



VII BIEG TRZEŹWOŚCI - BIEG 10 KM

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Rowerowa Brzoza
2016-09-17
Przyłęki-Brzoza
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split 5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KABAT Damian	5	WMLKSPOMORZE STARGARD	M2	1	12 BZ			00:00:01	00:16:29	00:32:40.30	00:32:41.40		3:16	18.4 (100%)
2	NARTOWSKI Kamil	434	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	1	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:01	00:16:29	00:33:49.25	00:33:50.85	+00:01:08 (3.4%)	3:22	17.7 (96.2%)
3	KOŚMIEJA Marcin	403	TKKF KOLEJARZ BYDGOSZCZ	M3	2			TKKF Kolejarz Bydgoszcz	00:00:01	00:17:49	00:34:45.95	00:34:47.90	+00:02:05 (6.0%)	3:28	17.3 (94.0%)
4	KRYSKE Bartosz	4	SPÓJNIA BIAŁE BŁOTA	M3	3	JW 2980 Braniewo	Kryske	SPÓJNIA BIAŁE BŁOTA	00:00:01	00:17:49	00:34:54.85	00:34:56.80	+00:02:14 (6.4%)	3:29	17.2 (93.5%)
5	TUCZYŃSKI Sylwester	50	BYDGOSKIE OKONIE	M2	2			Bydgoskie Okonie	00:00:01	00:17:49	00:35:04.60	00:35:06.05	+00:02:24 (6.9%)	3:30	17.1 (92.9%)
6	WIWATOWSKI Michał	109		M3	4				00:00:02	00:18:35	00:36:39.35	00:36:41.85	+00:03:59 (10.9%)	3:39	16.4 (89.1%)
7	MUDZIEJEWSKI Jarosław	419	TKKF KOLEJARZ BYDGOSZCZ	M4	1			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:30	00:36:49.25	00:36:51.70	+00:04:08 (11.3%)	3:40	16.3 (88.6%)
8	JARANOWSKI Andrzej	398	TKKF KOLEJARZ BYDGOSZCZ	M2	3			TKKF Kolejarz Bydgoszcz	00:00:01	00:18:17	00:37:11.75	00:37:13.20	+00:04:31 (12.2%)	3:43	16.1 (87.5%)
9	DEPTUŁA Grzegorz	229	VII LO BYDGOSZCZ	M3	5				00:00:03	00:19:05	00:37:32.95	00:37:36.45	+00:04:52 (13.0%)	3:45	16 (87.0%)
10	KOWALCZYK Marek	10		M3	6	KWP BYDGOSZCZ			00:00:01	00:18:42	00:37:34.25	00:37:35.90	+00:04:53 (13.0%)	3:45	16 (87.0%)
11	NIEDZIAŁKOWSKI Patryk	163	BYDGOSKIE OKONIE	M2	4			Bydgoskie Okonie	00:00:01	00:18:50	00:37:37.85	00:37:39.60	+00:04:57 (13.2%)	3:45	15.9 (86.4%)
12	JAGIEŁA Jarosław	20	TKKF KOLEJARZ BYDGOSZCZ	M4	2			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:48	00:37:43.30	00:37:45.75	+00:05:03 (13.4%)	3:46	15.9 (86.4%)
13	MACZYŃSKI Grzegorz	9	TKKF KOLEJARZ BYDGOSZCZ	M5	1			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:48	00:37:59.05	00:38:01.20	+00:05:18 (14.0%)	3:47	15.8 (85.9%)
14	ŻAL Robert	184	SPÓJNIA BIAŁE BŁOTA	M3	7	JFTC SU		SPÓJNIA BIAŁE BŁOTA	00:00:01	00:19:05	00:38:11.90	00:38:13.65	+00:05:31 (14.5%)	3:49	15.7 (85.3%)
15	SZYSZKA Mariusz	108	SPÓJNIA BIAŁE BŁOTA	M3	8			SPÓJNIA BIAŁE BŁOTA	00:00:03	00:19:19	00:38:15.90	00:38:19.50	+00:05:35 (14.6%)	3:49	15.7 (85.3%)
16	GROCHOWIAK Piotr	135	ŚLIMAKI BARCIN	M3	9				00:00:04	00:19:18	00:38:20.95	00:38:24.95	+00:05:40 (14.8%)	3:50	15.7 (85.3%)
17	STACHOWICZ Wiesław	8	BRZOZA BIEGA	M4	3	IWsp SZ Bydgoszcz		Brzoza Biega	00:00:01	00:19:21	00:38:23.70	00:38:25.65	+00:05:43 (14.9%)	3:50	15.6 (84.8%)
18	WOLNY Piotr	12	BRZOZA BIEGA	M5	2			Brzoza Biega	00:00:02	00:19:13	00:38:25.40	00:38:28.00	+00:05:45 (15.0%)	3:50	15.6 (84.8%)
19	BANDOCH Mariusz	197		M4	4	KWP BYDGOSZCZ			00:00:03	00:19:25	00:38:30.70	00:38:34.55	+00:05:50 (15.2%)	3:51	15.6 (84.8%)
20	BRZEZIŃSKA Aleksandra	294		K2	1				00:00:01	00:19:31	00:38:32.70	00:38:34.00	+00:05:52 (15.2%)	3:51	15.6 (84.8%)
21	BIAŁEK Dawid	207		M2	5	KWP BYDGOSZCZ			00:00:01	00:19:05	00:38:37.35	00:38:39.00	+00:05:57 (15.4%)	3:51	15.5 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
22	JAGODZIŃSKI Mateusz	41	BYDGOSKIE OKONIE	M2	6		Jagodzińscy	Bydgoskie Okonie	00:00:02	00:19:25	00:38:38.10	00:38:40.40	+00:05:57 (15.4%)	3:51	15.5 (84.2%)
23	MRUK Tomasz	240	CZARNE STOPY.SM	M4	5	Straż Miejska Bydgoszcz			00:00:02	00:19:27	00:38:39.60	00:38:41.90	+00:05:59 (15.5%)	3:51	15.5 (84.2%)
24	BALCERZAK Marcin	262	33. BLTR POWIDZ	M4	6	33. BLTr Powidz			00:00:04	00:19:26	00:38:47.95	00:38:52.05	+00:06:07 (15.8%)	3:52	15.5 (84.2%)
25	DUCHIŃSKI Wojciech	44	BRZOZA BIEGA	M4	7	IWsp SZ Bydgoszcz		Brzoza Biega	00:00:02	00:19:28	00:39:08.20	00:39:10.40	+00:06:27 (16.5%)	3:54	15.3 (83.2%)
26	WAWRZYŃIAK Dominik	68	DART TAVERNA NAKŁO	M1	1				00:00:05	00:19:58	00:39:08.60	00:39:14.00	+00:06:28 (16.5%)	3:54	15.3 (83.2%)
27	KARASZEWSKI Norbert	285		M2	7				00:00:06	00:19:26	00:39:16.40	00:39:22.50	+00:06:36 (16.8%)	3:55	15.3 (83.2%)
28	SOWA Wojciech	237		M4	8	CSAIU	Sowa		00:00:02	00:19:31	00:39:21.30	00:39:23.50	+00:06:41 (17.0%)	3:56	15.2 (82.6%)
29	KRYSKE Mariusz	95	SPÓJNIA BIAŁE BŁOTA	M3	10		Kryske	SPÓJNIA BIAŁE BŁOTA	00:00:03	00:19:28	00:39:22.35	00:39:25.55	+00:06:42 (17.0%)	3:56	15.2 (82.6%)
30	ŚLIWIŃSKI Dariusz	205		M2	8	KWP BYDGOSZCZ			00:00:04	00:19:52	00:39:23.10	00:39:27.30	+00:06:42 (17.0%)	3:56	15.2 (82.6%)
31	KUŚNIEREK Bartosz	385	PAŁUKI RUNNING TEAM	M2	9				00:00:04	00:19:51	00:39:23.30	00:39:27.35	+00:06:43 (17.1%)	3:56	15.2 (82.6%)
32	DANIELEWSKI Mariusz	6	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	11	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:19:28	00:39:23.55	00:39:29.25	+00:06:43 (17.1%)	3:56	15.2 (82.6%)
33	BRZOZOWSKI Szymon	341	WIKA POLSKA	M3	12				00:00:09	00:19:25	00:39:27.50	00:39:36.70	+00:06:47 (17.2%)	3:56	15.2 (82.6%)
34	LIWAK Tomasz	345	3 REGIONALNA BAZA LOGISTYCZNA KRAKÓW	M3	13	3 Regionalna Baza Logistyczna			00:00:03	00:19:45	00:39:47.05	00:39:50.30	+00:07:06 (17.9%)	3:58	15.1 (82.1%)
