 | 5:32   | 10.8 |
| 90   | MACIOSZEK EWA         | 78  | BYDGOSZCZ       |           | K-40 |      | 5      | K 16 |                             |   | 00:18:07 | 00:36:37 | 00:55:22 | 00:55:33.20 | 5:33   | 10.8 |
| 91   | DROZDOWSKA PAULINA    | 104 | BYDGOSZCZ       |           | K-30 |      | 11     | K 17 |                             |   | 00:18:08 | 00:36:38 | 00:55:29 | 00:55:39.10 | 5:33   | 10.8 |
| 92   | RÓŻYCZKA JOANNA       | 67  | BYDGOSZCZ       |           | K-30 |      | 12     | K 18 |                             |   | 00:18:29 | 00:36:53 | 00:55:33 | 00:55:47.30 | 5:34   | 10.8 |
| 93   | LUDWINIAK PAWEŁ       | 28  | BYDGOSZCZ       |           | M-20 |      | 6      | M 75 |                             |   | 00:18:38 | 00:37:38 | 00:55:59 | 00:56:09.30 | 5:36   | 10.7 |
| 94   | ZAKURZEWSKI AREK      | 60  | BYDGOSZCZ       |           | M-50 |      | 10     | M 76 | NIE ZRZESZONY               |   | 00:17:56 | 00:37:08 | 00:56:07 | 00:56:14.35 | 5:37   | 10.7 |
| 95   | GROCHOWIAK PIOTR      | 87  | BARCIN          |           | M-30 |      | 20     | M 77 |                             |   | 00:18:37 | 00:37:40 | 00:56:47 | 00:56:57.30 | 5:41   | 10.5 |
| 96   | SMYK PIOTR            | 88  | BARCIN          |           | M-30 |      | 21     | M 78 |                             |   | 00:18:38 | 00:37:41 | 00:56:47 | 00:56:57.40 | 5:41   | 10.5 |
| 97   | FABROWSKI DAWID       | 120 | BYDGOSZCZ       |           | M-30 |      | 22     | M 79 |                             | TRITATA/OCHALTEAM   | 00:18:57 | 00:37:57 | 00:56:55 | 00:57:03.95 | 5:42   | 10.5 |
| 98   | SKRZĄTEK ANNA         | 53  | PRZYŁĘKI        |           | K-40 |      | 6      | K 19 |                             |   | 00:18:52 | 00:37:55 | 00:57:01 | 00:57:11.15 | 5:43   | 10.5 |
| 99   | ZAMIATOWSKA KINGA     | 169 |                 |           | K-40 |      | 7      | K 20 |                             |   | 00:18:51 | 00:37:54 | 00:57:02 | 00:57:12.20 | 5:43   | 10.5 |
| 100  | NIEMCZEWSKI MIROSLAW  | 19  | ŁABISZYN 89-210 |           | M-40 |      | 34     | M 80 |                             | ŁABISZYN RUNNERS  | 00:18:27 | 00:37:45 | 00:57:36 | 00:57:47.00 | 5:46   | 10.4 |
| 101  | MALATYŃSKA BARBARA    | 94  | PRZYŁĘKI        |           | K-40 |      | 8      | K 21 |                             |   | 00:19:18 | 00:38:39 | 00:57:58 | 00:58:09.30 | 5:48   | 10.3 |
| 102  | PODLEWSKA ANGELIKA    | 154 | BYDGOSZCZ       |           | K-20 |      | 1      | K 22 | BRZOZA BIEGA                | BRZOZA BIEGA  | 00:19:49 | 00:39:01 | 00:58:02 | 00:58:12.65 | 5:49   | 10.3 |
| 103  | PODBIELSKI ANDRZEJ    | 153 | BYDGOSZCZ       |           | M-50 |      | 11     | M 81 | BRZOZA BIEGA                | BRZOZA BIEGA  | 00:19:48 | 00:39:00 | 00:58:03 | 00:58:13.65 | 5:49   | 10.3 |
| 104  | JEDLIŃSKI JANUSZ      | 165 | NIEMCZ          |           | M-50 |      | 12     | M 82 | BRZOZA BIEGA                | BRZOZA BIEGA  | 00:19:49 | 00:39:01 | 00:58:03 | 00:58:14.10 | 5:49   | 10.3 |
| 105  | RYDLEWSKI MAREK       | 18  | CIELE           |           | M-50 |      | 13     | M 83 |                             | DAMIAN RUDNIK<br>TEAM/RUN<br>BYDGOSZCZ                    | 00:19:39 | 00:38:37 | 00:58:11 | 00:58:23.45 | 5:50   | 10.3 |
| 106  | DRÓZDŻ MAŁGOSIA       | 5   | BRZOZA          |           | K-30 |      | 13     | K 23 |                             |   | 00:19:54 | 00:39:26 | 00:58:25 | 00:58:35.40 | 5:51   | 10.2 |
| 107  | OLSZEWSKA BEATA       | 45  | INOWROCLAW      |           | K-30 |      | 14     | K 24 |                             |   | 00:20:09 | 00:39:42 | 00:58:54 | 00:59:10.35 | 5:55   | 10.1 |
| 108  | NADRAJKOWSKA JOANNA   | 80  | INOWROCLAW      |           | K-30 |      | 15     | K 25 |                             | DZIKIE KUNY   | 00:20:09 | 00:39:40 | 00:59:03 | 00:59:14.40 | 5:55   | 10.1 |
| 109  | CHROBAK TOMASZ        | 132 | PRZYŁĘKI        |           | M-40 |      | 35     | M 84 |                             |   | 00:19:58 | 00:39:34 | 00:59:11 | 00:59:21.75 | 5:56   | 10.1 |
| 110  | CHROBAK MAŁGORZATA    | 133 | PRZYŁĘKI        |           | K-30 |      | 16     | K 26 |                             |   | 00:19:59 | 00:39:35 | 00:59:11 | 00:59:22.65 | 5:56   | 10.1 |
| 111  | BRĄŃKA MATEUSZ        | 6   | KATOWICE        |           | M-20 |      | 7      | M 85 |                             |   | 00:20:00 | 00:39:33 | 00:59:12 | 00:59:23.00 | 5:56   | 10.1 |
| 112  | BŁĄŻEK KASIA          | 68  | BIALÉ BŁOTA     |           | K-30 |      | 17     | K 27 |                             |   | 00:19:47 | 00:39:24 | 00:59:19 | 00:59:28.45 | 5:56   | 10.1 |
| 113  | ZUPA WOJCIECH         | 128 | BYDGOSZCZ       |           | M-50 |      | 14     | M 86 |                             | SISU-OWB<br>ROWERTOUR.COM                                 | 00:19:32 | 00:39:19 | 00:59:50 | 01:00:00.40 | 6:00   | 10   |
| 114  | ZIELIŃSKI ANDRZEJ     | 41  | TORUŃ           |           | M-40 |      | 36     | M 87 |                             |   | 00:19:46 | 00:40:07 | 01:00:03 | 01:00:14.30 | 6:01   | 10   |
| 115  | PIONTEK ELŻBIETA      | 52  | BYDGOSZCZ       |           | K-60 |      | 1      | K 28 |                             |   | 00:20:20 | 00:40:36 | 01:00:17 | 01:00:29.55 | 6:02   | 9.9  |
| 116  | BERKA WIKTORIA        | 38  | ŁABISZYN        |           | K-1  |      | 1      | K 29 |                             |   | 00:18:53 | 00:39:10 | 01:00:32 | 01:00:43.45 | 6:04   | 9.9  |
| 117  | CZYŻAK JOANNA         | 35  | NOWY DWÓR       |           | K-40 |      | 9      | K 30 | AMS TRIATHLON               | AMS TRIATHLON<br>BYDGOSZCZ<br>AKADEMIA MISTRZÓW<br>SPORTU | 00:19:49 | 00:40:42 | 01:01:45 | 01:01:56.90 | 6:11   | 9.7  |
| 118  | LUDWINIAK BOGDAN      | 14  | BYDGOSZCZ       |           | M-50 |      | 15     | M 88 |                             |   | 00:19:56 | 00:40:52 | 01:01:50 | 01:02:03.50 | 6:12   | 9.7  |

**TRENING SYLWESTROWY 2020, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr   | Klub | M-scowość               | Kraj | Kat. | M. kat | K/M  | Drużyna                    | Klub                       | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-------------------------|------|------|-------------------------|------|------|--------|------|----------------------------|----------------------------|----------|----------|----------|-------------|--------|------|
| 119  | ZUPA MARTYNA            | 129  |      | BYDGOSZCZ               | K-20 |      | 2      | K 31 |                            | SISU-OWB<br>ROWERTOUR.COM  | 00:19:36 | 00:41:07 | 01:02:39 | 01:02:50.05 | 6:17   | 9.5  |
| 120  | RATAJ MACIEJ            | 44   |      | ŁOCHOWO                 | M-40 |      | 37     | M 89 |                            |                            | 00:19:21 | 00:41:42 | 01:02:50 | 01:03:01.50 | 6:18   | 9.5  |
| 121  | KRYSZTOFIAK ROBERT      | 83   |      | BRZOZA                  | M-40 |      | 38     | M 90 |                            |                            | 00:19:36 | 00:40:43 | 01:02:56 | 01:03:08.15 | 6:18   | 9.5  |
| 122  | LEWANDOWSKA SYLWIA      | 64   |      | BYDGOSZCZ               | K-40 |      | 10     | K 32 |                            |                            | 00:21:02 | 00:41:58 | 01:03:02 | 01:03:15.95 | 6:19   | 9.5  |
| 123  | JULLY ARKADIUSZ         | 106  |      | BRZOZA                  | M-40 |      | 39     | M 91 |                            |                            | 00:20:22 | 00:41:50 | 01:03:16 | 01:03:28.85 | 6:20   | 9.5  |
| 124  | PÓŁGĘSEK RAFAŁ          | 46   |      | SOLEC KUJAWSKI          | M-40 |      | 40     | M 92 |                            |                            | 00:21:27 | 00:42:22 | 01:03:26 | 01:03:37.60 | 6:21   | 9.4  |
| 125  | PISKORSKA MARTA         | 43   |      | SOLEC KUJAWSKI          | K-30 |      | 18     | K 33 |                            |                            | 00:21:26 | 00:42:21 | 01:03:27 | 01:03:37.75 | 6:21   | 9.4  |
| 126  | RYDLEWSKI ANDRZEJ       | 62   |      | BYDGOSZCZ               | M-40 |      | 41     | M 93 |                            |                            | 00:19:40 | 00:44:59 | 01:06:38 | 01:06:49.90 | 6:40   | 9    |
| 127  | NOSKOWIAK-BAJNO ALICJA  | 131  |      | BORÓWNO                 | K-40 |      | 11     | K 34 |                            | CHOŁEKŁÓLIKI               | 00:21:23 | 00:43:54 | 01:07:33 | 01:07:45.00 | 6:46   | 8.9  |
| 128  | BŁASZKIEWICZ MARZENA    | 130  |      | BORÓWNO                 | K-40 |      | 12     | K 35 |                            |                            | 00:21:32 | 00:44:00 | 01:07:33 | 01:07:45.55 | 6:46   | 8.9  |
| 129  | ŚLESINSKA EWA           | 136  |      | BRZOZA                  | K-40 |      | 13     | K 36 |                            |                            | 00:22:37 | 00:45:34 | 01:08:10 | 01:08:23.65 | 6:50   | 8.8  |
| 130  | ZAWISZEWSKI ADAM        | 135  |      | BRZOZA                  | M-30 |      | 23     | M 94 |                            |                            | 00:22:37 | 00:45:34 | 01:08:11 | 01:08:24.50 | 6:50   | 8.8  |
| 131  | AWIŻEŃ ANTONI           | 77   |      | BYDGOSZCZ               | M-70 |      | 3      | M 95 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:21:45 | 00:44:55 | 01:08:21 | 01:08:34.80 | 6:51   | 8.8  |
| 132  | REIWER ŁUKASZ           | 155  |      | BYDGOSZCZ               | M-30 |      | 24     | M 96 |                            |                            | 00:21:05 | 00:44:27 | 01:08:36 | 01:08:49.70 | 6:52   | 8.7  |
| 133  | SZWARC AGNIESZKA        | 124  |      | LNIANO                  | K-30 |      | 19     | K 37 |                            | AKTYWNE LNIANO             | 00:22:44 | 00:47:14 | 01:11:09 | 01:11:23.85 | 7:08   | 8.4  |
| 134  | LENC JANUSZ             | 75   |      | BYDGOSZCZ               | M-60 |      | 6      | M 97 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:23:36 | 00:47:05 | 01:11:11 | 01:11:28.10 | 7:08   | 8.4  |
| 135  | AUGUSTYNOWICZ KATARZYNA | 49   |      | BYDGOSZCZ               | K-40 |      | 14     | K 38 |                            |                            | 00:22:35 | 00:47:03 | 01:11:11 | 01:11:32.95 | 7:09   | 8.4  |
| 136  | SZYCHOWSKI JAROSŁAW     | 50   |      | WIERZCHUCICE            | M-30 |      | 25     | M 98 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:22:35 | 00:47:02 | 01:11:17 | 01:11:33.35 | 7:09   | 8.4  |
| 137  | JURECKA EWA             | 40   |      | JABŁONOWO<br>POMORSIE   | K-50 |      | 2      | K 39 |                            |                            | 00:22:44 | 00:46:38 | 01:11:44 | 01:11:58.00 | 7:11   | 8.3  |
| 138  | OTREBSKA AGATA          | 145  |      | PIGZA                   | K-30 |      | 20     | K 40 |                            |                            | 00:22:31 | 00:47:15 | 01:11:47 | 01:11:59.85 | 7:11   | 8.3  |
| 139  | MISUN MARIOLA           | 89   |      | ZIELONKA                | K-60 |      | 2      | K 41 |                            | AMS TRIATHLON              | 00:24:01 | 00:48:29 | 01:12:38 | 01:12:50.45 | 7:17   | 8.2  |
| 140  | ANGIEL WŁADYSŁAW        | 74   |      | BYDGOSZCZ               | M-70 |      | 4      | M 99 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:25:13 | 00:51:26 | 01:20:11 | 01:20:29.45 | 8:02   | 7.5  |
| DNC  | BUDAJ AGNIESZKA         | 111  |      | POZNAŃ                  | K-20 |      | DNC    | DNC  |                            |                            | 00:20:40 |          |          | 00:21:01.25 | 0:00   | 28.5 |
| DNC  | LEWICKA DAGMARA         | 152  |      | BYDGOSZCZ               | K-30 |      | DNC    | DNC  |                            |                            | 00:20:41 |          |          | 00:21:01.90 | 0:00   | 28.5 |
| DNC  | KLINIKOWSKI JACEK       | 29   |      | ŚWIEKATOWO              | M-50 |      | DNC    | DNC  |                            | KOCHAM ŻYCIE I...          | 00:23:52 |          |          | 00:26:27.20 | 0:00   | 22.7 |
| DNC  | POGORZELSKA BOGUSIA     | 37   |      | WIECZFANIA<br>KOSCIELNA | K-40 |      | DNC    | DNC  |                            |                            | 00:23:52 |          |          | 00:26:27.60 | 0:00   | 22.7 |
| DNC  | GRABOWSKA LUCYNA        | 2021 |      |                         | K-50 |      | DNC    | DNC  |                            |                            | 00:20:51 | 00:43:07 |          | 00:43:30.55 | 0:00   | 13.8 |
| DNC  | PAŚ KATARZYNA           | 55   |      | GNIEZNO                 | K-40 |      | DNC    | DNC  |                            |                            | 00:29:03 | 00:56:22 |          | 00:56:40.00 | 0:00   | 10.6 |

