



Bieg gen.
J.H. Dąbrowskiego

Organizator:

Data:

Miejsce:

Dystans:

Nasze Białe Błota

2016-10-01

Zielonka

10 km

BIEG DĄBROWSKIEGO

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	138	SPÓJNIA BIAŁE BŁOTA	M 30-39	1	SPÓJNIA BIAŁE BŁOTA	1	00:35:20.80	00:35:24.60		3:32	17 (100%)
2	TUCZYŃSKI Sylwester	268	BYDGOSKIE OKONIE	M 20-29	1	Bydgoskie Okonie		00:35:29.00	00:35:31.25	+00:00:06 (0.3%)	3:32	16.9 (99.4%)
3	LUTOWSKI Wojciech	156	TKKF KOLEJARZ BYDGOSZCZ	M 30-39	2			00:36:24.70	00:36:27.00	+00:01:02 (2.9%)	3:38	16.5 (97.1%)
4	BEDNARCZYK Adrian	10	RUN PASJA	M 30-39	3	ZK Fordon	1	00:36:55.25	00:36:57.50	+00:01:32 (4.2%)	3:41	16.3 (95.9%)
5	MUSIAŁ Michał	187		M 40-49	1			00:37:16.00	00:37:18.65	+00:01:54 (5.1%)	3:43	16.1 (94.7%)
6	KLEMAŃSKI Marcin	111	THE RUNNERS ŚWIECIE / KP PSP ŚWIECIE	M 30-39	4			00:37:28.05	00:37:31.45	+00:02:06 (5.6%)	3:44	16 (94.1%)
7	KOŁAKOWSKI Tomasz	119	TO TYLKO TRIATHLON	M 20-29	2			00:38:03.90	00:38:06.85	+00:02:42 (7.1%)	3:48	15.8 (92.9%)
8	KOLMAJER Rafał	118	RUN BYDGOSZCZ	M 30-39	5	RUN BYDGOSZCZ		00:38:05.50	00:38:08.65	+00:02:44 (7.2%)	3:48	15.8 (92.9%)
9	ZIETAK Andrzej	296		M 40-49	2			00:38:16.75	00:38:20.50	+00:02:55 (7.6%)	3:49	15.7 (92.4%)
10	SENGER Michał	229	PAŁUKI RUNNING TEAM	M 30-39	6			00:38:21.00	00:38:25.05	+00:03:00 (7.8%)	3:50	15.6 (91.8%)
11	KWIATKOWSKI Damian	147	RUN BYDGOSZCZ	M 20-29	3	RUN BYDGOSZCZ		00:38:22.90	00:38:26.30	+00:03:01 (7.9%)	3:50	15.6 (91.8%)
12	ŁAZ Kamil	161	RUN BYDGOSZCZ	M 30-39	7	RUN BYDGOSZCZ		00:38:30.15	00:38:33.30	+00:03:08 (8.2%)	3:51	15.6 (91.8%)
13	JAGODZIŃSKI Mateusz	78	BYDGOSKIE OKONIE	M 20-29	4	Bydgoskie Okonie		00:39:01.80	00:39:04.70	+00:03:40 (9.4%)	3:54	15.4 (90.6%)
14	MRUK Tomasz	185	CZARNE STOPY.SM	M 40-49	3	Czarne Stopy.SM	1	00:39:05.60	00:39:08.75	+00:03:44 (9.5%)	3:54	15.4 (90.6%)
15	KRYSKE Mariusz	137	SPÓJNIA BIAŁE BŁOTA	M 30-39	8	SPÓJNIA BIAŁE BŁOTA		00:39:16.00	00:39:19.00	+00:03:54 (9.9%)	3:55	15.3 (90.0%)
16	SZCZĘSNY Piotr	244	FŚGK	M 20-29	5	FŚGK		00:39:26.10	00:39:29.60	+00:04:05 (10.3%)	3:56	15.2 (89.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	CHOLEWIŃSKI Dariusz	34	HURAGAN MIEDZYŃ	M 40-49	4			00:39:39.40	00:39:42.95	+00:04:18 (10.8%)	3:57	15.1 (88.8%)
18	KARASZEWSKI Norbert	101		M 20-29	6			00:39:40.70	00:39:43.40	+00:04:18 (10.9%)	3:58	15.1 (88.8%)
19	PRZYBYLSKI Krzysztof	216		M 30-39	9			00:39:42.45	00:39:45.50	+00:04:20 (10.9%)	3:58	15.1 (88.8%)
20	SOWIŃSKI Piotr	234	SPÓJNIA BIAŁE BŁOTA	M 40-49	5	SPÓJNIA BIAŁE BŁOTA		00:40:01.35	00:40:05.70	+00:04:41 (11.7%)	4:00	15 (88.2%)
21	ZACHMYC Damian	291		M 30-39	10			00:40:09.35	00:40:12.95	+00:04:48 (12.0%)	4:00	14.9 (87.6%)
22	KUŚNIEREK Bartosz	146	PAŁUKI RUNNING TEAM	M 20-29	7	Pałuki Running Team		00:40:38.40	00:40:43.20	+00:05:18 (13.0%)	4:03	14.8 (87.1%)
23	KUBACKI Bartosz	140		M 30-39	11	Primigenius		00:40:53.90	00:41:01.00	+00:05:36 (13.7%)	4:05	14.7 (86.5%)
24	ŁĄCZNY Jarosław	31		M 30-39	12	FŚGK		00:41:04.30	00:41:07.35	+00:05:42 (13.9%)	4:06	14.6 (85.9%)
25	KUŁAKOWSKI Krzysztof	145	RUN PASJA	M 30-39	13	Run Pasja		00:41:09.95	00:41:14.80	+00:05:50 (14.2%)	4:07	14.6 (85.9%)
26	TUCHOLSKI Bartłomiej	266	BYDGOSKIE OKONIE	M 20-29	8	Bydgoskie Okonie		00:41:24.80	00:41:29.25	+00:06:04 (14.6%)	4:08	14.5 (85.3%)
27	MOROSZCZAK Bogumił	307	SPÓJNIA BIAŁE BŁOTA	M 40-49	6	SPÓJNIA BIAŁE BŁOTA	1	00:41:53.35	00:41:57.70	+00:06:33 (15.6%)	4:11	14.3 (84.1%)
28	TOPCZEWSKI Gracjan	317	BYDGOSZCZ TRIATHLON TEAM / TRISPACE	M 40-49	7			00:41:58.30	00:42:02.80	+00:06:38 (15.8%)	4:11	14.3 (84.1%)
29	TOMCZYŃSKI Bartosz	262	RUN PASJA BYDGOSZCZ	M 30-39	14	Run Pasja		00:42:04.25	00:42:09.20	+00:06:44 (16.0%)	4:12	14.3 (84.1%)
30	WIŚNIEWSKI Zbigniew	280	BRZOZA BIEGA	M 50-59	1			00:42:09.40	00:42:15.40	+00:06:50 (16.2%)	4:12	14.2 (83.5%)
31	SOBCZAK Marcin	230	TRISPACE	M 40-49	8			00:42:21.15	00:42:25.20	+00:07:00 (16.5%)	4:14	14.2 (83.5%)
32	WOŹNIAKOWSKA Agata	286	RUN BYDGOSZCZ	K 30-39	1	RUN BYDGOSZCZ		00:42:29.70	00:42:33.55	+00:07:08 (16.8%)	4:15	14.1 (82.9%)
33	LEPRINCE Ludovic	149		M 40-49	9			00:42:36.70	00:42:41.50	+00:07:16 (17.1%)	4:15	14.1 (82.9%)
34	GRZECHOWIAK Arkadiusz	304	PAŁUKI RUNNING TEAM	M 16-19	1	Pałuki Running Team		00:42:38.40	00:42:43.85	+00:07:19 (17.1%)	4:15	14.1 (82.9%)
35	BORUCH Łukasz	21		M 30-39	15			00:42:45.90	00:42:54.05	+00:07:29 (17.5%)	4:16	14 (82.4%)
36	BUTRYN Nikodem	29		M 40-49	10			00:42:50.00	00:42:56.25	+00:07:31 (17.5%)	4:17	14 (82.4%)
37	KALISZEWSKI Daniel	94		M 40-49	11			00:43:10.90	00:43:15.85	+00:07:51 (18.2%)	4:19	13.9 (81.8%)
38	SZOPINSKI Rafał	247		M 30-39	16			00:43:10.30	00:43:19.60	+00:07:55 (18.3%)	4:19	13.9 (81.8%)