35	DĘBSKI Włodzimierz	435	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M4	9	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:19:55	00:39:52.90	00:39:58.10	+00:07:12 (18.1%)	3:59	15 (81.5%)
36	SPYCHALSKI Waldemar	264		M4	10				00:00:04	00:19:56	00:39:59.20	00:40:03.40	+00:07:18 (18.3%)	3:59	15 (81.5%)
37	LEWANDOWSKI Jacek	351	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	14	2 Pułk Inżynieryjny Inowrocław			00:00:08	00:20:06	00:40:09.65	00:40:18.20	+00:07:29 (18.6%)	4:01	14.9 (81.0%)
38	SOBIERSKI Rafał	89		M4	11				00:00:06	00:20:10	00:40:18.10	00:40:24.20	+00:07:37 (18.9%)	4:01	14.9 (81.0%)
39	ETTINGER Paweł	407		M2	10				00:00:03	00:19:39	00:40:29.05	00:40:32.65	+00:07:48 (19.3%)	4:02	14.8 (80.4%)
40	MARKOWSKI Artur	437	12 WOG	M3	15	12 WOG			00:00:03	00:20:10	00:40:37.85	00:40:41.20	+00:07:57 (19.6%)	4:03	14.8 (80.4%)
41	TARASKA Marcin	412	ŚLIMAKI BARCIN	M3	16			ŚLIMAKI BARCIN	00:00:04	00:19:57	00:40:39.15	00:40:43.60	+00:07:58 (19.6%)	4:03	14.8 (80.4%)
42	LIHS Tadeusz	161	MISJONARZE KLARETYNI C.M.F.	M5	3				00:00:03	00:20:31	00:40:41.25	00:40:44.75	+00:08:00 (19.7%)	4:04	14.7 (79.9%)
43	GRALIK Jędrzej	47	BYDGOSKIE OKONIE	M2	11		Gralik	Bydgoskie Okonie	00:00:04	00:20:08	00:40:57.90	00:41:02.50	+00:08:17 (20.2%)	4:05	14.6 (79.3%)
44	CHRZAŚCZ Bartosz	377		M1	2				00:00:11	00:20:28	00:41:15.65	00:41:26.85	+00:08:35 (20.8%)	4:07	14.5 (78.8%)
45	LEWANDOWSKI Rafał	230	B4SPORT.PL	M3	17				00:00:07	00:20:41	00:41:16.05	00:41:23.90	+00:08:35 (20.8%)	4:07	14.5 (78.8%)
46	KOPEĆ Waldemar	344	3RBLOG	M4	12	3 Regionalna Baza Logistyczna			00:00:07	00:20:53	00:41:17.95	00:41:25.85	+00:08:37 (20.9%)	4:07	14.5 (78.8%)
47	JABŁOŃSKA Natalia			K1	1				00:00:11	00:20:46	00:41:21.05	00:41:32.65	+00:08:40 (21.0%)	4:08	14.5 (78.8%)
48	WALKUSZ Marek	139	BRZOZA BIEGA	M5	4			Brzoza Biega	00:00:03	00:20:46	00:41:21.75	00:41:24.95	+00:08:41 (21.0%)	4:08	14.5 (78.8%)
49	CZARNECKI Grzegorz	302	BRZOZA BIEGA	M3	18		Czarneccy	Brzoza Biega	00:00:03	00:20:51	00:41:23.85	00:41:26.90	+00:08:43 (21.1%)	4:08	14.5 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
50	KLOSKOWSKI Adam	125	IWSP SZ BYDGOSZCZ	M3	19	IWsp SZ Bydgoszcz			00:00:04	00:20:49	00:41:24.75	00:41:29.10	+00:08:44 (21.1%)	4:08	14.5 (78.8%)
51	TAMBORSKI Grzegorz	353	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	20	2 Pułk Inżynieryjny Inowrocław			00:00:04	00:20:30	00:41:25.95	00:41:29.95	+00:08:45 (21.1%)	4:08	14.5 (78.8%)
52	CICHOŃCZUK Antoni	2	AKADEMIA MARYNARKI WOJENNEJ	M6	1	Akademia Marynarki Wojennej			00:00:02	00:20:49	00:41:33.70	00:41:36.45	+00:08:53 (21.4%)	4:09	14.4 (78.3%)
53	STANIEC Tomasz	130		M4	13				00:00:11	00:20:48	00:41:35.30	00:41:46.50	+00:08:55 (21.4%)	4:09	14.4 (78.3%)
54	KUŁAKOWSKI Krzysztof	281	RUN PASJA BYDGOSZCZ	M3	21				00:00:04	00:20:31	00:41:39.40	00:41:44.20	+00:08:59 (21.6%)	4:10	14.4 (78.3%)
55	WAŁĘZA Hubert	201		M2	12	KWP BYDGOSZCZ			00:00:09	00:20:49	00:41:46.45	00:41:55.75	+00:09:06 (21.8%)	4:10	14.4 (78.3%)
56	SKARBEEK Marek	234		M4	14				00:00:11	00:20:49	00:41:49.80	00:42:01.25	+00:09:09 (21.9%)	4:11	14.3 (77.7%)
57	LIS Piotr	326	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	22	Geografia Wojskowa JW 1440 Toruń			00:00:02	00:20:29	00:41:51.20	00:41:53.70	+00:09:10 (21.9%)	4:11	14.3 (77.7%)
58	NITKA Dawid	71		M1	3		Nitka		00:00:02	00:20:30	00:41:59.85	00:42:02.65	+00:09:19 (22.2%)	4:12	14.3 (77.7%)
59	WDOWCZYK Piotr	356	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	23	2 Pułk Inżynieryjny Inowrocław			00:00:08	00:20:27	00:42:00.25	00:42:09.15	+00:09:19 (22.2%)	4:12	14.3 (77.7%)
60	CZARNECKI Piotr	274	BRZOZA BIEGA	M3	24		Czarnecky	Brzoza Biega	00:00:03	00:21:04	00:42:12.10	00:42:15.15	+00:09:31 (22.6%)	4:13	14.2 (77.2%)
61	TUCHOLSKI Bartłomiej	63	BYDGOSKIE OKONIE	M2	13			Bydgoskie Okonie	00:00:07	00:20:37	00:42:19.60	00:42:27.20	+00:09:39 (22.8%)	4:14	14.2 (77.2%)
62	WIŚNIEWSKI Zbigniew	146	BRZOZA BIEGA	M5	5		Wiśniewski	Brzoza Biega	00:00:01	00:21:23	00:42:23.00	00:42:24.80	+00:09:42 (22.9%)	4:14	14.2 (77.2%)
63	ZBOIŃSKI Filip	210	R2G / TKKF KOLEJARZ BYDGOSZCZ	M3	25				00:00:13	00:21:48	00:42:24.25	00:42:37.60	+00:09:43 (23.0%)	4:14	14.2 (77.2%)
64	MEYER Marek	423	RUN BYDGOSZCZ	M4	15				00:00:03	00:21:05	00:42:25.05	00:42:28.40	+00:09:44 (23.0%)	4:14	14.1 (76.6%)
65	KMITTA Leszek	128	JANUSZE JOGGINGU	M2	14			JANUSZE JOGGINGU	00:00:10	00:21:23	00:42:26.60	00:42:36.80	+00:09:46 (23.0%)	4:14	14.1 (76.6%)
66	PAWŁOWSKI Radosław	182	JFTC SU	M4	16	JFTC SU	PAWŁOWSKI		00:00:06	00:21:24	00:42:31.70	00:42:38.35	+00:09:51 (23.2%)	4:15	14.1 (76.6%)
67	DAŃCZUK Jerzy	301	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	6	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:07	00:21:39	00:42:34.55	00:42:41.85	+00:09:54 (23.3%)	4:15	14.1 (76.6%)
68	GRUBA Marek	313		M2	15		Gruba		00:00:04	00:21:17	00:42:35.05	00:42:39.50	+00:09:54 (23.3%)	4:15	14.1 (76.6%)
69	ZAKURZEWSKI Tomasz	136	BRZOZA BIEGA	M4	17			Brzoza Biega	00:00:08	00:21:15	00:42:35.60	00:42:44.30	+00:09:55 (23.3%)	4:15	14.1 (76.6%)
70	ŚLUSARSKI Przemysław	157	BRZozowa TEAM	M3	26				00:00:09	00:21:56	00:42:43.45	00:42:53.35	+00:10:03 (23.5%)	4:16	14 (76.1%)
