

V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: Gmina Koronowo
Data: 2015-04-25
Miejsce: Koronowo
Dystans: 10 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KULPA Michał	198		M20-29	1	00:10:21	00:23:56	00:32:47	00:33:58	00:34:00		3:23	17.7 (100%)
2	PAWŁOWSKI Mariusz	220		M30-39	1	00:10:21	00:23:57	00:33:03	00:34:14	00:34:17	+00:00:17 (0.8%)	3:25	17.5 (98.9%)
3	WOJTAS Marek	279	TUCHOLANKA TUCHOLA	M40-49	1	00:10:20	00:23:56	00:33:17	00:34:32	00:34:35	+00:00:35 (1.7%)	3:27	17.4 (98.3%)
4	PIPOWSKI Tomasz	309	LUKS SEROCK/THE RUNNERS ŚWIECIE	M20-29	2	00:10:22	00:24:46	00:34:40	00:35:51	00:35:53	+00:01:53 (5.2%)	3:35	16.7 (94.4%)
5	PODOLSKI Tomasz			M16-19	1	00:10:41	00:25:16	00:35:04	00:36:18	00:36:21	+00:02:21 (6.5%)	3:37	16.5 (93.2%)
6	KOKOCKI Paweł	200	NIEZRZESZONY	M20-29	3	00:10:43	00:25:30	00:35:28	00:36:44	00:36:47	+00:02:47 (7.6%)	3:40	16.3 (92.1%)
7	CHĘTNIK Rafał	35	LKS ZANTYR SZTUM	M30-39	2	00:11:29	00:26:12	00:36:01	00:37:21	00:37:25	+00:03:25 (9.1%)	3:44	16.1 (91.0%)
8	JENDRYKA Marek	306		M50-59	1	00:11:19	00:26:11	00:36:20	00:37:35	00:37:38	+00:03:38 (9.7%)	3:45	16 (90.4%)
9	KLÓSKA Fabian	321		M20-29	4	00:11:25	00:26:27	00:36:36	00:37:49	00:37:52	+00:03:52 (10.2%)	3:46	15.9 (89.8%)
10	HORODYSKI Piotr	340	TKKF KOLEJARZ BYDGOSZCZ	M30-39	3	00:11:27	00:26:39	00:36:51	00:38:07	00:38:10	+00:04:10 (10.9%)	3:48	15.7 (88.7%)
11	SZCZYGŁOWSKI Jacek	115	PAGED SKLEJKA MORĄG	M40-49	2	00:11:26	00:26:43	00:36:59	00:38:10	00:38:13	+00:04:13 (11.0%)	3:49	15.7 (88.7%)
12	HAPKE Tomasz	199	NIEZRZESZONY	M30-39	4	00:11:30	00:26:44	00:36:58	00:38:12	00:38:15	+00:04:15 (11.1%)	3:49	15.7 (88.7%)
13	GROCHOWALSKI Tomasz	338	TKKF KOLEJARZ BYDGOSZCZ	M30-39	5	00:11:32	00:27:04	00:37:36	00:38:55	00:38:58	+00:04:58 (12.7%)	3:53	15.4 (87.0%)
14	PIEKARSKI Marek	47	FIDES-TRAVEL	M40-49	3	00:11:49	00:27:29	00:37:49	00:39:09	00:39:13	+00:05:13 (13.3%)	3:54	15.3 (86.4%)
15	PAWŁOWSKA Dorota	219		K30-39	1	00:11:47	00:27:30	00:38:12	00:39:29	00:39:32	+00:05:32 (14.0%)	3:56	15.2 (85.9%)
16	GOŁEMBIEWSKI Marek	132	B4SPORT	M40-49	4	00:11:49	00:27:36	00:38:15	00:39:31	00:39:35	+00:05:35 (14.1%)	3:57	15.2 (85.9%)

										Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	3km	7km	9.6km					
17	BRZOZOWSKI Krzysztof	257			M30-39	6	00:11:48	00:27:41	00:38:46	00:40:09	00:40:12	+00:06:12 (15.4%)	4:00	14.9 (84.2%)
18	CHRUSZCZEWSKI Andrzej	335			M40-49	5	00:12:00	00:28:15	00:39:00	00:40:18	00:40:22	+00:06:22 (15.8%)	4:01	14.9 (84.2%)
19	KUK Piotr	300	LKS		M30-39	7	00:11:50	00:28:20	00:39:32	00:40:50	00:40:54	+00:06:54 (16.9%)	4:05	14.7 (83.1%)
20	PACZKOWSKA Patrycja	291	LUKS SEROCK		K20-29	1	00:11:59	00:28:28	00:39:35	00:40:58	00:41:01	+00:07:01 (17.1%)	4:05	14.6 (82.5%)
21	CHMIELEWSKI Tomasz	314	FIT-MAX BYDGOSZCZ		M50-59	2	00:12:13	00:28:42	00:39:37	00:40:56	00:41:04	+00:07:04 (17.2%)	4:05	14.7 (83.1%)
22	WESOŁOWSKI Zbigniew	265	STOWARZYSZENIE AKRTYWNI KOCIEWIACY		M50-59	3	00:12:05	00:28:45	00:39:46	00:41:10	00:41:16	+00:07:16 (17.6%)	4:07	14.6 (82.5%)
23	WYSMOLIŃSKI Piotr	121			M40-49	6	00:12:33	00:29:05	00:40:04	00:41:28	00:41:35	+00:07:35 (18.2%)	4:08	14.5 (81.9%)
24	CHOLEWIŃSKI Dariusz	303			M40-49	7	00:12:17	00:29:06	00:40:25	00:41:44	00:41:48	+00:07:48 (18.7%)	4:10	14.4 (81.4%)
24	GUT Rafał	84			M20-29	5	00:12:20	00:29:11	00:40:30	00:41:42	00:41:48	+00:07:48 (18.7%)	4:10	14.4 (81.4%)
26	MATUSZEWSKI Zbigniew	153			M20-29	6	00:12:28	00:29:15	00:40:30	00:41:42	00:41:49	+00:07:49 (18.7%)	4:10	14.4 (81.4%)
27	ZYGAROWICZ Janusz	264			M40-49	8	00:13:05	00:29:31	00:40:26	00:41:39	00:41:50	+00:07:50 (18.7%)	4:09	14.4 (81.4%)
28	SZOCH Tomasz	252			M40-49	9	00:12:22	00:29:12	00:40:34	00:41:51	00:41:55	+00:07:55 (18.9%)	4:11	14.3 (80.8%)
29	BRZEZIŃSKI Maciej	56	KB TOKIO 64		M40-49	10	00:12:33	00:29:06	00:40:38	00:41:54	00:42:03	+00:08:03 (19.1%)	4:11	14.3 (80.8%)
30	MALECHA Łukasz	65			M30-39	8	00:12:17	00:29:28	00:40:47	00:41:59	00:42:04	+00:08:04 (19.2%)	4:11	14.3 (80.8%)
31	OKONEK Grzegorz	256			M50-59	4	00:12:38	00:29:25	00:40:42	00:42:02	00:42:07	+00:08:07 (19.3%)	4:12	14.3 (80.8%)
32	GŁOGOWSKI Krzysztof	317			M30-39	9	00:12:01	00:28:58	00:40:38	00:42:10	00:42:13	+00:08:13 (19.5%)	4:13	14.2 (80.2%)
33	SKARBEEK Marek	244			M40-49	11	00:12:28	00:29:29	00:41:03	00:42:25	00:42:31	+00:08:31 (20.0%)	4:14	14.1 (79.7%)