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39	PAWŁOWSKI Radosław	204	JFTC SU	M 40-49	12	JFTC SU	1	00:43:28.90	00:43:36.40	+00:08:11 (18.8%)	4:20	13.8 (81.2%)
40	DĄBROWSKI Jarosław	45	HORNET DESIGN STUDIO	M 20-29	9			00:43:19.35	00:43:43.35	+00:08:18 (19.0%)	4:19	13.9 (81.8%)
41	KOWALSKI Jacek	126		M 30-39	17			00:44:01.30	00:44:07.35	+00:08:42 (19.7%)	4:24	13.6 (80.0%)
42	MICHALIK Łukasz	175	BRZOZA BIEGA	M 30-39	18			00:44:03.75	00:44:07.90	+00:08:43 (19.8%)	4:24	13.6 (80.0%)
43	KOZIŃSKI Marek	129	RUN BYDGOSZCZ	M 30-39	19			00:44:22.20	00:44:27.80	+00:09:03 (20.4%)	4:26	13.5 (79.4%)
44	KAZUBOWSKI Jacek	106	45PLUS	M 40-49	13			00:44:29.15	00:44:35.75	+00:09:11 (20.6%)	4:26	13.5 (79.4%)
45	WENDA Łukasz	310		M 40-49	14			00:44:34.70	00:44:39.55	+00:09:14 (20.7%)	4:27	13.5 (79.4%)
46	KUBIS Roman	141	RUN PASJA	M 40-49	15	Run Pasja		00:44:49.00	00:44:54.60	+00:09:30 (21.2%)	4:28	13.4 (78.8%)
47	OCALEWSKI Jarek	193	CIELE	M 40-49	16			00:44:48.60	00:44:56.50	+00:09:31 (21.2%)	4:28	13.4 (78.8%)
48	RYDLEWSKI Marek	224	RUN BYDGOSZCZ	M 40-49	17			00:44:51.85	00:44:59.20	+00:09:34 (21.3%)	4:29	13.4 (78.8%)
49	KISIEL Tomasz	110	RUN BYDGOSZCZ	M 40-49	18			00:44:52.80	00:45:00.75	+00:09:36 (21.3%)	4:29	13.4 (78.8%)
50	KARWACKI Pawel	103	TRISPACE	M 30-39	20			00:44:58.20	00:45:02.70	+00:09:38 (21.4%)	4:29	13.3 (78.2%)
51	RYBARCZYK Wojciech	222		M 40-49	19			00:45:08.50	00:45:14.30	+00:09:49 (21.7%)	4:30	13.3 (78.2%)
52	KOWALSKI Krzysztof	125	KK KRUSZYN KRAJEŃSKI	M 30-39	21	KK Kruszyń Krajeński		00:45:10.50	00:45:17.10	+00:09:52 (21.8%)	4:31	13.3 (78.2%)
53	TRZCIŃSKI Franciszek	265	SIR START	M 50-59	2			00:45:30.40	00:45:35.90	+00:10:11 (22.3%)	4:33	13.2 (77.6%)
54	RUDOL Sebastian	300		M 40-49	20			00:45:29.25	00:45:38.80	+00:10:14 (22.4%)	4:32	13.2 (77.6%)
55	GZYL Mikołaj	72	JANUSZE TRIATHLONU EXODUS TEAM	M 30-39	22			00:45:24.50	00:45:40.95	+00:10:16 (22.5%)	4:32	13.2 (77.6%)
56	KACICKI Piotr	90	KACICKI TEAM	M 30-39	23			00:45:36.70	00:45:44.50	+00:10:19 (22.6%)	4:33	13.2 (77.6%)
57	BOBROWSKI Marcin	18	KK KRUSZYN KRAJEŃSKI	M 30-39	24	KK Kruszyń Krajeński		00:45:37.90	00:45:45.10	+00:10:20 (22.6%)	4:33	13.1 (77.1%)
58	FOLERZYŃSKI Dawid	305	SPÓJNIA BIAŁE BŁOTA	M 16-19	2	SPÓJNIA BIAŁE BŁOTA		00:45:41.75	00:45:47.35	+00:10:22 (22.7%)	4:34	13.1 (77.1%)
59	NOWAK Rafał	191	SPÓJNIA BIAŁE BŁOTA	M 30-39	25	SPÓJNIA BIAŁE BŁOTA		00:45:48.85	00:45:54.00	+00:10:29 (22.9%)	4:34	13.1 (77.1%)
60	NIEDBALSKI Grzegorz	189	RUN BYDGOSZCZ	M 50-59	3	RUN BYDGOSZCZ		00:45:51.30	00:45:57.25	+00:10:32 (22.9%)	4:35	13.1 (77.1%)
61	KOWALIK Waldemar	123		M 40-49	21			00:45:57.50	00:46:04.05	+00:10:39 (23.1%)	4:35	13.1 (77.1%)