71	GOLARZ Tomasz	350	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	27	2 Pułk Inżynieryjny Inowrocław			00:00:09	00:21:25	00:42:46.70	00:42:55.75	+00:10:06 (23.6%)	4:16	14 (76.1%)
72	NITKA Ireneusz	62		M4	18	Służba Więzienna Z.K Potulice	Nitka		00:00:02	00:20:52	00:42:56.65	00:42:59.45	+00:10:16 (23.9%)	4:17	14 (76.1%)
73	DZIEKAN Wojciech	176	KABEL TEAM BYDGOSZCZ	M3	28			Kabel Team Bydgoszcz	00:00:05	00:22:01	00:42:59.45	00:43:04.90	+00:10:19 (24.0%)	4:17	14 (76.1%)
74	WIŚNIEWSKI Leszek	286		M4	19				00:00:08	00:21:24	00:43:02.95	00:43:11.50	+00:10:22 (24.1%)	4:18	13.9 (75.5%)
75	MOROSZCZAK Bogumił	279	SPÓJNIA BIAŁE BŁOTA	M4	20		Moroszczak	SPÓJNIA BIAŁE BŁOTA	00:00:03	00:21:20	00:43:03.30	00:43:07.00	+00:10:23 (24.1%)	4:18	13.9 (75.5%)
76	GWITT Bartosz	410		M3	29				00:00:04	00:21:23	00:43:07.55	00:43:11.60	+00:10:27 (24.2%)	4:18	13.9 (75.5%)
77	MADURAJSKI Marcin	309	IWSP SZ BYDGOSZCZ	M2	16	IWsp SZ Bydgoszcz			00:00:04	00:21:27	00:43:10.85	00:43:15.50	+00:10:30 (24.3%)	4:19	13.9 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
78	GOLINOWSKI Dariusz	55	KOBYLARNIA	M4	21				00:00:08	00:21:39	00:43:12.55	00:43:20.75	+00:10:32 (24.4%)	4:19	13.9 (75.5%)
79	PRZYBYLSKI Maciej	211		M4	22				00:00:03	00:21:19	00:43:14.90	00:43:18.60	+00:10:34 (24.5%)	4:19	13.9 (75.5%)
80	NOWAK Przemysław	277	KABEL TEAM BYDGOSZCZ	M3	30			Kabel Team Bydgoszcz	00:00:05	00:22:01	00:43:18.15	00:43:23.90	+00:10:37 (24.6%)	4:19	13.9 (75.5%)
81	SZERSZEŃ Kamil	231	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	31	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:21:05	00:43:19.50	00:43:24.95	+00:10:39 (24.6%)	4:19	13.9 (75.5%)
82	KAZUBOWSKI Jacek	311	45PLUS	M4	23				00:00:05	00:21:52	00:43:23.05	00:43:28.30	+00:10:42 (24.7%)	4:20	13.8 (75.0%)
83	MAGDZIARZ Jakub	52	KANCELARIA-HMM	M3	32				00:00:04	00:21:40	00:43:25.05	00:43:29.95	+00:10:44 (24.8%)	4:20	13.8 (75.0%)
84	CZERWIŃSKI Michał	340	12 WOG	M3	33	12 WOG			00:00:03	00:21:34	00:43:25.70	00:43:29.25	+00:10:45 (24.8%)	4:20	13.8 (75.0%)
85	KOPCZANY Marcin	399		M3	34			IWsp SZ Bydgoszcz	00:00:13	00:21:22	00:43:33.65	00:43:46.70	+00:10:53 (25.0%)	4:21	13.8 (75.0%)
86	SYNAKIEWICZ Tomasz	251	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	35			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:08	00:21:51	00:43:41.45	00:43:49.65	+00:11:01 (25.2%)	4:22	13.7 (74.5%)
87	BAZAK Cezary	269	CDIS SZ	M5	7	Centrum Doktryn i Szkolenia SZ	Bazak		00:00:12	00:22:09	00:43:43.30	00:43:55.70	+00:11:03 (25.3%)	4:22	13.7 (74.5%)
88	ŻEMOJTEL Paweł	324	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	36	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:22:07	00:43:44.95	00:43:59.20	+00:11:04 (25.3%)	4:22	13.7 (74.5%)
89	NOGGA Marek	186	KWP BYDGOSZCZ	M3	37	KWP BYDGOSZCZ			00:00:07	00:21:15	00:43:45.95	00:43:53.65	+00:11:05 (25.3%)	4:22	13.7 (74.5%)
90	SADOWSKI Jarosław	189		M4	24	KWP BYDGOSZCZ			00:00:08	00:21:30	00:43:46.00	00:43:54.25	+00:11:05 (25.4%)	4:22	13.7 (74.5%)
91	POKORSKI Tomasz	283		M3	38	2. RWT SP			00:00:11	00:21:42	00:43:48.80	00:44:00.10	+00:11:08 (25.4%)	4:22	13.7 (74.5%)
92	FRYCKOWSKI Adam	137		M5	8				00:00:05	00:21:16	00:43:52.40	00:43:57.85	+00:11:12 (25.5%)	4:23	13.7 (74.5%)
93	BONIECKI Piotr	325	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M4	25	Geografia Wojskowa JW 1440 Toruń			00:00:04	00:21:45	00:43:54.35	00:43:58.70	+00:11:14 (25.6%)	4:23	13.7 (74.5%)
94	KOWALSKI Krzysztof	76	KK KRUSZYN KRAJEŃSKI	M3	39				00:00:07	00:21:40	00:43:57.75	00:44:05.15	+00:11:17 (25.7%)	4:23	13.6 (73.9%)
95	SZPOJDA Grzegorz	70	KLUB BIEGOWY TSK ORZEŁ OSIEK	M3	40				00:00:02	00:21:46	00:44:03.45	00:44:06.30	+00:11:23 (25.8%)	4:24	13.6 (73.9%)
96	JĘDRZEJCZYK Mikołaj	338		M4	26				00:00:12	00:22:24	00:44:08.40	00:44:21.00	+00:11:28 (26.0%)	4:24	13.6 (73.9%)
97	BŁĘDOWSKI Marcin	278	PODGÓRZ TORUŃ	M4	27				00:00:21	00:22:45	00:44:12.00	00:44:33.75	+00:11:31 (26.1%)	4:25	13.6 (73.9%)
98	BOBROWSKI Marcin	329		M3	41				00:00:08	00:21:53	00:44:19.80	00:44:27.90	+00:11:39 (26.3%)	4:25	13.5 (73.4%)
99	BUDZYŃSKI Tomasz	27		M4	28				00:00:06	00:21:40	00:44:19.85	00:44:26.15	+00:11:39 (26.3%)	4:26	13.5 (73.4%)
100	KUBIAK Sławomir	141		M4	29				00:00:07	00:22:24	00:44:35.15	00:44:42.80	+00:11:54 (26.7%)	4:27	13.5 (73.4%)
101	SZATTEN Dawid	358		M3	42				00:00:07	00:22:00	00:44:39.30	00:44:46.40	+00:11:59 (26.8%)	4:27	13.4 (72.8%)
102	PAWLACZYK Szymon	23	TRISPACE	M3	43				00:00:06	00:22:59	00:44:43.25	00:44:50.15	+00:12:02 (26.9%)	4:28	13.4 (72.8%)
103	GRAMZA Rafal	391		M2	17				00:00:19	00:22:35	00:44:44.50	00:45:03.50	+00:12:04 (27.0%)	4:28	13.4 (72.8%)
104	GRYCZKA Karol	31	KPG TEAM	M1	4		Gryczka		00:00:09	00:22:56	00:44:44.70	00:44:53.95	+00:12:04 (27.0%)	4:28	13.4 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
105	ZARECKI Piotr	168	PAŁUKI RUNNING TEAM	M3	44				00:00:04	00:21:56	00:44:44.80	00:44:48.95	+00:12:04 (27.0%)	4:28	13.4 (72.8%)
106	GZYL Mikołaj	248	'JANUSZE TRIATHLONU' EXODUS TEAM	M3	45				00:00:10	00:22:03	00:44:45.55	00:44:55.75	+00:12:05 (27.0%)	4:28	13.4 (72.8%)
107	GRYCZKA Andrzej	303		M5	9				00:00:08	00:22:13	00:44:46.00	00:44:54.20	+00:12:05 (27.0%)	4:28	13.4 (72.8%)
108	RYBA Przemek	289	NEUCA RUNNING TEAM	M3	46				00:00:12	00:22:28	00:44:54.05	00:45:06.10	+00:12:13 (27.2%)	4:29	13.4 (72.8%)
