



# V BYDGOSKI BIEG PO ODDECH

B4SPORT

**Organizator:** Stowarzyszenie Waleczne Serca  
**Data:** 2024-10-06  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ROGOZIŃSKI Dawid	342	TEAMOCHAL	M30	1	00:08:31	00:17:21.85	00:17:24.00		3:28	17.3 (100%)
2	ONDRA Karol	263	RUNBYDGOSZCZ	M30	2	00:08:55	00:17:49.95	00:17:52.95	+00:00:28 (2.7%)	3:33	16.8 (97.1%)
3	HOŁTYN Patryk	144	TKKF KOLEJARZ BYDGOSZCZ	M30	3	00:09:18	00:18:52.10	00:18:54.65	+00:01:30 (8.0%)	3:46	15.9 (91.9%)
4	KRYSKE Mariusz	329	TKKF KOLEJARZ BYDGOSZCZ	M40	1	00:09:22	00:19:00.65	00:19:04.45	+00:01:40 (8.8%)	3:48	15.8 (91.3%)
5	LEWANDOWSKI Tomasz	185	WIHURRA SOBIEJUCHY	M40	2	00:09:26	00:19:02.50	00:19:09.95	+00:01:45 (9.2%)	3:48	15.8 (91.3%)
6	JAGIEŁA Adam	7	TKKF KOLEJARZ BYDGOSZCZ	M40	3	00:09:24	00:19:17.50	00:19:19.75	+00:01:55 (10.0%)	3:51	15.6 (90.2%)
7	SKARBEEK Marek	367	RUN BYDGOSZCZ	M50	1	00:09:34	00:19:26.55	00:19:31.85	+00:02:07 (10.9%)	3:53	15.4 (89.0%)
8	ZAJĄKAŁA Wojciech	344	CDI KONSULTANCI BUDOWLANI BIEGNIEMY DLA KORNELII	M20	1	00:09:26	00:19:33.25	00:19:36.85	+00:02:12 (11.3%)	3:54	15.3 (88.4%)
9	KWAŚNIEWSKI Waldemar	317		M50	2	00:09:35	00:19:33.25	00:19:38.05	+00:02:14 (11.4%)	3:54	15.3 (88.4%)
10	MACIŃSKI Waldek	71		M40	4	00:09:35	00:19:36.10	00:19:40.65	+00:02:16 (11.6%)	3:55	15.3 (88.4%)
11	NAGORZYSKI Arkadiusz	9		M40	5	00:09:40	00:19:46.35	00:19:49.70	+00:02:25 (12.2%)	3:57	15.2 (87.9%)
12	GÓRA Krystian	97		M40	6	00:09:58	00:20:03.50	00:20:07.40	+00:02:43 (13.5%)	4:00	15 (86.7%)
13	DOBRYŃSKI Kacper	155	UKS KOPERNIK BYDGOSZCZ	D4 - chłopcy	1	00:09:37	00:20:17.55	00:20:20.85	+00:02:56 (14.5%)	4:03	14.8 (85.5%)
14	FIKSAT Mateusz	74	RUN BYDGOSZCZ	M30	4	00:09:48	00:20:30.50	00:20:36.45	+00:03:12 (15.6%)	4:06	14.6 (84.4%)
15	KRYGOWSKI Tomasz	19		M50	3	00:10:15	00:20:39.95	00:20:43.55	+00:03:19 (16.0%)	4:07	14.5 (83.8%)
16	PRZYBYLSKI Dariusz	8		M30	5	00:09:58	00:20:40.50	00:20:43.80	+00:03:19 (16.1%)	4:08	14.5 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>KLAWIŃSKA Bernadeta</b>	<b>272</b>	RCI BYDGOSZCZ	K40	1	00:10:24	<b>00:20:37.00</b>	<b>00:20:49.05</b>	+00:03:25 (16.4%)	4:07	14.6 (84.4%)
18	<b>MASLOVSKAYA Natalia</b>	<b>376</b>		K40	2	00:10:19	<b>00:20:45.55</b>	<b>00:20:49.45</b>	+00:03:25 (16.4%)	4:09	14.5 (83.8%)
19	<b>SOBCZAK Marcin</b>	<b>53</b>		M40	7	00:10:14	<b>00:20:41.05</b>	<b>00:20:50.05</b>	+00:03:26 (16.5%)	4:08	14.5 (83.8%)
20	<b>PUCHALSKI Patryk</b>	<b>143</b>		M30	6	00:09:58	<b>00:21:08.75</b>	<b>00:21:12.55</b>	+00:03:48 (18.0%)	4:13	14.2 (82.1%)
21	<b>ZIELIŃSKI Tomasz</b>	<b>371</b>		M40	8	00:10:24	<b>00:21:07.90</b>	<b>00:21:14.55</b>	+00:03:50 (18.1%)	4:13	14.2 (82.1%)
22	<b>ZIELIŃSKI Michał</b>	<b>385</b>		M30	7	00:10:19	<b>00:21:06.95</b>	<b>00:21:14.65</b>	+00:03:50 (18.1%)	4:13	14.2 (82.1%)
23	<b>KNYPIŃSKI Wojciech</b>	<b>168</b>		M30	8	00:10:22	<b>00:21:03.75</b>	<b>00:21:21.10</b>	+00:03:57 (18.5%)	4:12	14.3 (82.7%)
24	<b>LESISZ Agata</b>	<b>102</b>	MAJA TEAM	K40	3	00:10:28	<b>00:21:21.60</b>	<b>00:21:25.80</b>	+00:04:01 (18.8%)	4:16	14.1 (81.5%)
25	<b>CHRUŚCIŃSKI Erhard</b>	<b>173</b>	SIŁA OSG	M30	9	00:10:48	<b>00:21:28.80</b>	<b>00:21:36.70</b>	+00:04:12 (19.5%)	4:17	14 (80.9%)
26	<b>KOZAK Krzysztof</b>	<b>27</b>	BB ACTIVE TEAM	M30	10	00:10:32	<b>00:21:31.65</b>	<b>00:21:40.95</b>	+00:04:16 (19.8%)	4:18	13.9 (80.3%)
27	<b>OKULICZ Anita</b>	<b>29</b>		K30	1	00:10:39	<b>00:21:49.80</b>	<b>00:21:53.85</b>	+00:04:29 (20.5%)	4:21	13.8 (79.8%)
28	<b>CIACIUCH Agnieszka</b>	<b>176</b>	BIEGACZE KCYNIA TEAM	K20	1	00:10:53	<b>00:21:48.05</b>	<b>00:21:54.40</b>	+00:04:30 (20.6%)	4:21	13.8 (79.8%)
29	<b>RACIBORSKI Grzegorz</b>	<b>114</b>	TKKF KOLEJARZ BYDGOSZCZ	M40	9	00:10:56	<b>00:21:51.10</b>	<b>00:21:55.30</b>	+00:04:31 (20.6%)	4:22	13.7 (79.2%)
30	<b>MACIEJEWSKI Maciej</b>	<b>174</b>	BIEGACZE KCYNIA TEAM	M40	10	00:10:41	<b>00:21:49.20</b>	<b>00:21:55.95</b>	+00:04:31 (20.7%)	4:21	13.8 (79.8%)
31	<b>LEWANDOWSKI Maciej</b>	<b>135</b>		M30	11	00:10:40	<b>00:21:57.40</b>	<b>00:22:01.50</b>	+00:04:37 (21.0%)	4:23	13.7 (79.2%)
32	<b>LEWANDOWSKI Sebastian</b>	<b>322</b>		M30	12	00:10:22	<b>00:21:52.45</b>	<b>00:22:04.30</b>	+00:04:40 (21.2%)	4:22	13.7 (79.2%)
33	<b>ŁEPEK Patryk</b>	<b>34</b>		M30	13	00:10:39	<b>00:22:01.35</b>	<b>00:22:07.45</b>	+00:04:43 (21.4%)	4:24	13.6 (78.6%)
34	<b>LEWANDOWSKI Michał</b>	<b>284</b>		M40	11	00:10:49	<b>00:22:09.10</b>	<b>00:22:14.65</b>	+00:04:50 (21.8%)	4:25	13.5 (78.0%)
35	<b>SZYSZKA Radosław</b>	<b>304</b>		M40	12	00:11:00	<b>00:22:18.60</b>	<b>00:22:22.55</b>	+00:04:58 (22.2%)	4:27	13.5 (78.0%)
36	<b>DOMBROWSKI Rafał</b>	<b>330</b>		M30	14	00:11:03	<b>00:22:17.95</b>	<b>00:22:31.10</b>	+00:05:07 (22.7%)	4:27	13.5 (78.0%)
37	<b>BOJAROWSKI Krzysztof</b>	<b>72</b>		M30	15	00:11:19	<b>00:22:31.70</b>	<b>00:22:39.15</b>	+00:05:15 (23.2%)	4:30	13.3 (76.9%)
38	<b>FRYDRYCH Marcin</b>	<b>269</b>	TEAM KĘDZIERSCY	M40	13	00:11:07	<b>00:22:36.40</b>	<b>00:22:46.40</b>	+00:05:22 (23.6%)	4:31	13.3 (76.9%)
39	<b>GAPIŃSKA Alicja</b>	<b>48</b>		K30	2	00:11:29	<b>00:22:54.15</b>	<b>00:22:57.15</b>	+00:05:33 (24.2%)	4:34	13.1 (75.7%)

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40	<b>NAGORZYSKA Sylwia</b>	<b>10</b>		K40	4	00:11:22	<b>00:22:56.00</b>	<b>00:22:59.80</b>	+00:05:35 (24.3%)	4:35	13.1 (75.7%)
41	<b>BŁAŻEJSKA Marta</b>	<b>44</b>		K40	5	00:11:27	<b>00:22:57.00</b>	<b>00:23:02.10</b>	+00:05:38 (24.5%)	4:35	13.1 (75.7%)
42	<b>PODKÓWKA Zbigniew</b>	<b>366</b>	PODGÓRZ TORUŃ	M60	1	00:11:24	<b>00:23:14.30</b>	<b>00:23:20.05</b>	+00:05:56 (25.4%)	4:38	12.9 (74.6%)
43	<b>GLINKOWSKI Dariusz</b>	<b>66</b>	CALLSIGN B28	M30	16	00:11:16	<b>00:23:17.35</b>	<b>00:23:22.05</b>	+00:05:58 (25.5%)	4:39	12.9 (74.6%)