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62	GRABICKI Sebastian	68		M 40-49	22			00:46:04.10	00:46:13.15	+00:10:48 (23.4%)	4:36	13 (76.5%)
63	GOSTYŃSKI Paweł	67		M 30-39	26			00:46:01.45	00:46:21.70	+00:10:57 (23.6%)	4:36	13 (76.5%)
64	BRATEK Andrzej	22	TKKF KOLEJARZ BYDGOSZCZ	M 50-59	4			00:46:18.30	00:46:24.10	+00:10:59 (23.7%)	4:37	13 (76.5%)
65	KUJAWA Piotr	142	RUN BYDGOSZCZ	M 40-49	23	RUN BYDGOSZCZ		00:46:16.05	00:46:24.80	+00:11:00 (23.7%)	4:37	13 (76.5%)
66	MALICKI Łukasz	313	KLINIKA TRIATHLONU BYDGOSZCZ	M 30-39	27			00:46:21.20	00:46:27.30	+00:11:02 (23.8%)	4:38	12.9 (75.9%)
67	LEWANDOWSKI Filip	152	POLONIA BYDGOSZCZ SEKCJA LA	M 30-39	28			00:46:30.55	00:46:43.75	+00:11:19 (24.2%)	4:39	12.9 (75.9%)
68	ZACHWIEJA Piotr	65		M 30-39	29			00:46:37.05	00:46:44.45	+00:11:19 (24.2%)	4:39	12.9 (75.9%)
69	DĘBSKI Adrian	49		M 30-39	30			00:46:39.60	00:46:46.45	+00:11:21 (24.3%)	4:40	12.9 (75.9%)
70	TATULIŃSKA Aleksandra	257	RUN BYDGOSZCZ	K 30-39	2	RUN BYDGOSZCZ		00:46:44.05	00:46:49.00	+00:11:24 (24.4%)	4:40	12.8 (75.3%)
71	JOACHIMIAK Filip	88	FILIP JOACHIMIAK	M 30-39	31			00:46:44.65	00:46:55.00	+00:11:30 (24.5%)	4:40	12.8 (75.3%)
72	JAGODZIŃSKA Magdalena	77	BYDGOSKIE OKONIE	K 20-29	1	Bydgoskie Okonie		00:46:48.05	00:46:56.20	+00:11:31 (24.6%)	4:40	12.8 (75.3%)
73	ANDRYSIAK Tomasz	1	CIELAKI	M 40-49	24	Cielaki		00:46:57.45	00:47:06.45	+00:11:41 (24.8%)	4:41	12.8 (75.3%)
74	BAGROWSKI Marek	6	UMK-COLLEGIUM MEDICUM RATOWNICTWO-MEDYCZNE	M 50-59	5			00:47:16.00	00:47:19.40	+00:11:54 (25.2%)	4:43	12.7 (74.7%)
75	ŚWIĘCICKI Andrzej	256		M 40-49	25			00:47:09.55	00:47:20.75	+00:11:56 (25.2%)	4:42	12.7 (74.7%)
76	CZAJKOWSKA Sylwia	38	FOTOJOKER	K 30-39	3			00:47:22.30	00:47:25.90	+00:12:01 (25.3%)	4:44	12.7 (74.7%)
77	APANASIEWICZ Bartosz	3	RUN PASJA	M 30-39	32	Run Pasja		00:47:32.65	00:47:37.95	+00:12:13 (25.7%)	4:45	12.6 (74.1%)
78	KOWALSKA Angelika	124	RUN PASJA	K 30-39	4			00:47:33.40	00:47:38.80	+00:12:14 (25.7%)	4:45	12.6 (74.1%)
79	KLONOWSKI Mariusz	113		M 30-39	33	Primigenius		00:47:32.85	00:47:40.55	+00:12:15 (25.7%)	4:45	12.6 (74.1%)
80	WESOŁOWSKI Krzysztof	276	RUN BYDGOSZCZ	M 40-49	26			00:47:19.70	00:47:40.90	+00:12:16 (25.7%)	4:43	12.7 (74.7%)
81	PALACZ Wioletta	199		K 30-39	5			00:47:33.65	00:47:41.90	+00:12:17 (25.8%)	4:45	12.6 (74.1%)
82	DOMŻALSKI Marek	53		M 40-49	27			00:47:33.15	00:47:43.50	+00:12:18 (25.8%)	4:45	12.6 (74.1%)
83	WYBORNA Renata	288		K 30-39	6	FŚGK		00:47:36.25	00:47:49.10	+00:12:24 (25.9%)	4:45	12.6 (74.1%)
84	LIPSKI Krzysztof	155	RUN BYDGOSZCZ	M 40-49	28			00:47:35.55	00:47:50.15	+00:12:25 (26.0%)	4:45	12.6 (74.1%)