**TRENING SYLWESTROWY 2020, Kobiety**

| M-ce | Nazwisko i imię       | Nr  | Klub | M-scowość  | Kraj | Kat. | M. kat | K/M | Drużyna                  | Klub                     | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-----------------------|-----|------|------------|------|------|--------|-----|--------------------------|--------------------------|----------|----------|----------|-------------|--------|------|
| 1    | TOMCZYK AGATA         | 4   |      | BYDGOSZCZ  | K-30 |      | 1      | K 1 | POLONIA BYDGOSZCZ<br>SLA | POLONIA BYDGOSZCZ<br>SLA | 00:14:20 | 00:28:58 | 00:43:35 | 00:43:43.25 | 4:22   | 13.7 |
| 2    | JAGODZIŃSKA MAGDALENA | 116 |      | BYDGOSZCZ  | K-30 |      | 2      | K 2 | BYDGOSKIE OKONIE         | BYDGOSKIE OKONIE         | 00:14:29 | 00:29:13 | 00:43:48 | 00:43:56.35 | 4:23   | 13.7 |
| 3    | CZAJKOWSKA SYLWIA     | 121 |      | BYDGOSZCZ  | K-40 |      | 1      | K 3 |                          | #ŻÓŁTKRÓLEWSCY           | 00:14:29 | 00:29:18 | 00:44:18 | 00:44:26.70 | 4:26   | 13.5 |
| 4    | WASILEWSKA MARTYNA    | 33  |      | BYDGOSZCZ  | K-30 |      | 3      | K 4 |                          | AMS TRIATHLON            | 00:14:15 | 00:29:44 | 00:45:28 | 00:45:37.75 | 4:33   | 13.2 |
| 5    | WASILEWSKA AGATA      | 31  |      | BYDGOSZCZ  | K-30 |      | 4      | K 5 | AMS TRIATHLON            | AMS TRIATHLON            | 00:15:41 | 00:31:53 | 00:47:54 | 00:48:03.85 | 4:48   | 12.5 |
| 6    | BIERNAT MAGDALENA     | 7   |      | INOWROCŁAW | K-30 |      | 5      | K 6 |                          | TG SOKÓŁ<br>GNIEWKOWO    | 00:16:20 | 00:33:23 | 00:50:36 | 00:50:46.70 | 5:04   | 11.8 |
| 7    | FULARA NADIA          | 47  |      | BYDGOSZCZ  | K-30 |      | 6      | K 7 |                          |                          | 00:16:49 | 00:33:55 | 00:51:28 | 00:51:40.40 | 5:10   | 11.6 |
| 8    | STASZKIEWICZ LUCYNA   | 25  |      | BYDGOSZCZ  | K-50 |      | 1      | K 8 |                          | STASHKY TEAM             | 00:16:37 | 00:33:44 | 00:51:14 | 00:51:43.25 | 5:10   | 11.6 |

**TRENING SYLWESTROWY 2020, Kobiety c.d.**

| M-ce | Nazwisko i imię         | Nr   | Klub                    | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna       | Klub  | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-------------------------|------|-------------------------|-----------|------|------|--------|------|---------------|---|----------|----------|----------|-------------|--------|------|
| 9    | BRYWCZYŃSKA JUSTYNA     | 17   | PIECHCIN                |           | K-40 |      | 2      | K 9  |               | #SLIMAKIBARCIN /<br>RODOS TEAM                            | 00:17:21 | 00:34:52 | 00:52:14 | 00:52:24.15 | 5:14   | 11.5 |
| 10   | ŻYŁA MAGDALENA          | 23   | ŁABISZYN                |           | K-30 |      | 7      | K 10 |               |   | 00:17:35 | 00:35:19 | 00:52:35 | 00:52:44.00 | 5:16   | 11.4 |
| 11   | KRUBER KAROLINA         | 164  | BYDGOSZCZ               |           | K-30 |      | 8      | K 11 |               | TEAMOCHAL   | 00:17:34 | 00:35:18 | 00:52:44 | 00:52:54.30 | 5:17   | 11.3 |
| 12   | STEJUK ALEKSANDRA       | 36   | BYDGOSZCZ               |           | K-40 |      | 3      | K 12 | AMS TRIATHLON |   | 00:17:28 | 00:35:34 | 00:54:01 | 00:54:11.25 | 5:25   | 11.1 |
| 13   | MISUN-NOWAK KATARZYNA   | 30   | OSÓWIEC                 |           | K-40 |      | 3      | K 12 | AMS TRIATHLON |   | 00:17:28 | 00:35:34 | 00:54:01 | 00:54:11.25 | 5:25   | 11.1 |
| 14   | GROBELNA MONIKA         | 72   | KOBYLARNIA              |           | K-30 |      | 9      | K 14 |               | G TEAM  | 00:18:13 | 00:36:07 | 00:54:58 | 00:55:08.15 | 5:30   | 10.9 |
| 15   | CZYŻEWSKA JUSTYNA       | 16   | BRZOZA                  |           | K-30 |      | 10     | K 15 |               |   | 00:18:05 | 00:36:36 | 00:55:10 | 00:55:25.50 | 5:32   | 10.8 |
| 16   | MACIOSZEK EWA           | 78   | BYDGOSZCZ               |           | K-40 |      | 5      | K 16 |               |   | 00:18:07 | 00:36:37 | 00:55:22 | 00:55:33.20 | 5:33   | 10.8 |
| 17   | DROZDOWSKA PAULINA      | 104  | BYDGOSZCZ               |           | K-30 |      | 11     | K 17 |               |   | 00:18:08 | 00:36:38 | 00:55:29 | 00:55:39.10 | 5:33   | 10.8 |
| 18   | RÓŻYCZKA JOANNA         | 67   | BYDGOSZCZ               |           | K-30 |      | 12     | K 18 |               |   | 00:18:29 | 00:36:53 | 00:55:33 | 00:55:47.30 | 5:34   | 10.8 |
| 19   | SKRZĄTEK ANNA           | 53   | PRZYŁĘKI                |           | K-40 |      | 6      | K 19 |               |   | 00:18:52 | 00:37:55 | 00:57:01 | 00:57:11.15 | 5:43   | 10.5 |
| 20   | ZAMIATOWSKA KINGA       | 169  |                         |           | K-40 |      | 7      | K 20 |               |   | 00:18:51 | 00:37:54 | 00:57:02 | 00:57:12.20 | 5:43   | 10.5 |
| 21   | MALATYŃSKA BARBARA      | 94   | PRZYŁĘKI                |           | K-40 |      | 8      | K 21 |               |   | 00:19:18 | 00:38:39 | 00:57:58 | 00:58:09.30 | 5:48   | 10.3 |
| 22   | PODLEWSKA ANGELIKA      | 154  | BYDGOSZCZ               |           | K-20 |      | 1      | K 22 | BRZOZA BIEGA  | BRZOZA BIEGA  | 00:19:49 | 00:39:01 | 00:58:02 | 00:58:12.65 | 5:49   | 10.3 |
| 23   | DRÓDZ MAŁGOSIA          | 5    | BRZOZA                  |           | K-30 |      | 13     | K 23 |               |   | 00:19:54 | 00:39:26 | 00:58:25 | 00:58:35.40 | 5:51   | 10.2 |
| 24   | OLSZEWSKA BEATA         | 45   | INOWROCŁAW              |           | K-30 |      | 14     | K 24 |               |   | 00:20:09 | 00:39:42 | 00:58:54 | 00:59:10.35 | 5:55   | 10.1 |
| 25   | NADRAJKOWSKA JOANNA     | 80   | INOWROCŁAW              |           | K-30 |      | 15     | K 25 |               | DZIKIE KUNY   | 00:20:09 | 00:39:40 | 00:59:03 | 00:59:14.40 | 5:55   | 10.1 |
| 26   | CHROBAK MAŁGORZATA      | 133  | PRZYŁĘKI                |           | K-30 |      | 16     | K 26 |               |   | 00:19:59 | 00:39:35 | 00:59:11 | 00:59:22.65 | 5:56   | 10.1 |
| 27   | BŁĄZEK KASIA            | 68   | BIAŁE BŁOTA             |           | K-30 |      | 17     | K 27 |               |   | 00:19:47 | 00:39:24 | 00:59:19 | 00:59:28.45 | 5:56   | 10.1 |
| 28   | PIONTEK ELŻBIETA        | 52   | BYDGOSZCZ               |           | K-60 |      | 1      | K 28 |               |   | 00:20:20 | 00:40:36 | 01:00:17 | 01:00:29.55 | 6:02   | 9.9  |
| 29   | BERKA WIKTORIA          | 38   | ŁABISZYN                |           | K-1  |      | 1      | K 29 |               |   | 00:18:53 | 00:39:10 | 01:00:32 | 01:00:43.45 | 6:04   | 9.9  |
| 30   | CZYŻAK JOANNA           | 35   | NOWY DWÓR               |           | K-40 |      | 9      | K 30 | AMS TRIATHLON | AMS TRIATHLON<br>BYDGOSZCZ<br>AKADEMIA MISTRZÓW<br>SPORTU | 00:19:49 | 00:40:42 | 01:01:45 | 01:01:56.90 | 6:11   | 9.7  |
| 31   | ZUPA MARTYNA            | 129  | BYDGOSZCZ               |           | K-20 |      | 2      | K 31 |               | SISU-OWB<br>ROWERTOUR.COM                                 | 00:19:36 | 00:41:07 | 01:02:39 | 01:02:50.05 | 6:17   | 9.5  |
| 32   | LEWANDOWSKA SYLWIA      | 64   | BYDGOSZCZ               |           | K-40 |      | 10     | K 32 |               |   | 00:21:02 | 00:41:58 | 01:03:02 | 01:03:15.95 | 6:19   | 9.5  |
| 33   | PISKORSKA MARTA         | 43   | SOLEC KUJAWSKI          |           | K-30 |      | 18     | K 33 |               |   | 00:21:26 | 00:42:21 | 01:03:27 | 01:03:37.75 | 6:21   | 9.4  |
| 34   | NOSKOWIAK-BAJNO ALICJA  | 131  | BORÓWNO                 |           | K-40 |      | 11     | K 34 |               | CHOŁEKŁÓLIKI  | 00:21:23 | 00:43:54 | 01:07:33 | 01:07:45.00 | 6:46   | 8.9  |
| 35   | BŁASZKIEWICZ MARZENA    | 130  | BORÓWNO                 |           | K-40 |      | 12     | K 35 |               |   | 00:21:32 | 00:44:00 | 01:07:33 | 01:07:45.55 | 6:46   | 8.9  |
| 36   | ŚLESINSKA EWA           | 136  | BRZOZA                  |           | K-40 |      | 13     | K 36 |               |   | 00:22:37 | 00:45:34 | 01:08:10 | 01:08:23.65 | 6:50   | 8.8  |
| 37   | SZWARC AGNIESZKA        | 124  | LNIANO                  |           | K-30 |      | 19     | K 37 |               | AKTYWNE LNIANO  | 00:22:44 | 00:47:14 | 01:11:09 | 01:11:23.85 | 7:08   | 8.4  |
| 38   | AUGUSTYNOWICZ KATARZYNA | 49   | BYDGOSZCZ               |           | K-40 |      | 14     | K 38 |               |   | 00:22:35 | 00:47:03 | 01:11:11 | 01:11:32.95 | 7:09   | 8.4  |
| 39   | JURECKA EWA             | 40   | JABŁONOWO<br>POMORSIE   |           | K-50 |      | 2      | K 39 |               |   | 00:22:44 | 00:46:38 | 01:11:44 | 01:11:58.00 | 7:11   | 8.3  |
| 40   | OTREBSKA AGATA          | 145  | PIGZA                   |           | K-30 |      | 20     | K 40 |               |   | 00:22:31 | 00:47:15 | 01:11:47 | 01:11:59.85 | 7:11   | 8.3  |
| 41   | MISUN MARIOLA           | 89   | ZIELONKA                |           | K-60 |      | 2      | K 41 |               | AMS TRIATHLON   | 00:24:01 | 00:48:29 | 01:12:38 | 01:12:50.45 | 7:17   | 8.2  |
| DNC  | BUDAJ AGNIESZKA         | 111  | POZNAŃ                  |           | K-20 |      | DNC    | DNC  |               |   | 00:20:40 |          |          | 00:21:01.25 | 0:00   | 28.5 |
| DNC  | LEWICKA DAGMARA         | 152  | BYDGOSZCZ               |           | K-30 |      | DNC    | DNC  |               |   | 00:20:41 |          |          | 00:21:01.90 | 0:00   | 28.5 |
| DNC  | POGORZELSKA BOGUSIA     | 37   | WIECZFANIA<br>KOSCIELNA |           | K-40 |      | DNC    | DNC  |               |   | 00:23:52 |          |          | 00:26:27.60 | 0:00   | 22.7 |
| DNC  | GRABOWSKA LUCYNA        | 2021 |                         |           | K-50 |      | DNC    | DNC  |               |   | 00:20:51 | 00:43:07 |          | 00:43:30.55 | 0:00   | 13.8 |
| DNC  | PAŚ KATARZYNA           | 55   | GNIEZNO                 |           | K-40 |      | DNC    | DNC  |               |   | 00:29:03 | 00:56:22 |          | 00:56:40.00 | 0:00   | 10.6 |