44	<b>SCHMIDT Artur</b>	<b>14</b>	BB ACTIVE TEAM	D4 - chłopcy	2	00:11:22	<b>00:23:20.15</b>	<b>00:23:29.00</b>	+00:06:05 (25.9%)	4:40	12.9 (74.6%)
45	<b>KOZAK Adam</b>	<b>28</b>	BB ACTIVE TEAM	D4 - chłopcy	3	00:11:22	<b>00:23:23.65</b>	<b>00:23:33.05</b>	+00:06:09 (26.1%)	4:40	12.8 (74.0%)
46	<b>FIEGEL Katarzyna</b>	<b>323</b>		K40	6	00:11:44	<b>00:23:30.45</b>	<b>00:23:39.25</b>	+00:06:15 (26.4%)	4:42	12.8 (74.0%)
47	<b>KUFEL Viola</b>	<b>209</b>	LABOVERSUM	K20	2	00:11:18	<b>00:23:29.65</b>	<b>00:23:43.95</b>	+00:06:19 (26.7%)	4:41	12.8 (74.0%)
48	<b>GÓRSKI Sławomir</b>	<b>283</b>		M40	14	00:11:47	<b>00:23:42.70</b>	<b>00:23:50.75</b>	+00:06:26 (27.0%)	4:44	12.7 (73.4%)
49	<b>CICHOŃSKA-BAZAK Marzena</b>	<b>199</b>		K50	1	00:11:54	<b>00:24:01.20</b>	<b>00:24:06.95</b>	+00:06:42 (27.8%)	4:48	12.5 (72.3%)
50	<b>DĄBROWSKI Krystian</b>	<b>318</b>		M20	2	00:11:59	<b>00:23:58.80</b>	<b>00:24:07.40</b>	+00:06:43 (27.9%)	4:47	12.5 (72.3%)
51	<b>GRUDA Mirosław</b>	<b>308</b>		M60	2	00:11:54	<b>00:24:01.35</b>	<b>00:24:07.70</b>	+00:06:43 (27.9%)	4:48	12.5 (72.3%)
52	<b>KAJA Dominika</b>	<b>162</b>	KPCP SMUKAŁATEAM	K30	3	00:11:56	<b>00:23:51.40</b>	<b>00:24:08.65</b>	+00:06:44 (27.9%)	4:46	12.6 (72.8%)
53	<b>KLAWIKOWSKA Julita</b>	<b>46</b>	TKKF KOLEJARZ BYDGOSZCZ	K30	4	00:11:55	<b>00:23:49.55</b>	<b>00:24:10.15</b>	+00:06:46 (28.0%)	4:45	12.6 (72.8%)
54	<b>KRZYWDZIŃSKI Tomasz</b>	<b>89</b>		M30	17	00:12:05	<b>00:23:52.90</b>	<b>00:24:12.75</b>	+00:06:48 (28.1%)	4:46	12.6 (72.8%)
55	<b>SKÓRCZEWSKI Jacek</b>	<b>32</b>		M60	3	00:11:55	<b>00:24:03.65</b>	<b>00:24:15.10</b>	+00:06:51 (28.3%)	4:48	12.5 (72.3%)
56	<b>SZYMNOWSKI Bartosz</b>	<b>324</b>		M30	18	00:12:08	<b>00:24:15.10</b>	<b>00:24:22.20</b>	+00:06:58 (28.6%)	4:51	12.4 (71.7%)
57	<b>TRZCINSKI Krzysztof</b>	<b>377</b>		M40	15	00:12:32	<b>00:24:02.90</b>	<b>00:24:22.85</b>	+00:06:58 (28.6%)	4:48	12.5 (72.3%)
58	<b>CIECIÓRSKA Justyna</b>	<b>378</b>		K20	3	00:12:03	<b>00:24:06.65</b>	<b>00:24:23.70</b>	+00:06:59 (28.7%)	4:49	12.4 (71.7%)
59	<b>POLAŃCZYK Paulina</b>	<b>5</b>		K30	5	00:12:07	<b>00:24:09.10</b>	<b>00:24:24.20</b>	+00:07:00 (28.7%)	4:49	12.4 (71.7%)
60	<b>SZEIB Robert</b>	<b>349</b>		M40	16	00:11:30	<b>00:24:22.40</b>	<b>00:24:26.95</b>	+00:07:02 (28.8%)	4:52	12.3 (71.1%)
61	<b>HAN Sławomir</b>	<b>130</b>		M40	17	00:12:09	<b>00:24:22.10</b>	<b>00:24:27.55</b>	+00:07:03 (28.9%)	4:52	12.3 (71.1%)
62	<b>BORAKIEWICZ Jędrzej</b>	<b>56</b>		M20	3	00:11:52	<b>00:24:10.20</b>	<b>00:24:27.85</b>	+00:07:03 (28.9%)	4:50	12.4 (71.7%)

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63	LUZAK Magdalena	132		K30	6	00:11:51	00:24:19.90	00:24:27.95	+00:07:03 (28.9%)	4:51	12.3 (71.1%)
64	CZAPLICKI Bartłomiej	33		M30	19	00:12:00	00:24:02.00	00:24:32.20	+00:07:08 (29.1%)	4:48	12.5 (72.3%)
65	MIELEWCZYK Tomek	266		M20	4	00:12:03	00:24:22.80	00:24:39.15	+00:07:15 (29.4%)	4:52	12.3 (71.1%)
66	ZDUNKIEWICZ Filip	321		D4 - chłopcy	4	00:12:37	00:24:24.55	00:24:39.55	+00:07:15 (29.4%)	4:52	12.3 (71.1%)
67	HAN Agnieszka	131		K30	7	00:12:09	00:24:40.40	00:24:45.60	+00:07:21 (29.7%)	4:56	12.2 (70.5%)
68	ROGOZIŃSKA Oliwia	340	FUNDACJA CZAS NA BYDGOSZCZ	D3 - dziewczynki	1	00:11:46	00:24:45.30	00:24:48.15	+00:07:24 (29.8%)	4:57	12.1 (69.9%)
69	ZENEL Łukasz	306	EKIPA KORNELKI	M30	20	00:12:09	00:24:52.20	00:24:59.75	+00:07:35 (30.4%)	4:58	12.1 (69.9%)
70	DALKE Szymon	382		D1 - chłopcy	1	00:11:50	00:25:07.35	00:25:09.75	+00:07:45 (30.8%)	5:01	11.9 (68.8%)
71	WADZIŃSKA Paulina	303	LABOVERSUM			00:11:24	00:23:55.60	00:25:10.55	+00:07:46 (30.9%)	4:47	12.5 (72.3%)
72	LEWANDOWSKA Nina	110	WIHURRA SOBIEJUCHY	D3 - dziewczynki	2	00:12:34	00:25:06.15	00:25:14.35	+00:07:50 (31.1%)	5:01	12 (69.4%)
73	BUKOWSKI Przemysław	380		M40	18	00:12:25	00:24:56.00	00:25:14.40	+00:07:50 (31.1%)	4:59	12 (69.4%)
74	SCHMIDT Marcin	13	BB ACTIVE TEAM	M40	19	00:12:33	00:25:07.00	00:25:15.55	+00:07:51 (31.1%)	5:01	11.9 (68.8%)
75	SZYPERSKI Sławomir	213		M50	4	00:12:25	00:25:05.15	00:25:17.45	+00:07:53 (31.2%)	5:01	12 (69.4%)
76	GROBELNA Monika	307		K40	7	00:12:34	00:25:10.65	00:25:19.00	+00:07:55 (31.3%)	5:02	11.9 (68.8%)
77	KONICZYŃSKA Jowita	286		D4 - dziewczynki	1	00:12:54	00:25:08.65	00:25:30.30	+00:08:06 (31.8%)	5:01	11.9 (68.8%)
78	KOLIŃSKA Sylwia	127	TEAM RUN GOŁAŃCZ	K40	8	00:12:35	00:25:20.50	00:25:31.65	+00:08:07 (31.8%)	5:04	11.8 (68.2%)
79	BORAKIEWICZ Natalia	126	TEAM RUN GOŁAŃCZ	K30	8	00:12:34	00:25:20.80	00:25:31.75	+00:08:07 (31.8%)	5:04	11.8 (68.2%)
80	ZDUNKIEWICZ Marcin	320		M40	20	00:12:44	00:25:17.65	00:25:33.05	+00:08:09 (31.9%)	5:03	11.9 (68.8%)
81	ZAPARUCHA Mikołaj	297		M50	5	00:12:26	00:25:15.75	00:25:39.25	+00:08:15 (32.2%)	5:03	11.9 (68.8%)
82	GACKOWSKA Daria	335		K30	9	00:12:43	00:24:59.55	00:25:40.45	+00:08:16 (32.2%)	4:59	12 (69.4%)
83	HERNET Iwona	232		K50	2	00:12:31	00:25:35.10	00:25:40.95	+00:08:16 (32.2%)	5:07	11.7 (67.6%)
84	BUKOWSKA Katarzyna	379		K30	10	00:12:33	00:25:23.75	00:25:42.50	+00:08:18 (32.3%)	5:04	11.8 (68.2%)
85	AUGUSTYNOWICZ Andrzej	285		M50	6	00:12:53	00:25:41.35	00:25:52.90	+00:08:28 (32.8%)	5:08	11.7 (67.6%)

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86	<b>BAGNIEWSKA Małgorzata</b>	<b>36</b>				00:12:59	<b>00:25:35.75</b>	<b>00:25:53.55</b>	+00:08:29 (32.8%)	5:07	11.7 (67.6%)
87	<b>GILL Michał</b>	<b>75</b>	1000MARZEŃ	M40	21	00:13:01	<b>00:25:44.55</b>	<b>00:25:59.15</b>	+00:08:35 (33.0%)	5:08	11.7 (67.6%)
88	<b>NIEDBALSKI Grzegorz</b>	<b>338</b>	RUN BYDGOSZCZ	M60	4	00:12:43	<b>00:25:52.30</b>	<b>00:25:59.25</b>	+00:08:35 (33.0%)	5:10	11.6 (67.1%)
89	<b>BORTA Monika</b>	<b>358</b>		K30	11	00:13:03	<b>00:25:52.55</b>	<b>00:25:59.90</b>	+00:08:35 (33.1%)	5:10	11.6 (67.1%)