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85	KAMIŃSKI Sławomir	97		M 30-39	34			00:47:45.15	00:47:54.15	+00:12:29 (26.1%)	4:46	12.6 (74.1%)
86	MAŚLIŃSKI Mirosław	174		M 50-59	6			00:47:47.10	00:47:55.60	+00:12:31 (26.1%)	4:46	12.6 (74.1%)
87	DURCZAK Jerzy	57		M 30-39	35			00:47:35.20	00:47:59.00	+00:12:34 (26.2%)	4:45	12.6 (74.1%)
88	STANGRECKA Agnieszka	237		K 30-39	7			00:47:52.00	00:48:04.05	+00:12:39 (26.3%)	4:47	12.5 (73.5%)
89	CADER Ryszard	30	SPÓJNIA BIAŁE BŁOTA	M 30-39	36	SPÓJNIA BIAŁE BŁOTA		00:47:57.30	00:48:05.75	+00:12:41 (26.4%)	4:47	12.5 (73.5%)
90	KEMPINSKI Robert	107		M 40-49	29			00:47:53.85	00:48:07.80	+00:12:43 (26.4%)	4:47	12.5 (73.5%)
91	ARGALSKI Rafał	4	KK KRUSZYN KRAJEŃSKI	M 30-39	37	KK Kruszyń Krajeński		00:48:06.65	00:48:13.55	+00:12:48 (26.6%)	4:48	12.5 (73.5%)
92	KAPUSTA Maciej	100		M 30-39	38			00:48:12.65	00:48:25.70	+00:13:01 (26.9%)	4:49	12.4 (72.9%)
93	KARPACZ Jarek	102	JW1515	M 20-29	10	JW1515		00:48:25.65	00:48:30.95	+00:13:06 (27.0%)	4:50	12.4 (72.9%)
94	WYSOCKI Jerzy	289	CZARNE STOPY.SM	M 50-59	7	Czarne Stopy.SM	1	00:48:22.25	00:48:31.85	+00:13:07 (27.0%)	4:50	12.4 (72.9%)
95	ŁAWSKI Pio8	160	DRUŻYNA SZPIKU	M 30-39	39			00:48:21.15	00:48:32.55	+00:13:07 (27.1%)	4:50	12.4 (72.9%)
96	SZULC Edmund	253		M 50-59	8			00:48:22.75	00:48:33.55	+00:13:08 (27.1%)	4:50	12.4 (72.9%)
97	RUDOL Magdalena	299		K 40-49	1			00:48:25.20	00:48:34.20	+00:13:09 (27.1%)	4:50	12.4 (72.9%)
98	KLINIKOWSKI Jacek	112	KOCHAM ŻYCIE I...	M 40-49	30			00:48:31.45	00:48:37.70	+00:13:13 (27.2%)	4:51	12.4 (72.9%)
99	WIŚNIEWSKI Wojciech	279	POLAŃSKI TEAM	M 40-49	31			00:48:29.40	00:48:43.50	+00:13:18 (27.3%)	4:50	12.4 (72.9%)
100	LUZAK Szymon	158	MSIW	M 20-29	11			00:48:34.10	00:48:44.15	+00:13:19 (27.3%)	4:51	12.4 (72.9%)
101	LUZAK Mirosław	157	MWIK BYDGOSZCZ	M 50-59	9			00:48:33.80	00:48:44.30	+00:13:19 (27.3%)	4:51	12.4 (72.9%)
102	ŚCIBAK Wojciech	255	JFTC SU	M 30-39	40	JFTC SU	1	00:48:29.25	00:48:45.25	+00:13:20 (27.4%)	4:50	12.4 (72.9%)
103	JURSKI Robert	89	JFTC SU	M 40-49	32	JFTC SU	1	00:48:34.10	00:48:45.60	+00:13:21 (27.4%)	4:51	12.4 (72.9%)
104	KANTORSKI Zbysław	99	COCA-COLA RUNNERS	M 50-59	10			00:48:25.30	00:48:48.30	+00:13:23 (27.4%)	4:50	12.4 (72.9%)
105	RYDLEWSKI Andrzej	225	RUN BYDGOSZCZ	M 30-39	41			00:48:52.05	00:49:00.80	+00:13:36 (27.8%)	4:53	12.3 (72.4%)
106	CZELIŃSKI Leszek	40		M 50-59	11			00:48:46.70	00:49:02.00	+00:13:37 (27.8%)	4:52	12.3 (72.4%)
107	RESKE Daniel	221		M 30-39	42	Atos Team		00:49:16.20	00:49:30.65	+00:14:06 (28.5%)	4:55	12.2 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	MRÓWCZYŃSKI Tomasz	184		M 30-39	43			00:49:06.40	00:49:32.55	+00:14:07 (28.5%)	4:54	12.2 (71.8%)
109	MANUSZEWSKI Maciej	169		M 40-49	33			00:49:27.40	00:49:36.15	+00:14:11 (28.6%)	4:56	12.1 (71.2%)
110	GORDON Roman	64	RUN BYDGOSZCZ	M 60+	1			00:49:39.85	00:49:45.95	+00:14:21 (28.8%)	4:57	12.1 (71.2%)
111	STASZAK Szymon	238	KK KRUSZYN KRAJEŃSKI	M 30-39	44	KK Kruszyń Krajeński		00:49:48.30	00:49:56.85	+00:14:32 (29.1%)	4:58	12 (70.6%)
112	ZDEB Bogumił	295		M 40-49	34			00:49:58.40	00:50:09.55	+00:14:44 (29.4%)	4:59	12 (70.6%)
113	CICHOŃSKA- BAZAK Marzena	36	CZARNE STOPY.SM	K 40-49	2		1	00:50:04.85	00:50:11.25	+00:14:46 (29.4%)	5:00	12 (70.6%)
114	QUAAS Łukasz	218	RUN PASJA	M 30-39	45	ZK Fordon	1	00:49:58.50	00:50:14.50	+00:14:49 (29.5%)	4:59	12 (70.6%)
115	ADAMSKI Maciej	321		M 40-49	35			00:50:03.70	00:50:16.90	+00:14:52 (29.6%)	5:00	12 (70.6%)
116	BANASZAK Monika	7	RUN PASJA	K 30-39	8			00:50:07.40	00:50:21.95	+00:14:57 (29.7%)	5:00	12 (70.6%)
117	ŻEGLICZ Marek	297		M 20-29	12			00:50:15.15	00:50:32.15	+00:15:07 (29.9%)	5:01	11.9 (70.0%)
118	ROTH Rolf	1000		M 50-59	12			00:50:29.40	00:50:32.45	+00:15:07 (29.9%)	5:02	11.9 (70.0%)
119	KAMIŃSKI Paweł	96		M 40-49	36			00:50:25.85	00:50:34.00	+00:15:09 (30.0%)	5:02	11.9 (70.0%)
120	JESIONOWSKI Arkadiusz	86		M 30-39	46			00:50:29.80	00:50:39.60	+00:15:15 (30.1%)	5:03	11.9 (70.0%)
121	HOSSA Andrzej	75	BBL TORUŃ	M 50-59	13	BBL Toruń		00:50:37.90	00:50:41.95	+00:15:17 (30.2%)	5:03	11.9 (70.0%)
122	DERENDA Mirosław	47		M 30-39	47			00:50:30.35	00:50:42.15	+00:15:17 (30.2%)	5:03	11.9 (70.0%)
123	MANOWSKI Jarosław	168		M 40-49	37			00:50:37.65	00:50:44.35	+00:15:19 (30.2%)	5:03	11.8 (69.4%)
124	TUCZYŃSKA Anna	267		K 30-39	9			00:50:33.85	00:50:47.20	+00:15:22 (30.3%)	5:03	11.9 (70.0%)
125	KADOW Ryszard	91	RUN PASJA	M 40-49	38	Run Pasja		00:50:32.80	00:50:51.70	+00:15:27 (30.4%)	5:03	11.9 (70.0%)