34	OCHENDAL Maciej	261	VICTORIA KORONOWO		M30-39	10	00:12:53	00:29:52	00:41:07	00:42:29	00:42:36	+00:08:36 (20.2%)	4:14	14.1 (79.7%)
35	STASIAK Michał	51			M20-29	7	00:13:15	00:30:16	00:41:27	00:42:53	00:43:02	+00:09:02 (21.0%)	4:17	14 (79.1%)
36	ROMPAŁSKI Jakub	50	TUCHOLANKA TUCHOLA		M16-19	2	00:12:23	00:29:57	00:41:40	00:43:04	00:43:09	+00:09:09 (21.2%)	4:18	13.9 (78.5%)
37	IZDEBSKI Paweł	318	NIEZRZESZONY		M30-39	11	00:12:24	00:29:55	00:41:55	00:43:10	00:43:17	+00:09:17 (21.4%)	4:19	13.9 (78.5%)
38	NAWROCKI Tomasz	102			M30-39	12	00:13:22	00:30:40	00:41:51	00:43:05	00:43:20	+00:09:20 (21.5%)	4:18	13.9 (78.5%)
39	BRACHOWSKI Tomasz	222	NIEZRZESZONY		M40-49	12	00:12:25	00:29:54	00:41:58	00:43:26	00:43:32	+00:09:32 (21.9%)	4:20	13.8 (78.0%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										10km	10km			
40	KOBZIAKOWSKI Klaudiusz	61		TRISPACE	M20-29	8	00:12:53	00:30:30	00:42:07	00:43:34	00:43:41	+00:09:41 (22.2%)	4:21	13.8 (78.0%)
41	LIS Janusz	150		TKKF CHEŁMNO	M50-59	5	00:12:27	00:30:07	00:42:13	00:43:46	00:43:50	+00:09:50 (22.4%)	4:22	13.7 (77.4%)
42	SAWICKI Łukasz	250			M30-39	13	00:13:07	00:30:23	00:42:20	00:43:46	00:43:59	+00:09:59 (22.7%)	4:22	13.7 (77.4%)
43	FRĄCKOWIAK Marek	130			M40-49	13	00:12:44	00:30:23	00:42:25	00:43:55	00:44:00	+00:10:00 (22.7%)	4:23	13.7 (77.4%)
44	IZBANER Piotr	267			M30-39	14	00:12:53	00:30:50	00:42:48	00:43:56	00:44:02	+00:10:02 (22.8%)	4:23	13.7 (77.4%)
45	SZCZERBA Szymon	328			M20-29	9	00:13:47	00:31:42	00:42:45	00:43:54	00:44:07	+00:10:07 (22.9%)	4:23	13.7 (77.4%)
46	KARBOWNIK Daniel	90		THE RUNNERS ŚWIECIE	M20-29	10	00:12:31	00:30:48	00:42:51	00:44:05	00:44:08	+00:10:08 (23.0%)	4:24	13.6 (76.8%)
47	KAŻMIERCZAK Paweł	142		TKKF KUBUŚ SIERPC	M60-69	1	00:12:48	00:30:57	00:42:41	00:44:06	00:44:11	+00:10:11 (23.0%)	4:24	13.6 (76.8%)
48	CIEŚLIK Marek	57		NIEZRZESZONY	M50-59	6	00:13:12	00:30:55	00:42:44	00:44:10	00:44:21	+00:10:21 (23.3%)	4:25	13.6 (76.8%)
49	SCHRODER Krzysztof	111			M20-29	11	00:12:48	00:30:42	00:42:54	00:44:19	00:44:25	+00:10:25 (23.5%)	4:25	13.5 (76.3%)
50	GIOLDA Paweł	58			M30-39	15	00:13:40	00:31:23	00:43:03	00:44:23	00:44:29	+00:10:29 (23.6%)	4:26	13.5 (76.3%)
51	SOWIŃSKI Jakub	169			M20-29	12	00:13:01	00:30:47	00:42:54	00:44:22	00:44:32	+00:10:32 (23.7%)	4:26	13.5 (76.3%)
51	MIĘTKIEWICZ Rafał	155			M20-29	13	00:13:10	00:30:51	00:43:00	00:44:21	00:44:32	+00:10:32 (23.7%)	4:26	13.5 (76.3%)
51	SKRZESZEWSKI Rafał	214			M16-19	3	00:12:47	00:30:50	00:43:08	00:44:28	00:44:32	+00:10:32 (23.7%)	4:26	13.5 (76.3%)
54	PAWLAK Robert	162		IPA	M40-49	14	00:13:42	00:31:32	00:43:02	00:44:22	00:44:38	+00:10:38 (23.8%)	4:26	13.5 (76.3%)
55	PASIEKA Tomasz	46		KLUB ŻOŁNIERZY REZERWY LOK NAKŁO / NAKIELSKI KLUB BIEGACZA	M30-39	16	00:13:43	00:31:30	00:43:24	00:44:49	00:44:59	+00:10:59 (24.4%)	4:28	13.4 (75.7%)
56	LUBIEWSKI Szymon	195			M20-29	14	00:13:24	00:31:21	00:43:39	00:44:59	00:45:14	+00:11:14 (24.8%)	4:29	13.3 (75.1%)
57	DREWS Grzegorz	129			M40-49	15	00:13:27	00:31:40	00:43:44	00:45:06	00:45:15	+00:11:15 (24.9%)	4:30	13.3 (75.1%)
58	DRABJEWSKI Paweł	304		TKKF WODNIK WIĘCIBORK	M30-39	17	00:13:38	00:31:41	00:43:44	00:45:10	00:45:21	+00:11:21 (25.0%)	4:31	13.3 (75.1%)
59	BLACHOWSKA Anna			TOREC TORUŃ	K16-19	1	00:13:34	00:31:38	00:43:44	00:45:13	00:45:22	+00:11:22 (25.1%)	4:31	13.3 (75.1%)
60	KOŁODZIEJSKI Dawid	62			M20-29	15	00:13:16	00:31:45	00:44:15	00:45:27	00:45:35	+00:11:35 (25.4%)	4:32	13.2 (74.6%)
61	PIOTROWSKI Dariusz	290			M40-49	16	00:13:23	00:31:56	00:44:11	00:45:26	00:45:36	+00:11:36 (25.4%)	4:32	13.2 (74.6%)
62	NOWAK Rafał	45			M20-29	16	00:13:45	00:32:00	00:44:09	00:45:37	00:45:44	+00:11:44 (25.7%)	4:33	13.2 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									10km	10km			
63	MURAWIEC Izabela	66		K30-39	2	00:13:52	00:31:57	00:44:08	00:45:38	00:45:45	+00:11:45 (25.7%)	4:33	13.1 (74.0%)
64	TYMOSIAK Mateusz	177		M20-29	17	00:13:01	00:31:58	00:44:13	00:45:40	00:45:50	+00:11:50 (25.8%)	4:34	13.1 (74.0%)
65	GACKOWSKA Katarzyna	337	TKKF KOLEJARZ	K20-29	2	00:13:58	00:32:09	00:44:30	00:45:56	00:46:04	+00:12:04 (26.2%)	4:35	13.1 (74.0%)
66	KEPA Dawid	243		M30-39	18	00:13:39	00:32:08	00:44:30	00:46:02	00:46:10	+00:12:10 (26.4%)	4:36	13 (73.4%)
67	KĘSKRAWIEC Piotr	320		M30-39	19	00:13:48	00:32:01	00:44:39	00:46:07	00:46:19	+00:12:19 (26.6%)	4:36	13 (73.4%)