90	<b>MARKIEWICZ Karolina</b>	<b>234</b>		K30	12	00:12:35	<b>00:25:43.45</b>	<b>00:26:00.20</b>	+00:08:36 (33.1%)	5:08	11.7 (67.6%)
91	<b>AUGUSTYNOWICZ Aurelia</b>	<b>257</b>		K50	3	00:12:54	<b>00:25:49.30</b>	<b>00:26:00.55</b>	+00:08:36 (33.1%)	5:09	11.6 (67.1%)
92	<b>CIEŚLIK Marek</b>	<b>154</b>	NIESTOWARZYSZONY	M60	5	00:12:29	<b>00:25:22.05</b>	<b>00:26:03.00</b>	+00:08:39 (33.2%)	5:04	11.8 (68.2%)
93	<b>GROBELNA Angelika</b>	<b>50</b>		K40	9	00:12:43	<b>00:25:52.00</b>	<b>00:26:03.05</b>	+00:08:39 (33.2%)	5:10	11.6 (67.1%)
94	<b>KACZMAREK Elżbieta</b>	<b>179</b>	BIEGACZE KCYNIA TEAM	K30	13	00:12:41	<b>00:25:43.60</b>	<b>00:26:04.75</b>	+00:08:40 (33.3%)	5:08	11.7 (67.6%)
95	<b>CYRANKIEWICZ Piotr</b>	<b>197</b>	CB163	M30	21	00:12:38	<b>00:25:29.25</b>	<b>00:26:06.05</b>	+00:08:42 (33.3%)	5:05	11.8 (68.2%)
96	<b>CZYŻEWSKA Justyna</b>	<b>107</b>		K40	10	00:12:38	<b>00:26:06.40</b>	<b>00:26:17.95</b>	+00:08:53 (33.8%)	5:13	11.5 (66.5%)
97	<b>BOROWSKA Amelia</b>	<b>325</b>		D5 - dziewczynki	1	00:12:04	<b>00:26:12.35</b>	<b>00:26:19.20</b>	+00:08:55 (33.9%)	5:14	11.5 (66.5%)
98	<b>RUDNICKI Kacper</b>	<b>255</b>	TASAK TEAM	D4 - chłopcy	5	00:13:25	<b>00:26:10.45</b>	<b>00:26:20.15</b>	+00:08:56 (33.9%)	5:14	11.5 (66.5%)
99	<b>RUDNICKI Michał</b>	<b>254</b>	TASAK TEAM	M40	22	00:13:26	<b>00:26:11.60</b>	<b>00:26:20.75</b>	+00:08:56 (34.0%)	5:14	11.5 (66.5%)
100	<b>RĘDZINA Michał</b>	<b>133</b>	PEDZACE ŚLIMAKI	M40	23	00:13:15	<b>00:25:40.45</b>	<b>00:26:22.35</b>	+00:08:58 (34.0%)	5:08	11.7 (67.6%)
101	<b>CZERNIAK Marcin</b>	<b>394</b>		M40	24	00:13:14	<b>00:25:40.00</b>	<b>00:26:22.50</b>	+00:08:58 (34.0%)	5:08	11.7 (67.6%)
102	<b>PIETRASZAK Tomasz</b>	<b>43</b>		M50	7	00:12:55	<b>00:26:03.65</b>	<b>00:26:23.75</b>	+00:08:59 (34.1%)	5:12	11.5 (66.5%)
103	<b>ROGOZIŃSKA Małgorzata</b>	<b>341</b>		K30	14	00:12:58	<b>00:26:23.85</b>	<b>00:26:32.15</b>	+00:09:08 (34.4%)	5:16	11.4 (65.9%)
104	<b>SOŁDYGA Paweł</b>	<b>225</b>	SKOWRONEKBIEGA	M40	25	00:14:27	<b>00:25:53.80</b>	<b>00:26:33.80</b>	+00:09:09 (34.5%)	5:10	11.6 (67.1%)
105	<b>SZAŁKOWSKI Michał</b>	<b>274</b>		M40	26	00:13:10	<b>00:26:12.75</b>	<b>00:26:39.00</b>	+00:09:15 (34.7%)	5:14	11.5 (66.5%)
106	<b>EISERT Edyta</b>	<b>245</b>	BORÓWNO BIEGA	K30	15	00:13:31	<b>00:26:07.55</b>	<b>00:26:39.50</b>	+00:09:15 (34.7%)	5:13	11.5 (66.5%)
107	<b>TARAS Kalina</b>	<b>220</b>		D5 - dziewczynki	2	00:13:31	<b>00:26:13.75</b>	<b>00:26:40.40</b>	+00:09:16 (34.8%)	5:14	11.4 (65.9%)
108	<b>WIŚNIEWSKI Leszek</b>	<b>389</b>		M40	27	00:12:48	<b>00:25:53.30</b>	<b>00:26:40.50</b>	+00:09:16 (34.8%)	5:10	11.6 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	<b>KWAŚNIEWSKA Aldona</b>	<b>316</b>		K40	11	00:13:06	<b>00:26:36.80</b>	<b>00:26:43.35</b>	+00:09:19 (34.9%)	5:19	11.3 (65.3%)
110	<b>SZPERKOWSKI Krzysztof</b>	<b>247</b>		M50	8	00:13:18	<b>00:26:16.70</b>	<b>00:26:50.45</b>	+00:09:26 (35.2%)	5:15	11.4 (65.9%)
111	<b>ONDRA Julia</b>	<b>264</b>		K20	4	00:13:05	<b>00:26:37.85</b>	<b>00:26:51.55</b>	+00:09:27 (35.2%)	5:19	11.3 (65.3%)
112	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>243</b>		K40	12	00:13:17	<b>00:26:25.00</b>	<b>00:26:57.65</b>	+00:09:33 (35.5%)	5:17	11.4 (65.9%)
113	<b>DĘBSKI Jan</b>	<b>51</b>	SOŁTYS	M70	1	00:12:49	<b>00:26:50.00</b>	<b>00:26:59.00</b>	+00:09:35 (35.5%)	5:22	11.2 (64.7%)
114	<b>GAIDA Milena</b>	<b>54</b>		K30	16	00:13:40	<b>00:26:34.80</b>	<b>00:27:02.55</b>	+00:09:38 (35.7%)	5:18	11.3 (65.3%)
115	<b>KUKLISOVA Gabriela</b>	<b>62</b>		K40	13	00:13:30	<b>00:26:50.55</b>	<b>00:27:04.55</b>	+00:09:40 (35.7%)	5:22	11.2 (64.7%)
116	<b>BIEDROŃ Mateusz</b>	<b>119</b>		M30	22	00:14:21	<b>00:26:43.05</b>	<b>00:27:08.05</b>	+00:09:44 (35.9%)	5:20	11.2 (64.7%)
117	<b>BUKOWSKI Tomasz</b>	<b>211</b>	OLUCHA RUN	M30	23	00:13:58	<b>00:26:40.25</b>	<b>00:27:08.45</b>	+00:09:44 (35.9%)	5:20	11.3 (65.3%)
118	<b>HUBNER Michał</b>	<b>244</b>	LABOVERSUM	M20	5	00:12:45	<b>00:26:00.50</b>	<b>00:27:09.55</b>	+00:09:45 (35.9%)	5:12	11.5 (66.5%)
119	<b>PASZKIET Witold</b>	<b>77</b>	TKKF KOLEJARZ BYDGOSZCZ	M70	2	00:13:15	<b>00:26:52.60</b>	<b>00:27:14.75</b>	+00:09:50 (36.1%)	5:22	11.2 (64.7%)
120	<b>BISKUPSKI Robert</b>	<b>296</b>		M40	28	00:12:55	<b>00:27:03.70</b>	<b>00:27:16.80</b>	+00:09:52 (36.2%)	5:24	11.1 (64.2%)
121	<b>TKACZUK Jolanta</b>	<b>141</b>	T.G. SOKÓŁ GNIEWKOWO	K60	1	00:13:36	<b>00:27:16.80</b>	<b>00:27:25.75</b>	+00:10:01 (36.6%)	5:27	11 (63.6%)
122	<b>BOJAŁKOWSKA Krystyna</b>	<b>253</b>		K40	14	00:13:41	<b>00:27:21.95</b>	<b>00:27:29.20</b>	+00:10:05 (36.7%)	5:28	11 (63.6%)
123	<b>BARTNIKOWSKA Agata</b>	<b>166</b>		K30	17	00:13:23	<b>00:27:14.95</b>	<b>00:27:30.45</b>	+00:10:06 (36.7%)	5:26	11 (63.6%)
124	<b>KACZMARKOWSKA Patrycja</b>	<b>165</b>		K30	18	00:13:24	<b>00:27:16.35</b>	<b>00:27:30.95</b>	+00:10:06 (36.8%)	5:27	11 (63.6%)
125	<b>KŁOS Katarzyna</b>	<b>208</b>		K50	4	00:13:32	<b>00:27:20.75</b>	<b>00:27:36.90</b>	+00:10:12 (37.0%)	5:28	11 (63.6%)
126	<b>MATEJA Piotr</b>	<b>125</b>		M30	24	00:13:17	<b>00:27:25.00</b>	<b>00:27:40.50</b>	+00:10:16 (37.1%)	5:29	10.9 (63.0%)
127	<b>NOWAK Daniel</b>	<b>58</b>		D4 - chłopcy	6	00:12:36	<b>00:27:17.35</b>	<b>00:27:57.35</b>	+00:10:33 (37.8%)	5:27	11 (63.6%)
128	<b>WISNIEWSKA Małgorzata</b>	<b>246</b>	BORÓWNO BIEGA	K40	15	00:13:39	<b>00:27:25.00</b>	<b>00:27:58.05</b>	+00:10:34 (37.8%)	5:29	10.9 (63.0%)
129	<b>ZAMIATOWSKA Kinga</b>	<b>201</b>	BELLA LINE	K40	16	00:13:57	<b>00:27:48.25</b>	<b>00:28:04.30</b>	+00:10:40 (38.0%)	5:33	10.8 (62.4%)
130	<b>OLSZEWSKI Hubert</b>	<b>276</b>		D2 - chłopcy	1	00:14:29	<b>00:28:02.70</b>	<b>00:28:06.45</b>	+00:10:42 (38.1%)	5:36	10.7 (61.8%)