109	KAMIŃSKI Sławomir	352	TRISPACE	M3	47				00:00:10	00:23:42	00:44:55.45	00:45:05.60	+00:12:15 (27.3%)	4:29	13.4 (72.8%)
110	SZYCHOWSKI Jarosław	75	TKKF KOLEJARZ BYDGOSZCZ	M2	18			TKKF Kolejarz Bydgoszcz	00:00:12	00:22:54	00:44:55.60	00:45:08.40	+00:12:15 (27.3%)	4:29	13.4 (72.8%)
111	KUJAWA Piotr	83	RUN BYDGOSZCZ	M4	30				00:00:09	00:22:34	00:45:03.30	00:45:12.70	+00:12:23 (27.5%)	4:30	13.3 (72.3%)
112	GAWLIK Wojciech	91	CSLOG GRUPA	M3	48				00:00:11	00:22:06	00:45:14.05	00:45:25.65	+00:12:33 (27.8%)	4:31	13.3 (72.3%)
113	KOTLENGA Damian	215	4 RBLOG SKŁAD SKWIERZYNA	M3	49	4 RBLog Skład Skwierzyzna			00:00:13	00:22:22	00:45:15.35	00:45:28.50	+00:12:35 (27.8%)	4:31	13.3 (72.3%)
114	GURDAK Leszek	42		M4	31				00:00:09	00:22:29	00:45:25.90	00:45:35.25	+00:12:45 (28.1%)	4:32	13.2 (71.7%)
115	LEWICKI Artur	287		M4	32				00:00:21	00:23:23	00:45:35.40	00:45:56.40	+00:12:55 (28.3%)	4:33	13.2 (71.7%)
116	KRUSZKA Łukasz	267		M3	50				00:00:08	00:22:26	00:45:35.80	00:45:44.00	+00:12:55 (28.3%)	4:33	13.2 (71.7%)
117	SŁOMA Maciej	322		M4	33				00:00:11	00:22:21	00:45:37.55	00:45:49.45	+00:12:57 (28.4%)	4:33	13.1 (71.2%)
118	CYL Dawid	296	RUN BYDGOSZCZ	M3	51			Run Bdg	00:00:07	00:23:13	00:45:44.30	00:45:51.70	+00:13:04 (28.6%)	4:34	13.1 (71.2%)
119	ŁOPUSZYŃSKI Rafał	380	12 WOG	M3	52	12 WOG			00:00:17	00:23:14	00:45:47.85	00:46:05.80	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
120	GLIWKA Artur	82	1. BLWL	M3	53	1. BLWL			00:00:21	00:22:39	00:45:48.25	00:46:09.90	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
121	GRZYWIŃSKI Grzegorz	317		M3	54				00:00:14	00:23:32	00:45:49.00	00:46:03.75	+00:13:08 (28.7%)	4:34	13.1 (71.2%)
122	PASZKIET Remigiusz	72	ŚLIMAKI BARCIN	M3	55			ŚLIMAKI BARCIN	00:00:07	00:23:06	00:45:50.60	00:45:58.25	+00:13:10 (28.7%)	4:35	13.1 (71.2%)
123	BEHRENDT Rafał	106		M3	56			Brzoza Biega	00:00:20	00:22:36	00:45:55.25	00:46:15.40	+00:13:14 (28.9%)	4:35	13.1 (71.2%)
124	PAKULSKI Rafał	236		M4	34				00:00:10	00:22:37	00:45:56.60	00:46:07.40	+00:13:16 (28.9%)	4:35	13.1 (71.2%)
125	GAWLIKOWSKI Przemysław	381	12 WOG	M3	57	12 WOG			00:00:12	00:23:19	00:45:58.60	00:46:10.65	+00:13:18 (28.9%)	4:35	13.1 (71.2%)
126	WYBORNA Renata	259		K3	1				00:00:09	00:23:05	00:45:59.05	00:46:08.75	+00:13:18 (29.0%)	4:35	13 (70.7%)
127	STEMPNIAK Krzysztof	214		M4	35				00:00:15	00:23:03	00:46:06.65	00:46:21.75	+00:13:26 (29.1%)	4:36	13 (70.7%)
128	MICHALIK Łukasz	145	BRZOZA BIEGA	M3	58				00:00:15	00:23:24	00:46:10.20	00:46:25.30	+00:13:29 (29.2%)	4:37	13 (70.7%)
129	WRÓBLEWSKA Dagmara	81	TKKF KOLEJARZ BYDGOSZCZ	K3	2			TKKF Kolejarz Bydgoszcz	00:00:06	00:23:08	00:46:10.75	00:46:17.55	+00:13:30 (29.3%)	4:37	13 (70.7%)
130	GRYCZKA Piotr	32	KPG TEAM	M5	10			Gryczka	00:00:08	00:22:27	00:46:15.50	00:46:23.50	+00:13:35 (29.4%)	4:37	13 (70.7%)
131	ŁADZIK Szymon	415	BRZOZA BIEGA	M2	19			Brzoza Biega	00:00:03	00:23:20	00:46:16.30	00:46:19.35	+00:13:36 (29.4%)	4:37	13 (70.7%)
132	ŻYWICA Adam	275	BRZOZA BIEGA	M3	59				00:00:03	00:23:11	00:46:16.45	00:46:19.80	+00:13:36 (29.4%)	4:37	13 (70.7%)
133	STERNAL Tomasz	247		M4	36			STERNAL	00:00:15	00:23:03	00:46:17.25	00:46:32.60	+00:13:36 (29.4%)	4:37	13 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
134	GRECMAN Anna	116	KOMENDA POWIATOWA POLICJI W INOWROCŁAWIU	K3	3	Komenda Powiatowa Policji w Inowrocławiu	siostry: Anna Grecman, Edyta Pietrzak		00:00:10	00:22:51	00:46:18.80	00:46:28.90	+00:13:38 (29.5%)	4:37	13 (70.7%)
135	OCALEWSKI Jarek	304		M4	37				00:00:10	00:23:02	00:46:19.35	00:46:30.00	+00:13:39 (29.5%)	4:38	12.9 (70.1%)
136	PESTKA Przemysław	386		M3	60				00:00:07	00:22:24	00:46:20.80	00:46:28.45	+00:13:40 (29.5%)	4:38	12.9 (70.1%)
137	JAGODZIŃSKA Magdalena	40	BYDGOSKIE OKONIE	K2	2		Jagodzińscy	Bydgoskie Okonie	00:00:07	00:23:22	00:46:23.75	00:46:30.85	+00:13:43 (29.6%)	4:38	12.9 (70.1%)
138	GRALIK Kacper	34	BYDGOSKIE OKONIE	M1	5		Gralik	Bydgoskie Okonie	00:00:00	00:22:16	00:46:29.35	00:46:29.35	+00:13:49 (29.7%)	4:38	12.9 (70.1%)
139	KOŹMIŃSKA Maryla	7	BRZOZA BIEGA	K3	4			Brzoza Biega	00:00:02	00:23:12	00:46:31.85	00:46:34.40	+00:13:51 (29.8%)	4:39	12.9 (70.1%)
140	LEWANDOWSKI Filip	375		M3	61				00:00:16	00:23:46	00:46:33.20	00:46:49.50	+00:13:52 (29.8%)	4:39	12.9 (70.1%)
141	LEWANDOWSKI Rafał	28	VENI, CUCURRI, VICI.	M3	62				00:00:10	00:23:04	00:46:33.95	00:46:44.30	+00:13:53 (29.8%)	4:39	12.9 (70.1%)
142	DAWIDOWICZ Maciej	266	BRZOZA BIEGA	M3	63				00:00:09	00:23:07	00:46:38.50	00:46:47.60	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
143	ŁUGOWSKI Tomasz	78	RUN BDG	M3	64		Ługowscy	Run Bdg	00:00:13	00:23:52	00:46:41.95	00:46:55.35	+00:14:01 (30.0%)	4:40	12.8 (69.6%)
144	ZAJAC Marcin	318	RUN PASJA	M4	38				00:00:04	00:22:59	00:46:44.05	00:46:49.00	+00:14:03 (30.1%)	4:40	12.8 (69.6%)
145	KOŚCIELAK Maciej	422	ŻANDARMI Z BYDGOSZCZY	M3	65	Oddział Żandarmerii Wojskowej w Bydgoszczy			00:00:11	00:23:48	00:46:44.20	00:46:56.00	+00:14:03 (30.1%)	4:40	12.8 (69.6%)
146	MAJEWSKI Robert	357	RUN PASJA BYDGOSZCZ	M3	66			RUN PASJA	00:00:16	00:24:53	00:46:44.75	00:47:00.75	+00:14:04 (30.1%)	4:40	12.8 (69.6%)
147	KUTYŁA Krzysztof	131	VII LICEUM OGÓLNOKSZTAŁCĄCE BYDGOSZCZ	M4	39				00:00:08	00:23:24	00:46:48.75	00:46:57.60	+00:14:08 (30.2%)	4:40	12.8 (69.6%)