68	CIRSON Marek	336		M40-49	17	00:13:26	00:32:00	00:44:45	00:46:18	00:46:23	+00:12:23 (26.7%)	4:37	13 (73.4%)
69	KOCHAŃSKI Dariusz	145		M40-49	18	00:13:39	00:32:00	00:44:44	00:46:16	00:46:25	+00:12:25 (26.8%)	4:37	13 (73.4%)
70	ZUBIK Mateusz	285	ZSZ KORONOWO	M16-19	4	00:13:02	00:30:44	00:44:58	00:46:14	00:46:26	+00:12:26 (26.8%)	4:37	13 (73.4%)
71	MUSIAŁ Marek			M40-49	19	00:13:41	00:32:14	00:44:54	00:46:21	00:46:28	+00:12:28 (26.8%)	4:38	12.9 (72.9%)
72	PALACZ Wioletta	161		K30-39	3	00:13:40	00:32:21	00:44:54	00:46:22	00:46:29	+00:12:29 (26.9%)	4:38	12.9 (72.9%)
73	ŚRUBKA Patryk	119		M20-29	18	00:13:40	00:31:52	00:45:08	00:46:19	00:46:32	+00:12:32 (26.9%)	4:37	13 (73.4%)
74	NAPORA Mateusz	157		M20-29	19	00:13:24	00:32:25	00:45:08	00:46:27	00:46:33	+00:12:33 (27.0%)	4:38	12.9 (72.9%)
75	PAKULSKI Rafał	160		M40-49	20	00:13:53	00:32:53	00:45:10	00:46:28	00:46:34	+00:12:34 (27.0%)	4:38	12.9 (72.9%)
76	NABIAŁKOWSKI Łukasz	67		M20-29	20	00:13:14	00:31:53	00:44:51	00:46:25	00:46:35	+00:12:35 (27.0%)	4:38	12.9 (72.9%)
76	JAGIELSKI Aleksander	137		M20-29	21	00:14:18	00:32:39	00:44:53	00:46:17	00:46:35	+00:12:35 (27.0%)	4:37	13 (73.4%)
78	BRZEZIŃSKI Jakub	313	ZESPÓŁ SZKÓŁ ZAWODOWYCH W KORONOWIE	M20-29	22	00:12:50	00:31:42	00:45:07	00:46:35	00:46:41	+00:12:41 (27.2%)	4:39	12.9 (72.9%)
79	DACH Łukasz	77		M30-39	20	00:13:40	00:32:53	00:45:14	00:46:38	00:46:42	+00:12:42 (27.2%)	4:39	12.9 (72.9%)
80	DOLATOWSKI Tomasz	128	ACID DRINKERS	M30-39	21	00:13:45	00:32:25	00:45:02	00:46:32	00:46:45	+00:12:45 (27.3%)	4:39	12.9 (72.9%)
80	URBAŃSKA Ewa	310	TRISPACE	K30-39	4	00:14:13	00:33:01	00:45:14	00:46:37	00:46:45	+00:12:45 (27.3%)	4:39	12.9 (72.9%)
82	SUCZYŃSKI Błażej	52		M30-39	22	00:13:47	00:32:35	00:45:17	00:46:33	00:46:47	+00:12:47 (27.3%)	4:39	12.9 (72.9%)
82	KOKOCIŃSKI Michał	42		M30-39	23	00:13:47	00:32:36	00:45:17	00:46:33	00:46:47	+00:12:47 (27.3%)	4:39	12.9 (72.9%)
84	GIERSZ Krzysztof	316		M40-49	21	00:14:34	00:33:02	00:45:14	00:46:40	00:46:50	+00:12:50 (27.4%)	4:40	12.9 (72.9%)
85	WÓJCIK-DĄBROWSKA Marta	186		K30-39	5	00:14:01	00:32:38	00:45:14	00:46:43	00:46:51	+00:12:51 (27.4%)	4:40	12.8 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
86	GAWRYSIAK Mariusz	225	RUN BYDGOSZCZ	M50-59	7	00:13:55	00:32:43	00:45:16	00:46:48	00:46:56	+00:12:56 (27.6%)	4:40	12.8 (72.3%)	
87	MUSIAŁ Radosław	211		M30-39	24	00:13:49	00:32:38	00:45:31	00:47:07	00:47:16	+00:13:16 (28.1%)	4:42	12.7 (71.8%)	
87	RYDLEWSKI Marek	109		M40-49	22	00:13:42	00:32:42	00:45:31	00:47:06	00:47:16	+00:13:16 (28.1%)	4:42	12.7 (71.8%)	
89	DOBEK Tomasz	127		M40-49	23	00:13:57	00:32:43	00:45:34	00:47:14	00:47:22	+00:13:22 (28.2%)	4:43	12.7 (71.8%)	
90	DZUDZEWICZ Kamil	224	AKADEMIA BIEGANIA GRUDZIĄDZ	M20-29	23	00:14:20	00:33:32	00:45:53	00:47:23	00:47:39	+00:13:39 (28.6%)	4:44	12.7 (71.8%)	
91	MICHALSKI Maciej	301		M20-29	24	00:14:17	00:33:30	00:46:02	00:47:32	00:47:47	+00:13:47 (28.8%)	4:45	12.6 (71.2%)	
92	WINKLEWSKA Magdalena	180		K30-39	6	00:14:30	00:33:36	00:46:11	00:47:40	00:47:51	+00:13:51 (28.9%)	4:46	12.6 (71.2%)	
93	NOWACKA Gabriela	158		K50-59	1	00:14:27	00:33:39	00:46:13	00:47:44	00:47:54	+00:13:54 (29.0%)	4:46	12.6 (71.2%)	
94	KACZYŃSKI Maksymilian	194	TRISPACE	M20-29	25	00:14:07	00:33:47	00:46:25	00:47:47	00:47:55	+00:13:55 (29.0%)	4:46	12.6 (71.2%)	
95	GIERACH Marcin			M30-39	25	00:14:36	00:33:26	00:46:16	00:47:47	00:48:01	+00:14:01 (29.2%)	4:46	12.6 (71.2%)	
96	BIAŁOUS Krzysztof	332		NIEZRZESZONY	M50-59	8	00:14:02	00:33:14	00:46:24	00:47:59	00:48:08	+00:14:08 (29.4%)	4:47	12.5 (70.6%)
96	SZTEJKA Damian	116		BENEFITKSO ODSZKODOWANIA	M30-39	26	00:14:26	00:33:49	00:46:32	00:47:56	00:48:08	+00:14:08 (29.4%)	4:47	12.5 (70.6%)
98	SZYLING Emilia	53	AKADEMIA BIEGANIA GRUDZIĄDZ	K20-29	3	00:13:55	00:33:33	00:46:18	00:47:54	00:48:09	+00:14:09 (29.4%)	4:47	12.5 (70.6%)	
99	JAGODZIŃSKI Marcin	41		M30-39	27	00:14:04	00:33:44	00:46:33	00:47:57	00:48:10	+00:14:10 (29.4%)	4:47	12.5 (70.6%)	
100	MIKRUT Jarosław	293		M40-49	24	00:14:42	00:33:41	00:46:17	00:47:55	00:48:17	+00:14:17 (29.6%)	4:47	12.5 (70.6%)	
101	GÓRNA-MARTIN Karolina	40		K20-29	4	00:14:23	00:33:47	00:46:34	00:48:08	00:48:18	+00:14:18 (29.6%)	4:48	12.5 (70.6%)	
102	BRONIKOWSKI Karol		LOTKI	M30-39	28	00:13:47	00:33:25	00:46:41	00:48:18	00:48:24	+00:14:24 (29.8%)	4:49	12.4 (70.1%)	