131	<b>OLSZEWSKI Szymon</b>	<b>275</b>		M40	29	00:14:29	<b>00:28:02.60</b>	<b>00:28:06.50</b>	+00:10:42 (38.1%)	5:36	10.7 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	<b>BURNICKI Mariusz</b>	<b>267</b>		M50	9	00:14:13	<b>00:27:38.00</b>	<b>00:28:07.40</b>	+00:10:43 (38.1%)	5:31	10.9 (63.0%)
133	<b>WIESZCZEK Aneta</b>	<b>210</b>	SŁA	K40	17	00:13:48	<b>00:28:02.80</b>	<b>00:28:08.55</b>	+00:10:44 (38.2%)	5:36	10.7 (61.8%)
134	<b>BUREK Dorota</b>	<b>45</b>		K40	18	00:13:58	<b>00:28:08.55</b>	<b>00:28:16.20</b>	+00:10:52 (38.5%)	5:37	10.7 (61.8%)
135	<b>CZERNAK Joanna</b>	<b>242</b>		K40	19	00:13:57	<b>00:27:46.20</b>	<b>00:28:18.05</b>	+00:10:54 (38.5%)	5:33	10.8 (62.4%)
136	<b>BURZYCH Rafał</b>	<b>390</b>		M40	30	00:14:18	<b>00:28:01.95</b>	<b>00:28:20.25</b>	+00:10:56 (38.6%)	5:36	10.7 (61.8%)
137	<b>RZHEVSKA Kateryna</b>	<b>313</b>		K30	19	00:13:39	<b>00:27:52.70</b>	<b>00:28:20.95</b>	+00:10:56 (38.6%)	5:34	10.8 (62.4%)
138	<b>RÓŻYCZKA Joanna</b>	<b>112</b>		K40	20	00:13:59	<b>00:28:02.45</b>	<b>00:28:22.45</b>	+00:10:58 (38.7%)	5:36	10.7 (61.8%)
139	<b>WAJER Marita</b>	<b>345</b>	CDI KONSULTANCI BUDOWLANI BIEGNIEMY DLA KORNELII	K20	5	00:14:20	<b>00:28:03.45</b>	<b>00:28:24.60</b>	+00:11:00 (38.8%)	5:36	10.7 (61.8%)
140	<b>PIECHOWSKA Magdalena</b>	<b>20</b>		K40	21	00:13:49	<b>00:28:15.20</b>	<b>00:28:27.35</b>	+00:11:03 (38.9%)	5:39	10.6 (61.3%)
141	<b>ROBACZEWSKA Kinga</b>	<b>241</b>		K40	22	00:13:56	<b>00:27:56.35</b>	<b>00:28:29.10</b>	+00:11:05 (38.9%)	5:35	10.7 (61.8%)
142	<b>MARSZAŁEK Monika</b>	<b>21</b>		K20	6	00:13:08	<b>00:28:27.40</b>	<b>00:28:32.10</b>	+00:11:08 (39.0%)	5:41	10.5 (60.7%)
143	<b>LEWANDOWSKA Kornelia</b>	<b>1</b>	EKIPA KORNELKI	D3 - dziewczynki	3	00:13:02	<b>00:28:39.75</b>	<b>00:28:41.70</b>	+00:11:17 (39.4%)	5:43	10.5 (60.7%)
144	<b>MINCZYNSKI Tomasz</b>	<b>182</b>		M30	25	00:14:16	<b>00:28:15.85</b>	<b>00:28:43.10</b>	+00:11:19 (39.4%)	5:39	10.6 (61.3%)
145	<b>PORAZIŃSKA Viktoria</b>	<b>218</b>		K40	23	00:13:53	<b>00:28:34.00</b>	<b>00:28:44.70</b>	+00:11:20 (39.5%)	5:42	10.5 (60.7%)
146	<b>KOWALSKA Aneta</b>	<b>203</b>		K40	24	00:14:14	<b>00:28:36.05</b>	<b>00:28:49.50</b>	+00:11:25 (39.6%)	5:43	10.5 (60.7%)
147	<b>SZYMANDERA Łukasz</b>	<b>206</b>	BKTR GRYF BYDGOSZCZ	M40	31	00:14:14	<b>00:28:38.05</b>	<b>00:28:51.45</b>	+00:11:27 (39.7%)	5:43	10.5 (60.7%)
148	<b>LEWANDOWSKA Sylwia</b>	<b>151</b>	EKIPA KORNELKI			00:13:31	<b>00:28:51.50</b>	<b>00:28:54.00</b>	+00:11:30 (39.8%)	5:46	10.4 (60.1%)
149	<b>MAKUSZEWSKI Mateusz</b>	<b>169</b>	WTLENIE	M30	26	00:14:07	<b>00:28:22.70</b>	<b>00:28:55.35</b>	+00:11:31 (39.8%)	5:40	10.6 (61.3%)
150	<b>FRYCA Aleksandra</b>	<b>157</b>		K40	25	00:14:18	<b>00:28:26.05</b>	<b>00:28:59.30</b>	+00:11:35 (40.0%)	5:41	10.6 (61.3%)
151	<b>LEWANDOWSKA Zuzia</b>	<b>365</b>	ZAWISZA	D2 - dziewczynki	1	00:13:03	<b>00:29:00.00</b>	<b>00:29:02.45</b>	+00:11:38 (40.1%)	5:48	10.3 (59.5%)
152	<b>HOFFMANN Marta</b>	<b>265</b>		K40	26	00:13:58	<b>00:28:54.25</b>	<b>00:29:05.85</b>	+00:11:41 (40.2%)	5:46	10.4 (60.1%)
153	<b>PAWLIK Ewelina</b>	<b>49</b>	PIEKARY ŚLĄSKIE	K40	27	00:14:19	<b>00:28:23.50</b>	<b>00:29:06.45</b>	+00:11:42 (40.2%)	5:40	10.6 (61.3%)
154	<b>MŁYNARCZYK Monika</b>	<b>63</b>		K30	20	00:13:57	<b>00:28:54.25</b>	<b>00:29:15.40</b>	+00:11:51 (40.5%)	5:46	10.4 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	<b>DOMARACKI Aleksander</b>	<b>117</b>	FALE LOKI KOKI	D2 - chłopcy	2	00:14:46	<b>00:28:59.40</b>	<b>00:29:20.25</b>	+00:11:56 (40.7%)	5:47	10.4 (60.1%)
156	<b>DOMARACKI Wojciech</b>	<b>116</b>	FALE LOKI KOKI	M30	27	00:14:45	<b>00:28:57.90</b>	<b>00:29:20.55</b>	+00:11:56 (40.7%)	5:47	10.4 (60.1%)
157	<b>BŁAŻEK-KOJRO Kasia</b>	<b>111</b>		K40	28	00:14:22	<b>00:29:02.30</b>	<b>00:29:22.90</b>	+00:11:58 (40.8%)	5:48	10.3 (59.5%)
158	<b>RZHEVSKYI Andrii</b>	<b>312</b>		M30	28	00:13:47	<b>00:29:11.20</b>	<b>00:29:38.75</b>	+00:12:14 (41.3%)	5:50	10.3 (59.5%)
159	<b>KAWKA Piotr</b>	<b>86</b>				00:13:47	<b>00:29:37.90</b>	<b>00:29:42.90</b>	+00:12:18 (41.4%)	5:55	10.1 (58.4%)
160	<b>SIKORSKI Adrian</b>	<b>18</b>		M20	6	00:17:50	<b>00:29:35.00</b>	<b>00:29:44.00</b>	+00:12:20 (41.5%)	5:55	10.1 (58.4%)
161	<b>ZENEL Żaneta</b>	<b>334</b>		K30	21	00:14:12	<b>00:29:39.30</b>	<b>00:29:49.15</b>	+00:12:25 (41.6%)	5:55	10.1 (58.4%)
162	<b>KAMINSKI Jakub</b>	<b>294</b>	TEAM KĘDZIERSCY	M20	7	00:13:35	<b>00:28:55.70</b>	<b>00:29:55.85</b>	+00:12:31 (41.9%)	5:47	10.4 (60.1%)
163	<b>JELIŃSKA Anna</b>	<b>194</b>		K40	29	00:14:53	<b>00:29:33.60</b>	<b>00:30:00.25</b>	+00:12:36 (42.0%)	5:54	10.2 (59.0%)
164	<b>JELIŃSKI Tomasz</b>	<b>204</b>		M40	32	00:14:53	<b>00:29:33.60</b>	<b>00:30:00.75</b>	+00:12:36 (42.0%)	5:54	10.2 (59.0%)
165	<b>POPIELA Maksymilian</b>	<b>17</b>		M40	33	00:14:04	<b>00:29:19.95</b>	<b>00:30:02.75</b>	+00:12:38 (42.1%)	5:51	10.2 (59.0%)
166	<b>WÓJCIK Tomasz</b>	<b>99</b>		M50	10	00:14:22	<b>00:29:33.75</b>	<b>00:30:04.40</b>	+00:12:40 (42.1%)	5:54	10.2 (59.0%)
167	<b>MIELNICKA Anna</b>	<b>142</b>		K40	30	00:15:11	<b>00:29:49.15</b>	<b>00:30:04.55</b>	+00:12:40 (42.1%)	5:57	10.1 (58.4%)
168	<b>MIELNICKI Dariusz</b>	<b>238</b>		M40	34	00:15:11	<b>00:29:49.45</b>	<b>00:30:05.05</b>	+00:12:41 (42.2%)	5:57	10.1 (58.4%)
169	<b>OKOŃSKA Żaneta</b>	<b>6</b>	RUN BYDGOSZCZ	K40	31	00:14:38	<b>00:29:55.95</b>	<b>00:30:06.15</b>	+00:12:42 (42.2%)	5:59	10 (57.8%)
170	<b>MUSIAŁ Artur</b>	<b>387</b>		M50	11	00:14:19	<b>00:29:40.15</b>	<b>00:30:07.30</b>	+00:12:43 (42.2%)	5:56	10.1 (58.4%)
171	<b>MALISZEWSKI Kamil</b>	<b>216</b>	CIELSKIE WILKI	M30	29	00:14:17	<b>00:30:00.80</b>	<b>00:30:20.20</b>	+00:12:56 (42.6%)	6:00	10 (57.8%)
172	<b>TEDA Adam</b>	<b>95</b>		M40	35	00:14:46	<b>00:29:46.20</b>	<b>00:30:21.65</b>	+00:12:57 (42.7%)	5:57	10.1 (58.4%)