**TRENING SYLWESTROWY 2020, Mężczyźni**

| M-ce | Nazwisko i imię          | Nr  | Klub | M-scowość           | Kraj | Kat. | M. kat | K/M  | Drużyna                 | Klub                    | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|--------------------------|-----|------|---------------------|------|------|--------|------|-------------------------|-------------------------|----------|----------|----------|-------------|--------|------|
| 1    | TUCZYŃSKI SYLWESTER LEON | 138 |      | BYDGOSZCZ           | M-20 |      | 1      | M 1  | BYDGOSKIE OKONIE        | BYDGOSKIE OKONIE        | 00:11:53 | 00:23:47 | 00:35:43 | 00:35:51.00 | 3:35   | 16.7 |
| 2    | ŚWIĄTKOWSKI PAWEŁ        | 59  |      | TRZEMESZNO          | M-30 |      | 1      | M 2  |                         |                         | 00:12:01 | 00:24:08 | 00:36:24 | 00:36:33.80 | 3:39   | 16.4 |
| 3    | RYCHTER KAROL            | 170 |      |                     | M-40 |      | 1      | M 3  |                         |                         | 00:12:13 | 00:24:53 | 00:37:47 | 00:37:55.45 | 3:47   | 15.8 |
| 4    | CHRZĄSZCZ BARTEK         | 156 |      | PAKOŚĆ              | M-20 |      | 2      | M 4  |                         |                         | 00:12:12 | 00:25:09 | 00:38:04 | 00:38:11.40 | 3:49   | 15.7 |
| 5    | SOSNOWSKI KRZYSZTOF      | 99  |      | BYDGOSZCZ           | M-40 |      | 2      | M 5  |                         | SP 17 BYDGOSZCZ         | 00:12:47 | 00:25:36 | 00:38:04 | 00:38:12.05 | 3:49   | 15.7 |
| 6    | KOWALCZYK MAREK          | 149 |      | BYDGOSZCZ           | M-40 |      | 3      | M 6  | BRZOZA BIEGA            | BRZOZA BIEGA            | 00:12:36 | 00:25:34 | 00:38:11 | 00:38:19.45 | 3:49   | 15.7 |
| 7    | LENC SEBASTIAN           | 76  |      | LASKOWICE POMORSKIE | M-40 |      | 4      | M 7  | TKKF KOLEJARZ BYDGOSZCZ | TKKF KOLEJARZ BYDGOSZCZ | 00:12:32 | 00:25:26 | 00:38:16 | 00:38:24.05 | 3:50   | 15.6 |
| 8    | GOLEMBIEWSKI MAREK       | 103 |      | BYDGOSZCZ           | M-40 |      | 5      | M 8  |                         |                         | 00:12:49 | 00:25:47 | 00:38:39 | 00:38:46.70 | 3:52   | 15.5 |
| 9    | DONARSKI FRANEK          | 107 |      | BYDGOSZCZ           | M-1  |      | 1      | M 9  | N BIKE ACADEMY          |                         | 00:12:46 | 00:25:45 | 00:38:41 | 00:38:48.70 | 3:52   | 15.5 |
| 10   | MUSIAŁ MICHAŁ            | 98  |      | BYDGOSZCZ           | M-50 |      | 1      | M 10 |                         |                         | 00:12:50 | 00:25:59 | 00:38:59 | 00:39:07.45 | 3:54   | 15.3 |
| 11   | TACZKOWSKI JAROSŁAW      | 166 |      |                     | M-40 |      | 6      | M 11 |                         |                         | 00:12:46 | 00:26:15 | 00:39:44 | 00:39:52.65 | 3:59   | 15.1 |
| 12   | MAGDZIARZ JAKUB          | 58  |      | PRZYŁĘKI            | M-40 |      | 7      | M 12 |                         | KANCELARIA HMM          | 00:12:46 | 00:26:11 | 00:39:47 | 00:39:55.10 | 3:59   | 15   |
| 13   | JASTRZĘBSKI KRZYSZTOF    | 110 |      | TORUŃ               | M-40 |      | 8      | M 13 |                         |                         | 00:13:10 | 00:26:40 | 00:39:50 | 00:39:57.10 | 3:59   | 15   |
| 14   | KRUPA PIOTR              | 20  |      | BYDGOSZCZ           | M-30 |      | 2      | M 14 |                         | WOODRUNNERS             | 00:13:16 | 00:26:40 | 00:39:50 | 00:39:57.70 | 3:59   | 15   |
| 15   | WŁODARSKI PRZEMYSŁAW     | 119 |      | BYDGOSZCZ           | M-30 |      | 3      | M 15 | POLONIA BYDGOSZCZ SLA   | POLONIA BYDGOSZCZ       | 00:13:18 | 00:26:47 | 00:40:31 | 00:40:39.20 | 4:03   | 14.8 |
| 16   | NIEDZIAŁKOWSKI PATRYK    | 144 |      | BYDGOSZCZ           | M-20 |      | 3      | M 16 | BYDGOSKIE OKONIE        | BYDGOSKIE OKONIE        | 00:12:55 | 00:26:46 | 00:40:48 | 00:40:56.65 | 4:05   | 14.7 |
| 17   | KUBANEK ŁUKASZ           | 85  |      | NIMECZ              | M-30 |      | 4      | M 17 | TEAMOCHAL               | TEAMOCHAL               | 00:13:44 | 00:27:12 | 00:40:50 | 00:40:58.70 | 4:05   | 14.6 |
| 18   | WACHOWSKI KAROL          | 48  |      | WARSZAWA            | M-40 |      | 9      | M 18 | AMS TRIATHLON           | AMS TRIATHLON           | 00:13:35 | 00:27:22 | 00:41:08 | 00:41:16.00 | 4:07   | 14.5 |
| 19   | WILLMA JAROSŁAW          | 127 |      | BYDGOSZCZ           | M-50 |      | 2      | M 19 | BRZOZA BIEGA            | BRZOZA BIEGA            | 00:13:40 | 00:27:47 | 00:41:56 | 00:42:04.55 | 4:12   | 14.3 |
| 20   | ANDRZEJEWSKI PAWEŁ       | 69  |      | NOWA WIEŚ WIELKA    | M-40 |      | 10     | M 20 |                         |                         | 00:13:48 | 00:28:19 | 00:42:31 | 00:42:40.45 | 4:16   | 14.1 |
| 21   | BARTOSZ MAREK            | 51  |      | KIKÓŁ               | M-40 |      | 11     | M 21 |                         |                         | 00:13:43 | 00:28:24 | 00:42:43 | 00:42:51.35 | 4:17   | 14   |
| 22   | KARCZMARCZYK MATEUSZ     | 143 |      | BYDGOSZCZ           | M-30 |      | 5      | M 22 |                         |                         | 00:13:51 | 00:28:22 | 00:42:40 | 00:42:55.55 | 4:17   | 14   |
| 23   | HENDRZAK SYLWESTER       | 134 |      | ŁUBIANKA            | M-30 |      | 6      | M 23 | CHOŁE KLÓLIKI           | CHOŁEKŁÓLIKI            | 00:14:08 | 00:28:39 | 00:42:45 | 00:43:00.95 | 4:18   | 14   |
| 24   | ŚWITAL LESZEK            | 63  |      | MARGONIN            | M-40 |      | 12     | M 24 |                         | MORSY MARGONIN-TAZAR    | 00:14:20 | 00:28:48 | 00:43:00 | 00:43:08.30 | 4:18   | 13.9 |
| 25   | KRYSKE MARIUSZ           | 101 |      | BIAŁE BŁOTA         | M-30 |      | 7      | M 25 | SPÓJNIA BIAŁE BŁOTA     |                         | 00:14:13 | 00:28:36 | 00:43:01 | 00:43:08.90 | 4:18   | 13.9 |
| 26   | CHRUSZCZEWSKI ANDRZEJ    | 81  |      | BYDGOSZCZ           | M-40 |      | 13     | M 26 |                         |                         | 00:14:30 | 00:28:45 | 00:43:00 | 00:43:10.80 | 4:19   | 13.9 |
| 27   | RACZYŃSKI KRZYSZTOF      | 15  |      | BYDGOSZCZ           | M-60 |      | 1      | M 27 |                         | BIEGAJĄCY FILOZOF TEAM  | 00:14:22 | 00:28:50 | 00:43:11 | 00:43:20.25 | 4:20   | 13.8 |
| 28   | GREZGOCKI PIOTR          | 10  |      | STRZELNO            | M-30 |      | 8      | M 28 |                         |                         | 00:14:15 | 00:28:44 | 00:43:14 | 00:43:23.55 | 4:20   | 13.8 |
| 29   | MENDEL PATRYK            | 3   |      | BYDGOSZCZ           | M-20 |      | 4      | M 29 | POLONIA BYDGOSZCZ SLA   | POLONIA BYDGOSZCZ SLA   | 00:14:18 | 00:28:56 | 00:43:25 | 00:43:33.30 | 4:21   | 13.8 |
| 30   | PRĄDZYŃSKI MARCIN        | 32  |      | BYDGOSZCZ           | M-40 |      | 14     | M 30 | AMS TRIATHLON           | AMS TRIATHLON           | 00:15:40 | 00:29:28 | 00:43:28 | 00:43:36.90 | 4:21   | 13.8 |
| 31   | MACIŃSKI WALDEMAR        | 24  |      | BYDGOSZCZ           | M-30 |      | 9      | M 31 |                         |                         | 00:14:16 | 00:28:57 | 00:43:29 | 00:43:37.85 | 4:21   | 13.8 |
| 32   | KŁOSOWSKI MARCIN         | 2   |      | BYDGOSZCZ           | M-40 |      | 15     | M 32 |                         |                         | 00:14:42 | 00:29:15 | 00:43:34 | 00:43:43.40 | 4:22   | 13.7 |
| 33   | SZWARC WALDEMAR          | 123 |      | LNIANO              | M-40 |      | 16     | M 33 |                         | AKTYWNE LNIANO          | 00:14:30 | 00:29:09 | 00:43:46 | 00:43:54.95 | 4:23   | 13.7 |
| 34   | MICHALEWSKI BARTOSZ      | 91  |      | BYDGOSZCZ           | M-40 |      | 17     | M 34 |                         | LUCKY LUCK              | 00:14:42 | 00:29:33 | 00:44:00 | 00:44:08.55 | 4:24   | 13.6 |
| 35   | KAZUBOWSKI JACEK         | 21  |      | BIAŁE BŁOTA         | M-50 |      | 3      | M 35 |                         | TRIDARKO                | 00:14:30 | 00:29:18 | 00:44:16 | 00:44:25.40 | 4:26   | 13.5 |
| 36   | JAGODZIŃSKI MATEUSZ      | 117 |      | BYDGOSZCZ           | M-30 |      | 10     | M 36 | BYDGOSKIE OKONIE        | BYDGOSKIE OKONIE        | 00:14:50 | 00:29:41 | 00:44:49 | 00:44:58.25 | 4:29   | 13.3 |
| 37   | MACIOSZEK MARCIN         | 79  |      | BYDGOSZCZ           | M-40 |      | 18     | M 37 |                         |                         | 00:14:46 | 00:29:51 | 00:44:52 | 00:45:00.65 | 4:30   | 13.3 |
| 38   | STRZAŁKA ROBERT          | 90  |      | BYDGOSZCZ           | M-30 |      | 11     | M 38 |                         | 1. BLWL                 | 00:14:35 | 00:29:37 | 00:44:54 | 00:45:04.25 | 4:30   | 13.3 |
| 39   | GRALIK JĘDRZEJ           | 95  |      | BYDGOSZCZ           | M-20 |      | 5      | M 39 | BYDGOSKIE OKONIE        | BYDGOSKIE OKONIE        | 00:14:49 | 00:29:57 | 00:45:06 | 00:45:14.15 | 4:31   | 13.3 |
| 40   | ZAKURZEWSKI TOMASZ       | 151 |      | BRZOZA              | M-40 |      | 19     | M 40 | BRZOZA BIEGA            | BRZOZA BIEGA            | 00:14:48 | 00:29:56 | 00:45:09 | 00:45:18.65 | 4:31   | 13.2 |