103	LEWANDOWSKI Tomasz	149		M30-39	29	00:14:10	00:33:08	00:46:34	00:48:18	00:48:30	+00:14:30 (29.9%)	4:49	12.4 (70.1%)	
104	LOTA Marcin	98		M30-39	30	00:13:43	00:33:19	00:46:38	00:48:16	00:48:31	+00:14:31 (29.9%)	4:49	12.4 (70.1%)	
105	WOJTAS Magdalena	280		K16-19	2	00:13:59	00:33:50	00:47:02	00:48:32	00:48:37	+00:14:37 (30.1%)	4:51	12.4 (70.1%)	
106	JASINIEWSKI Sławomir	140	NIEZRZESZONY	M40-49	25	00:15:01	00:34:26	00:47:03	00:48:24	00:48:44	+00:14:44 (30.2%)	4:50	12.4 (70.1%)	
107	PRZYGODA Artur	164		M40-49	26	00:13:55	00:33:31	00:46:56	00:48:36	00:48:46	+00:14:46 (30.3%)	4:51	12.3 (69.5%)	
108	PAWLACZYK Paweł	104		M20-29	26	00:14:43	00:34:06	00:47:07	00:48:39	00:48:49	+00:14:49 (30.4%)	4:51	12.3 (69.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									10km	10km			
109	KARWASZ Andrzej	92		M30-39	31	00:13:37	00:33:12	00:47:01	00:48:37	00:48:50	+00:14:50 (30.4%)	4:51	12.3 (69.5%)
110	PLUTKA Robert	283		M20-29	27	00:14:23	00:33:47	00:47:11	00:48:37	00:48:52	+00:14:52 (30.4%)	4:51	12.3 (69.5%)
111	HENICZ Grzegorz	135		M50-59	9	00:14:09	00:33:38	00:47:03	00:48:42	00:48:58	+00:14:58 (30.6%)	4:52	12.3 (69.5%)
112	REMBACZ Agnieszka	166	RUNEDA	K30-39	7	00:14:09	00:33:37	00:47:04	00:48:43	00:48:59	+00:14:59 (30.6%)	4:52	12.3 (69.5%)
113	WIESE Grzegorz	281	TKKF KOLEJARZ BYDGOSZCZ	M50-59	10	00:14:37	00:33:49	00:47:07	00:48:41	00:49:02	+00:15:02 (30.7%)	4:52	12.3 (69.5%)
114	MIELCARSKI Michał	154	MIELCAR TEAM	M30-39	32	00:14:21	00:34:01	00:47:22	00:48:55	00:49:08	+00:15:08 (30.8%)	4:53	12.3 (69.5%)
114	WASZAK Ireneusz	273		M40-49	27	00:15:28	00:35:10	00:47:31	00:48:52	00:49:08	+00:15:08 (30.8%)	4:53	12.3 (69.5%)
116	KOSIŁO Marcin	96		M30-39	33	00:14:39	00:34:26	00:47:23	00:48:47	00:49:10	+00:15:10 (30.8%)	4:52	12.3 (69.5%)
117	BIRKHOLZ Paweł	333		M40-49	28	00:14:45	00:34:26	00:47:27	00:49:02	00:49:13	+00:15:13 (30.9%)	4:54	12.2 (68.9%)
118	PARTATUS Andrzej	251		M30-39	34	00:14:53	00:34:44	00:47:24	00:49:04	00:49:14	+00:15:14 (30.9%)	4:54	12.2 (68.9%)
119	NAGÓRKA Artur	258	DECATHLON FORDON	M40-49	29	00:14:54	00:34:48	00:47:50	00:49:14	00:49:26	+00:15:26 (31.2%)	4:55	12.2 (68.9%)
120	PISZCZEK Jakub	326	ASTORIA BYDGOSZCZ	M30-39	35	00:15:06	00:34:40	00:47:42	00:49:16	00:49:28	+00:15:28 (31.3%)	4:55	12.2 (68.9%)
121	KRAHL Radek	323		M30-39	36	00:14:51	00:34:32	00:47:30	00:49:07	00:49:29	+00:15:29 (31.3%)	4:54	12.2 (68.9%)
122	GŻYL Mikołaj	339	'EXODUS'	M30-39	37	00:14:04	00:34:11	00:47:42	00:49:16	00:49:31	+00:15:31 (31.3%)	4:55	12.2 (68.9%)
123	ŁAZNOWSKI Janusz	44	TKKF WODNIK	M30-39	38	00:15:28	00:35:11	00:47:47	00:49:15	00:49:32	+00:15:32 (31.4%)	4:55	12.2 (68.9%)
124	BIZOŃ Michał	54		M30-39	39	00:14:58	00:34:46	00:47:49	00:49:16	00:49:33	+00:15:33 (31.4%)	4:55	12.2 (68.9%)
124	DAWIDOWICZ Maciej	125	POGRANICZNIK.PL	M30-39	40	00:14:43	00:34:27		00:49:19	00:49:33	+00:15:33 (31.4%)	4:55	12.2 (68.9%)
124	NOWAK Jacek	210		M30-39	41	00:14:10	00:34:33		00:49:27	00:49:33	+00:15:33 (31.4%)	4:56	12.1 (68.4%)
127	BRZYKCY Karolina	334		K20-29	5	00:14:29	00:34:28	00:47:50	00:49:36	00:49:48	+00:15:48 (31.7%)	4:57	12.1 (68.4%)
128	FOTEK Roman	78		M50-59	11	00:14:06	00:34:26	00:48:07	00:49:47	00:49:52	+00:15:52 (31.8%)	4:58	12.1 (68.4%)
129	MIKOŁAJCZYK Dariusz	99		M40-49	30	00:14:44	00:34:42	00:48:13	00:49:51	00:50:02	+00:16:02 (32.0%)	4:59	12 (67.8%)
130	SZNAJDROWSKI Mateusz	253		M20-29	28	00:15:36	00:35:19	00:48:24	00:49:50	00:50:07	+00:16:07 (32.2%)	4:59	12 (67.8%)
131	WIŚNIEWSKI Filip	282	PINDI TEAM	M16-19	5	00:15:26	00:35:10	00:48:16	00:49:51	00:50:08	+00:16:08 (32.2%)	4:59	12 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
132	NOWAK Agnieszka	159		K30-39	8	00:15:40	00:35:38	00:48:24	00:49:49	00:50:10	+00:16:10 (32.2%)	4:58	12 (67.8%)
133	SUCHOMSKA Beata	171	OPENTAX24.PL	K30-39	9	00:14:50	00:34:54	00:48:25	00:50:08	00:50:18	+00:16:18 (32.4%)	5:00	12 (67.8%)
134	JASKULSKI Ariel	218		M30-39	42	00:14:11	00:34:33	00:48:38	00:50:13	00:50:26	+00:16:26 (32.6%)	5:01	11.9 (67.2%)
135	DUDEK Dawid	38	POLONIA BYDGOSZCZ	M30-39	43	00:14:09	00:35:04	00:48:48	00:50:19	00:50:28	+00:16:28 (32.6%)	5:01	11.9 (67.2%)
136	WIKTORSKI Tomasz	179		M20-29	29	00:14:12	00:35:22	00:48:52	00:50:20	00:50:29	+00:16:29 (32.7%)	5:02	11.9 (67.2%)
136	SOBKOWIAK Karol		BANK SPÓŁDZIELCZY W KORONOWIE	M20-29	30	00:14:26	00:34:57	00:48:53	00:50:21	00:50:29	+00:16:29 (32.7%)	5:02	11.9 (67.2%)