148	KOWALSKI Paweł	151	KOWALE TEAM	M3	67				00:00:13	00:23:25	00:46:49.25	00:47:02.70	+00:14:08 (30.2%)	4:40	12.8 (69.6%)
149	LEWICKI Konrad	43	ŻANDARMI Z BYDGOSZCZY	M3	68	Oddział Żandarmerii Wojskowej w Bydgoszczy	Lewiccy		00:00:12	00:23:48	00:46:50.00	00:47:02.70	+00:14:09 (30.2%)	4:41	12.8 (69.6%)
150	KLONOWSKI Mariusz	432	PRIMIGENIUS	M3	69				00:00:06	00:22:22	00:46:57.50	00:47:04.15	+00:14:17 (30.4%)	4:41	12.8 (69.6%)
151	GARDYZA Jacek	185		M4	40	KWP BYDGOSZCZ			00:00:17	00:23:44	00:47:05.90	00:47:23.00	+00:14:25 (30.6%)	4:42	12.7 (69.0%)
152	KOWALSKA Angelika	77	RUN PASJA	K3	5			RUN PASJA	00:00:15	00:23:24	00:47:08.20	00:47:24.00	+00:14:27 (30.7%)	4:42	12.7 (69.0%)
153	KIEŁCZYŃSKI Andrzej	292	HUBSTA	M3	70				00:00:09	00:23:12	00:47:10.70	00:47:20.40	+00:14:30 (30.7%)	4:43	12.7 (69.0%)
154	ŚWIĘCICKI Andrzej	164		M4	41				00:00:13	00:23:49	00:47:10.85	00:47:23.95	+00:14:30 (30.8%)	4:43	12.7 (69.0%)
155	ZAWIDZKI Mateusz	11		M2	20				00:00:10	00:23:08	00:47:18.95	00:47:29.40	+00:14:38 (30.9%)	4:43	12.7 (69.0%)
156	SUDOŁ Piotr	349		M3	71				00:00:16	00:23:53	00:47:22.70	00:47:38.85	+00:14:42 (31.0%)	4:44	12.7 (69.0%)
157	WALDA Łukasz	359		M3	72	Służba Więzienna Z.K Potulice			00:00:04	00:23:47	00:47:24.30	00:47:29.10	+00:14:44 (31.1%)	4:44	12.7 (69.0%)
158	NOWAK Rafał	364	SPÓJNIA BIAŁE BŁOTA	M3	73				00:00:10	00:24:00	00:47:28.55	00:47:39.50	+00:14:48 (31.2%)	4:44	12.6 (68.5%)
159	ROŹNIAKOWSKI Paweł	254	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	74			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:16	00:47:31.40	00:47:39.30	+00:14:51 (31.3%)	4:45	12.6 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
160	CZEPEK Aleksander	153	BRZOZA BIEGA	M5	11			Brzoza Biega	00:00:03	00:23:14	00:47:31.55	00:47:34.90	+00:14:51 (31.3%)	4:45	12.6 (68.5%)
161	WĘGRZYNOWSKI Sławomir	180	KABEL TEAM BYDGOSZCZ	M4	42			Kabel Team Bydgoszcz	00:00:12	00:23:39	00:47:39.35	00:47:52.10	+00:14:59 (31.4%)	4:46	12.6 (68.5%)
162	TUBAJA Albert	178	KABEL TEAM BYDGOSZCZ	M4	43			Kabel Team Bydgoszcz	00:00:11	00:23:40	00:47:40.70	00:47:52.10	+00:15:00 (31.5%)	4:46	12.6 (68.5%)
163	FOLERZYŃSKI Dawid	282	SPÓJNIA BIAŁE BŁOTA	M1	6			SPÓJNIA BIAŁE BŁOTA	00:00:02	00:23:00	00:47:43.55	00:47:45.70	+00:15:03 (31.5%)	4:46	12.6 (68.5%)
164	CICHOŃSKA-BAZAK Marzena	243	CZARNE STOPY.SM	K4	1	Straż Miejska Bydgoszcz	Bazak		00:00:12	00:23:52	00:47:44.20	00:47:56.50	+00:15:03 (31.6%)	4:46	12.6 (68.5%)
165	WYSOCKI Jerzy	241	CZARNE STOPY.SM	M5	12	Straż Miejska Bydgoszcz			00:00:13	00:24:10	00:47:52.25	00:48:06.05	+00:15:11 (31.8%)	4:47	12.5 (67.9%)
166	SIKORA Antoni	48	ŻNIŃSKI KLUB BIEGACZA 1992	M6	2				00:00:09	00:23:32	00:47:53.05	00:48:02.45	+00:15:12 (31.8%)	4:47	12.5 (67.9%)
167	AUGUSTYNOWICZ Andrzej	232	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M4	44	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:16	00:24:19	00:47:54.70	00:48:11.10	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
168	KUCHARCZYK Grzegorz	159		M5	13		Kucharczyk		00:00:02	00:23:20	00:48:00.65	00:48:03.25	+00:15:20 (31.9%)	4:48	12.5 (67.9%)
169	POPIELA Maksymilian	253	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	75			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:08	00:23:28	00:48:01.25	00:48:09.75	+00:15:20 (32.0%)	4:48	12.5 (67.9%)
170	MISIAK Maciej	321		M4	45				00:00:12	00:23:44	00:48:03.40	00:48:15.70	+00:15:23 (32.0%)	4:48	12.5 (67.9%)
171	STOŻEK Sebastian	255	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	76			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:47	00:48:09.55	00:48:17.40	+00:15:29 (32.2%)	4:49	12.5 (67.9%)
172	AUGUSTYNOWICZ Piotr	316	BRZAK	M3	77				00:00:11	00:24:03	00:48:15.35	00:48:26.65	+00:15:35 (32.3%)	4:49	12.4 (67.4%)
173	KIECA Andrzej	394	BRZOZA BIEGA	M4	46				00:00:18	00:24:26	00:48:18.70	00:48:37.40	+00:15:38 (32.4%)	4:49	12.4 (67.4%)
174	KAK Marcin	291		M3	78				00:00:10	00:23:50	00:48:22.65	00:48:33.05	+00:15:42 (32.5%)	4:50	12.4 (67.4%)
175	BETHKE Sławomir	366		M2	21				00:00:04	00:23:40	00:48:23.35	00:48:27.70	+00:15:43 (32.5%)	4:50	12.4 (67.4%)
176	WALENCIAK Jarosław	242	CZARNE STOPY.SM	M4	47	Straż Miejska Bydgoszcz			00:00:05	00:24:01	00:48:23.60	00:48:28.65	+00:15:43 (32.5%)	4:50	12.4 (67.4%)
177	MAŁKIŃSKI Józef	54	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	14	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:16	00:23:52	00:48:30.95	00:48:47.80	+00:15:50 (32.7%)	4:51	12.4 (67.4%)
178	WESOŁOWSKI Krzysztof	188		M4	48	KWP BYDGOSZCZ			00:00:16	00:24:45	00:48:32.50	00:48:49.40	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
179	JOACHIMIAK Kinga	252	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	K2	3			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:44	00:48:33.85	00:48:40.95	+00:15:53 (32.7%)	4:51	12.4 (67.4%)
180	RUSZKIEWICZ Łukasz	111		M3	79				00:00:19	00:24:17	00:48:35.20	00:48:55.15	+00:15:54 (32.8%)	4:51	12.3 (66.8%)
181	SZULC Edmund	226		M5	15				00:00:20	00:24:28	00:48:36.10	00:48:56.55	+00:15:55 (32.8%)	4:51	12.3 (66.8%)
181	DURCZAK Jerzy	222		M3	80				00:00:21	00:24:28	00:48:36.10	00:48:57.35	+00:15:55 (32.8%)	4:51	12.3 (66.8%)