126	WOJCIECHOWSKI Jarosław	283		M 40-49	39			00:50:45.60	00:50:56.40	+00:15:31 (30.5%)	5:04	11.8 (69.4%)
127	OSTROWSKI Piotr	196	OSTROWSKI TEAM	M 30-39	48			00:50:39.30	00:50:56.80	+00:15:32 (30.5%)	5:03	11.8 (69.4%)
128	ANDRZEJEWSKI Ryszard	2	WZGÓRZE WOLNOŚCI	M 60+	2			00:50:50.50	00:50:58.10	+00:15:33 (30.5%)	5:05	11.8 (69.4%)
129	WALENCIAK Jarosław	273	CZARNE STOPY.SM	M 40-49	40	Czarne Stopy.SM	1	00:50:52.00	00:50:58.90	+00:15:34 (30.5%)	5:05	11.8 (69.4%)
130	MOŻUCH Maciej	183		M 40-49	41			00:50:50.25	00:51:11.20	+00:15:46 (30.8%)	5:05	11.8 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	GABRYCH Andrzej	324	BYDGOSKIE OKONIE	M 40-49	42			00:51:06.45	00:51:14.90	+00:15:50 (30.9%)	5:06	11.7 (68.8%)
132	BAUMAN Krystian	9	DRUŻYNA SZPIKU	M 30-39	49	DRUŻYNA SZPIKU	1	00:51:04.45	00:51:22.00	+00:15:57 (31.1%)	5:06	11.7 (68.8%)
133	PULCHNY Rafał	217		M 40-49	43			00:51:00.10	00:51:25.45	+00:16:00 (31.1%)	5:06	11.8 (69.4%)
134	ŁUGIEWICZ Marek	303		M 50-59	14		1	00:51:19.30	00:51:25.60	+00:16:01 (31.1%)	5:07	11.7 (68.8%)
135	STANECKI Marcin	236	STANECCY	M 40-49	44			00:51:08.95	00:51:27.35	+00:16:02 (31.2%)	5:06	11.7 (68.8%)
136	DRZYMALSKI Rafał	56	SER KPD	M 20-29	13	SER KPD	1	00:51:20.50	00:51:36.35	+00:16:11 (31.4%)	5:08	11.7 (68.8%)
137	GIERSZEWSKA Grażyna	61		K 40-49	3			00:51:21.30	00:51:36.65	+00:16:12 (31.4%)	5:08	11.7 (68.8%)
138	BRZozowski Marcin	26	RUN PASJA BRZOZA TRI TEAM	M 20-29	14	Run Pasja		00:51:25.25	00:51:44.05	+00:16:19 (31.6%)	5:08	11.7 (68.8%)
139	OSZUBSKI Kazimierz	197		M 40-49	45			00:51:41.85	00:51:48.40	+00:16:23 (31.6%)	5:10	11.6 (68.2%)
140	RZEMEK Sławomir	227	RUN BYDGOSZCZ	M 30-39	50			00:51:36.10	00:51:51.65	+00:16:27 (31.7%)	5:09	11.6 (68.2%)
141	GROCHOWSKI Jakub	69	JW1515	M 30-39	51	JW1515		00:51:52.30	00:51:58.90	+00:16:34 (31.9%)	5:11	11.6 (68.2%)
142	LATO Sławek	148	MUROWANIEC TEAM	M 40-49	46			00:52:03.70	00:52:24.65	+00:17:00 (32.4%)	5:12	11.5 (67.6%)
143	SZPAKIEWICZ Piotr	248	BBL TORUŃ	M 20-29	15	BBL Toruń		00:52:22.50	00:52:26.65	+00:17:02 (32.5%)	5:14	11.5 (67.6%)
143	LEWANDOWSKI Pawel	151	TIM JEZEWO-LABISZYN	M 50-59	15			00:52:07.95	00:52:26.65	+00:17:02 (32.5%)	5:12	11.5 (67.6%)
145	GABRYCH Adam	60		M 20-29	16			00:52:02.70	00:52:30.50	+00:17:05 (32.6%)	5:12	11.5 (67.6%)
146	RYMARKIEWICZ Małgorzata	226		K 30-39	10			00:52:20.10	00:52:31.50	+00:17:06 (32.6%)	5:14	11.5 (67.6%)
147	KOLANOWSKI Wojciech	116		M 50-59	16			00:52:24.50	00:52:37.10	+00:17:12 (32.7%)	5:14	11.4 (67.1%)
148	WIŚNIEWSKI Włodzimierz	281		M 50-59	17			00:52:16.20	00:52:39.50	+00:17:14 (32.8%)	5:13	11.5 (67.6%)
149	STANKIEWICZ Błażej	109	LKS OSTROMECKO	M 40-49	47			00:52:45.85	00:52:48.15	+00:17:23 (32.9%)	5:16	11.4 (67.1%)
150	ŚWIERCZYŃSKI Robert	301	II RWTSP	M 50-59	18		1	00:52:45.55	00:52:54.55	+00:17:29 (33.1%)	5:16	11.4 (67.1%)
151	TOMASZEK Michał	259	BIEGAJ Z DĘBAMI	M 30-39	52			00:52:37.90	00:52:55.35	+00:17:30 (33.1%)	5:15	11.4 (67.1%)
152	MACIĄG Marian	164	GRĘBOCIN	M 40-49	48			00:52:34.45	00:52:56.95	+00:17:32 (33.1%)	5:15	11.4 (67.1%)
153	PRZERACKI Mirosław	213	PGB SPORTOWA PACZKA	M 40-49	49			00:52:33.15	00:52:57.10	+00:17:32 (33.1%)	5:15	11.4 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	SZULAKOWSKI Tomasz	252	KURCZE JAK DALEKO	M 40-49	50			00:52:51.85	00:53:04.65	+00:17:40 (33.3%)	5:17	11.3 (66.5%)
155	KOLANOWSKA Grażyna	115		K 50-59	1			00:52:52.05	00:53:05.10	+00:17:40 (33.3%)	5:17	11.3 (66.5%)
156	WOŹNIAK Anna	285	RUN PASJA	K 30-39	11	Run Pasja		00:52:46.90	00:53:06.30	+00:17:41 (33.3%)	5:16	11.4 (67.1%)
157	GABRYSIAK Dawid	58		M 30-39	53			00:53:03.75	00:53:18.00	+00:17:53 (33.6%)	5:18	11.3 (66.5%)
158	KISZKA Marcin	308	RUN PASJA	M 30-39	54	ZK Fordon	1	00:53:07.20	00:53:25.25	+00:18:00 (33.7%)	5:18	11.3 (66.5%)
159	MOKOS Tomasz	182	BBL INOWROCŁAW	M 30-39	55			00:53:07.30	00:53:26.80	+00:18:02 (33.7%)	5:18	11.3 (66.5%)
160	DOMAN Janusz	51	UKS SZABLA BRZOZA	M 60+	3			00:53:24.55	00:53:28.60	+00:18:04 (33.8%)	5:20	11.2 (65.9%)
161	DERING Hanna	48		K 30-39	12		1	00:53:17.30	00:53:30.10	+00:18:05 (33.8%)	5:19	11.3 (66.5%)
162	WOJCIECHOWSKA Emilia	282		K 40-49	4			00:53:24.15	00:53:34.80	+00:18:10 (33.9%)	5:20	11.2 (65.9%)
163	KRÓL Rafał	134		M 30-39	56			00:53:12.65	00:53:38.00	+00:18:13 (34.0%)	5:19	11.3 (66.5%)
164	TRUDNOWSKI Janusz	263	DRUŻYNA SZPIKU BYDGOSZCZ	M 60+	4			00:53:23.85	00:53:38.85	+00:18:14 (34.0%)	5:20	11.2 (65.9%)
165	RYBKA Ilona	223		K 40-49	5			00:53:26.80	00:53:41.75	+00:18:17 (34.1%)	5:20	11.2 (65.9%)