138	SZULC Rafał	173		M30-39	44	00:14:50	00:35:22	00:48:56	00:50:31	00:50:40	+00:16:40 (32.9%)	5:03	11.9 (67.2%)
139	KOSCIELAK Maciej	148	ŻANDARMİ Z BYDGOSZCZY	M30-39	45	00:15:27	00:35:45	00:48:46	00:50:20	00:50:41	+00:16:41 (32.9%)	5:02	11.9 (67.2%)
139	RAKOWSKI Paweł	165	ŻANDARMİ Z BYDGOSZCZY	M30-39	46	00:15:28	00:35:47	00:48:47	00:50:21	00:50:41	+00:16:41 (32.9%)	5:02	11.9 (67.2%)
141	KAMIŃSKI Paweł	319		M40-49	31	00:15:10	00:35:30	00:48:58	00:50:36	00:50:47	+00:16:47 (33.0%)	5:03	11.9 (67.2%)
142	PIETREWICZ Patryk	277		M30-39	47	00:25:47		00:47:27	00:50:25	00:50:53	+00:16:53 (33.2%)	5:02	11.9 (67.2%)
143	POPOWSKI Zbigniew	107	RUN BYDGOSZCZ	M60-69	2	00:15:10	00:35:22	00:49:01	00:50:45	00:50:54	+00:16:54 (33.2%)	5:04	11.8 (66.7%)
144	ŚPIONKOWSKI Patryk	247	RUN BYDGOSZCZ	M16-19	6	00:15:12	00:35:12	00:49:12	00:50:48	00:51:00	+00:17:00 (33.3%)	5:04	11.8 (66.7%)
145	JACIUBEK Andrzej	136		M50-59	12	00:15:12	00:35:23	00:48:54	00:50:39	00:51:02	+00:17:02 (33.4%)	5:03	11.8 (66.7%)
146	MIELCAREK Zdzisław	215		M70+	1	00:15:18	00:35:51	00:49:18	00:51:02	00:51:07	+00:17:07 (33.5%)	5:06	11.8 (66.7%)
147	KULINSKI Zbigniew	63		M20-29	31	00:14:13	00:35:26	00:49:25	00:51:10	00:51:15	+00:17:15 (33.7%)	5:07	11.7 (66.1%)
148	GROCHOWSKI Jakub	133		M20-29	32	00:15:24	00:36:01	00:49:48	00:51:11	00:51:26	+00:17:26 (33.9%)	5:07	11.7 (66.1%)
149	SCIGOCKI Waldemar	287		M40-49	32	00:15:03	00:35:44	00:49:50	00:51:26	00:51:38	+00:17:38 (34.2%)	5:08	11.7 (66.1%)
150	KOLANOWSKI Wojciech	147		M50-59	13	00:15:10	00:35:58	00:49:52	00:51:30	00:51:42	+00:17:42 (34.2%)	5:09	11.7 (66.1%)
151	GIERSZEWSKA Grażyna	315		K40-49	1	00:15:16	00:36:01	00:49:57	00:51:25	00:51:47	+00:17:47 (34.3%)	5:08	11.7 (66.1%)
152	MUSIAŁ Krystian	100		M20-29	33	00:15:00	00:35:16	00:49:47	00:51:33	00:51:49	+00:17:49 (34.4%)	5:09	11.6 (65.5%)
153	BRZYKCY Mateusz	122		M30-39	48	00:14:28	00:35:23	00:49:52	00:51:39	00:51:50	+00:17:50 (34.4%)	5:09	11.6 (65.5%)
153	RZEMEK Sławomir	69	ERZET	M30-39	49	00:14:59	00:35:45	00:50:02	00:51:38	00:51:50	+00:17:50 (34.4%)	5:09	11.6 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	PERLIK Grzegorz	105	MIAŁEM SZCZĘŚCIE...	M60-69	3	00:15:45	00:36:46	00:50:10	00:51:43	00:51:52	+00:17:52 (34.4%)	5:10	11.6 (65.5%)
156	JAROSZEWSKI Wojciech	139		M30-39	50	00:15:38	00:36:24	00:50:00	00:51:32	00:51:56	+00:17:56 (34.5%)	5:09	11.6 (65.5%)
156	ROGOŚ Renek	217	VECTRA WŁOCŁAWEK	M40-49	33	00:15:26	00:36:09	00:50:02	00:51:32	00:51:56	+00:17:56 (34.5%)	5:09	11.6 (65.5%)
158	ŁOŚ Piotr	307		M30-39	51	00:15:09	00:36:01	00:50:03	00:51:36	00:51:59	+00:17:59 (34.6%)	5:09	11.6 (65.5%)
159	KEMPIŃSKI Michał	60	TUCHOLANKA TUCHOLA	M16-19	7	00:13:51	00:35:18	00:50:13	00:51:55	00:52:00	+00:18:00 (34.6%)	5:11	11.6 (65.5%)
160	CHODUR Agnieszka	76		K30-39	10	00:15:24	00:36:17	00:50:12	00:51:54	00:52:08	+00:18:08 (34.8%)	5:11	11.6 (65.5%)
161	GODZIUK Roman	80		M50-59	14	00:15:10	00:36:02	00:50:09	00:51:56	00:52:09	+00:18:09 (34.8%)	5:11	11.6 (65.5%)
162	SUCHOMSKI Marek	172	OPENTAX24.PL	M40-49	34	00:16:10	00:36:54	00:50:41	00:52:11	00:52:26	+00:18:26 (35.2%)	5:13	11.5 (65.0%)
163	DĄBROWSKI Artur	37	WOJSKOWA KOMENDA TRANSPORTU WROCŁAW	M30-39	52	00:15:21	00:36:24	00:50:38	00:52:19	00:52:30	+00:18:30 (35.2%)	5:13	11.5 (65.0%)
163	DĄBROWSKA Ewelina	36	PRO-RUN WROCŁAW	K30-39	11	00:15:23	00:36:25	00:50:38	00:52:19	00:52:30	+00:18:30 (35.2%)	5:13	11.5 (65.0%)
165	NALEWAJKO Adrian	262		M16-19	8	00:15:11	00:36:09	00:50:46	00:52:18	00:52:31	+00:18:31 (35.3%)	5:13	11.5 (65.0%)
166	ŚLUGAJ Tomasz	254		M20-29	34	00:15:57	00:36:41	00:50:28	00:52:06	00:52:33	+00:18:33 (35.3%)	5:12	11.5 (65.0%)
167	KOZIEŁ Tomasz	43		M30-39	53	00:15:23	00:36:39	00:50:42	00:52:16	00:52:34	+00:18:34 (35.3%)	5:13	11.5 (65.0%)
168	ZAGOŹDŻON Wioleta	187	RUN BYDGOSZCZ	K30-39	12	00:14:42	00:35:44	00:50:40	00:52:21	00:52:39	+00:18:39 (35.4%)	5:14	11.5 (65.0%)
169	SOPOLIŃSKI Jacek	168		M30-39	54	00:15:56	00:36:51	00:50:41	00:52:27	00:52:44	+00:18:44 (35.5%)	5:14	11.4 (64.4%)
169	TRACKI Arkadiusz	175		M20-29	35	00:17:20	00:38:01	00:51:02	00:52:27	00:52:44	+00:18:44 (35.5%)	5:14	11.4 (64.4%)
171	ŁAPIŃSKA Katarzyna	64		K30-39	13	00:15:10	00:36:43	00:50:59	00:52:45	00:52:52	+00:18:52 (35.7%)	5:16	11.4 (64.4%)