**TRENING SYLWESTROWY 2020, Mężczyźni c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub | M-scowość       | Kraj | Kat. | M. kat | K/M  | Drużyna                     | Klub                                   | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|--------------------------|-----|------|-----------------|------|------|--------|------|-----------------------------|--|----------|----------|----------|-------------|--------|------|
| 41   | KUBARSKI JULIAN          | 84  |      | BYDGOSZCZ       |      | M-40 | 20     | M 41 | TKKF KOLEJARZ<br>BYDGOSZCZ  | TKKF KOLEJARZ<br>BYDGOSZCZ             | 00:14:53 | 00:30:03 | 00:45:39 | 00:45:50.15 | 4:35   | 13.1 |
| 42   | GWIAZDOWSKI<br>KRZYSZTOF | 11  |      | BYDGOSZCZ       |      | M-40 | 21     | M 42 |                             |  | 00:14:55 | 00:30:26 | 00:45:42 | 00:45:52.90 | 4:35   | 13.1 |
| 43   | KUPRACZ ANDRZEJ          | 114 |      | BRZOZA          |      | M-40 | 22     | M 43 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:14:24 | 00:29:58 | 00:45:58 | 00:46:07.30 | 4:36   | 13   |
| 44   | TOMTAS KONRAD            | 42  |      | INOWROCLAW      |      | M-40 | 23     | M 44 |                             | 56 BLOT                                | 00:15:47 | 00:31:11 | 00:46:03 | 00:46:13.30 | 4:37   | 13   |
| 45   | NOWACZYK BARTOSZ         | 22  |      | BYDGOSZCZ       |      | M-30 | 12     | M 45 |                             |  | 00:15:01 | 00:30:39 | 00:46:08 | 00:46:18.20 | 4:37   | 13   |
| 46   | PAWLACZYK SZYMON         | 113 |      | BYDGOSZCZ       |      | M-30 | 13     | M 46 |                             |  | 00:15:25 | 00:30:49 | 00:46:28 | 00:46:37.15 | 4:39   | 12.9 |
| 47   | NAMIEŚNIK KRZYSZTOF      | 65  |      | INOWROCLAW      |      | M-40 | 24     | M 47 |                             | QSZYSIEKN                              | 00:15:48 | 00:31:12 | 00:46:40 | 00:46:49.30 | 4:40   | 12.8 |
| 48   | LEWANDOWSKI RAFAŁ        | 141 |      | TORUŃ           |      | M-30 | 14     | M 48 | SPC                         | SPC                                    | 00:14:48 | 00:30:52 | 00:46:43 | 00:46:53.10 | 4:41   | 12.8 |
| 49   | BARSCZEWSKI<br>SEBASTIAN | 13  |      | BYDGOSZCZ       |      | M-40 | 25     | M 49 |                             |  | 00:15:41 | 00:31:25 | 00:46:43 | 00:46:54.05 | 4:41   | 12.8 |
| 50   | WIŚNIEWSKI ZBIGNIEW      | 100 |      | OLIMPIN         |      | M-50 | 4      | M 50 |                             | BRZOZA BIEGA                           | 00:15:18 | 00:30:59 | 00:46:48 | 00:46:56.25 | 4:41   | 12.8 |
| 51   | BUZALSKI ROBERT          | 8   |      | BYDGOSZCZ       |      | M-40 | 26     | M 51 |                             | ORANGE POLSKA                          | 00:14:31 | 00:30:27 | 00:46:51 | 00:47:01.10 | 4:42   | 12.8 |
| 52   | KIELCZYŃSKI MAREK        | 12  |      | PRZYŁĘKI        |      | M-40 | 27     | M 52 |                             |  | 00:15:33 | 00:31:30 | 00:47:09 | 00:47:18.60 | 4:43   | 12.7 |
| 53   | DAWIDOWICZ MACIEJ        | 150 |      | BRZOZA          |      | M-40 | 28     | M 53 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:16:45 | 00:32:50 | 00:47:19 | 00:47:29.00 | 4:44   | 12.6 |
| 54   | SZEWS MAREK              | 34  |      | KORONOWO        |      | M-40 | 29     | M 54 |                             | AMS TRIATHLON                          | 00:14:42 | 00:30:56 | 00:47:20 | 00:47:32.50 | 4:45   | 12.6 |
| 55   | GÓRSKI MARIAN            | 139 |      | SOLEC KUJAWSKI  |      | M-60 | 2      | M 55 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:16:04 | 00:32:17 | 00:48:21 | 00:48:31.20 | 4:51   | 12.4 |
| 56   | TOMCZYK ZBIGNIEW         | 112 |      | GNIEZNO         |      | M-60 | 3      | M 56 | ALTOM GNIEZNO               | ALTOM GNIEZNO                          | 00:16:24 | 00:32:36 | 00:48:24 | 00:48:33.65 | 4:51   | 12.4 |
| 57   | GROTA ARTUR              | 140 |      | SOLEC KUJAWSKI  |      | M-40 | 30     | M 57 |                             |  | 00:16:00 | 00:32:15 | 00:48:50 | 00:49:03.35 | 4:54   | 12.2 |
| 58   | RZEPECKI JACEK           | 66  |      | BYDGOSZCZ       |      | M-50 | 5      | M 58 |                             |  | 00:16:45 | 00:33:09 | 00:49:23 | 00:49:33.80 | 4:57   | 12.1 |
| 59   | DROZDOWSKI DANIEL        | 105 |      | BYDGOSZCZ       |      | M-30 | 15     | M 59 |                             |  | 00:15:39 | 00:32:20 | 00:49:34 | 00:49:44.95 | 4:58   | 12.1 |
| 60   | KWIATKOWSKI PIOTR        | 71  |      | BYDGOSZCZ       |      | M-30 | 16     | M 60 |                             |  | 00:16:35 | 00:33:10 | 00:49:42 | 00:49:52.85 | 4:59   | 12   |
| 61   | PAS MICHAŁ               | 54  |      | GNIEZNO         |      | M-40 | 31     | M 61 | CHARTY SZELEJEWO            | CHARTY SZELEJEWO                       | 00:16:41 | 00:32:34 | 00:49:55 | 00:50:08.40 | 5:00   | 12   |
| 62   | JARNOT OSKAR             | 142 |      | TORUŃ           |      | M-30 | 17     | M 62 |                             |  | 00:16:09 | 00:33:00 | 00:50:09 | 00:50:18.60 | 5:01   | 11.9 |
| 63   | OTREBSKI KAMIL           | 146 |      | PIŻGA           |      | M-30 | 18     | M 63 |                             |  | 00:16:06 | 00:32:40 | 00:50:07 | 00:50:18.95 | 5:01   | 11.9 |
| 64   | GRZEGORZEWSKI<br>RAFAŁ   | 82  |      | NIEMCZ          |      | M-40 | 32     | M 64 |                             | BRZOZA BIEGA                           | 00:16:20 | 00:33:29 | 00:50:18 | 00:50:28.85 | 5:02   | 11.9 |
| 65   | DOMAN JANUSZ             | 115 |      | BRZOZA          |      | M-60 | 4      | M 65 |                             | UKS SZABLA BRZOZA                      | 00:16:34 | 00:33:40 | 00:50:55 | 00:51:05.50 | 5:06   | 11.7 |
| 66   | KUBIAK SŁAWOMIR          | 93  |      | BYDGOSZCZ       |      | M-50 | 6      | M 66 |                             |  | 00:16:50 | 00:33:51 | 00:51:26 | 00:51:40.75 | 5:10   | 11.6 |
| 67   | SIKORA ANTONI            | 148 |      | ŻNIN            |      | M-70 | 1      | M 67 | ŻNIŃSKI KLUB<br>BIEGACZA    | ŻNIŃSKI KLUB<br>BIEGACZA               | 00:16:45 | 00:34:23 | 00:51:58 | 00:52:07.95 | 5:12   | 11.5 |
| 68   | ANDRZEJEWSKI<br>RYSZARD  | 86  |      | BYDGOSZCZ       |      | M-70 | 2      | M 68 |                             | ŻÓŁTKRÓLEWSCY                          | 00:16:45 | 00:34:22 | 00:52:12 | 00:52:22.90 | 5:14   | 11.5 |
| 69   | MAZGA ADAM               | 137 |      | BRZOZA          |      | M-30 | 19     | M 69 |                             |  | 00:16:29 | 00:34:26 | 00:52:38 | 00:52:49.05 | 5:16   | 11.4 |
| 70   | FUŁAT KAROL              | 167 |      | M-50            |      | M-50 | 7      | M 70 |                             |  | 00:16:20 | 00:34:33 | 00:52:44 | 00:52:55.85 | 5:17   | 11.3 |
| 71   | GRUDA MIROSLAW           | 73  |      | OSIELSKO        |      | M-60 | 5      | M 71 |                             | G TEAM                                 | 00:17:51 | 00:35:25 | 00:52:39 | 00:53:00.65 | 5:18   | 11.3 |
| 72   | LICA KRZYSZTOF           | 61  |      | BYDGOSZCZ       |      | M-50 | 8      | M 72 |                             | SISU-OWB<br>ROWERTOUR.COM              | 00:17:51 | 00:35:52 | 00:53:46 | 00:53:59.10 | 5:23   | 11.1 |
| 73   | STĘPIEŃ TOMASZ           | 1   |      | JARUŻYN         |      | M-40 | 33     | M 73 |                             |  | 00:18:34 | 00:36:36 | 00:54:01 | 00:54:12.40 | 5:25   | 11.1 |
| 74   | BADOWSKI KRZYSZTOF       | 147 |      | BYDGOSZCZ       |      | M-50 | 9      | M 74 | KSN ŁUCZNICZKA<br>BYDGOSZCZ | KSN ŁUCZNICZKA<br>BYDGOSZCZ            | 00:18:12 | 00:36:28 | 00:55:05 | 00:55:25.20 | 5:32   | 10.8 |
| 75   | LUDWINIAK PAWEŁ          | 28  |      | BYDGOSZCZ       |      | M-20 | 6      | M 75 |                             |  | 00:18:38 | 00:37:38 | 00:55:59 | 00:56:09.30 | 5:36   | 10.7 |
| 76   | ZAKURZEWSKI AREK         | 60  |      | BYDGOSZCZ       |      | M-50 | 10     | M 76 | NIE ZRZESZONY               |  | 00:17:56 | 00:37:08 | 00:56:07 | 00:56:14.35 | 5:37   | 10.7 |
| 77   | GROCHOWIAK PIOTR         | 87  |      | BARCIN          |      | M-30 | 20     | M 77 |                             |  | 00:18:37 | 00:37:40 | 00:56:47 | 00:56:57.30 | 5:41   | 10.5 |
| 78   | SMYK PIOTR               | 88  |      | BARCIN          |      | M-30 | 21     | M 78 |                             |  | 00:18:38 | 00:37:41 | 00:56:47 | 00:56:57.40 | 5:41   | 10.5 |
| 79   | FABROWSKI DAWID          | 120 |      | BYDGOSZCZ       |      | M-30 | 22     | M 79 |                             | TRITATA/OCHALTEAM                      | 00:18:57 | 00:37:57 | 00:56:55 | 00:57:03.95 | 5:42   | 10.5 |
| 80   | NIEMCZEWSKI<br>MIROSLAW  | 19  |      | ŁABISZYN 89-210 |      | M-40 | 34     | M 80 |                             | ŁABISZYN RUNNERS                       | 00:18:27 | 00:37:45 | 00:57:36 | 00:57:47.00 | 5:46   | 10.4 |
| 81   | PODBIELSKI ANDRZEJ       | 153 |      | BYDGOSZCZ       |      | M-50 | 11     | M 81 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:19:48 | 00:39:00 | 00:58:03 | 00:58:13.65 | 5:49   | 10.3 |
| 82   | JEDLIŃSKI JANUSZ         | 165 |      | NIEMCZ          |      | M-50 | 12     | M 82 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:19:49 | 00:39:01 | 00:58:03 | 00:58:14.10 | 5:49   | 10.3 |
| 83   | RYDLEWSKI MAREK          | 18  |      | CIELE           |      | M-50 | 13     | M 83 |                             | DAMIAN RUDNIK<br>TEAM/RUN<br>BYDGOSZCZ | 00:19:39 | 00:38:37 | 00:58:11 | 00:58:23.45 | 5:50   | 10.3 |
| 84   | CHROBAK TOMASZ           | 132 |      | PRZYŁĘKI        |      | M-40 | 35     | M 84 |                             |  | 00:19:58 | 00:39:34 | 00:59:11 | 00:59:21.75 | 5:56   | 10.1 |
| 85   | BRAŃKA MATEUSZ           | 6   |      | KATOWICE        |      | M-20 | 7      | M 85 |                             |  | 00:20:00 | 00:39:33 | 00:59:12 | 00:59:23.00 | 5:56   | 10.1 |