166	BYRTEK Grzegorz	311		M 40-49	51			00:53:38.00	00:53:49.45	+00:18:24 (34.2%)	5:21	11.2 (65.9%)
167	GAŚIOREK Tomasz	192	BRZOZA BIEGA	M 50-59	19			00:53:54.25	00:54:01.60	+00:18:37 (34.5%)	5:23	11.1 (65.3%)
168	JEZIORSKA Moniks	87	ANIOŁY	K 30-39	13			00:53:42.75	00:54:08.10	+00:18:43 (34.6%)	5:22	11.2 (65.9%)
169	GUMMER Andrzej	70		M 30-39	57			00:53:53.10	00:54:09.95	+00:18:45 (34.6%)	5:23	11.1 (65.3%)
170	SYNUS Yana	242	PRISMA	K 30-39	14			00:53:46.55	00:54:14.70	+00:18:50 (34.7%)	5:22	11.2 (65.9%)
171	KRASIŃSKI Piotr	131		M 40-49	52			00:54:04.05	00:54:21.05	+00:18:56 (34.8%)	5:24	11.1 (65.3%)
172	PRACA Joanna	210		K 30-39	15			00:54:12.45	00:54:22.30	+00:18:57 (34.9%)	5:25	11.1 (65.3%)
173	JAROSZEWICZ Adam	81	SZABLA BRZOZA	M 40-49	53	Szabla Brzoza		00:54:03.70	00:54:26.30	+00:19:01 (35.0%)	5:24	11.1 (65.3%)
174	GACA Piotr	59		M 30-39	58			00:54:07.45	00:54:30.35	+00:19:05 (35.0%)	5:24	11.1 (65.3%)
175	STĘPIEŃ Monika	239		K 30-39	16			00:54:17.80	00:54:30.90	+00:19:06 (35.0%)	5:25	11.1 (65.3%)
176	RAUT Wiesław	220	RUN PASJA	M 60+	5			00:54:14.10	00:54:32.65	+00:19:08 (35.1%)	5:25	11.1 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	GONCERZEWICZ Katarzyna	63		K 30-39	17			00:54:10.50	00:54:36.50	+00:19:11 (35.2%)	5:25	11.1 (65.3%)
178	KOWANEK Mateusz	127		M 20-29	17		1	00:54:26.40	00:54:38.40	+00:19:13 (35.2%)	5:26	11 (64.7%)
179	BEDNAREK Marta	11		K 30-39	18			00:54:25.35	00:54:39.30	+00:19:14 (35.2%)	5:26	11 (64.7%)
180	SZEWCZYK Karolina	246		K 30-39	19			00:54:32.80	00:54:45.00	+00:19:20 (35.3%)	5:27	11 (64.7%)
181	BRZOZOWSKI Jarosław	24	BRZOZA TRI TEAM	M 50-59	20			00:54:28.30	00:54:52.40	+00:19:27 (35.5%)	5:26	11 (64.7%)
182	SZUBARTOWSKI Robert	251		M 40-49	54			00:54:52.65	00:55:15.35	+00:19:50 (35.9%)	5:29	10.9 (64.1%)
183	KASZOWICZ Marek	104	RWT W BYDGOSZCZY	M 40-49	55		1	00:54:57.55	00:55:15.95	+00:19:51 (35.9%)	5:29	10.9 (64.1%)
184	KALLAS-LIPSKA Anetta	95	RUN BYDGOSZCZ	K 40-49	6			00:54:56.55	00:55:16.85	+00:19:52 (35.9%)	5:29	10.9 (64.1%)
185	PROKOPOWICZ Agnieszka	212		K 30-39	20			00:54:57.95	00:55:18.75	+00:19:54 (36.0%)	5:29	10.9 (64.1%)
186	PAPROTA Emilia	201	SER KPD	K 30-39	21	SER KPD	1	00:55:05.75	00:55:21.15	+00:19:56 (36.0%)	5:30	10.9 (64.1%)
187	KAWALEC Sebastian	105	SER KPD	M 30-39	59	SER KPD	1	00:55:05.40	00:55:21.25	+00:19:56 (36.0%)	5:30	10.9 (64.1%)
188	HARACEWIAT Michał	74	BBL TORUŃ	M 20-29	18	BBL Toruń		00:55:14.90	00:55:25.35	+00:20:00 (36.1%)	5:31	10.9 (64.1%)
189	PRZYBYLSKI Mariusz	215		M 50-59	21			00:55:13.55	00:55:27.00	+00:20:02 (36.1%)	5:31	10.9 (64.1%)
190	MAREK Sławomir	173		M 30-39	60			00:55:11.80	00:55:27.85	+00:20:03 (36.2%)	5:31	10.9 (64.1%)
191	BLEJA Krystian	16	PGB SPORTOWA PACZKA	M 30-39	61			00:55:15.60	00:55:28.40	+00:20:03 (36.2%)	5:31	10.9 (64.1%)
192	BICZKOWSKA Magdalena	14	RUN BYDGOSZCZ	K 30-39	22	RUN BYDGOSZCZ		00:55:13.85	00:55:28.90	+00:20:04 (36.2%)	5:31	10.9 (64.1%)
193	KALA Michał	92		M 30-39	62			00:55:09.40	00:55:29.65	+00:20:05 (36.2%)	5:30	10.9 (64.1%)
194	WEGNER Roman	275		M 50-59	22			00:55:18.30	00:55:30.50	+00:20:05 (36.2%)	5:31	10.8 (63.5%)
195	KEMPIŃSKA Beata	108		K 30-39	23			00:55:10.70	00:55:30.65	+00:20:06 (36.2%)	5:31	10.9 (64.1%)
196	CHAMERA Adam	33	ARTA.PL	M 40-49	56			00:55:18.30	00:55:34.80	+00:20:10 (36.3%)	5:31	10.8 (63.5%)
197	KOZAKIEWICZ Marcin	128		M 40-49	57			00:55:17.25	00:55:36.70	+00:20:12 (36.3%)	5:31	10.9 (64.1%)
198	ZAREMBA Jacek	294	NAKIELSKI KLUB BIEGACZA	M 30-39	63			00:55:17.70	00:55:36.90	+00:20:12 (36.3%)	5:31	10.9 (64.1%)
199	JASTRZEMBSKI Tomasz	82	DYNAMO SKARPA	M 30-39	64			00:55:17.85	00:55:46.10	+00:20:21 (36.5%)	5:31	10.8 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	PRIEWE Paweł	211	DYNAMO SKARPA	M 30-39	65			00:55:18.70	00:55:46.25	+00:20:21 (36.5%)	5:31	10.8 (63.5%)
201	ĆWIKLIŃSKA Anna	43	KLONIKTEAM	K 30-39	24			00:55:34.70	00:55:48.35	+00:20:23 (36.5%)	5:33	10.8 (63.5%)
202	MARCINIAK Justyna	171		K 30-39	25			00:55:39.55	00:55:53.80	+00:20:29 (36.7%)	5:33	10.8 (63.5%)
203	BRZOZOWSKI Piotr	25	BRZOZA TRI TEAM	M 20-29	19			00:55:30.20	00:55:54.30	+00:20:29 (36.7%)	5:33	10.8 (63.5%)
204	BŁĄŻEJEWSKI Kacper	17		M 20-29	20			00:55:31.75	00:55:56.25	+00:20:31 (36.7%)	5:33	10.8 (63.5%)
205	STRÓŻYK Grażyna	240		K 20-29	2			00:55:35.05	00:55:58.15	+00:20:33 (36.7%)	5:33	10.8 (63.5%)
206	KOLASIŃSKA Joanna	117	RUN BYDGOSZCZ	K 30-39	26			00:55:46.35	00:56:00.20	+00:20:35 (36.8%)	5:34	10.8 (63.5%)
207	LEWANDOWSKI Rafal	150		M 30-39	66			00:55:47.90	00:56:01.60	+00:20:37 (36.8%)	5:34	10.8 (63.5%)