172	KAŻMIERCZAK-MYSZYŃSKA Paulina	93	TKKF KUBUŚ SIERPC	K30-39	14	00:15:40	00:36:55	00:51:01	00:52:39	00:53:02	+00:19:02 (35.9%)	5:15	11.4 (64.4%)
173	KARWACKI Dariusz	204		M40-49	35	00:15:21	00:36:56	00:51:33	00:52:55	00:53:03	+00:19:03 (35.9%)	5:17	11.3 (63.8%)
174	RYBKA Ilona	327	HUSKY-TEAM BYDGOSZCZ	K40-49	2	00:15:22	00:36:50	00:51:30	00:53:07	00:53:16	+00:19:16 (36.2%)	5:18	11.3 (63.8%)
175	HOŁOWNIA Karolina	85		K20-29	6	00:15:56	00:37:27	00:51:42	00:53:25	00:53:43	+00:19:43 (36.7%)	5:20	11.2 (63.3%)
176	MACIEJEWSKA-BŁACHEWICZ Joanna	242	ZESPÓŁ SZKÓŁ ZAWODOWYCH W KORONOWIE	K30-39	15	00:15:47	00:37:31	00:51:51	00:53:29	00:53:46	+00:19:46 (36.8%)	5:20	11.2 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	KARBOWSKA Alina	91		K20-29	7	00:16:13	00:37:53	00:52:05	00:53:39	00:54:02	+00:20:02 (37.1%)	5:21	11.2 (63.3%)
178	WEGNER Roman	255		M50-59	15	00:15:06	00:36:36	00:52:00	00:53:52	00:54:06	+00:20:06 (37.2%)	5:23	11.1 (62.7%)
179	KŁYZA Aleksander	144		M20-29	36	00:15:03	00:38:02	00:52:41	00:54:05	00:54:12	+00:20:12 (37.3%)	5:24	11.1 (62.7%)
180	BIAŁOBLÓCKI Marek	74		M30-39	55	00:15:16	00:37:20	00:52:20	00:54:10	00:54:20	+00:20:20 (37.4%)	5:25	11.1 (62.7%)
181	BYCZKOWSKI Zenon	75		M50-59	16	00:15:07	00:36:53	00:52:13	00:54:13	00:54:27	+00:20:27 (37.6%)	5:25	11.1 (62.7%)
182	SYCZUK Grzegorz	71		M40-49	36	00:16:22	00:37:56	00:52:42	00:54:13	00:54:42	+00:20:42 (37.8%)	5:25	11.1 (62.7%)
182	LATOS Aleksandra	325		K30-39	16	00:16:09	00:38:05	00:52:48	00:54:32	00:54:42	+00:20:42 (37.8%)	5:27	11 (62.1%)
184	TWARDOWSKI Wojciech	176	RUN BYDGOSZCZ	M40-49	37	00:15:21	00:37:05	00:52:27	00:54:25	00:54:44	+00:20:44 (37.9%)	5:26	11 (62.1%)
185	JASINIECKI Wojciech	88	RUN BYDGOSZCZ	M30-39	56	00:15:43	00:37:40	00:52:35	00:54:20	00:54:45	+00:20:45 (37.9%)	5:26	11 (62.1%)
186	KOCHAŃSKA Magdalena	295		K16-19	3	00:16:26	00:38:19	00:53:05	00:54:47	00:54:53	+00:20:53 (38.1%)	5:28	11 (62.1%)
187	GROTT Bartłomiej	82		M30-39	57	00:16:22	00:37:57	00:52:42	00:54:25	00:54:54	+00:20:54 (38.1%)	5:26	11 (62.1%)
187	GRYLEWICZ Tomasz	83		M30-39	58	00:16:24	00:37:58	00:52:43	00:54:26	00:54:54	+00:20:54 (38.1%)	5:26	11 (62.1%)
189	GÓLCZ Katarzyna	59		K20-29	8	00:15:33	00:37:57	00:53:12	00:54:47	00:54:56	+00:20:56 (38.1%)	5:28	11 (62.1%)
190	KOŚMICKA Sylwia	192		K20-29	9	00:15:50	00:37:59	00:52:53	00:54:39	00:55:00	+00:21:00 (38.2%)	5:27	11 (62.1%)
191	MURAWIEC Krzysztof	308		M30-39	59	00:15:26	00:38:02	00:53:16	00:55:04	00:55:11	+00:21:11 (38.4%)	5:30	10.9 (61.6%)
192	MARKLIK Grażyna	276		K40-49	3	00:16:47	00:38:48	00:53:11	00:54:59	00:55:13	+00:21:13 (38.4%)	5:29	10.9 (61.6%)
193	MIKRUT Małgorzata	292	AKADEMIA BIEGANIA GRUDZIĄDZ	K40-49	4	00:16:16	00:38:05	00:53:21	00:54:59	00:55:20	+00:21:20 (38.6%)	5:29	10.9 (61.6%)
194	MAJEWSKI Andrzej	152		M20-29	37	00:15:54	00:38:36	00:53:22	00:54:59	00:55:24	+00:21:24 (38.6%)	5:29	10.9 (61.6%)
195	PYJOS Marcin	48	TRISPACE	M30-39	60	00:16:45	00:38:59	00:53:33	00:55:09	00:55:25	+00:21:25 (38.6%)	5:30	10.9 (61.6%)
196	STANKIEWICZ Dariusz	114		M40-49	38	00:15:22	00:38:19	00:53:32	00:55:17	00:55:35	+00:21:35 (38.8%)	5:31	10.9 (61.6%)
197	KACZYŃSKI Maciej	193	ZESPÓŁ SZKÓŁ ZAWODOWYCH IM. GENERAŁA STANISŁAWA MACZKA	M40-49	39	00:16:04	00:38:13	00:53:29	00:55:17	00:55:39	+00:21:39 (38.9%)	5:31	10.9 (61.6%)
198	KOLANOWSKA Grażyna	146		K50-59	2	00:16:01	00:38:20	00:53:39	00:55:33	00:55:47	+00:21:47 (39.0%)	5:33	10.8 (61.0%)
199	SŁOMA Edyta	274		K30-39	17	00:27:39		00:52:10	00:55:41	00:56:07	+00:22:07 (39.4%)	5:34	10.8 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									10km	10km			
200	GUMIENNA Natalia	134		K20-29	10	00:17:02	00:39:32	00:54:18	00:55:52	00:56:09	+00:22:09 (39.4%)	5:35	10.7 (60.5%)
201	DOMAGAŁA Janina			Kobiety	1	00:27:39		00:52:13	00:55:45	00:56:12	+00:22:12 (39.5%)	5:34	10.8 (61.0%)
201	KANTAK Aneta	202		K40-49	5	00:27:40		00:52:13	00:55:46	00:56:12	+00:22:12 (39.5%)	5:34	10.8 (61.0%)
203	GNIOT Bożena	79		K30-39	18	00:16:36	00:39:15	00:54:17	00:56:00	00:56:14	+00:22:14 (39.5%)	5:36	10.7 (60.5%)
204	KEMPA Arkadiusz	94	RUN BYDGOSZCZ	M40-49	40	00:17:11	00:39:42	00:54:21	00:55:58	00:56:20	+00:22:20 (39.6%)	5:35	10.7 (60.5%)
204	STEFANOWICZ Wojtek	170	RUN BYDGOSZCZ	M30-39	61	00:17:12	00:39:43	00:54:21	00:55:58	00:56:20	+00:22:20 (39.6%)	5:35	10.7 (60.5%)