**TRENING SYLWESTROWY 2020, Mężczyźni c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub | M-scowość      | Kraj | Kat. | M. kat | K/M  | Drużyna                    | Klub                       | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|------------------------|-----|------|----------------|------|------|--------|------|----------------------------|----------------------------|----------|----------|----------|-------------|--------|------|
| 86   | ZUPA WOJCIECH          | 128 |      | BYDGOSZCZ      |      | M-50 | 14     | M 86 |                            | SISU-OWB<br>ROWERTOUR.COM  | 00:19:32 | 00:39:19 | 00:59:50 | 01:00:00.40 | 6:00   | 10   |
| 87   | ZIELIŃSKI ANDRZEJ      | 41  |      | TORUŃ          |      | M-40 | 36     | M 87 |                            |                            | 00:19:46 | 00:40:07 | 01:00:03 | 01:00:14.30 | 6:01   | 10   |
| 88   | LUDWINIAK BOGDAN       | 14  |      | BYDGOSZCZ      |      | M-50 | 15     | M 88 |                            |                            | 00:19:56 | 00:40:52 | 01:01:50 | 01:02:03.50 | 6:12   | 9.7  |
| 89   | RATAJ MACIEJ           | 44  |      | ŁOCHOWO        |      | M-40 | 37     | M 89 |                            |                            | 00:19:21 | 00:41:42 | 01:02:50 | 01:03:01.50 | 6:18   | 9.5  |
| 90   | KRYSTOFIAK ROBERT      | 83  |      | BRZOZA         |      | M-40 | 38     | M 90 |                            |                            | 00:19:36 | 00:40:43 | 01:02:56 | 01:03:08.15 | 6:18   | 9.5  |
| 91   | JULLY ARKADIUSZ        | 106 |      | BRZOZA         |      | M-40 | 39     | M 91 |                            |                            | 00:20:22 | 00:41:50 | 01:03:16 | 01:03:28.85 | 6:20   | 9.5  |
| 92   | PÓŁGĘSEK RAFAŁ         | 46  |      | SOLEC KUJAWSKI |      | M-40 | 40     | M 92 |                            |                            | 00:21:27 | 00:42:22 | 01:03:26 | 01:03:37.60 | 6:21   | 9.4  |
| 93   | RYDLEWSKI ANDRZEJ      | 62  |      | BYDGOSZCZ      |      | M-40 | 41     | M 93 |                            |                            | 00:19:40 | 00:44:59 | 01:06:38 | 01:06:49.90 | 6:40   | 9    |
| 94   | ZAWISZEWSKI ADAM       | 135 |      | BRZOZA         |      | M-30 | 23     | M 94 |                            |                            | 00:22:37 | 00:45:34 | 01:08:11 | 01:08:24.50 | 6:50   | 8.8  |
| 95   | AWIŻEŃ ANTONI          | 77  |      | BYDGOSZCZ      |      | M-70 | 3      | M 95 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:21:45 | 00:44:55 | 01:08:21 | 01:08:34.80 | 6:51   | 8.8  |
| 96   | REIWER ŁUKASZ          | 155 |      | BYDGOSZCZ      |      | M-30 | 24     | M 96 |                            |                            | 00:21:05 | 00:44:27 | 01:08:36 | 01:08:49.70 | 6:52   | 8.7  |
| 97   | LENC JANUSZ            | 75  |      | BYDGOSZCZ      |      | M-60 | 6      | M 97 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:23:36 | 00:47:05 | 01:11:11 | 01:11:28.10 | 7:08   | 8.4  |
| 98   | SZYCHOWSKI<br>JAROSŁAW | 50  |      | WIERZCHUCICE   |      | M-30 | 25     | M 98 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:22:35 | 00:47:02 | 01:11:17 | 01:11:33.35 | 7:09   | 8.4  |
| 99   | ANGIEL WŁADYSŁAW       | 74  |      | BYDGOSZCZ      |      | M-70 | 4      | M 99 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:25:13 | 00:51:26 | 01:20:11 | 01:20:29.45 | 8:02   | 7.5  |
| DNC  | KLINIKOWSKI JACEK      | 29  |      | ŚWIEKATOWO     |      | M-50 | DNC    | DNC  |                            | KOCHAM ŻYCIE I...          | 00:23:52 |          |          | 00:26:27.20 | 0:00   | 22.7 |

**TRENING SYLWESTROWY 2020, K-1**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna | Klub | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-----------------|----|------|-----------|------|------|--------|------|---------|------|----------|----------|----------|-------------|--------|------|
| 1    | BERKA WIKTORIA  | 38 |      | ŁABISZYN  |      | K-1  | 1      | K 29 |         |      | 00:18:53 | 00:39:10 | 01:00:32 | 01:00:43.45 | 6:04   | 9.9  |

**TRENING SYLWESTROWY 2020, M-1**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna        | Klub | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-----------------|-----|------|-----------|------|------|--------|-----|----------------|------|----------|----------|----------|-------------|--------|------|
| 1    | DONARSKI FRANEK | 107 |      | BYDGOSZCZ |      | M-1  | 1      | M 9 | N BIKE ACADEMY |      | 00:12:46 | 00:25:45 | 00:38:41 | 00:38:48.70 | 3:52   | 15.5 |

**TRENING SYLWESTROWY 2020, K-20**

| M-ce | Nazwisko i imię    | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna      | Klub                      | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|--------------------|-----|------|-----------|------|------|--------|------|--------------|---------------------------|----------|----------|----------|-------------|--------|------|
| 1    | PODLEWSKA ANGELIKA | 154 |      | BYDGOSZCZ |      | K-20 | 1      | K 22 | BRZOZA BIEGA | BRZOZA BIEGA              | 00:19:49 | 00:39:01 | 00:58:02 | 00:58:12.65 | 5:49   | 10.3 |
| 2    | ZUPA MARTYNA       | 129 |      | BYDGOSZCZ |      | K-20 | 2      | K 31 |              | SISU-OWB<br>ROWERTOUR.COM | 00:19:36 | 00:41:07 | 01:02:39 | 01:02:50.05 | 6:17   | 9.5  |
| DNC  | BUDAJ AGNIESZKA    | 111 |      | POZNAŃ    |      | K-20 | DNC    | DNC  |              |                           | 00:20:40 |          |          | 00:21:01.25 | 0:00   | 28.5 |

**TRENING SYLWESTROWY 2020, M-20**

| M-ce | Nazwisko i imię             | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna                  | Klub                     | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|------|-----------|------|------|--------|------|--------------------------|--------------------------|----------|----------|----------|-------------|--------|------|
| 1    | TUCZYŃSKI SYLWESTER<br>LEON | 138 |      | BYDGOSZCZ |      | M-20 | 1      | M 1  | BYDGOSKIE OKONIE         | BYDGOSKIE OKONIE         | 00:11:53 | 00:23:47 | 00:35:43 | 00:35:51.00 | 3:35   | 16.7 |
| 2    | CHRZĄSZCZ BARTEK            | 156 |      | PAKOŚĆ    |      | M-20 | 2      | M 4  |                          |                          | 00:12:12 | 00:25:09 | 00:38:04 | 00:38:11.40 | 3:49   | 15.7 |
| 3    | NIEDZIAŁKOWSKI<br>PATRYK    | 144 |      | BYDGOSZCZ |      | M-20 | 3      | M 16 | BYDGOSKIE OKONIE         | BYDGOSKIE OKONIE         | 00:12:55 | 00:26:46 | 00:40:48 | 00:40:56.65 | 4:05   | 14.7 |
| 4    | MENDEL PATRYK               | 3   |      | BYDGOSZCZ |      | M-20 | 4      | M 29 | POLONIA BYDGOSZCZ<br>SLA | POLONIA BYDGOSZCZ<br>SLA | 00:14:18 | 00:28:56 | 00:43:25 | 00:43:33.30 | 4:21   | 13.8 |
| 5    | GRALIK JĘDRZEJ              | 95  |      | BYDGOSZCZ |      | M-20 | 5      | M 39 | BYDGOSKIE OKONIE         | BYDGOSKIE OKONIE         | 00:14:49 | 00:29:57 | 00:45:06 | 00:45:14.15 | 4:31   | 13.3 |
| 6    | LUDWINIAK PAWEŁ             | 28  |      | BYDGOSZCZ |      | M-20 | 6      | M 75 |                          |                          | 00:18:38 | 00:37:38 | 00:55:59 | 00:56:09.30 | 5:36   | 10.7 |



**TRENING SYLWESTROWY 2020, M-20 c.d.**

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna | Klub | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-----------------|----|------|-----------|------|------|--------|------|---------|------|----------|----------|----------|-------------|--------|------|
| 7    | BRAŃKA MATEUSZ  | 6  |      | KATOWICE  | M-20 |      | 7      | M 85 |         |      | 00:20:00 | 00:39:33 | 00:59:12 | 00:59:23.00 | 5:56   | 10.1 |

**TRENING SYLWESTROWY 2020, K-30**

| M-ce | Nazwisko i imię          | Nr  | Klub | M-scowość      | Kraj | Kat. | M. kat | K/M  | Drużyna                  | Klub                     | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|--------------------------|-----|------|----------------|------|------|--------|------|--------------------------|--------------------------|----------|----------|----------|-------------|--------|------|
| 1    | TOMCZYK AGATA            | 4   |      | BYDGOSZCZ      | K-30 |      | 1      | K 1  | POLONIA BYDGOSZCZ<br>SLA | POLONIA BYDGOSZCZ<br>SLA | 00:14:20 | 00:28:58 | 00:43:35 | 00:43:43.25 | 4:22   | 13.7 |
| 2    | JAGODZIŃSKA<br>MAGDALENA | 116 |      | BYDGOSZCZ      | K-30 |      | 2      | K 2  | BYDGOSKIE OKONIE         | BYDGOSKIE OKONIE         | 00:14:29 | 00:29:13 | 00:43:48 | 00:43:56.35 | 4:23   | 13.7 |
| 3    | WASILEWSKA MARTYNA       | 33  |      | BYDGOSZCZ      | K-30 |      | 3      | K 4  |                          | AMS TRIATHLON            | 00:14:15 | 00:29:44 | 00:45:28 | 00:45:37.75 | 4:33   | 13.2 |
| 4    | WASILEWSKA AGATA         | 31  |      | BYDGOSZCZ      | K-30 |      | 4      | K 5  | AMS TRIATHLON            | AMS TRIATHLON            | 00:15:41 | 00:31:53 | 00:47:54 | 00:48:03.85 | 4:48   | 12.5 |
| 5    | BIERNAT MAGDALENA        | 7   |      | INOWROCLAW     | K-30 |      | 5      | K 6  |                          | TG SOKÓŁ<br>GNIEWKOWO    | 00:16:20 | 00:33:23 | 00:50:36 | 00:50:46.70 | 5:04   | 11.8 |
| 6    | FULARA NADIA             | 47  |      | BYDGOSZCZ      | K-30 |      | 6      | K 7  |                          |                          | 00:16:49 | 00:33:55 | 00:51:28 | 00:51:40.40 | 5:10   | 11.6 |
| 7    | ŻYŁA MAGDALENA           | 23  |      | ŁABISZYN       | K-30 |      | 7      | K 10 |                          |                          | 00:17:35 | 00:35:19 | 00:52:35 | 00:52:44.00 | 5:16   | 11.4 |
| 8    | KRUBER KAROLINA          | 164 |      | BYDGOSZCZ      | K-30 |      | 8      | K 11 |                          | TEAMOCHAL                | 00:17:34 | 00:35:18 | 00:52:44 | 00:52:54.30 | 5:17   | 11.3 |
| 9    | GROBELNA MONIKA          | 72  |      | KOBYLARNIA     | K-30 |      | 9      | K 14 |                          | G TEAM                   | 00:18:13 | 00:36:07 | 00:54:58 | 00:55:08.15 | 5:30   | 10.9 |
| 10   | CZYŻEWSKA JUSTYNA        | 16  |      | BRZOZA         | K-30 |      | 10     | K 15 |                          |                          | 00:18:05 | 00:36:36 | 00:55:10 | 00:55:25.50 | 5:32   | 10.8 |
| 11   | DROZDOWSKA PAULINA       | 104 |      | BYDGOSZCZ      | K-30 |      | 11     | K 17 |                          |                          | 00:18:08 | 00:36:38 | 00:55:29 | 00:55:39.10 | 5:33   | 10.8 |
| 12   | RÓŻYCZKA JOANNA          | 67  |      | BYDGOSZCZ      | K-30 |      | 12     | K 18 |                          |                          | 00:18:29 | 00:36:53 | 00:55:33 | 00:55:47.30 | 5:34   | 10.8 |
| 13   | DRÓŻDŹ MAŁGOSIA          | 5   |      | BRZOZA         | K-30 |      | 13     | K 23 |                          |                          | 00:19:54 | 00:39:26 | 00:58:25 | 00:58:35.40 | 5:51   | 10.2 |
| 14   | OLSZEWSKA BEATA          | 45  |      | INOWROCLAW     | K-30 |      | 14     | K 24 |                          |                          | 00:20:09 | 00:39:42 | 00:58:54 | 00:59:10.35 | 5:55   | 10.1 |
| 15   | NADRAJKOWSKA<br>JOANNA   | 80  |      | INOWROCLAW     | K-30 |      | 15     | K 25 |                          | DZIKIE KUNY              | 00:20:09 | 00:39:40 | 00:59:03 | 00:59:14.40 | 5:55   | 10.1 |
| 16   | CHROBAK<br>MAŁGORZATA    | 133 |      | PRZYŁĘKI       | K-30 |      | 16     | K 26 |                          |                          | 00:19:59 | 00:39:35 | 00:59:11 | 00:59:22.65 | 5:56   | 10.1 |
| 17   | BŁĄŻEK KASIA             | 68  |      | BIAŁE BŁOTA    | K-30 |      | 17     | K 27 |                          |                          | 00:19:47 | 00:39:24 | 00:59:19 | 00:59:28.45 | 5:56   | 10.1 |
| 18   | PISKORSKA MARTA          | 43  |      | SOLEC KUJAWSKI | K-30 |      | 18     | K 33 |                          |                          | 00:21:26 | 00:42:21 | 01:03:27 | 01:03:37.75 | 6:21   | 9.4  |
| 19   | SZWARC AGNIESZKA         | 124 |      | LNIANO         | K-30 |      | 19     | K 37 |                          | AKTYWNE LNIANO           | 00:22:44 | 00:47:14 | 01:11:09 | 01:11:23.85 | 7:08   | 8.4  |
| 20   | OTREBSKA AGATA           | 145 |      | PIGZA          | K-30 |      | 20     | K 40 |                          |                          | 00:22:31 | 00:47:15 | 01:11:47 | 01:11:59.85 | 7:11   | 8.3  |
| DNC  | LEWICKA DAGMARA          | 152 |      | BYDGOSZCZ      | K-30 |      | DNC    | DNC  |                          |                          | 00:20:41 |          |          | 00:21:01.90 | 0:00   | 28.5 |