173	<b>SZOPIŃSKI Michał</b>	<b>215</b>	CIELSKIE WILKI	M30	30	00:14:17	<b>00:30:01.95</b>	<b>00:30:21.75</b>	+00:12:57 (42.7%)	6:00	10 (57.8%)
174	<b>WOLANOWSKA Małgorzata</b>	<b>31</b>		K20	7	00:14:49	<b>00:29:53.25</b>	<b>00:30:33.60</b>	+00:13:09 (43.1%)	5:58	10 (57.8%)
175	<b>WALCZYNA-WELC Weronika</b>	<b>88</b>		K30	22	00:15:20	<b>00:30:15.65</b>	<b>00:30:36.05</b>	+00:13:12 (43.1%)	6:03	9.9 (57.2%)
176	<b>GIEROŃ Paulina</b>	<b>388</b>		K30	23	00:14:51	<b>00:30:09.40</b>	<b>00:30:37.30</b>	+00:13:13 (43.2%)	6:01	10 (57.8%)
177	<b>KUCHARCZYK Dariusz</b>	<b>360</b>				00:15:22	<b>00:29:42.65</b>	<b>00:30:38.05</b>	+00:13:14 (43.2%)	5:56	10.1 (58.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	HERBA Kamila	104	TEAM HERBA	K30	24	00:14:26	00:30:15.70	00:30:39.05	+00:13:15 (43.2%)	6:03	9.9 (57.2%)
179	FLORIAN Andrzej	327		M50	12	00:14:53	00:30:21.45	00:30:40.35	+00:13:16 (43.3%)	6:04	9.9 (57.2%)
180	BŁONDOWSKI Filip	60	MEDOWENT	M20	8	00:15:08	00:30:04.90	00:30:41.40	+00:13:17 (43.3%)	6:00	10 (57.8%)
181	LEWANDOWSKI Paweł	152	EKIPA KORNELKI	M40	36	00:14:22	00:30:42.10	00:30:44.90	+00:13:20 (43.4%)	6:08	9.8 (56.6%)
181	MAŁECKA Marta	42				00:15:24	00:30:03.55	00:30:44.90	+00:13:20 (43.4%)	6:00	10 (57.8%)
183	NOWICKI Marek	140		M40	37	00:14:38	00:30:36.10	00:30:45.10	+00:13:21 (43.4%)	6:07	9.8 (56.6%)
184	WALENTYN Katarzyna	118	RUNCROSS ROZGARTY	K40	32	00:15:28	00:30:39.55	00:30:52.15	+00:13:28 (43.6%)	6:07	9.8 (56.6%)
185	TOKARSKA Katarzyna	343	CDI KONSULTANCI BUDOWLANI BIEGNIEMY DLA KORNELII	K40	33	00:14:46	00:30:45.15	00:30:53.35	+00:13:29 (43.7%)	6:09	9.8 (56.6%)
186	JAŹDŻEWSKA Marcelina	170	PTWM GDAŃSK	K30	25	00:14:27	00:30:29.70	00:30:54.25	+00:13:30 (43.7%)	6:05	9.8 (56.6%)
187	SARNECKI Waldemar	171		M30	31	00:15:07	00:30:15.95	00:30:57.50	+00:13:33 (43.8%)	6:03	9.9 (57.2%)
188	BERTLING Monika	393		K40	34	00:14:50	00:30:49.30	00:31:03.30	+00:13:39 (44.0%)	6:09	9.7 (56.1%)
189	NOWICKA-DALKIEWICZ Małgorzata	146		K30	26	00:15:13	00:30:11.50	00:31:05.85	+00:13:41 (44.0%)	6:02	9.9 (57.2%)
190	PARADOWSKI Jakub	3	EKIPA KORNELKI	D5 - chłopcy	1	00:17:07	00:31:03.00	00:31:07.10	+00:13:43 (44.1%)	6:12	9.7 (56.1%)
191	GADOMSKA Maria	76	RUN BYDGOSZCZ	K70	1	00:15:12	00:30:57.80	00:31:07.20	+00:13:43 (44.1%)	6:11	9.7 (56.1%)
192	WOJTKOWIAK Marta	122		K30	27	00:15:13	00:30:52.65	00:31:07.25	+00:13:43 (44.1%)	6:10	9.7 (56.1%)
193	GRZELAK Kornelia	123		K40	35	00:15:13	00:30:53.20	00:31:07.40	+00:13:43 (44.1%)	6:10	9.7 (56.1%)
194	PROMIŃSKA Katarzyna	258		K30	28	00:15:39	00:30:38.80	00:31:11.35	+00:13:47 (44.2%)	6:07	9.8 (56.6%)
195	RYDELSKA Marysia	113	BIEGNĘ DLA ADRIANA			00:15:33	00:30:57.70	00:31:12.00	+00:13:48 (44.2%)	6:11	9.7 (56.1%)
196	WELC Michał	363		M30	32	00:18:57	00:31:00.20	00:31:12.05	+00:13:48 (44.2%)	6:12	9.7 (56.1%)
197	PANFIL Paulina	30		K20	8	00:15:59	00:30:33.55	00:31:12.60	+00:13:48 (44.2%)	6:06	9.8 (56.6%)
198	POCZWARDOWSKI Marek	364		M30	33	00:18:55	00:31:00.00	00:31:12.75	+00:13:48 (44.3%)	6:12	9.7 (56.1%)
199	TARAS Anna	221		K50	5	00:15:47	00:30:46.35	00:31:13.20	+00:13:49 (44.3%)	6:09	9.8 (56.6%)
200	DUSZYŃSKA Katarzyna	226	BORÓWNO BIEGA	K50	6	00:15:15	00:30:43.25	00:31:16.65	+00:13:52 (44.4%)	6:08	9.8 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	<b>MIKOŁAJCZYK Joanna</b>	<b>35</b>		K30	29	00:16:00	<b>00:30:45.50</b>	<b>00:31:23.10</b>	+00:13:59 (44.6%)	6:09	9.8 (56.6%)
202	<b>PARADOWSKA Anna</b>	<b>153</b>	EKIPA KORNELKI	K40	36	00:15:08	<b>00:31:36.25</b>	<b>00:31:38.75</b>	+00:14:14 (45.0%)	6:19	9.5 (54.9%)
203	<b>ASTUKIEWICZ Tomasz</b>	<b>25</b>		M50	13	00:16:04	<b>00:31:13.60</b>	<b>00:31:42.65</b>	+00:14:18 (45.1%)	6:14	9.6 (55.5%)
204	<b>BOROWA Łukasz</b>	<b>180</b>		M40	38	00:15:02	<b>00:31:34.50</b>	<b>00:31:43.65</b>	+00:14:19 (45.2%)	6:18	9.5 (54.9%)
205	<b>RUMIANOWSKA Paulina</b>	<b>359</b>		K30	30	00:15:03	<b>00:31:38.55</b>	<b>00:31:47.95</b>	+00:14:23 (45.3%)	6:19	9.5 (54.9%)
206	<b>WALORY Dominika</b>	<b>108</b>	GRUCHA	K30	31	00:15:54	<b>00:31:06.00</b>	<b>00:31:49.95</b>	+00:14:25 (45.3%)	6:13	9.6 (55.5%)
207	<b>RÓZGA Artur</b>	<b>190</b>		M30	34	00:16:28	<b>00:31:39.35</b>	<b>00:31:56.30</b>	+00:14:32 (45.5%)	6:19	9.5 (54.9%)
208	<b>LATOSIŃSKA Aleksandra</b>	<b>177</b>		K30	32	00:14:37	<b>00:31:39.85</b>	<b>00:31:56.35</b>	+00:14:32 (45.5%)	6:19	9.5 (54.9%)
209	<b>KRZYWDZIŃSKA Lidia</b>	<b>229</b>	RUNCROSS ROZGARTY	K40	37	00:16:09	<b>00:32:00.85</b>	<b>00:32:13.60</b>	+00:14:49 (46.0%)	6:24	9.4 (54.3%)
210	<b>SUCHARA Jan</b>	<b>290</b>		D3 - chłopcy	1	00:14:56	<b>00:31:41.35</b>	<b>00:32:13.80</b>	+00:14:49 (46.0%)	6:20	9.5 (54.9%)
211	<b>NOWICKA Tatiana</b>	<b>148</b>				00:15:28	<b>00:31:40.95</b>	<b>00:32:14.95</b>	+00:14:50 (46.0%)	6:20	9.5 (54.9%)
212	<b>SUCHARA Dariusz</b>	<b>289</b>		M40	39	00:14:55	<b>00:31:40.50</b>	<b>00:32:15.00</b>	+00:14:51 (46.0%)	6:20	9.5 (54.9%)
213	<b>JAWORSKA Mirosława</b>	<b>391</b>		K60	2	00:16:19	<b>00:32:05.35</b>	<b>00:32:18.90</b>	+00:14:54 (46.2%)	6:25	9.4 (54.3%)
214	<b>SOŁDYGA Jolanta</b>	<b>196</b>	SKOWRONEKBIEGA			00:14:50	<b>00:32:09.10</b>	<b>00:32:20.35</b>	+00:14:56 (46.2%)	6:25	9.3 (53.8%)
215	<b>BIEDROŃ Aleksandra</b>	<b>94</b>	CALLSIGN B28			00:15:32	<b>00:31:57.55</b>	<b>00:32:21.20</b>	+00:14:57 (46.2%)	6:23	9.4 (54.3%)
216	<b>MILEWICZ Zuzanna</b>	<b>183</b>		K30	33	00:15:18	<b>00:32:02.10</b>	<b>00:32:27.00</b>	+00:15:03 (46.4%)	6:24	9.4 (54.3%)
217	<b>SZCZESIK Damian</b>	<b>167</b>				00:15:51	<b>00:31:41.45</b>	<b>00:32:27.55</b>	+00:15:03 (46.4%)	6:20	9.5 (54.9%)
218	<b>JANUSZEWSKI Adam</b>	<b>202</b>	DARPOL BIKE TEAM	M40	40	00:16:20	<b>00:31:36.65</b>	<b>00:32:29.00</b>	+00:15:05 (46.4%)	6:19	9.5 (54.9%)