206	OSKA Beata	103		K20-29	11	00:16:25	00:39:08	00:54:21	00:56:07	00:56:24	+00:22:24 (39.7%)	5:36	10.7 (60.5%)
207	SIĘŃSKI Jacek	113	RUN BYDGOSZCZ	M50-59	17	00:16:56	00:39:24	00:54:22	00:56:04	00:56:25	+00:22:25 (39.7%)	5:36	10.7 (60.5%)
208	GAJZLER Jerzy	131	BARTODZIEJE	M60-69	4	00:16:07	00:39:09	00:54:41	00:56:27	00:56:40	+00:22:40 (40.0%)	5:38	10.6 (59.9%)
209	MIKUŁA Tomasz	156	GORDON RUN TEAM	M30-39	62	00:16:34	00:39:10	00:54:35	00:56:30	00:56:52	+00:22:52 (40.2%)	5:39	10.6 (59.9%)
210	SCHMIDT Robert	110	RUN BDG	M40-49	41	00:16:30	00:39:47	00:55:07	00:57:08	00:57:27	+00:23:27 (40.8%)	5:42	10.5 (59.3%)
211	KOCHAŃSKI Mateusz	296		M20-29	38	00:16:27	00:39:52	00:55:52	00:57:23	00:57:29	+00:23:29 (40.9%)	5:44	10.5 (59.3%)
212	SZYMCZAK Tomasz	118		M50-59	18	00:16:58	00:39:48	00:55:35	00:57:15	00:57:35	+00:23:35 (41.0%)	5:43	10.5 (59.3%)
213	OZIMKOWSKA Hanna	270		K30-39	19	00:27:53		00:53:44	00:57:14	00:57:41	+00:23:41 (41.1%)	5:43	10.5 (59.3%)
214	KOTWICA Katarzyna	241		K40-49	6	00:27:56		00:53:45	00:57:16	00:57:42	+00:23:42 (41.1%)	5:43	10.5 (59.3%)
215	REMLINGER Michał	49	RUN BYDGOSZCZ	M30-39	63	00:18:02	00:40:50	00:55:28	00:57:17	00:57:43	+00:23:43 (41.1%)	5:43	10.5 (59.3%)
216	KOCHAŃSKI Roman	297		M40-49	42	00:16:28	00:39:52	00:55:58	00:57:44	00:57:50	+00:23:50 (41.2%)	5:46	10.4 (58.8%)
217	TOBOLEWSKI Jan	245	KS KORONOWO	M16-19	9	00:15:53	00:39:21	00:55:58	00:57:46	00:57:59	+00:23:59 (41.4%)	5:46	10.4 (58.8%)
218	TOBOLEWSKA Maria	246		K16-19	4	00:15:55	00:39:23	00:56:02	00:57:56	00:58:08	+00:24:08 (41.5%)	5:47	10.4 (58.8%)
219	CIESIELSKA Oktawia	124		K20-29	12	00:17:20	00:40:39	00:56:06	00:57:51	00:58:13	+00:24:13 (41.6%)	5:47	10.4 (58.8%)
220	SZYMCZAK Małgorzata	206		K40-49	7	00:17:05	00:40:20	00:56:09	00:57:55	00:58:15	+00:24:15 (41.6%)	5:47	10.4 (58.8%)
221	SŁAWETA Michał	216		M40-49	43	00:17:08	00:40:23	00:56:09	00:57:55	00:58:23	+00:24:23 (41.8%)	5:47	10.4 (58.8%)
222	REMUS Sandra	167		K20-29	13	00:17:14	00:40:44	00:56:37	00:58:13	00:58:36	+00:24:36 (42.0%)	5:49	10.3 (58.2%)

										Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	3km	7km	9.6km					
223	JANKOWIAK Barbara	86			K40-49	8	00:16:53	00:40:27	00:56:33	00:58:35	00:58:52	+00:24:52 (42.2%)	5:51	10.2 (57.6%)
223	LOTA Aleksandra	151	LOTKI		K30-39	20	00:16:56	00:40:32	00:56:34	00:58:36	00:58:52	+00:24:52 (42.2%)	5:51	10.2 (57.6%)
225	GMITRUK Katarzyna				K20-29	14	00:16:24	00:40:41	00:57:05	00:58:49	00:59:08	+00:25:08 (42.5%)	5:52	10.2 (57.6%)
225	LIS Marcin	212	BANK PKO BP		M30-39	64	00:17:53	00:41:14	00:57:15	00:58:43	00:59:08	+00:25:08 (42.5%)	5:52	10.2 (57.6%)
227	TROJAN Łukasz	271	KS KORONOWO		M30-39	65	00:16:26	00:40:40	00:57:04	00:58:50	00:59:09	+00:25:09 (42.5%)	5:53	10.2 (57.6%)
228	WOLSKI Przemysław	120			M30-39	66	00:15:11	00:39:30	00:57:21	00:59:21	00:59:30	+00:25:30 (42.9%)	5:56	10.1 (57.1%)
229	ADRYCH Karol	299			M30-39	67	00:15:38	00:39:49	00:57:43	00:59:26	00:59:34	+00:25:34 (42.9%)	5:56	10.1 (57.1%)
230	NOWAK-MACIEJEWSKA Eliza	259	KS KORONOWO		K30-39	21	00:16:42	00:40:55	00:57:46	00:59:33	00:59:41	+00:25:41 (43.0%)	5:57	10.1 (57.1%)
231	KRYGER Agnieszka	196	DRUŻYNA SZPIKU		K20-29	15	00:17:15	00:41:01	00:57:49	00:59:37	01:00:01	+00:26:01 (43.3%)	5:57	10.1 (57.1%)
232	SZARLEJ Marcin	213	BANK PKO BP		M30-39	68	00:18:17	00:42:43	00:58:09	00:59:42	01:00:06	+00:26:06 (43.4%)	5:58	10.1 (57.1%)
233	BUCHOLC Andrzej	221			M40-49	44	00:17:23	00:41:51	00:58:01	00:59:55	01:00:10	+00:26:10 (43.5%)	5:59	10 (56.5%)
234	WIŚNIEWSKI Włodzimierz	182			M50-59	19	00:16:27	00:42:02	00:58:15	00:59:51	01:00:14	+00:26:14 (43.6%)	5:59	10 (56.5%)
235	POPOWSKA Barbara	106	RUN BYDGOSZCZ		K60-69	1	00:17:09	00:41:20	00:57:53	00:59:58	01:00:16	+00:26:16 (43.6%)	5:59	10 (56.5%)
236	JAKUBOWSKA Anna	138			K30-39	22	00:17:44	00:42:01	00:58:09	01:00:05	01:00:25	+00:26:25 (43.7%)	6:00	10 (56.5%)
237	SZTEJKA Jolanta	117	BENEFITKSO ODSZKODOWANIA		K30-39	23	00:17:56	00:42:18	00:58:34	01:00:11	01:00:35	+00:26:35 (43.9%)	6:01	10 (56.5%)
238	KĘSKRAWIEC Roma	95			K30-39	24	00:17:21	00:42:02	00:58:35	01:00:32	01:00:52	+00:26:52 (44.1%)	6:03	9.9 (55.9%)
238	SOJKA Jerzy	286			M70+	2	00:17:21	00:42:03	00:58:35	01:00:32	01:00:52	+00:26:52 (44.1%)	6:03	9.9 (55.9%)
240	GRACZKOWSKA Mirosława	81			K40-49	9	00:17:05	00:41:56	00:58:45	01:00:43	01:00:57	+00:26:57 (44.2%)	6:04	9.9 (55.9%)