183	ŻABIŃSKI Radosław	295	ANWIL TEAM	M3	81				00:00:19	00:24:21	00:48:38.00	00:48:57.80	+00:15:57 (32.8%)	4:51	12.3 (66.8%)
184	BRZOZOWSKI Mariusz	138		M5	16				00:00:23	00:25:00	00:48:44.15	00:49:07.85	+00:16:03 (33.0%)	4:52	12.3 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
185	OPASKA Marcin	228	BRZOZOWA TEAM	M3	82				00:00:13	00:24:02	00:48:44.25	00:48:57.60	+00:16:03 (33.0%)	4:52	12.3 (66.8%)
186	ŚCIBAK Wojciech	64	JFTC SU	M3	83	JFTC SU			00:00:23	00:25:00	00:48:44.35	00:49:08.05	+00:16:04 (33.0%)	4:52	12.3 (66.8%)
187	ZNANIECKI Michał	221	BBL INOWROCŁAW	M4	49		Znaniecty		00:00:24	00:24:39	00:48:46.15	00:49:10.15	+00:16:05 (33.0%)	4:52	12.3 (66.8%)
188	KURS Jarosław	58	TKKF KOLEJARZ BYDGOSZCZ	M5	17			TKKF Kolejarz Bydgoszcz	00:00:07	00:24:05	00:48:46.75	00:48:54.40	+00:16:06 (33.0%)	4:52	12.3 (66.8%)
189	FORTUNA Kinga	373	JANIKOWO NA SPORTOWO	K1	2				00:00:13	00:24:28	00:48:49.15	00:49:02.20	+00:16:08 (33.1%)	4:52	12.3 (66.8%)
190	CIEPŁOWSKI Robert	200		M3	84	KWP BYDGOSZCZ			00:00:16	00:24:34	00:48:58.50	00:49:14.70	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
191	JURSKI Robert	334	JFTC SU	M4	50	JFTC SU			00:00:17	00:24:12	00:48:59.60	00:49:16.75	+00:16:19 (33.3%)	4:53	12.2 (66.3%)
192	DRZYMAŁA Marek	339	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M5	18	Geografia Wojskowa JW 1440 Toruń			00:00:05	00:24:21	00:49:07.15	00:49:12.75	+00:16:26 (33.5%)	4:54	12.2 (66.3%)
193	SIEMENIECKI Dariusz	239		M4	51				00:00:11	00:24:04	00:49:07.50	00:49:19.10	+00:16:27 (33.5%)	4:54	12.2 (66.3%)
194	DERENDA Mirek	271		M3	85				00:00:21	00:24:25	00:49:10.40	00:49:32.35	+00:16:30 (33.6%)	4:55	12.2 (66.3%)
195	KARPIŃSKI Daniel	224	BIEG DOŻYNKOWY NOWA WIEŚ WIELKA	M3	86				00:00:09	00:25:22	00:49:19.95	00:49:29.60	+00:16:39 (33.8%)	4:56	12.2 (66.3%)
196	RAKOWSKI Paweł	372	ŻANDARMI Z BYDGOSZCZY	M3	87	Oddział Żandarmerii Wojskowej w Bydgoszczy	Rakowscy		00:00:12	00:25:34	00:49:27.30	00:49:39.65	+00:16:47 (33.9%)	4:56	12.1 (65.8%)
197	ŚWIATOWY Krystian	74		M3	88				00:00:05	00:23:56	00:49:27.50	00:49:33.45	+00:16:47 (33.9%)	4:56	12.1 (65.8%)
198	ROŚCISZEWSKI Łukasz	413	MYŚLĘCINEK TEAM	M4	52				00:00:17	00:24:22	00:49:28.10	00:49:45.70	+00:16:47 (34.0%)	4:56	12.1 (65.8%)
199	MAZURKIEWICZ Paweł	160		M4	53				00:00:12	00:24:26	00:49:29.10	00:49:41.20	+00:16:48 (34.0%)	4:56	12.1 (65.8%)
200	POLITOWICZ Kamil	390		M3	89				00:00:05	00:24:37	00:49:37.30	00:49:42.35	+00:16:57 (34.2%)	4:57	12.1 (65.8%)
201	SZTEJKA Damian	395	BENEFITKSO	M4	54				00:00:08	00:24:01	00:49:38.05	00:49:46.35	+00:16:57 (34.2%)	4:57	12.1 (65.8%)
202	BROCKA Adriana	196		K3	6	KWP BYDGOSZCZ			00:00:10	00:24:35	00:49:38.50	00:49:48.80	+00:16:58 (34.2%)	4:57	12.1 (65.8%)
203	BRZOZOWSKI Marcin	25	BRZOZA TRI TEAM	M2	22			Brzoza Biega	00:00:20	00:25:50	00:49:39.45	00:50:00.30	+00:16:59 (34.2%)	4:58	12.1 (65.8%)
204	MATUSZAK Mateusz	409		M1	7				00:00:20	00:24:06	00:49:42.10	00:50:02.35	+00:17:01 (34.3%)	4:58	12.1 (65.8%)
205	DRZEWIECKI Dariusz	323	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	90	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:25:08	00:49:43.25	00:49:57.50	+00:17:02 (34.3%)	4:58	12.1 (65.8%)
206	GORDON Roman	94	RUN BYDGOSZCZ	M6	3				00:00:03	00:23:59	00:49:43.40	00:49:47.30	+00:17:03 (34.3%)	4:58	12.1 (65.8%)
207	SAWICKI Michał	396		M3	91		Sawiccy		00:00:20	00:24:50	00:49:47.30	00:50:08.10	+00:17:07 (34.4%)	4:58	12 (65.2%)
208	GAWRUCH Andrzej	416	BYDGOSKIE OKONIE	M4	55			Bydgoskie Okonie	00:00:08	00:24:07	00:49:59.30	00:50:08.10	+00:17:19 (34.6%)	5:00	12 (65.2%)
209	BRZEZIŃSKI Sławomir	244	CZARNE STOPY.SM	M3	92	Straż Miejska Bydgoszcz			00:00:13	00:24:26	00:50:01.60	00:50:15.55	+00:17:21 (34.7%)	5:00	12 (65.2%)
210	PAWLACZYK Paweł	67	SPÓJNIA BIAŁE BŁOTA	M2	23			SPÓJNIA BIAŁE BŁOTA	00:00:11	00:24:55	00:50:04.00	00:50:15.00	+00:17:23 (34.7%)	5:00	12 (65.2%)
211	KUJAWA Kamil	21	ROWEROWA BUDOWLANKA	M3	93				00:00:16	00:24:55	00:50:05.15	00:50:21.15	+00:17:24 (34.8%)	5:00	12 (65.2%)
212	KRÓLIKOWSKI Roman	361	3 RBLOG SKŁAD KUTNO	M4	56	3 Regionalna Baza Logistyczna			00:00:15	00:24:24	00:50:09.10	00:50:24.75	+00:17:28 (34.9%)	5:00	12 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
213	LUDIAN-STANNY Czesia	417	IWSP SZ BYDGOSZCZ	K2	4	IWsp SZ Bydgoszcz			00:00:08	00:24:32	00:50:10.35	00:50:18.85	+00:17:30 (34.9%)	5:01	12 (65.2%)
214	GIDASZEWSKI Grzegorz	428	WIKI POLSKA	M3	94				00:00:09	00:24:16	00:50:17.40	00:50:26.70	+00:17:37 (35.0%)	5:01	11.9 (64.7%)
215	GROCHOWSKI Jakub	370	IWSP SZ BYDGOSZCZ	M3	95	IWsp SZ Bydgoszcz			00:00:04	00:23:24	00:50:23.45	00:50:27.75	+00:17:43 (35.2%)	5:02	11.9 (64.7%)
216	MANUSZEWSKI Maciej	330		M4	57				00:00:20	00:25:10	00:50:27.05	00:50:47.75	+00:17:46 (35.2%)	5:02	11.9 (64.7%)
217	HERMELIN Wojciech	371	KANCELARIA HMM	M3	96				00:00:11	00:25:02	00:50:38.80	00:50:49.80	+00:17:58 (35.5%)	5:03	11.8 (64.1%)
218	MEJSNER-HERMELIN Monika	30	KANCELARIA HMM	K3	7				00:00:10	00:25:03	00:50:39.10	00:50:49.80	+00:17:58 (35.5%)	5:03	11.8 (64.1%)
219	WAWRZYNIAK Michał	314	BIL BIEGA	M3	97				00:00:18	00:25:19	00:50:40.90	00:50:58.90	+00:18:00 (35.5%)	5:04	11.8 (64.1%)
220	BOLLIN Łukasz	140		M3	98				00:00:19	00:25:01	00:50:46.15	00:51:05.35	+00:18:05 (35.6%)	5:04	11.8 (64.1%)