219	<b>GIERACH Krzysztof</b>	<b>128</b>		M70	3	00:16:20	<b>00:32:11.10</b>	<b>00:32:30.00</b>	+00:15:06 (46.5%)	6:26	9.3 (53.8%)
220	<b>CHUDECKA Beata</b>	<b>78</b>	DIABELSKIE PIORUNY			00:16:05	<b>00:32:06.80</b>	<b>00:32:38.60</b>	+00:15:14 (46.7%)	6:25	9.3 (53.8%)
221	<b>MACIEJEWSKA-DUDEK Magdalena</b>	<b>248</b>		K40	38	00:15:44	<b>00:32:28.55</b>	<b>00:32:38.65</b>	+00:15:14 (46.7%)	6:29	9.2 (53.2%)
222	<b>OŹDŹYŃSKA Patrycja</b>	<b>189</b>		K30	34	00:15:41	<b>00:32:16.85</b>	<b>00:32:39.70</b>	+00:15:15 (46.7%)	6:27	9.3 (53.8%)
223	<b>LUZAK Jadwiga</b>	<b>178</b>		K60	3	00:15:41	<b>00:32:29.85</b>	<b>00:32:40.50</b>	+00:15:16 (46.7%)	6:29	9.2 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	<b>DALKIEWICZ Igor</b>	<b>147</b>		M30	35	00:16:10	<b>00:31:46.55</b>	<b>00:32:41.00</b>	+00:15:17 (46.8%)	6:21	9.4 (54.3%)
225	<b>WNUKIEWICZ Róża</b>	<b>374</b>		K40	39	00:18:14	<b>00:32:27.85</b>	<b>00:32:47.05</b>	+00:15:23 (46.9%)	6:29	9.2 (53.2%)
226	<b>HERBA Anastazja</b>	<b>103</b>	TEAM HERBA	D3 - dziewczynki	4	00:14:47	<b>00:32:44.85</b>	<b>00:32:47.65</b>	+00:15:23 (46.9%)	6:32	9.2 (53.2%)
227	<b>OLSZAR Agata</b>	<b>164</b>				00:16:30	<b>00:32:22.95</b>	<b>00:32:55.65</b>	+00:15:31 (47.2%)	6:28	9.3 (53.8%)
228	<b>KACZMARKOWSKI Filip</b>	<b>252</b>		D4 - chłopcy	7	00:16:56	<b>00:32:42.05</b>	<b>00:32:56.65</b>	+00:15:32 (47.2%)	6:32	9.2 (53.2%)
229	<b>BYRSKI Tomasz</b>	<b>205</b>	STOWARZYSZENIE METROPOLIA BYDGOSKA	M30	36	00:15:41	<b>00:32:45.95</b>	<b>00:32:58.50</b>	+00:15:34 (47.2%)	6:33	9.2 (53.2%)
230	<b>WOLSKA Martyna</b>	<b>336</b>	KOŁO GOSPODYŃ WIEJSKICH	D5 - dziewczynki	3	00:16:02	<b>00:32:54.55</b>	<b>00:33:00.65</b>	+00:15:36 (47.3%)	6:34	9.1 (52.6%)
231	<b>TELIŻYN Henryka</b>	<b>105</b>				K60	4	00:15:54	<b>00:32:46.90</b>	<b>00:33:03.85</b>	+00:15:39 (47.4%)
232	<b>POTRZEBOWSKI Marek</b>	<b>192</b>	LIFE BALANCE PLACE			00:16:07	<b>00:32:49.35</b>	<b>00:33:13.15</b>	+00:15:49 (47.6%)	6:33	9.1 (52.6%)
233	<b>BOGDANOWICZ Marzena</b>	<b>188</b>		K50	7	00:16:15	<b>00:32:43.15</b>	<b>00:33:15.50</b>	+00:15:51 (47.7%)	6:32	9.2 (53.2%)
234	<b>NAGOW Michał</b>	<b>392</b>				00:16:21	<b>00:32:55.00</b>	<b>00:33:16.85</b>	+00:15:52 (47.7%)	6:35	9.1 (52.6%)
235	<b>KOTLEWSKA Beata</b>	<b>273</b>		K30	35	00:16:10	<b>00:33:01.30</b>	<b>00:33:26.80</b>	+00:16:02 (48.0%)	6:36	9.1 (52.6%)
236	<b>WOJTANIS Magdalena</b>	<b>26</b>	TORUŃ NORDIC TEAM			00:16:22	<b>00:33:12.45</b>	<b>00:33:35.80</b>	+00:16:11 (48.2%)	6:38	9 (52.0%)
237	<b>WAWRZY尼亚K Sandra</b>	<b>138</b>				00:15:56	<b>00:33:38.75</b>	<b>00:34:01.75</b>	+00:16:37 (48.9%)	6:43	8.9 (51.4%)
238	<b>TOKARSKA Kalina</b>	<b>83</b>		K20	9	00:16:28	<b>00:34:06.35</b>	<b>00:34:14.65</b>	+00:16:50 (49.2%)	6:49	8.8 (50.9%)
239	<b>NOSEK Przemysław</b>	<b>184</b>		M30	37	00:16:30	<b>00:33:59.00</b>	<b>00:34:14.90</b>	+00:16:50 (49.2%)	6:47	8.8 (50.9%)
240	<b>ASTUKIEWICZ Agnieszka</b>	<b>24</b>		K50	8	00:16:34	<b>00:34:06.35</b>	<b>00:34:18.90</b>	+00:16:54 (49.3%)	6:49	8.8 (50.9%)
241	<b>BARTCZAK Piotr</b>	<b>352</b>				M40	41	00:16:48	<b>00:34:08.65</b>	<b>00:34:20.90</b>	+00:16:56 (49.3%)
242	<b>BARTCZAK Natalia</b>	<b>353</b>		K30	36	00:16:48	<b>00:34:08.60</b>	<b>00:34:21.05</b>	+00:16:57 (49.3%)	6:49	8.8 (50.9%)
243	<b>MIGDALSKA Justyna</b>	<b>82</b>				00:16:34	<b>00:34:37.40</b>	<b>00:34:47.85</b>	+00:17:23 (50.0%)	6:55	8.7 (50.3%)
244	<b>KONDEK Paweł</b>	<b>386</b>		M40	42	00:16:52	<b>00:33:58.95</b>	<b>00:34:52.10</b>	+00:17:28 (50.1%)	6:47	8.8 (50.9%)
245	<b>FIK Kamil</b>	<b>81</b>				D0 - chłopcy	1	00:17:07	<b>00:34:02.60</b>	<b>00:34:54.55</b>	+00:17:30 (50.2%)
246	<b>FIK Marek</b>	<b>80</b>		M40	43	00:17:08	<b>00:34:03.25</b>	<b>00:34:54.85</b>	+00:17:30 (50.2%)	6:48	8.8 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	<b>POTRZEBOWSKA Agata</b>	<b>193</b>	LIFE BALANCE PLACE			00:16:57	<b>00:34:30.15</b>	<b>00:34:59.45</b>	+00:17:35 (50.3%)	6:54	8.7 (50.3%)
248	<b>POLAK Paweł</b>	<b>214</b>	TORUŃ NORDIC TEAM			00:17:14	<b>00:34:39.20</b>	<b>00:35:04.50</b>	+00:17:40 (50.4%)	6:55	8.7 (50.3%)
249	<b>KOKOWICZ Joanna</b>	<b>237</b>		K40	40	00:17:17	<b>00:34:36.05</b>	<b>00:35:10.55</b>	+00:17:46 (50.5%)	6:55	8.7 (50.3%)
250	<b>MALENDOWICZ Wiktoria</b>	<b>256</b>		D4 - dziewczynki	2	00:17:43	<b>00:35:50.70</b>	<b>00:35:53.50</b>	+00:18:29 (51.5%)	7:10	8.4 (48.6%)
251	<b>SOSIŃSKA Angelika</b>	<b>355</b>		K30	38	00:17:06	<b>00:35:49.55</b>	<b>00:35:54.25</b>	+00:18:30 (51.5%)	7:09	8.4 (48.6%)
252	<b>SZAJDA Ilona</b>	<b>139</b>		K40	41	00:17:22	<b>00:35:36.65</b>	<b>00:36:05.15</b>	+00:18:41 (51.8%)	7:07	8.4 (48.6%)
253	<b>KOTLAREK Sylwia</b>	<b>61</b>		K30	39	00:17:22	<b>00:35:36.90</b>	<b>00:36:05.25</b>	+00:18:41 (51.8%)	7:07	8.4 (48.6%)
254	<b>WIŚNIEWSKA Marlena</b>	<b>217</b>		K30	40	00:17:17	<b>00:35:44.90</b>	<b>00:36:19.40</b>	+00:18:55 (52.1%)	7:08	8.4 (48.6%)
255	<b>PYPKOWSKA Agnieszka</b>	<b>240</b>		K50	9	00:16:42	<b>00:35:44.10</b>	<b>00:36:19.50</b>	+00:18:55 (52.1%)	7:08	8.4 (48.6%)
256	<b>JANAS Malwina</b>	<b>109</b>		K30	41	00:16:43	<b>00:35:45.05</b>	<b>00:36:19.85</b>	+00:18:55 (52.1%)	7:09	8.4 (48.6%)
257	<b>HNATIO Łukasz</b>	<b>231</b>		M40	44	00:16:39	<b>00:36:33.40</b>	<b>00:36:42.55</b>	+00:19:18 (52.6%)	7:18	8.2 (47.4%)
258	<b>JAKUBAS Marcin</b>	<b>230</b>		M30	38	00:16:38	<b>00:36:32.65</b>	<b>00:36:42.85</b>	+00:19:18 (52.6%)	7:18	8.2 (47.4%)
259	<b>ŁASZCZYCH Andrzej</b>	<b>302</b>	CDI	M50	14	00:17:45	<b>00:36:44.55</b>	<b>00:36:54.15</b>	+00:19:30 (52.8%)	7:20	8.2 (47.4%)
260	<b>KACZMAREK Paulina</b>	<b>11</b>		K30	42	00:18:50	<b>00:36:17.65</b>	<b>00:37:04.80</b>	+00:19:40 (53.1%)	7:15	8.3 (48.0%)
261	<b>CELLARI Ewelina</b>	<b>337</b>	W2 RUN TEAM	K40	42	00:17:27	<b>00:36:55.55</b>	<b>00:37:14.20</b>	+00:19:50 (53.3%)	7:23	8.1 (46.8%)