208	ADASZAK Katarzyna	312	RUN PASJA	K 30-39	27			00:55:53.10	00:56:09.25	+00:20:44 (36.9%)	5:35	10.7 (62.9%)
209	KALISZEWSKA Małgorzata	93	RUN PASJA BYDGOSZCZ	K 30-39	28			00:55:59.00	00:56:14.10	+00:20:49 (37.0%)	5:35	10.7 (62.9%)
210	MARCOL Joanna	172		K 20-29	3			00:55:49.95	00:56:18.05	+00:20:53 (37.1%)	5:35	10.7 (62.9%)
211	POTRZEBOWSKA Agata	209		K 30-39	29			00:56:11.05	00:56:22.80	+00:20:58 (37.2%)	5:37	10.7 (62.9%)
212	OŻGA Agnieszka	198		K 20-29	4	FŚGK		00:56:08.25	00:56:23.05	+00:20:58 (37.2%)	5:36	10.7 (62.9%)
213	PIECHOWIAK Jacek	206		M 40-49	58			00:56:00.20	00:56:23.80	+00:20:59 (37.2%)	5:36	10.7 (62.9%)
214	BEKUS Klaudia	12		K 20-29	5			00:56:05.35	00:56:28.95	+00:21:04 (37.3%)	5:36	10.7 (62.9%)
215	BONALSKA Magdalena	20	RUN BYDGOSZCZ	K 30-39	30			00:56:30.20	00:56:43.55	+00:21:18 (37.6%)	5:39	10.6 (62.4%)
216	TUCZYŃSKI Robert	269		M 30-39	67			00:56:34.00	00:56:47.75	+00:21:23 (37.7%)	5:39	10.6 (62.4%)
217	PANOWICZ Marek	200		M 40-49	59			00:56:39.30	00:56:51.30	+00:21:26 (37.7%)	5:39	10.6 (62.4%)
218	BROŻYNIAK Michał	23		M 30-39	68			00:56:39.55	00:56:51.60	+00:21:27 (37.7%)	5:39	10.6 (62.4%)
219	MISUN-NOWAK Katarzyna	180	ORTIMED RUNNERS TEAM	K 30-39	31			00:56:32.60	00:56:56.10	+00:21:31 (37.8%)	5:39	10.6 (62.4%)
220	TRYPUĆ-MAGDZIARZ Aleksandra	264	TRISPACE	K 40-49	7			00:56:49.40	00:57:03.50	+00:21:38 (37.9%)	5:40	10.6 (62.4%)
221	JAMRÓZ Joanna	79		K 40-49	8			00:56:54.30	00:57:04.10	+00:21:39 (38.0%)	5:41	10.5 (61.8%)
222	BOGUSŁAWSKI Mateusz	19		M 30-39	69			00:56:41.00	00:57:07.20	+00:21:42 (38.0%)	5:40	10.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	TOMASZEWSKA Agnieszka	261		K 30-39	32			00:56:52.40	00:57:09.65	+00:21:45 (38.1%)	5:41	10.6 (62.4%)
224	WOŁOSZYN Kazimierz	284	BRZOZA BIEGA / ROWEROWA BRZOZA	M 50-59	23			00:57:01.55	00:57:11.45	+00:21:46 (38.1%)	5:42	10.5 (61.8%)
225	KROPIDŁOWSKA Magdalena	133	KK KRUSZYN KRAJEŃSKI	K 30-39	33	KK Kruszyn Krajeński		00:57:06.40	00:57:14.10	+00:21:49 (38.1%)	5:42	10.5 (61.8%)
226	DOLATA Grzegorz	50	KK KRUSZYN KRAJEŃSKI	M 40-49	60	KK Kruszyn Krajeński		00:57:06.85	00:57:14.75	+00:21:50 (38.1%)	5:42	10.5 (61.8%)
227	BUDZIAK Bartosz	28		M 40-49	61			00:56:57.25	00:57:16.70	+00:21:52 (38.2%)	5:41	10.5 (61.8%)
228	SZYSLER Jarosław	318	CIELAKI	M 30-39	70			00:57:06.20	00:57:17.60	+00:21:53 (38.2%)	5:42	10.5 (61.8%)
229	TWARDOWSKI Wojciech	271	RUN BYDGOSZCZ	M 40-49	62	RUN BYDGOSZCZ		00:56:59.75	00:57:21.10	+00:21:56 (38.3%)	5:42	10.5 (61.8%)
230	SZCZĘSNY Arkadiusz	245	DYNAMO SKARPA	M 30-39	71			00:56:54.20	00:57:21.75	+00:21:57 (38.3%)	5:41	10.5 (61.8%)
231	ORNATOWSKA Magdalena	194	GORDON RUN	K 30-39	34	GORDON RUN		00:57:06.70	00:57:22.90	+00:21:58 (38.3%)	5:42	10.5 (61.8%)
232	ZAMIATOWSKA Kinga	293	RUN BYDGOSZCZ	K 30-39	35			00:57:16.80	00:57:37.40	+00:22:12 (38.5%)	5:43	10.5 (61.8%)
233	CZYŻEWSKA Justyna	41		K 30-39	36			00:57:27.70	00:57:44.40	+00:22:19 (38.7%)	5:44	10.4 (61.2%)
234	CZAJA Jarosław	37		M 30-39	72			00:57:27.15	00:57:51.95	+00:22:27 (38.8%)	5:44	10.4 (61.2%)
235	GOŁĘBIEWSKI Jerzy	62		M 40-49	63			00:57:46.00	00:58:05.95	+00:22:41 (39.1%)	5:46	10.4 (61.2%)
236	MIKUŁA Tomek	177	GORDON RUN	M 30-39	73	GORDON RUN		00:58:17.00	00:58:32.85	+00:23:08 (39.5%)	5:49	10.3 (60.6%)
237	DYSARSKI Łukasz	314	TARTAK ZIELONKA	M 30-39	74			00:58:20.95	00:58:36.50	+00:23:11 (39.6%)	5:50	10.3 (60.6%)
238	ŁOBOCKI Krzysztof	162		M 30-39	75			00:58:27.25	00:58:39.15	+00:23:14 (39.6%)	5:50	10.3 (60.6%)
239	JAŹDŻEWSKA Alicja	84	JAZDZOLE	K 30-39	37			00:58:37.20	00:58:57.45	+00:23:32 (39.9%)	5:51	10.2 (60.0%)
240	MALATYŃSKA Barbara	165		K 40-49	9			00:58:39.50	00:58:58.65	+00:23:34 (40.0%)	5:51	10.2 (60.0%)
241	MOROSZCZAK Dominika	306	SPÓJNIA BIAŁE BŁOTA	K 30-39	38	SPÓJNIA BIAŁE BŁOTA		00:58:42.50	00:58:59.35	+00:23:34 (40.0%)	5:52	10.2 (60.0%)
242	KRZYŻANOWSKI Wojciech	139	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M 40-49	64			00:59:00.80	00:59:11.60	+00:23:47 (40.2%)	5:54	10.2 (60.0%)
243	URBAN Marek	272		M 50-59	24			00:58:59.90	00:59:19.60	+00:23:55 (40.3%)	5:54	10.2 (60.0%)
244	KOZŁOWSKI Sławomir	130		M 30-39	76			00:59:13.10	00:59:39.40	+00:24:14 (40.6%)	5:55	10.1 (59.4%)
245	MALICKA Beata	166	BYDGOSCY BIEGACZE	K 50-59	2			00:59:24.40	00:59:42.75	+00:24:18 (40.7%)	5:56	10.1 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	HARACEWIAT Cezary	73	JFTC SU	M 50-59	25	JFTC SU	1	00:59:39.30	00:59:49.10	+00:24:24 (40.8%)	5:58	10.1 (59.4%)