241	KANTAK Wojciech	201			M40-49	45	00:16:44	00:41:31	00:58:51	01:00:42	01:01:09	+00:27:09 (44.4%)	6:04	9.9 (55.9%)
242	SZYMAŃSKI Zbigniew	249			M50-59	20	00:17:11	00:40:53	00:58:38	01:00:49	01:01:10	+00:27:10 (44.4%)	6:04	9.9 (55.9%)
243	ŁAZNOWSKI Karol	266			M30-39	69	00:18:38	00:43:50	00:59:33	01:01:15	01:01:37	+00:27:37 (44.8%)	6:07	9.8 (55.4%)
244	MUSIAŁ Mirela	101			K40-49	10	00:17:22	00:42:44	00:59:36	01:01:33	01:01:49	+00:27:49 (45.0%)	6:09	9.7 (54.8%)
245	WOŹNIAK Monika	185			K30-39	25	00:17:20	00:42:56	01:00:18	01:01:59	01:02:16	+00:28:16 (45.4%)	6:11	9.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	WOJTAS Maria	184		K40-49	11	00:19:23	00:43:49	01:00:11	01:02:01	01:02:20	+00:28:20 (45.5%)	6:12	9.7 (54.8%)
247	ŚWIERCZEWSKA Sylwia	268		K30-39	26	00:18:38	00:43:52	01:00:20	01:02:21	01:02:43	+00:28:43 (45.8%)	6:14	9.6 (54.2%)
248	BILSKI Michał			M30-39	70	00:18:25	00:44:13	01:01:15	01:02:58	01:03:25	+00:29:25 (46.4%)	6:17	9.5 (53.7%)
249	BONA-SZWEDA Justyna	55		K30-39	27	00:18:11	00:43:05	01:01:01	01:03:00	01:03:27	+00:29:27 (46.4%)	6:18	9.5 (53.7%)
250	SZWEDA Wojciech	72	TKKF WODNIK WIĘCIBORK	M30-39	71	00:18:11	00:43:06	01:01:00	01:03:01	01:03:28	+00:29:28 (46.4%)	6:18	9.5 (53.7%)
251	SEROCKI Bartosz	70	FRANEK I RÓŻA	M30-39	72	00:17:57	00:44:35	01:01:23	01:03:06	01:03:30	+00:29:30 (46.5%)	6:18	9.5 (53.7%)
252	RADZIŃSKA Aleksandra	108	NIEZRZESZONA	K30-39	28	00:18:35	00:43:48	01:01:14	01:03:18	01:03:37	+00:29:37 (46.6%)	6:19	9.5 (53.7%)
253	ŻYCHOWSKA Zuzanna	188	BOLS - BIEGAJĄCY OKAZYJNIE LUDZIE SZUBINA	K20-29	16	00:18:34	00:44:03	01:01:31	01:03:20	01:03:46	+00:29:46 (46.7%)	6:20	9.5 (53.7%)
254	ŻYCHOWSKI Rafał	189	BOLS - BIEGAJĄCY OKAZYJNIE LUDZIE SZUBINA	M30-39	73	00:18:33	00:44:02	01:01:31	01:03:42	01:04:09	+00:30:09 (47.0%)	6:22	9.4 (53.1%)
255	CIESIELSKI Damian		BANK SPÓŁDZIELCZY W KORONOWIE	M30-39	74	00:17:55	00:44:03	01:01:43	01:03:45	01:04:14	+00:30:14 (47.1%)	6:22	9.4 (53.1%)
256	BRZEZINSKA-HAFFKE Sylwia			K30-39	29	00:18:10	00:44:22	01:02:00	01:04:15	01:04:35	+00:30:35 (47.4%)	6:25	9.3 (52.5%)
256	HAFFKE Krzysztof			M40-49	46	00:18:14	00:44:24	01:02:00	01:04:16	01:04:35	+00:30:35 (47.4%)	6:25	9.3 (52.5%)
258	KRUTNIK-RATKOWSKA Maria	284		K50-59	3	00:18:23	00:44:51	01:02:29	01:04:24	01:04:42	+00:30:42 (47.4%)	6:26	9.3 (52.5%)
259	ŻOŁĄDKIEWICZ Elżbieta	73		K40-49	12	00:18:33	00:44:41	01:02:19	01:04:26	01:04:46	+00:30:46 (47.5%)	6:26	9.3 (52.5%)
260	BOBEK Klaun	312		M30-39	75	00:18:40	00:45:08	01:02:29	01:04:28	01:04:51	+00:30:51 (47.6%)	6:26	9.3 (52.5%)
261	KRYGER Martyna	197		K16-19	5	00:18:15	00:46:09	01:04:05	01:06:03	01:06:27	+00:32:27 (48.8%)	6:36	9.1 (51.4%)
262	KOŁODZIEJCZAK Piotr	322	HUSKY-TEAM BYDGOSZCZ	M30-39	76	00:18:54	00:46:35	01:04:09	01:06:20	01:06:45	+00:32:45 (49.1%)	6:38	9 (50.8%)
263	SŁOMA Michał	272		M30-39	77	00:18:38	00:44:47	01:04:07	01:06:24	01:06:49	+00:32:49 (49.1%)	6:38	9 (50.8%)
264	KOWALIŃSKA Małgorzata	97	NIEZRZESZONA	K40-49	13	00:19:47	00:46:39	01:04:34	01:06:38	01:06:59	+00:32:59 (49.2%)	6:39	9 (50.8%)
265	BIRKHOLZ Jolanta			K50-59	4	00:33:37			01:06:37	01:07:06	+00:33:06 (49.3%)	6:39	9 (50.8%)
266	KRASICKA-ĆWIKŁA Wiesława	203		K30-39	30	00:33:37			01:06:38	01:07:07	+00:33:07 (49.3%)	6:39	9 (50.8%)
267	KLISZEWSKA Katarzyna	240		K30-39	31	00:33:39			01:06:40	01:07:08	+00:33:08 (49.4%)	6:40	9 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
267	STARZECKI Michał	269		M30-39	78	00:33:41			01:06:43	01:07:08	+00:33:08 (49.4%)	6:40	9 (50.8%)
269	KWIATKOWSKA Elżbieta	324		K40-49	14	00:20:38	00:48:10	01:06:38	01:08:41	01:09:03	+00:35:03 (50.8%)	6:52	8.7 (49.2%)
270	KAŻMIERCZAK Bogumiła	141	TKKF KUBUŚ SIERPC	K50-59	5	00:20:33	00:48:32	01:07:45	01:10:11	01:10:34	+00:36:34 (51.8%)	7:01	8.5 (48.0%)
271	WŁODARCZYK Aleksandra	248		K30-39	32	00:20:33	00:48:28	01:07:42	01:10:12	01:10:37	+00:36:37 (51.9%)	7:01	8.5 (48.0%)
272	ZYGAROWICZ Anna	263	BANK SPÓŁDZIELCZY	K40-49	15	00:20:37	00:49:26	01:09:19	01:11:48	01:12:09	+00:38:09 (52.9%)	7:10	8.4 (47.5%)
273	NOWAK Andrzej	260		M60-69	5	00:24:06	00:58:03	01:21:15	01:24:08	01:24:16	+00:50:16 (59.7%)	8:24	7.1 (40.1%)
274	GACKOWSKA Beata	305	KB ŁAPKA	K40-49	16	00:14:51	00:37:43				+00:13:53	5:23	11.1 (62.7%)
275	WAŁDOCH Agnieszka	331	KS SPARTAKUS	K20-29	17	00:15:51					+00:05:35	5:17	11.4 (64.4%)

Znaleziono 275 wynik(ów)