262	<b>PRIETZ Monika</b>	<b>12</b>	W2 RUN TEAM	K40	43	00:17:27	<b>00:36:56.00</b>	<b>00:37:14.35</b>	+00:19:50 (53.3%)	7:23	8.1 (46.8%)
263	<b>BAK Marta</b>	<b>39</b>		D4 - dziewczynki	3	00:17:51	<b>00:36:46.00</b>	<b>00:37:17.40</b>	+00:19:53 (53.3%)	7:21	8.2 (47.4%)
264	<b>JARCZEWSKA Renata</b>	<b>361</b>				00:18:06	<b>00:36:49.20</b>	<b>00:37:17.90</b>	+00:19:53 (53.3%)	7:21	8.1 (46.8%)
265	<b>WÓJCIK Anna</b>	<b>98</b>		K40	44	00:18:06	<b>00:36:47.90</b>	<b>00:37:17.95</b>	+00:19:53 (53.4%)	7:21	8.2 (47.4%)
266	<b>POPIELA-LICA Iwona</b>	<b>16</b>		K40	45	00:18:33	<b>00:36:52.65</b>	<b>00:37:36.60</b>	+00:20:12 (53.7%)	7:22	8.1 (46.8%)
267	<b>DRANICKI Przemysław</b>	<b>159</b>	MEDOWENT	M40	45	00:18:28	<b>00:36:59.55</b>	<b>00:37:46.90</b>	+00:20:22 (53.9%)	7:23	8.1 (46.8%)
268	<b>OLEJNICZAK Tomasz</b>	<b>101</b>				00:18:46	<b>00:37:42.60</b>	<b>00:38:09.25</b>	+00:20:45 (54.4%)	7:32	8 (46.2%)
269	<b>FIEREK Bernadeta</b>	<b>175</b>	BIEGAM DLA ADRIANA			00:18:34	<b>00:37:42.35</b>	<b>00:38:23.00</b>	+00:20:59 (54.7%)	7:32	8 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	<b>MALENDOWICZ Iza</b>	<b>339</b>		K30	43	00:18:38	<b>00:38:24.30</b>	<b>00:38:27.60</b>	+00:21:03 (54.8%)	7:40	7.8 (45.1%)
271	<b>RUDNIKOWSKI Andrzej</b>	<b>52</b>		M50	15	00:18:23	<b>00:38:12.45</b>	<b>00:38:29.00</b>	+00:21:05 (54.8%)	7:38	7.9 (45.7%)
272	<b>LEWANDOWSKI Robert</b>	<b>73</b>	POMAGALSCY	M50	16	00:18:04	<b>00:38:27.85</b>	<b>00:38:33.90</b>	+00:21:09 (54.9%)	7:41	7.8 (45.1%)
273	<b>PIERZGALSKA Anita</b>	<b>65</b>	KABEL TEAM BYDGOSZCZ	K40	46	00:18:45	<b>00:38:08.80</b>	<b>00:38:38.60</b>	+00:21:14 (55.0%)	7:37	7.9 (45.7%)
274	<b>PIERZGALSKI Jarek</b>	<b>64</b>	KABEL TEAM BYDGOSZCZ	M50	17	00:18:44	<b>00:38:08.25</b>	<b>00:38:38.65</b>	+00:21:14 (55.0%)	7:37	7.9 (45.7%)
275	<b>WIECZOREK Martina</b>	<b>92</b>		K30	44	00:18:53	<b>00:38:24.45</b>	<b>00:38:53.90</b>	+00:21:29 (55.3%)	7:40	7.8 (45.1%)
276	<b>KONICZYŃSKA Zuzanna</b>	<b>287</b>		K50	10	00:19:30	<b>00:39:15.45</b>	<b>00:39:37.90</b>	+00:22:13 (56.1%)	7:51	7.6 (43.9%)
277	<b>HERNET Zdzisław</b>	<b>233</b>				00:19:47	<b>00:39:00.05</b>	<b>00:39:45.55</b>	+00:22:21 (56.2%)	7:48	7.7 (44.5%)
278	<b>PŁOTKA Łukasz</b>	<b>295</b>		D4 - chłopcy	8	00:19:59	<b>00:39:21.25</b>	<b>00:39:46.25</b>	+00:22:22 (56.2%)	7:52	7.6 (43.9%)
279	<b>ŁOŻYŃSKI Karol</b>	<b>315</b>		D3 - chłopcy	2	00:20:00	<b>00:39:23.00</b>	<b>00:39:47.85</b>	+00:22:23 (56.3%)	7:52	7.6 (43.9%)
280	<b>KABACIŃSKA Urszula</b>	<b>224</b>				00:21:39	<b>00:39:38.20</b>	<b>00:39:48.60</b>	+00:22:24 (56.3%)	7:55	7.6 (43.9%)
281	<b>MARCINIAK Anna</b>	<b>222</b>				00:20:39	<b>00:39:19.95</b>	<b>00:39:56.35</b>	+00:22:32 (56.4%)	7:51	7.6 (43.9%)
282	<b>MARCHEWKI Bartek</b>	<b>319</b>				00:19:48	<b>00:39:48.65</b>	<b>00:40:12.85</b>	+00:22:48 (56.7%)	7:57	7.5 (43.4%)
283	<b>OLEJNICZAK Krystyna</b>	<b>100</b>				00:20:00	<b>00:40:18.95</b>	<b>00:40:42.90</b>	+00:23:18 (57.3%)	8:03	7.4 (42.8%)
284	<b>BĄK Maja</b>	<b>38</b>		D3 - dziewczynki	5	00:19:58	<b>00:40:17.60</b>	<b>00:40:52.85</b>	+00:23:28 (57.4%)	8:03	7.4 (42.8%)
285	<b>BĄK Remigiusz</b>	<b>37</b>		M40	46	00:19:58	<b>00:40:19.40</b>	<b>00:40:55.40</b>	+00:23:31 (57.5%)	8:03	7.4 (42.8%)
286	<b>RĘDZINA Agnieszka</b>	<b>59</b>				00:20:40	<b>00:40:14.05</b>	<b>00:40:55.85</b>	+00:23:31 (57.5%)	8:02	7.5 (43.4%)
287	<b>FRASZ Paulina</b>	<b>369</b>		K30	45	00:19:17	<b>00:40:49.50</b>	<b>00:41:01.95</b>	+00:23:37 (57.6%)	8:09	7.3 (42.2%)
288	<b>FRASZ Robert</b>	<b>362</b>		M30	39	00:19:15	<b>00:40:47.80</b>	<b>00:41:02.00</b>	+00:23:38 (57.6%)	8:09	7.4 (42.8%)
289	<b>MINCZYŃSKA Paulina</b>	<b>181</b>				00:20:35	<b>00:40:56.80</b>	<b>00:41:23.05</b>	+00:23:59 (58.0%)	8:11	7.3 (42.2%)
290	<b>BANAŚKIEWICZ Paulina</b>	<b>163</b>	KPCP SMUKAŁATEAM	K30	46	00:19:33	<b>00:41:06.75</b>	<b>00:41:24.90</b>	+00:24:00 (58.0%)	8:13	7.3 (42.2%)
291	<b>KĘDZIERSKA Michał</b>	<b>271</b>	TEAM KĘDZIERSCY	D3 - chłopcy	3	00:19:19	<b>00:40:30.90</b>	<b>00:41:30.45</b>	+00:24:06 (58.1%)	8:06	7.4 (42.8%)
292	<b>WRUK Justyna</b>	<b>96</b>	DIABELSKI PIORUNY			00:20:45	<b>00:41:20.50</b>	<b>00:41:42.50</b>	+00:24:18 (58.3%)	8:16	7.3 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	WILCZYŃSKA-KĘPA Mirosława	22		K40	47	00:19:38	00:41:28.90	00:41:50.00	+00:24:26 (58.4%)	8:17	7.2 (41.6%)
294	KUJAWA Karolina	373		K30	47	00:19:13	00:41:01.30	00:41:55.65	+00:24:31 (58.5%)	8:12	7.3 (42.2%)
295	BYLSKA Magdalena	300		K30	48	00:19:13	00:41:01.30	00:41:55.80	+00:24:31 (58.5%)	8:12	7.3 (42.2%)
296	KRZYŻANOWSKI Mariusz	236				00:20:48	00:41:37.85	00:42:07.15	+00:24:43 (58.7%)	8:19	7.2 (41.6%)
297	KĘDZIERSKA Natalia	277	TEAM KĘDZIERSCY			00:26:58	00:41:58.75	00:42:43.50	+00:25:19 (59.3%)	8:23	7.1 (41.0%)
298	PALUCH Bartosz	281	TEAM KĘDZIERSCY	M20	9	00:27:34	00:42:34.55	00:42:43.55	+00:25:19 (59.3%)	8:30	7 (40.5%)
299	KĘDZIERSKI Szymon	278	TEAM KĘDZIERSCY	M20	10	00:28:35	00:42:00.35	00:42:45.25	+00:25:21 (59.3%)	8:24	7.1 (41.0%)
299	KĘDZIERSKA Julia	293	TEAM KĘDZIERSCY	K20	10	00:28:14	00:41:39.25	00:42:45.25	+00:25:21 (59.3%)	8:19	7.2 (41.6%)
301	FRYDRYCH Kinga	268	TEAM KĘDZIERSCY	K30	49	00:28:18	00:41:44.45	00:42:45.35	+00:25:21 (59.3%)	8:20	7.2 (41.6%)
302	KOWALSKA Izabela	384		K60	5	00:21:10	00:42:25.65	00:42:46.70	+00:25:22 (59.3%)	8:29	7.1 (41.0%)
303	WIŚNIEWSKI Wiesław	383		M60	6	00:21:10	00:42:25.15	00:42:46.80	+00:25:22 (59.3%)	8:29	7.1 (41.0%)
304	SZREDER Weronika	251		D4 - dziewczynki	4	00:20:56	00:42:45.55	00:42:48.65	+00:25:24 (59.4%)	8:33	7 (40.5%)
305	MARCINIAK Jan	223				00:20:56	00:42:27.30	00:43:05.35	+00:25:41 (59.6%)	8:29	7.1 (41.0%)