**TRENING SYLWESTROWY 2020, M-30**

| M-ce | Nazwisko i imię         | Nr  | Klub | M-scowość   | Kraj | Kat. | M. kat | K/M  | Drużyna                  | Klub              | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------|-------------|------|------|--------|------|--------------------------|-------------------|----------|----------|----------|-------------|--------|------|
| 1    | ŚWIĄTKOWSKI PAWEŁ       | 59  |      | TRZEMESZNO  | M-30 |      | 1      | M 2  |                          |                   | 00:12:01 | 00:24:08 | 00:36:24 | 00:36:33.80 | 3:39   | 16.4 |
| 2    | KRUPA PIOTR             | 20  |      | BYDGOSZCZ   | M-30 |      | 2      | M 14 |                          | WOODRUNNERS       | 00:13:16 | 00:26:40 | 00:39:50 | 00:39:57.70 | 3:59   | 15   |
| 3    | WŁODARSKI<br>PRZEMYSŁAW | 119 |      | BYDGOSZCZ   | M-30 |      | 3      | M 15 | POLONIA BYDGOSZCZ<br>SLA | POLONIA BYDGOSZCZ | 00:13:18 | 00:26:47 | 00:40:31 | 00:40:39.20 | 4:03   | 14.8 |
| 4    | KUBANEK ŁUKASZ          | 85  |      | NIMECZ      | M-30 |      | 4      | M 17 | TEAMOCHAL                | TEAMOCHAL         | 00:13:44 | 00:27:12 | 00:40:50 | 00:40:58.70 | 4:05   | 14.6 |
| 5    | KARCZMARCZYK<br>MATEUSZ | 143 |      | BYDGOSZCZ   | M-30 |      | 5      | M 22 |                          |                   | 00:13:51 | 00:28:22 | 00:42:40 | 00:42:55.55 | 4:17   | 14   |
| 6    | HENDRZAK SYLWESTER      | 134 |      | ŁUBIANKA    | M-30 |      | 6      | M 23 | CHOŁE KLÓLIKI            | CHOŁEKLÓLIKI      | 00:14:08 | 00:28:39 | 00:42:45 | 00:43:00.95 | 4:18   | 14   |
| 7    | KRYSKE MARIUSZ          | 101 |      | BIAŁE BŁOTA | M-30 |      | 7      | M 25 | SPÓJNIA BIAŁE BŁOTA      |                   | 00:14:13 | 00:28:36 | 00:43:01 | 00:43:08.90 | 4:18   | 13.9 |
| 8    | GREZGOCKI PIOTR         | 10  |      | STRZELNO    | M-30 |      | 8      | M 28 |                          |                   | 00:14:15 | 00:28:44 | 00:43:14 | 00:43:23.55 | 4:20   | 13.8 |
| 9    | MACIŃSKI WALDEMAR       | 24  |      | BYDGOSZCZ   | M-30 |      | 9      | M 31 |                          |                   | 00:14:16 | 00:28:57 | 00:43:29 | 00:43:37.85 | 4:21   | 13.8 |
| 10   | JAGODZIŃSKI MATEUSZ     | 117 |      | BYDGOSZCZ   | M-30 |      | 10     | M 36 | BYDGOSKIE OKONIE         | BYDGOSKIE OKONIE  | 00:14:50 | 00:29:41 | 00:44:49 | 00:44:58.25 | 4:29   | 13.3 |
| 11   | STRZAŁKA ROBERT         | 90  |      | BYDGOSZCZ   | M-30 |      | 11     | M 38 |                          | 1. BLWL           | 00:14:35 | 00:29:37 | 00:44:54 | 00:45:04.25 | 4:30   | 13.3 |
| 12   | NOWACZYK BARTOSZ        | 22  |      | BYDGOSZCZ   | M-30 |      | 12     | M 45 |                          |                   | 00:15:01 | 00:30:39 | 00:46:08 | 00:46:18.20 | 4:37   | 13   |
| 13   | PAWLACZYK SZYMON        | 113 |      | BYDGOSZCZ   | M-30 |      | 13     | M 46 |                          |                   | 00:15:25 | 00:30:49 | 00:46:28 | 00:46:37.15 | 4:39   | 12.9 |

**TRENING SYLWESTROWY 2020, M-30 c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość    | Kraj | Kat. | M. kat | K/M  | Drużyna                 | Klub                    | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|---------------------|-----|------|--------------|------|------|--------|------|-------------------------|-------------------------|----------|----------|----------|-------------|--------|------|
| 14   | LEWANDOWSKI RAFAŁ   | 141 |      | TORUŃ        | M-30 |      | 14     | M 48 | SPC                     | SPC                     | 00:14:48 | 00:30:52 | 00:46:43 | 00:46:53.10 | 4:41   | 12.8 |
| 15   | DROZDOWSKI DANIEL   | 105 |      | BYDGOSZCZ    | M-30 |      | 15     | M 59 |                         |                         | 00:15:39 | 00:32:20 | 00:49:34 | 00:49:44.95 | 4:58   | 12.1 |
| 16   | KWIATKOWSKI PIOTR   | 71  |      | BYDGOSZCZ    | M-30 |      | 16     | M 60 |                         |                         | 00:16:35 | 00:33:10 | 00:49:42 | 00:49:52.85 | 4:59   | 12   |
| 17   | JARNOT OSKAR        | 142 |      | TORUŃ        | M-30 |      | 17     | M 62 |                         |                         | 00:16:09 | 00:33:00 | 00:50:09 | 00:50:18.60 | 5:01   | 11.9 |
| 18   | OTREBSKI KAMIL      | 146 |      | PIŻGA        | M-30 |      | 18     | M 63 |                         |                         | 00:16:06 | 00:32:40 | 00:50:07 | 00:50:18.95 | 5:01   | 11.9 |
| 19   | MIAZGA ADAM         | 137 |      | BRZOZA       | M-30 |      | 19     | M 69 |                         |                         | 00:16:29 | 00:34:26 | 00:52:38 | 00:52:49.05 | 5:16   | 11.4 |
| 20   | GROCHOWIAK PIOTR    | 87  |      | BARCIN       | M-30 |      | 20     | M 77 |                         |                         | 00:18:37 | 00:37:40 | 00:56:47 | 00:56:57.30 | 5:41   | 10.5 |
| 21   | SMYK PIOTR          | 88  |      | BARCIN       | M-30 |      | 21     | M 78 |                         |                         | 00:18:38 | 00:37:41 | 00:56:47 | 00:56:57.40 | 5:41   | 10.5 |
| 22   | FABROWSKI DAWID     | 120 |      | BYDGOSZCZ    | M-30 |      | 22     | M 79 |                         | TRITATA/OCHALTEAM       | 00:18:57 | 00:37:57 | 00:56:55 | 00:57:03.95 | 5:42   | 10.5 |
| 23   | ZAWISZEWSKI ADAM    | 135 |      | BRZOZA       | M-30 |      | 23     | M 94 |                         |                         | 00:22:37 | 00:45:34 | 01:08:11 | 01:08:24.50 | 6:50   | 8.8  |
| 24   | REIWER ŁUKASZ       | 155 |      | BYDGOSZCZ    | M-30 |      | 24     | M 96 |                         |                         | 00:21:05 | 00:44:27 | 01:08:36 | 01:08:49.70 | 6:52   | 8.7  |
| 25   | SZYCHOWSKI JAROSŁAW | 50  |      | WIERZCHUCICE | M-30 |      | 25     | M 98 | TKKF KOLEJARZ BYDGOSZCZ | TKKF KOLEJARZ BYDGOSZCZ | 00:22:35 | 00:47:02 | 01:11:17 | 01:11:33.35 | 7:09   | 8.4  |

**TRENING SYLWESTROWY 2020, K-40**

| M-ce | Nazwisko i imię         | Nr  | Klub | M-scowość            | Kraj | Kat. | M. kat | K/M  | Drużyna       | Klub   | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------|----------------------|------|------|--------|------|---------------|--|----------|----------|----------|-------------|--------|------|
| 1    | CZAJKOWSKA SYLWIA       | 121 |      | BYDGOSZCZ            | K-40 |      | 1      | K 3  |               | #ŻÓŁTOKRÓLEWSCY                                  | 00:14:29 | 00:29:18 | 00:44:18 | 00:44:26.70 | 4:26   | 13.5 |
| 2    | BRYWCZYŃSKA JUSTYNA     | 17  |      | PIECHCIN             | K-40 |      | 2      | K 9  |               | #SLIMAKIBARCIN / RODOS TEAM                      | 00:17:21 | 00:34:52 | 00:52:14 | 00:52:24.15 | 5:14   | 11.5 |
| 3    | STEJUK ALEKSANDRA       | 36  |      | BYDGOSZCZ            | K-40 |      | 3      | K 12 | AMS TRIATHLON |  | 00:17:28 | 00:35:34 | 00:54:01 | 00:54:11.25 | 5:25   | 11.1 |
| 4    | MISUN-NOWAK KATARZYNA   | 30  |      | OSÓWIEC              | K-40 |      | 3      | K 12 | AMS TRIATHLON |  | 00:17:28 | 00:35:34 | 00:54:01 | 00:54:11.25 | 5:25   | 11.1 |
| 5    | MACIOSZEK EWA           | 78  |      | BYDGOSZCZ            | K-40 |      | 5      | K 16 |               |  | 00:18:07 | 00:36:37 | 00:55:22 | 00:55:33.20 | 5:33   | 10.8 |
| 6    | SKRZĄTEK ANNA           | 53  |      | PRZYŁĘKI             | K-40 |      | 6      | K 19 |               |  | 00:18:52 | 00:37:55 | 00:57:01 | 00:57:11.15 | 5:43   | 10.5 |
| 7    | ZAMIATOWSKA KINGA       | 169 |      |                      | K-40 |      | 7      | K 20 |               |  | 00:18:51 | 00:37:54 | 00:57:02 | 00:57:12.20 | 5:43   | 10.5 |
| 8    | MALATYŃSKA BARBARA      | 94  |      | PRZYŁĘKI             | K-40 |      | 8      | K 21 |               |  | 00:19:18 | 00:38:39 | 00:57:58 | 00:58:09.30 | 5:48   | 10.3 |
| 9    | CZYŻAK JOANNA           | 35  |      | NOWY DWÓR            | K-40 |      | 9      | K 30 | AMS TRIATHLON | AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU | 00:19:49 | 00:40:42 | 01:01:45 | 01:01:56.90 | 6:11   | 9.7  |
| 10   | LEWANDOWSKA SYLWIA      | 64  |      | BYDGOSZCZ            | K-40 |      | 10     | K 32 |               |  | 00:21:02 | 00:41:58 | 01:03:02 | 01:03:15.95 | 6:19   | 9.5  |
| 11   | NOSKOWIAK-BAJNO ALICJA  | 131 |      | BORÓWNO              | K-40 |      | 11     | K 34 |               | CHOŁEKŁÓLIKI                                     | 00:21:23 | 00:43:54 | 01:07:33 | 01:07:45.00 | 6:46   | 8.9  |
| 12   | BŁASZKIEWICZ MARZENA    | 130 |      | BORÓWNO              | K-40 |      | 12     | K 35 |               |  | 00:21:32 | 00:44:00 | 01:07:33 | 01:07:45.55 | 6:46   | 8.9  |
| 13   | ŚLESINSKA EWA           | 136 |      | BRZOZA               | K-40 |      | 13     | K 36 |               |  | 00:22:37 | 00:45:34 | 01:08:10 | 01:08:23.65 | 6:50   | 8.8  |
| 14   | AUGUSTYNOWICZ KATARZYNA | 49  |      | BYDGOSZCZ            | K-40 |      | 14     | K 38 |               |  | 00:22:35 | 00:47:03 | 01:11:11 | 01:11:32.95 | 7:09   | 8.4  |
| DNC  | POGORZELSKA BOGUSIA     | 37  |      | WIECZFANIA KOSCIELNA | K-40 |      | DNC    | DNC  |               |  | 00:23:52 |          |          | 00:26:27.60 | 0:00   | 22.7 |
| DNC  | PAŚ KATARZYNA           | 55  |      | GNIEZNO              | K-40 |      | DNC    | DNC  |               |  | 00:29:03 | 00:56:22 |          | 00:56:40.00 | 0:00   | 10.6 |