247	LUZAK Magdalena	159		K 20-29	6			00:59:39.15	00:59:49.95	+00:24:25 (40.8%)	5:57	10.1 (59.4%)
248	KRUKOWSKA Joanna	136		K 20-29	7			00:59:32.30	00:59:59.10	+00:24:34 (41.0%)	5:57	10.1 (59.4%)
249	JADCZAK Katarzyna	76	LEJDIZ	K 30-39	39	Lejdiz		01:00:04.00	01:00:18.30	+00:24:53 (41.3%)	6:00	10 (58.8%)
250	CZARNECKA - PIJAROWSKA Dominika	39		K 30-39	40			01:00:33.80	01:00:38.25	+00:25:13 (41.6%)	6:03	9.9 (58.2%)
251	JANUSZEWSKI Michał	80		M 30-39	77			01:00:37.35	01:00:48.30	+00:25:23 (41.8%)	6:03	9.9 (58.2%)
252	BIEGAŁA Renata	15		K 50-59	3			01:00:36.15	01:01:02.05	+00:25:37 (42.0%)	6:03	9.9 (58.2%)
253	SOBOLEWSKA Agnieszka	231		K 40-49	10			01:00:48.85	01:01:03.55	+00:25:38 (42.0%)	6:04	9.9 (58.2%)
254	KOŚMICKA Emilia	121		K 30-39	41			01:00:38.25	01:01:04.15	+00:25:39 (42.0%)	6:03	9.9 (58.2%)
255	KUKLIŃSKI Rafał	144		M 30-39	78			01:00:57.90	01:01:23.35	+00:25:58 (42.3%)	6:05	9.8 (57.6%)
256	GORGOL Renata	66	RUN BYDGOSZCZ	K 40-49	11	RUN BYDGOSZCZ		01:01:05.95	01:01:23.85	+00:25:59 (42.3%)	6:06	9.8 (57.6%)
257	JAŹDŹEWSKI Jarosław	85	JAZDZOLE	M 30-39	79			01:01:03.50	01:01:23.90	+00:25:59 (42.3%)	6:06	9.8 (57.6%)
258	PRZYBYLSKA Grażyna	214		K 50-59	4			01:01:11.00	01:01:28.55	+00:26:03 (42.4%)	6:07	9.8 (57.6%)
259	TOMASZEK Agnieszka	260	BIEGAJ Z DĘBAMI	K 30-39	42			01:01:15.20	01:01:33.15	+00:26:08 (42.5%)	6:07	9.8 (57.6%)
260	MINDYKOWSKA Anna	178	RUN BYDGOSZCZ	K 40-49	12	RUN BYDGOSZCZ		01:02:10.40	01:02:28.65	+00:27:04 (43.3%)	6:13	9.7 (57.1%)
261	ŁOBODA Robert	163	NIEBIESKO-CZARNA ARMIA	M 40-49	65			01:02:22.05	01:02:33.50	+00:27:08 (43.4%)	6:14	9.6 (56.5%)
262	OSSOWSKA Danuta	195		K 40-49	13			01:02:07.95	01:02:33.60	+00:27:09 (43.4%)	6:12	9.7 (57.1%)
263	DOMŻALSKA Sławomira	52		K 40-49	14			01:02:23.75	01:02:50.70	+00:27:26 (43.7%)	6:14	9.6 (56.5%)
264	CHRÓŚCIŃSKA Justyna	35	GORDON RUN	K 20-29	8	GORDON RUN		01:02:57.95	01:03:14.60	+00:27:50 (44.0%)	6:17	9.5 (55.9%)
265	SZATKOWSKA Beata	243		K 50-59	5			01:02:54.00	01:03:21.70	+00:27:57 (44.1%)	6:17	9.5 (55.9%)
266	SCHULZ Maciej	228	PRUSZCZ BIEGA	M 40-49	66			01:03:37.75	01:03:59.70	+00:28:35 (44.7%)	6:21	9.4 (55.3%)
266	WALENTYNOWICZ Aneta	274	PRUSZCZ BIEGA	K 30-39	43			01:03:38.35	01:03:59.70	+00:28:35 (44.7%)	6:21	9.4 (55.3%)
268	STANECKA Małgorzata	235		K 40-49	15			01:04:28.60	01:04:57.25	+00:29:32 (45.5%)	6:26	9.3 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Mundurowi	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	BARTKOWIAK Katarzyna	8		K 30-39	44			01:04:57.20	01:05:17.30	+00:29:52 (45.8%)	6:29	9.2 (54.1%)
270	KANJERSKI Jerzy	98	RUN BYDGOSZCZ	M 60+	6			01:04:56.50	01:05:18.30	+00:29:53 (45.8%)	6:29	9.2 (54.1%)
271	PASIEKA Tomasz	202	KLUB ŻOŁNIERZY REZERWY LOK NAKŁO	M 40-49	67			01:05:08.20	01:05:30.80	+00:30:06 (45.9%)	6:30	9.2 (54.1%)
272	KOSECKA Justyna	120	ORTIMED RUNNERS TEAM	K 30-39	45			01:05:08.45	01:05:31.15	+00:30:06 (46.0%)	6:30	9.2 (54.1%)
273	MRUK-WAWRZYNIAK Patrycja	186		K 30-39	46			01:06:17.05	01:06:31.20	+00:31:06 (46.8%)	6:37	9.1 (53.5%)
274	SZTEJKA Damian	250	BENEFITKSO	M 40-49	68			01:06:31.20	01:06:50.30	+00:31:25 (47.0%)	6:39	9 (52.9%)
275	ŁUKOMSKI Marcin	167	BENEFITKSO	K 30-39	47			01:06:31.00	01:06:50.35	+00:31:25 (47.0%)	6:39	9 (52.9%)
276	SZTEJKA Jolanta	249	BENEFITKSO	K 30-39	48			01:06:31.50	01:06:50.60	+00:31:26 (47.0%)	6:39	9 (52.9%)
277	GRABOWSKI Piotr	320		M 40-49	69			01:07:53.55	01:08:18.65	+00:32:54 (48.2%)	6:47	8.8 (51.8%)
278	MIELCAREK Zdzisław	325	BRZOZA BIEGA	M 60+	7			01:07:54.75	01:08:19.25	+00:32:54 (48.2%)	6:47	8.8 (51.8%)
279	GRABOWSKA Lucyna	319		K 40-49	16			01:08:10.45	01:08:35.55	+00:33:10 (48.4%)	6:49	8.8 (51.8%)
280	DEPKA Agnieszka	46		K 30-39	49			01:08:28.75	01:08:49.80	+00:33:25 (48.6%)	6:50	8.8 (51.8%)
281	HALLEK Celestyna	315		K 30-39	50			01:15:11.80	01:15:33.65	+00:40:09 (53.1%)	7:31	8 (47.1%)
282	HALLEK Piotr	316		M 30-39	80			01:15:11.75	01:15:33.70	+00:40:09 (53.1%)	7:31	8 (47.1%)
283	WZOREK Pawel	290		M 40-49	70			01:16:14.95	01:16:42.25	+00:41:17 (53.8%)	7:37	7.9 (46.5%)
284	DORSZEWSKA Bożena	54		K 50-59	6			01:16:52.05	01:17:19.00	+00:41:54 (54.2%)	7:41	7.8 (45.9%)
285	PODKÓWKA Zbigniew	208		M 50-59	26			01:16:55.90	01:17:23.15	+00:41:58 (54.2%)	7:41	7.8 (45.9%)
286	PASIEKA Magda	203	MAM TĘ MOC	K 30-39	51			01:17:19.30	01:17:42.90	+00:42:18 (54.4%)	7:43	7.8 (45.9%)
287	KOTOWSKA-KOWALSKA Anna	122	GORZEŃ RUN	K 30-39	52			01:17:51.30	01:18:00.40	+00:42:35 (54.6%)	7:47	7.7 (45.3%)
	KULPA Maciej	1001		M 50-59				00:49:59.15 DNF	DNF		-	- (0.0%)

Znaleziono 288 wynik(ów)