306	ORCZYK Katarzyna	187				00:21:11	00:42:40.65	00:43:24.15	+00:26:00 (59.9%)	8:32	7 (40.5%)
307	KAMIŃSKA Aleksandra	372		D4 - dziewczynki	5	00:20:23	00:42:59.00	00:43:29.80	+00:26:05 (60.0%)	8:35	7 (40.5%)
308	JUSTYNA Grochowska	40		K30	50	00:20:23	00:42:59.35	00:43:29.90	+00:26:05 (60.0%)	8:35	7 (40.5%)
309	PAPPELBAUM Jarosław	156		M40	47	00:19:25	00:43:40.65	00:44:28.90	+00:27:04 (60.9%)	8:44	6.9 (39.9%)
310	FIK Agata	79		D4 - dziewczynki	6	00:21:39	00:44:30.15	00:44:40.95	+00:27:16 (61.1%)	8:54	6.7 (38.7%)
311	SOŁDYGA Ula	282	SKOWRONEKBIEGA	D4 - dziewczynki	7	00:21:39	00:44:32.75	00:44:43.35	+00:27:19 (61.1%)	8:54	6.7 (38.7%)
312	SUCHARA Magdalena	288		K30	51	00:21:10	00:44:18.90	00:44:49.75	+00:27:25 (61.2%)	8:51	6.8 (39.3%)
313	SUCHARA Maria	291		D2 - dziewczynki	2	00:21:10	00:44:18.95	00:44:50.15	+00:27:26 (61.2%)	8:51	6.8 (39.3%)
314	WENERSKA Magdalena	91				00:22:20	00:44:32.00	00:45:10.15	+00:27:46 (61.5%)	8:54	6.7 (38.7%)
315	SPIONKOWSKA Joanna	106				00:22:20	00:44:32.15	00:45:10.30	+00:27:46 (61.5%)	8:54	6.7 (38.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	<b>BORAKIEWICZ Maria</b>	<b>129</b>	TEAM RUN GOŁAŃCZ	K60	6	00:22:07	<b>00:44:41.85</b>	<b>00:45:23.45</b>	+00:27:59 (61.7%)	8:56	6.7 (38.7%)
317	<b>TARASIK Franciszek</b>	<b>2</b>		D3 - chłopcy	4	00:22:13	<b>00:44:40.20</b>	<b>00:45:28.50</b>	+00:28:04 (61.7%)	8:56	6.7 (38.7%)
318	<b>TARASIK Elżbieta</b>	<b>370</b>		K40	48	00:22:13	<b>00:44:43.20</b>	<b>00:45:30.95</b>	+00:28:06 (61.8%)	8:56	6.7 (38.7%)
319	<b>BUTOWSKI Michał</b>	<b>145</b>				00:22:21	<b>00:44:55.10</b>	<b>00:45:43.95</b>	+00:28:19 (62.0%)	8:59	6.7 (38.7%)
320	<b>BUTOWSKA Anna</b>	<b>134</b>				00:22:21	<b>00:44:54.45</b>	<b>00:45:44.40</b>	+00:28:20 (62.0%)	8:58	6.7 (38.7%)
321	<b>MALIŃSKA Agnieszka</b>	<b>137</b>				00:22:21	<b>00:44:53.75</b>	<b>00:45:44.75</b>	+00:28:20 (62.0%)	8:58	6.7 (38.7%)
322	<b>GOMUŁKIEWICZ Marek</b>	<b>172</b>	-			00:22:43	<b>00:45:21.35</b>	<b>00:46:00.60</b>	+00:28:36 (62.2%)	9:04	6.6 (38.2%)
323	<b>OLSZEWSKI Tomasz</b>	<b>381</b>		M30	40	00:21:33	<b>00:45:39.90</b>	<b>00:46:03.05</b>	+00:28:39 (62.2%)	9:07	6.6 (38.2%)
324	<b>CHAREŃSKA Joanna</b>	<b>93</b>				00:22:43	<b>00:45:57.85</b>	<b>00:46:29.10</b>	+00:29:05 (62.6%)	9:11	6.5 (37.6%)
325	<b>SZREDER Regina</b>	<b>249</b>		K50	11	00:23:07	<b>00:46:12.20</b>	<b>00:46:46.15</b>	+00:29:22 (62.8%)	9:14	6.5 (37.6%)
325	<b>SZREDER Edward</b>	<b>250</b>		M50	18	00:23:06	<b>00:46:11.35</b>	<b>00:46:46.15</b>	+00:29:22 (62.8%)	9:14	6.5 (37.6%)
327	<b>LEWANDOWSKI Rafał</b>	<b>375</b>		M30	41	00:24:49	<b>00:46:09.50</b>	<b>00:47:05.25</b>	+00:29:41 (63.0%)	9:13	6.5 (37.6%)
328	<b>SWIERCZYŃSKA Renata</b>	<b>299</b>				00:23:24	<b>00:46:46.25</b>	<b>00:47:22.10</b>	+00:29:58 (63.3%)	9:21	6.4 (37.0%)
329	<b>ZALEWSKA Alina</b>	<b>90</b>				00:23:20	<b>00:46:42.80</b>	<b>00:47:22.20</b>	+00:29:58 (63.3%)	9:20	6.4 (37.0%)
330	<b>KONDEK Jakub</b>	<b>186</b>		M40	48	00:21:13	<b>00:46:37.75</b>	<b>00:47:30.60</b>	+00:30:06 (63.4%)	9:19	6.4 (37.0%)
330	<b>NOWAK Natalia</b>	<b>57</b>				00:23:07	<b>00:46:50.90</b>	<b>00:47:30.60</b>	+00:30:06 (63.4%)	9:22	6.4 (37.0%)
332	<b>MLICKA Agnieszka</b>	<b>23</b>		K40	49	00:22:58	<b>00:46:42.45</b>	<b>00:47:31.45</b>	+00:30:07 (63.4%)	9:20	6.4 (37.0%)
333	<b>DOMBROWSKA Karolina</b>	<b>219</b>	DLA WSZYSTKICH MUKOLINKÓW	K40	50	00:23:08	<b>00:46:52.80</b>	<b>00:47:31.85</b>	+00:30:07 (63.4%)	9:22	6.4 (37.0%)
334	<b>LEWANDOWSKA Bożena</b>	<b>292</b>		K60	7	00:23:16	<b>00:47:34.45</b>	<b>00:48:10.50</b>	+00:30:46 (63.9%)	9:30	6.3 (36.4%)
335	<b>STANISZEWSKI Konrad</b>	<b>15</b>				00:24:15	<b>00:47:26.30</b>	<b>00:48:12.55</b>	+00:30:48 (63.9%)	9:29	6.3 (36.4%)
336	<b>RAJKOWSKA Jowita</b>	<b>136</b>		K40	51	00:24:01	<b>00:48:29.40</b>	<b>00:48:55.45</b>	+00:31:31 (64.4%)	9:41	6.2 (35.8%)
337	<b>OSTROWSKA Justyna</b>	<b>55</b>	ŁABISZYN RUNNERS			00:25:34	<b>00:51:42.75</b>	<b>00:52:12.70</b>	+00:34:48 (66.7%)	10:20	5.8 (33.5%)
338	<b>KAWKA Klaudia</b>	<b>85</b>		K20	11	00:28:55	<b>00:57:10.65</b>	<b>00:57:16.15</b>	+00:39:52 (69.6%)	11:26	5.2 (30.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	KAWKA Szymon	87		D0 - chłopcy	2	00:28:52	<b>00:57:07.35</b>	<b>00:57:16.35</b>	+00:39:52 (69.6%)	11:25	5.3 (30.6%)
<b>Przekroczony limit czasu: 01:00:00</b>											
340	STANISZEWSKI Zygmunt	310				00:32:11	<b>01:05:08.40</b>	<b>01:05:57.75</b>	+00:48:33 (73.6%)	13:01	4.6 (26.6%)
341	STANISZEWSKA Irena	311				00:34:14			+00:26:29	13:41	4.4 (25.4%)
342	GRZEMPA Alicja	70		D1 - dziewczynki	1	00:34:40			+00:26:15	13:52	4.3 (24.9%)
343	GRZEMPA Joanna	67		K30	52	00:37:50			+00:29:25	15:08	4 (23.1%)
344	GRZEMPA Bartosz	68		M30	42	00:37:57			+00:29:32	15:10	4 (23.1%)
	WNUKIEWICZ Mikołaj	195		D3 - chłopcy		00:18:15 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	DAMRATH Maja	228		K30		00:23:05 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	DAMRATH Emilia	328		D0 - dziewczynki		00:23:05 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	SZPAKOWSKI Wojciech	280	TEAM KĘDZIERSCY	D1 - chłopcy		00:27:00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	PALUCH Agnieszka	279	TEAM KĘDZIERSCY	K30		00:27:01 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	PASTERNAKCI Oliwier	260	TEAM KĘDZIERSCY	D0 - chłopcy		00:29:16 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	KĘDZIERSKA PASTERNAKKA Lidia	259	TEAM KĘDZIERSCY	K30		00:29:17 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	PASTERNAKCI Marcin	261	TEAM KĘDZIERSCY	M40		00:29:17 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	PASTERNAKCI Florian	262	TEAM KĘDZIERSCY	D1 - chłopcy		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 353 wynik(ów)