221	BOINSKI Sebastian	223		M3	99				00:00:24	00:25:32	00:50:49.35	00:51:14.10	+00:18:09 (35.7%)	5:05	11.8 (64.1%)
222	SIERANT Oskar	158		M4	58		Sierant		00:00:05	00:24:14	00:50:50.65	00:50:56.55	+00:18:10 (35.7%)	5:05	11.8 (64.1%)
223	CHOJNICKI Marcin	260	JFTC SU	M3	100	JFTC SU			00:00:24	00:26:00	00:50:53.65	00:51:17.65	+00:18:13 (35.8%)	5:05	11.8 (64.1%)
224	BANACH Grzegorz	46		M5	19				00:00:19	00:24:48	00:50:57.95	00:51:17.90	+00:18:17 (35.9%)	5:05	11.8 (64.1%)
225	NADRATOWSKI Maciej	177	KABEL TEAM BYDGOSZCZ	M4	59			Kabel Team Bydgoszcz	00:00:12	00:24:30	00:51:00.45	00:51:13.00	+00:18:20 (35.9%)	5:06	11.8 (64.1%)
226	ANDRZEJEWSKI Ryszard	418	WZGÓRZE WOLNOŚCIB	M6	4				00:00:05	00:25:18	00:51:05.25	00:51:10.65	+00:18:24 (36.0%)	5:06	11.7 (63.6%)
227	OGULEWICZ Tomasz	90		M2	24				00:00:18	00:26:21	00:51:06.50	00:51:24.80	+00:18:26 (36.1%)	5:06	11.7 (63.6%)
228	SUCHOMSKA Beata	288	OPENTAX24.PL	K4	2				00:00:20	00:25:26	00:51:07.95	00:51:28.70	+00:18:27 (36.1%)	5:06	11.7 (63.6%)
229	MIRGOS Sławomir	331		M4	60	3 Regionalna Baza Logistyczna			00:00:17	00:25:18	00:51:12.25	00:51:29.45	+00:18:31 (36.2%)	5:07	11.7 (63.6%)
230	ANDRZEJEWSKI Paweł	387		M3	101				00:00:02	00:23:15	00:51:16.70	00:51:19.15	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
231	WILLMA Jarosław	133	BRZOZA BIEGA	M4	61				00:00:21	00:25:08	00:51:20.55	00:51:41.60	+00:18:40 (36.4%)	5:08	11.7 (63.6%)
232	HOLICZKO Mirosław	65	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	20	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:11	00:25:29	00:51:21.90	00:51:32.90	+00:18:41 (36.4%)	5:08	11.7 (63.6%)
233	GRUSZCZYŃSKI Tomasz	406		M4	62				00:00:11	00:24:47	00:51:28.50	00:51:39.80	+00:18:48 (36.5%)	5:08	11.7 (63.6%)
234	SADOWSKI Michał	112	BARTOLEK	M3	102				00:00:21	00:26:12	00:51:31.25	00:51:52.25	+00:18:50 (36.6%)	5:09	11.6 (63.0%)
235	WIŚNIEWSKI Tomasz	121		M4	63				00:00:18	00:26:23	00:51:31.55	00:51:49.80	+00:18:51 (36.6%)	5:09	11.6 (63.0%)
236	GRZENIA Jacek	272	MJG INVESTMENTS	M4	64				00:00:09	00:24:34	00:51:35.00	00:51:44.60	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
237	RYBKA Ilona	36		K4	3				00:00:14	00:25:36	00:51:36.10	00:51:51.00	+00:18:55 (36.7%)	5:09	11.6 (63.0%)
238	LUDWINIAK Bogdan	310	45PLUS	M4	65				00:00:17	00:25:43	00:51:42.15	00:51:59.40	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
239	MAGDZIARZ Katarzyna	38	KANCELARIA HMM	K3	8				00:00:20	00:26:09	00:51:42.20	00:52:02.65	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
240	GRUBA Jacek	126	NIEZRZESZONY	M5	21		Gruba		00:00:16	00:25:44	00:51:42.60	00:51:59.45	+00:19:02 (36.8%)	5:10	11.6 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
241	SAWICKA Agnieszka	85		K2	5		Sawiccy		00:00:20	00:25:52	00:51:45.80	00:52:06.25	+00:19:05 (36.9%)	5:10	11.6 (63.0%)
242	PILACHOWSKI Mariusz	61	IWSP SZ BYDGOSZCZ	M3	103	IWsp SZ Bydgoszcz			00:00:24	00:27:09	00:51:50.20	00:52:15.05	+00:19:09 (37.0%)	5:11	11.6 (63.0%)
243	BALCEROWSKI Kacper	217		M1	8				00:00:11	00:26:25	00:51:52.50	00:52:04.00	+00:19:12 (37.0%)	5:11	11.6 (63.0%)
244	PROKOP Michał	66		M3	104				00:00:06	00:25:15	00:51:55.90	00:52:02.75	+00:19:15 (37.1%)	5:11	11.6 (63.0%)
245	PODLASZEWSKI Jacek	268	VENI,CUCURRI,VICI	M4	66				00:00:10	00:25:59	00:51:58.20	00:52:08.80	+00:19:17 (37.1%)	5:11	11.5 (62.5%)
246	LITKE Marek	365	3 REGIONALNA BAZA LOGISTYCZNA	M4	67	3 Regionalna Baza Logistyczna			00:00:17	00:25:19	00:52:02.30	00:52:19.75	+00:19:22 (37.2%)	5:12	11.5 (62.5%)
247	ZUPA Wojciech	98	BRZOZA BIEGA	M5	22		Zupa		00:00:09	00:25:23	00:52:05.95	00:52:15.65	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
248	STERNAL Elżbieta	246		K4	4		STERNAL		00:00:12	00:25:19	00:52:06.00	00:52:18.85	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
249	PAWŁOWSKI Tomasz	183		M2	25		PAWŁOWSKI	JFTC SU	00:00:12	00:24:27	00:52:10.15	00:52:22.70	+00:19:29 (37.4%)	5:13	11.5 (62.5%)
250	KONKEL Bartosz	26		M3	105				00:00:06	00:26:01	00:52:21.10	00:52:27.70	+00:19:40 (37.6%)	5:14	11.5 (62.5%)
251	JACHNA Dariusz	400	20BZ BARTOSZYCE	M4	68				00:00:21	00:26:55	00:52:25.30	00:52:46.55	+00:19:45 (37.7%)	5:14	11.4 (62.0%)
252	BEBLO Jarosław	216	4 RBLOG SKŁAD SKWIERZYNA	M4	69	4 RBLog Skład Skwierzyna			00:00:17	00:25:29	00:52:26.60	00:52:44.05	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
253	SPARZYŃSKI Adam	86	1.BLWL	M3	106				00:00:21	00:26:12	00:52:26.80	00:52:48.55	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
254	BLACHOWSKI Waldemar	431		M3	107				00:00:07	00:26:27	00:52:29.05	00:52:36.40	+00:19:48 (37.7%)	5:14	11.4 (62.0%)
255	KWIATKOWSKI Krzysztof	389	TEAM MOGILNO	M3	108				00:00:15	00:26:55	00:52:30.45	00:52:45.95	+00:19:50 (37.8%)	5:15	11.4 (62.0%)
256	LIPIŃSKI Marek	219		M3	109				00:00:16	00:25:52	00:52:40.80	00:52:57.75	+00:20:00 (38.0%)	5:16	11.4 (62.0%)
257	KARPIŃSKI Adam	367	12 WOG	M4	70	12 WOG			00:00:18	00:25:11	00:52:44.60	00:53:03.10	+00:20:04 (38.1%)	5:16	11.4 (62.0%)
258	GAŚIOREK Tomasz	37	BRZOZA BIEGA	M5	23				00:00:03	00:25:52	00:52:49.80	00:52:53.40	+00:20:09 (38.2%)	5:17	11.4 (62.0%)
259	CHWIŁKA Daniel	93	TASAK TEAM	M3	110				00:00:15	00:26:19	00:53:08.85	00:53:24.10	+00:20:28 (38.5%)	5:18	11.3 (61.4%)
260	ŚWIERCZYŃSKI Robert	120		M5	24	2. RWT SP			00:00:10	00:25:08	00:53:12.15	00:53:22.60	+00:20:31 (38.6%)	5:19	11.3 (61.4%)