**TRENING SYLWESTROWY 2020, M-40**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość           | Kraj | Kat. | M. kat | K/M | Drużyna                 | Klub                    | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|---------------------|-----|------|---------------------|------|------|--------|-----|-------------------------|-------------------------|----------|----------|----------|-------------|--------|------|
| 1    | RYCHTER KAROL       | 170 |      |                     | M-40 |      | 1      | M 3 |                         |                         | 00:12:13 | 00:24:53 | 00:37:47 | 00:37:55.45 | 3:47   | 15.8 |
| 2    | SOSNOWSKI KRZYSZTOF | 99  |      | BYDGOSZCZ           | M-40 |      | 2      | M 5 |                         | SP 17 BYDGOSZCZ         | 00:12:47 | 00:25:36 | 00:38:04 | 00:38:12.05 | 3:49   | 15.7 |
| 3    | KOWALCZYK MAREK     | 149 |      | BYDGOSZCZ           | M-40 |      | 3      | M 6 | BRZOZA BIEGA            | BRZOZA BIEGA            | 00:12:36 | 00:25:34 | 00:38:11 | 00:38:19.45 | 3:49   | 15.7 |
| 4    | LENC SEBASTIAN      | 76  |      | LASKOWICE POMORSKIE | M-40 |      | 4      | M 7 | TKKF KOLEJARZ BYDGOSZCZ | TKKF KOLEJARZ BYDGOSZCZ | 00:12:32 | 00:25:26 | 00:38:16 | 00:38:24.05 | 3:50   | 15.6 |

**TRENING SYLWESTROWY 2020, M-40 c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub | M-scowość           | Kraj | Kat. | M. kat | K/M  | Drużyna                    | Klub                       | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|---------------------------|-----|------|---------------------|------|------|--------|------|----------------------------|----------------------------|----------|----------|----------|-------------|--------|------|
| 5    | GOŁEMBIEWSKI MAREK        | 103 |      | BYDGOSZCZ           | M-40 |      | 5      | M 8  |                            |                            | 00:12:49 | 00:25:47 | 00:38:39 | 00:38:46.70 | 3:52   | 15.5 |
| 6    | TACZKOWSKI<br>JAROSŁAW    | 166 |      |                     | M-40 |      | 6      | M 11 |                            |                            | 00:12:46 | 00:26:15 | 00:39:44 | 00:39:52.65 | 3:59   | 15.1 |
| 7    | MAGDZIARZ JAKUB           | 58  |      | PRZYŁĘKI            | M-40 |      | 7      | M 12 |                            | KANCELARIA HMM             | 00:12:46 | 00:26:11 | 00:39:47 | 00:39:55.10 | 3:59   | 15   |
| 8    | JASTRZĘBSKI<br>KRZYSZTOF  | 110 |      | TORUŃ               | M-40 |      | 8      | M 13 |                            |                            | 00:13:10 | 00:26:40 | 00:39:50 | 00:39:57.10 | 3:59   | 15   |
| 9    | WACHOWSKI KAROL           | 48  |      | WARSZAWA            | M-40 |      | 9      | M 18 | AMS TRIATHLON              | AMS TRIATHLON              | 00:13:35 | 00:27:22 | 00:41:08 | 00:41:16.00 | 4:07   | 14.5 |
| 10   | ANDRZEJEWSKI PAWEŁ        | 69  |      | NOWA WIEŚ<br>WIELKA | M-40 |      | 10     | M 20 |                            |                            | 00:13:48 | 00:28:19 | 00:42:31 | 00:42:40.45 | 4:16   | 14.1 |
| 11   | BARTOSZ MAREK             | 51  |      | KIKÓŁ               | M-40 |      | 11     | M 21 |                            |                            | 00:13:43 | 00:28:24 | 00:42:43 | 00:42:51.35 | 4:17   | 14   |
| 12   | ŚWITAL LESZEK             | 63  |      | MARGONIN            | M-40 |      | 12     | M 24 |                            | MORSY<br>MARGONIN-TAZAR    | 00:14:20 | 00:28:48 | 00:43:00 | 00:43:08.30 | 4:18   | 13.9 |
| 13   | CHRUSZCZEWSKI<br>ANDRZEJ  | 81  |      | BYDGOSZCZ           | M-40 |      | 13     | M 26 |                            |                            | 00:14:30 | 00:28:45 | 00:43:00 | 00:43:10.80 | 4:19   | 13.9 |
| 14   | PRADZYŃSKI MARCIN         | 32  |      | BYDGOSZCZ           | M-40 |      | 14     | M 30 | AMS TRIATHLON              | AMS TRIATHLON              | 00:15:40 | 00:29:28 | 00:43:28 | 00:43:36.90 | 4:21   | 13.8 |
| 15   | KŁOSOWSKI MARCIN          | 2   |      | BYDGOSZCZ           | M-40 |      | 15     | M 32 |                            |                            | 00:14:42 | 00:29:15 | 00:43:34 | 00:43:43.40 | 4:22   | 13.7 |
| 16   | SZWARC WALDEMAR           | 123 |      | LNIANO              | M-40 |      | 16     | M 33 |                            | AKTYWNE LNIANO             | 00:14:30 | 00:29:09 | 00:43:46 | 00:43:54.95 | 4:23   | 13.7 |
| 17   | MICHALEWSKI<br>BARTOSZ    | 91  |      | BYDGOSZCZ           | M-40 |      | 17     | M 34 |                            | LUCKY LUCK                 | 00:14:42 | 00:29:33 | 00:44:00 | 00:44:08.55 | 4:24   | 13.6 |
| 18   | MACIOSZEK MARCIN          | 79  |      | BYDGOSZCZ           | M-40 |      | 18     | M 37 |                            |                            | 00:14:46 | 00:29:51 | 00:44:52 | 00:45:00.65 | 4:30   | 13.3 |
| 19   | ZAKURZEWSKI TOMASZ        | 151 |      | BRZOZA              | M-40 |      | 19     | M 40 | BRZOZA BIEGA               | BRZOZA BIEGA               | 00:14:48 | 00:29:56 | 00:45:09 | 00:45:18.65 | 4:31   | 13.2 |
| 20   | KUBARSKI JULIAN           | 84  |      | BYDGOSZCZ           | M-40 |      | 20     | M 41 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:14:53 | 00:30:03 | 00:45:39 | 00:45:50.15 | 4:35   | 13.1 |
| 21   | GWIAZDOWSKI<br>KRZYSZTOF  | 11  |      | BYDGOSZCZ           | M-40 |      | 21     | M 42 |                            |                            | 00:14:55 | 00:30:26 | 00:45:42 | 00:45:52.90 | 4:35   | 13.1 |
| 22   | KUPRACZ ANDRZEJ           | 114 |      | BRZOZA              | M-40 |      | 22     | M 43 | BRZOZA BIEGA               | BRZOZA BIEGA               | 00:14:24 | 00:29:58 | 00:45:58 | 00:46:07.30 | 4:36   | 13   |
| 23   | TOMTAS KONRAD             | 42  |      | INOWROCLAW          | M-40 |      | 23     | M 44 |                            | 56 BLOT                    | 00:15:47 | 00:31:11 | 00:46:03 | 00:46:13.30 | 4:37   | 13   |
| 24   | NAMIEŚNIK KRZYSZTOF       | 65  |      | INOWROCLAW          | M-40 |      | 24     | M 47 |                            | QSZYSIEKN                  | 00:15:48 | 00:31:12 | 00:46:40 | 00:46:49.30 | 4:40   | 12.8 |
| 25   | BARSZCZEWSKI<br>SEBASTIAN | 13  |      | BYDGOSZCZ           | M-40 |      | 25     | M 49 |                            |                            | 00:15:41 | 00:31:25 | 00:46:43 | 00:46:54.05 | 4:41   | 12.8 |
| 26   | BUZALSKI ROBERT           | 8   |      | BYDGOSZCZ           | M-40 |      | 26     | M 51 |                            | ORANGE POLSKA              | 00:14:31 | 00:30:27 | 00:46:51 | 00:47:01.10 | 4:42   | 12.8 |
| 27   | KIELCZYŃSKI MAREK         | 12  |      | PRZYŁĘKI            | M-40 |      | 27     | M 52 |                            |                            | 00:15:33 | 00:31:30 | 00:47:09 | 00:47:18.60 | 4:43   | 12.7 |
| 28   | DAWIDOWICZ MACIEJ         | 150 |      | BRZOZA              | M-40 |      | 28     | M 53 | BRZOZA BIEGA               | BRZOZA BIEGA               | 00:16:45 | 00:32:50 | 00:47:19 | 00:47:29.00 | 4:44   | 12.6 |
| 29   | SZEWS MAREK               | 34  |      | KORONOWO            | M-40 |      | 29     | M 54 |                            | AMS TRIATHLON              | 00:14:42 | 00:30:56 | 00:47:20 | 00:47:32.50 | 4:45   | 12.6 |
| 30   | GROTA ARTUR               | 140 |      | SOLEC KUJAWSKI      | M-40 |      | 30     | M 57 |                            |                            | 00:16:00 | 00:32:15 | 00:48:50 | 00:49:03.35 | 4:54   | 12.2 |
| 31   | PAŚ MICHAŁ                | 54  |      | GNIEZNO             | M-40 |      | 31     | M 61 | CHARTY SZELEJEWO           | CHARTY SZELEJEWO           | 00:16:41 | 00:32:34 | 00:49:55 | 00:50:08.40 | 5:00   | 12   |
| 32   | GRZEGORZEWSKI<br>RAFAŁ    | 82  |      | NIEMCZ              | M-40 |      | 32     | M 64 |                            | BRZOZA BIEGA               | 00:16:20 | 00:33:29 | 00:50:18 | 00:50:28.85 | 5:02   | 11.9 |
| 33   | STĘPIEŃ TOMASZ            | 1   |      | JARUŻYN             | M-40 |      | 33     | M 73 |                            |                            | 00:18:34 | 00:36:36 | 00:54:01 | 00:54:12.40 | 5:25   | 11.1 |
| 34   | NIEMCZEWSKI<br>MIROSLAW   | 19  |      | ŁABISZYN 89-210     | M-40 |      | 34     | M 80 |                            | ŁABISZYN RUNNERS           | 00:18:27 | 00:37:45 | 00:57:36 | 00:57:47.00 | 5:46   | 10.4 |
| 35   | CHROBAK TOMASZ            | 132 |      | PRZYŁĘKI            | M-40 |      | 35     | M 84 |                            |                            | 00:19:58 | 00:39:34 | 00:59:11 | 00:59:21.75 | 5:56   | 10.1 |
| 36   | ZIELIŃSKI ANDRZEJ         | 41  |      | TORUŃ               | M-40 |      | 36     | M 87 |                            |                            | 00:19:46 | 00:40:07 | 01:00:03 | 01:00:14.30 | 6:01   | 10   |
| 37   | RATAJ MACIEJ              | 44  |      | ŁOCHOWO             | M-40 |      | 37     | M 89 |                            |                            | 00:19:21 | 00:41:42 | 01:02:50 | 01:03:01.50 | 6:18   | 9.5  |
| 38   | KRYSZTOFIAK ROBERT        | 83  |      | BRZOZA              | M-40 |      | 38     | M 90 |                            |                            | 00:19:36 | 00:40:43 | 01:02:56 | 01:03:08.15 | 6:18   | 9.5  |
| 39   | JULLY ARKADIUSZ           | 106 |      | BRZOZA              | M-40 |      | 39     | M 91 |                            |                            | 00:20:22 | 00:41:50 | 01:03:16 | 01:03:28.85 | 6:20   | 9.5  |
| 40   | PÓŁGĘSEK RAFAŁ            | 46  |      | SOLEC KUJAWSKI      | M-40 |      | 40     | M 92 |                            |                            | 00:21:27 | 00:42:22 | 01:03:26 | 01:03:37.60 | 6:21   | 9.4  |
| 41   | RYDLEWSKI ANDRZEJ         | 62  |      | BYDGOSZCZ           | M-40 |      | 41     | M 93 |                            |                            | 00:19:40 | 00:44:59 | 01:06:38 | 01:06:49.90 | 6:40   | 9    |

**TRENING SYLWESTROWY 2020, K-50**

| M-ce | Nazwisko i imię     | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Drużyna | Klub         | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|---------------------|----|------|-----------|------|------|--------|-----|---------|--------------|----------|----------|----------|-------------|--------|------|
| 1    | STASZKIEWICZ LUCYNA | 25 |      | BYDGOSZCZ | K-50 |      | 1      | K 8 |         | STASHKY TEAM | 00:16:37 | 00:33:44 | 00:51:14 | 00:51:43.25 | 5:10   | 11.6 |

**TRENING SYLWESTROWY 2020, K-50 c.d.**

| M-ce | Nazwisko i imię  | Nr   | Klub | M-scowość             | Kraj | Kat. | M. kat | K/M  | Drużyna | Klub | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|------------------|------|------|-----------------------|------|------|--------|------|---------|------|----------|----------|----------|-------------|--------|------|
| 2    | JURECKA EWA      | 40   |      | JABŁONOWO<br>POMORSIE | K-50 |      | 2      | K 39 |         |      | 00:22:44 | 00:46:38 | 01:11:44 | 01:11:58.00 | 7:11   | 8.3  |
| DNC  | GRABOWSKA LUCYNA | 2021 |      |                       | K-50 |      | DNC    | DNC  |         |      | 00:20:51 | 00:43:07 |          | 00:43:30.55 | 0:00   | 13.8 |

**TRENING SYLWESTROWY 2020, M-50**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość   | Kraj | Kat. | M. kat | K/M  | Drużyna                     | Klub                                   | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|---------------------|-----|------|-------------|------|------|--------|------|-----------------------------|--|----------|----------|----------|-------------|--------|------|
| 1    | MUSIAŁ MICHAŁ       | 98  |      | BYDGOSZCZ   | M-50 |      | 1      | M 10 |                             |  | 00:12:50 | 00:25:59 | 00:38:59 | 00:39:07.45 | 3:54   | 15.3 |
| 2    | WILLMA JAROSŁAW     | 127 |      | BYDGOSZCZ   | M-50 |      | 2      | M 19 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:13:40 | 00:27:47 | 00:41:56 | 00:42:04.55 | 4:12   | 14.3 |
| 3    | KAZUBOWSKI JACEK    | 21  |      | BIAŁE BŁOTA | M-50 |      | 3      | M 35 |                             | TRIDARKO                               | 00:14:30 | 00:29:18 | 00:44:16 | 00:44:25.40 | 4:26   | 13.5 |
| 4    | WIŚNIEWSKI ZBIGNIEW | 100 |      | OLIMPIN     | M-50 |      | 4      | M 50 |                             | BRZOZA BIEGA                           | 00:15:18 | 00:30:59 | 00:46:48 | 00:46:56.25 | 4:41   | 12.8 |
| 5    | RZEPECKI JACEK      | 66  |      | BYDGOSZCZ   | M-50 |      | 5      | M 58 |                             |  | 00:16:45 | 00:33:09 | 00:49:23 | 00:49:33.80 | 4:57   | 12.1 |
| 6    | KUBIAK SŁAWOMIR     | 93  |      | BYDGOSZCZ   | M-50 |      | 6      | M 66 |                             |  | 00:16:50 | 00:33:51 | 00:51:26 | 00:51:40.75 | 5:10   | 11.6 |
| 7    | FUŁAT KAROL         | 167 |      |             | M-50 |      | 7      | M 70 |                             |  | 00:16:20 | 00:34:33 | 00:52:44 | 00:52:55.85 | 5:17   | 11.3 |
| 8    | LICA KRZYSZTOF      | 61  |      | BYDGOSZCZ   | M-50 |      | 8      | M 72 |                             | SISU-OWB<br>ROWERTOUR.COM              | 00:17:51 | 00:35:52 | 00:53:46 | 00:53:59.10 | 5:23   | 11.1 |
| 9    | BADOWSKI KRZYSZTOF  | 147 |      | BYDGOSZCZ   | M-50 |      | 9      | M 74 | KSN ŁUCZNICZKA<br>BYDGOSZCZ | KSN ŁUCZNICZKA<br>BYDGOSZCZ            | 00:18:12 | 00:36:28 | 00:55:05 | 00:55:25.20 | 5:32   | 10.8 |
| 10   | ZAKURZEWSKI AREK    | 60  |      | BYDGOSZCZ   | M-50 |      | 10     | M 76 | NIE ZRZESZONY               |  | 00:17:56 | 00:37:08 | 00:56:07 | 00:56:14.35 | 5:37   | 10.7 |
| 11   | PODBIELSKI ANDRZEJ  | 153 |      | BYDGOSZCZ   | M-50 |      | 11     | M 81 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:19:48 | 00:39:00 | 00:58:03 | 00:58:13.65 | 5:49   | 10.3 |
| 12   | JEDLIŃSKI JANUSZ    | 165 |      | NIEMCZ      | M-50 |      | 12     | M 82 | BRZOZA BIEGA                | BRZOZA BIEGA                           | 00:19:49 | 00:39:01 | 00:58:03 | 00:58:14.10 | 5:49   | 10.3 |
| 13   | RYDLEWSKI MAREK     | 18  |      | CIELE       | M-50 |      | 13     | M 83 |                             | DAMIAN RUDNIK<br>TEAM/RUN<br>BYDGOSZCZ | 00:19:39 | 00:38:37 | 00:58:11 | 00:58:23.45 | 5:50   | 10.3 |
| 14   | ZUPA WOJCIECH       | 128 |      | BYDGOSZCZ   | M-50 |      | 14     | M 86 |                             | SISU-OWB<br>ROWERTOUR.COM              | 00:19:32 | 00:39:19 | 00:59:50 | 01:00:00.40 | 6:00   | 10   |
| 15   | LUDWINIAK BOGDAN    | 14  |      | BYDGOSZCZ   | M-50 |      | 15     | M 88 |                             |  | 00:19:56 | 00:40:52 | 01:01:50 | 01:02:03.50 | 6:12   | 9.7  |
| DNC  | KLINIKOWSKI JACEK   | 29  |      | ŚWIEKATOWO  | M-50 |      | DNC    | DNC  |                             | KOCHAM ŻYCIE I...                      | 00:23:52 |          |          | 00:26:27.20 | 0:00   | 22.7 |

**TRENING SYLWESTROWY 2020, K-60**

| M-ce | Nazwisko i imię  | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna | Klub          | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|------------------|----|------|-----------|------|------|--------|------|---------|---------------|----------|----------|----------|-------------|--------|------|
| 1    | PIONTEK ELŻBIETA | 52 |      | BYDGOSZCZ | K-60 |      | 1      | K 28 |         |               | 00:20:20 | 00:40:36 | 01:00:17 | 01:00:29.55 | 6:02   | 9.9  |
| 2    | MISUN MARIOLA    | 89 |      | ZIELONKA  | K-60 |      | 2      | K 41 |         | AMS TRIATHLON | 00:24:01 | 00:48:29 | 01:12:38 | 01:12:50.45 | 7:17   | 8.2  |

**TRENING SYLWESTROWY 2020, M-60**

| M-ce | Nazwisko i imię     | Nr  | Klub | M-scowość      | Kraj | Kat. | M. kat | K/M  | Drużyna       | Klub                      | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|---------------------|-----|------|----------------|------|------|--------|------|---------------|---------------------------|----------|----------|----------|-------------|--------|------|
| 1    | RACZYŃSKI KRZYSZTOF | 15  |      | BYDGOSZCZ      | M-60 |      | 1      | M 27 |               | BIEGAJĄCY FILOZOF<br>TEAM | 00:14:22 | 00:28:50 | 00:43:11 | 00:43:20.25 | 4:20   | 13.8 |
| 2    | GÓRSKI MARIAN       | 139 |      | SOLEC KUJAWSKI | M-60 |      | 2      | M 55 | BRZOZA BIEGA  | BRZOZA BIEGA              | 00:16:04 | 00:32:17 | 00:48:21 | 00:48:31.20 | 4:51   | 12.4 |
| 3    | TOMCZYK ZBIGNIEW    | 112 |      | GNIEZNO        | M-60 |      | 3      | M 56 | ALTOM GNIEZNO | ALTOM GNIEZNO             | 00:16:24 | 00:32:36 | 00:48:24 | 00:48:33.65 | 4:51   | 12.4 |
| 4    | DOMAN JANUSZ        | 115 |      | BRZOZA         | M-60 |      | 4      | M 65 |               | UKS SZABLA BRZOZA         | 00:16:34 | 00:33:40 | 00:50:55 | 00:51:05.50 | 5:06   | 11.7 |
| 5    | GRUDA MIROSLAW      | 73  |      | OSIELSKO       | M-60 |      | 5      | M 71 |               | G TEAM                    | 00:17:51 | 00:35:25 | 00:52:39 | 00:53:00.65 | 5:18   | 11.3 |
| 6    | LENC JANUSZ         | 75  |      | BYDGOSZCZ      | M-60 |      | 6      | M 97 | TKKF KOLEJARZ | TKKF KOLEJARZ             | 00:23:36 | 00:47:05 | 01:11:11 | 01:11:28.10 | 7:08   | 8.4  |

**TRENING SYLWESTROWY 2020, M-70**

| M-ce | Nazwisko i imię         | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M  | Drużyna                    | Klub                       | 3.2km    | 6.5km    | 9.9km    | Netto       | min/km | km/h |
|------|-------------------------|-----|------|-----------|------|------|--------|------|----------------------------|----------------------------|----------|----------|----------|-------------|--------|------|
| 1    | SIKORA ANTONI           | 148 |      | ŻNIN      |      | M-70 | 1      | M 67 | ŻNIŃSKI KLUB<br>BIEGACZA   | ŻNIŃSKI KLUB<br>BIEGACZA   | 00:16:45 | 00:34:23 | 00:51:58 | 00:52:07.95 | 5:12   | 11.5 |
| 2    | ANDRZEJEWSKI<br>RYSZARD | 86  |      | BYDGOSZCZ |      | M-70 | 2      | M 68 |                            | ŻÓŁTOKRÓLEWSCY             | 00:16:45 | 00:34:22 | 00:52:12 | 00:52:22.90 | 5:14   | 11.5 |
| 3    | AWIŻEŃ ANTONI           | 77  |      | BYDGOSZCZ |      | M-70 | 3      | M 95 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:21:45 | 00:44:55 | 01:08:21 | 01:08:34.80 | 6:51   | 8.8  |
| 4    | ANGIEL WŁADYSŁAW        | 74  |      | BYDGOSZCZ |      | M-70 | 4      | M 99 | TKKF KOLEJARZ<br>BYDGOSZCZ | TKKF KOLEJARZ<br>BYDGOSZCZ | 00:25:13 | 00:51:26 | 01:20:11 | 01:20:29.45 | 8:02   | 7.5  |

**TRENING SYLWESTROWY 2020, Drużynowa**

| Miejsce | Drużyna                 | Zawodnicy klasyfikowani  | Czas                              | Czas drużyny |
|---------|-------------------------|--|-----------------------------------|--------------|
| 1       | BYDGOSKIE OKONIE        | SYLWESTER LEON TUCZYŃSKI<br>PATRYK NIEDZIAŁKOWSKI<br>MAGDALENA JAGODZIŃSKA | 00:35:51.0000:40:56.6500:43:56.35 | 02:00:43.00  |
| 2       | BRZOZA BIEGA            | MAREK KOWALCZYK<br>JAROSŁAW WILLMATOMASZ<br>ZAKURZEWSKI                    | 00:38:19.4500:42:04.5500:45:18.65 | 02:05:43.00  |
| 3       | POLONIA BYDGOSZCZ SLA   | PRZEMYSŁAW WŁODARSKI<br>PATRYK MENDEL<br>GATA TOMCZYK                      | 00:40:39.2000:43:33.3000:43:43.25 | 02:07:55.00  |
| 4       | AMS TRIATHLON           | KAROL WACHOWSKI<br>MARCIN PRĄDZYŃSKI<br>GATA WASILEWSKA                    | 00:41:16.0000:43:36.9000:48:03.85 | 02:12:55.00  |
| 5       | TKKF KOLEJARZ BYDGOSZCZ | SEBASTIAN LENCJULIAN<br>KUBARSKI<br>ANTONI AWIŻEŃ                          | 00:38:24.0500:45:50.1501:08:34.80 | 02:32:48.00  |