261	SOWA Dorota	328	12 WOG	K3	9	12 WOG	Sowa		00:00:25	00:26:20	00:53:23.75	00:53:48.80	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
262	RYMARKIEWICZ Małgorzata	225		K3	10				00:00:12	00:26:13	00:53:24.45	00:53:37.25	+00:20:44 (38.8%)	5:20	11.2 (60.9%)
263	SZPORKA Justyna	378	12 WOG	K3	11	12 WOG			00:00:24	00:27:15	00:53:25.45	00:53:50.15	+00:20:45 (38.8%)	5:20	11.2 (60.9%)
264	MAJEWSKI Zdzisław	124	KLUB BIEGACZA EDF POLSKA	M5	25				00:00:09	00:27:22	00:53:38.85	00:53:48.75	+00:20:58 (39.1%)	5:21	11.2 (60.9%)
265	DOMAN Janusz	167	UKS SZABLA BRZOZA	M6	5				00:00:00	00:25:54	00:53:45.55	00:53:45.55	+00:21:05 (39.2%)	5:22	11.2 (60.9%)
266	NAMIEŚNIK Krzysztof	212		M4	71				00:00:22	00:26:49	00:53:46.35	00:54:09.00	+00:21:06 (39.2%)	5:22	11.2 (60.9%)
267	KAZUBOWSKI Jeremiasz	213	NIEZRZESZONY	M1	9				00:00:19	00:27:21	00:53:50.80	00:54:10.50	+00:21:10 (39.3%)	5:23	11.1 (60.3%)
268	GMYS Tomasz	346		M3	111				00:00:06	00:26:30	00:53:57.95	00:54:03.95	+00:21:17 (39.5%)	5:23	11.1 (60.3%)
269	STARSAK Paweł	298		M3	112				00:00:05	00:26:31	00:53:58.15	00:54:04.00	+00:21:17 (39.5%)	5:23	11.1 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
270	SZULAKOWSKI Tomasz	198		M4	72	KWP BYDGOSZCZ			00:00:12	00:26:46	00:54:10.80	00:54:23.70	+00:21:30 (39.7%)	5:25	11.1 (60.3%)
271	RUCINOWSKI Filip	436	RUN PASJA	M4	73			RUN PASJA	00:00:16	00:25:53	00:54:23.70	00:54:40.20	+00:21:43 (39.9%)	5:26	11 (59.8%)
272	KĘPIŃSKA Katarzyna	96	RUN PASJA	K4	5			RUN PASJA	00:00:16	00:25:31	00:54:23.85	00:54:39.90	+00:21:43 (39.9%)	5:26	11 (59.8%)
273	SZEWCZUK Małgorzata	388		K3	12				00:00:14	00:26:20	00:54:31.70	00:54:46.50	+00:21:51 (40.1%)	5:27	11 (59.8%)
274	WOJCIECHOWSKI Jarosław	127	1973	M4	74		Wojciechowscy		00:00:17	00:26:55	00:54:32.90	00:54:50.85	+00:21:52 (40.1%)	5:27	11 (59.8%)
275	WOJCIECHOWSKA Emilia	194		K4	6	KWP BYDGOSZCZ	Wojciechowscy		00:00:17	00:26:55	00:54:33.10	00:54:50.90	+00:21:52 (40.1%)	5:27	11 (59.8%)
276	WEGNER Roman	227		M5	26				00:00:12	00:26:22	00:54:33.50	00:54:46.10	+00:21:53 (40.1%)	5:27	11 (59.8%)
277	KWAŚNY Wojciech	355	4 RBLOG SKŁAD SKWIERZYNA	M4	75	4 RBLog Skład Skwierzyna			00:00:16	00:26:31	00:54:35.65	00:54:51.95	+00:21:55 (40.2%)	5:27	11 (59.8%)
278	DERING Hanna	393		K3	13				00:00:14	00:27:04	00:54:37.70	00:54:51.80	+00:21:57 (40.2%)	5:27	11 (59.8%)
279	LIBERA Arkadiusz	290		M5	27				00:00:23	00:27:42	00:54:41.05	00:55:04.20	+00:22:00 (40.3%)	5:28	11 (59.8%)
280	DĘBSKI Jan	265	SOŁTYS	M6	6				00:00:06	00:26:01	00:54:41.10	00:54:47.55	+00:22:00 (40.3%)	5:28	11 (59.8%)
281	RAUT Wiesław	376	RUN PASJA	M6	7				00:00:15	00:26:31	00:54:41.90	00:54:57.10	+00:22:01 (40.3%)	5:28	11 (59.8%)
282	KRYSZTOFIAK Robert	53		M4	76				00:00:11	00:26:12	00:54:47.15	00:54:58.75	+00:22:06 (40.4%)	5:28	11 (59.8%)
283	RYBAK Mariusz	379		M4	77				00:00:04	00:26:16	00:54:52.70	00:54:57.15	+00:22:12 (40.5%)	5:29	10.9 (59.2%)
284	MICHTA Iwona	337	SPÓJNIA BIAŁE BŁOTA	K3	14				00:00:25	00:27:18	00:54:55.05	00:55:20.20	+00:22:14 (40.5%)	5:29	10.9 (59.2%)
285	MAGDZIARZ Michał	169	HURAGAN BIERUTOWICE	M4	78		Magdziarz		00:00:20	00:26:42	00:55:02.30	00:55:23.00	+00:22:22 (40.6%)	5:30	10.9 (59.2%)
286	FARBICKA-ŻYWICA Paulina	276	BRZOZA BIEGA	K3	15				00:00:02	00:27:18	00:55:05.50	00:55:08.30	+00:22:25 (40.7%)	5:30	10.9 (59.2%)
287	RADZIŃSKA-KAMYSZEK Ewa	209		K5+	1				00:00:19	00:27:52	00:55:08.75	00:55:28.05	+00:22:28 (40.8%)	5:30	10.9 (59.2%)
288	ŁUDZIŃSKI Marek	166		M5	28		Łudzińscy		00:00:19	00:27:24	00:55:14.40	00:55:33.60	+00:22:34 (40.9%)	5:31	10.9 (59.2%)
289	KUBIAK Małgorzata	170		K5+	2				00:00:22	00:27:13	00:55:15.55	00:55:37.95	+00:22:35 (40.9%)	5:31	10.9 (59.2%)
290	SZULC Jarosław	154	SZULCTEAM	M3	113		Szulc	Brzoza Biega	00:00:17	00:27:16	00:55:22.50	00:55:39.80	+00:22:42 (41.0%)	5:32	10.8 (58.7%)
290	OSIECKI Grzegorz	433		M6	8				00:00:19	00:28:11	00:55:22.50	00:55:42.10	+00:22:42 (41.0%)	5:32	10.8 (58.7%)
292	SZULC Magdalena	155	SZULCTEAM	K3	16		Szulc		00:00:16	00:27:17	00:55:23.35	00:55:40.20	+00:22:43 (41.0%)	5:32	10.8 (58.7%)
293	PIETRZAK Edyta	117		K3	17		siostry: Anna Grecman, Edyta Pietrzak		00:00:13	00:27:22	00:55:23.95	00:55:37.55	+00:22:43 (41.0%)	5:32	10.8 (58.7%)
294	GADOMSKA Maria	235	RUN BYDGOSZCZ	K6+	1				00:00:14	00:27:05	00:55:29.35	00:55:43.80	+00:22:49 (41.1%)	5:32	10.8 (58.7%)
295	JULLY Arkadiusz	306		M3	114				00:00:27	00:28:00	00:55:31.60	00:55:59.40	+00:22:51 (41.2%)	5:33	10.8 (58.7%)
296	GAJZLER Jerzy	363	BARTODZIEJE	M6	9				00:00:14	00:26:53	00:55:32.65	00:55:46.90	+00:22:52 (41.2%)	5:33	10.8 (58.7%)
297	MALINOWSKI Marcin	425		M3	115		Malinowscy Agata i Marcin		00:00:05	00:24:25	00:55:36.30	00:55:41.55	+00:22:56 (41.2%)	5:33	10.8 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
298	MRÓZ Robert	143	OD JUTRA NIE BIEGAM	M4	79				00:00:25	00:28:46	00:55:37.40	00:56:02.90	+00:22:57 (41.3%)	5:33	10.8 (58.7%)
299	PRIEWE Paweł	73	DYNAMO SKARPA	M3	116			Dynamo Skarpa	00:00:19	00:27:38	00:55:39.00	00:55:58.30	+00:22:58 (41.3%)	5:33	10.8 (58.7%)
300	TOMASZEWSKA Agnieszka	315		K3	18				00:00:18	00:27:26	00:55:40.60	00:55:58.95	+00:23:00 (41.3%)	5:34	10.8 (58.7%)
301	KAMIŃSKI Andrzej	175	NAKIELSKI KLUB BIEGACZA	M4	80	Służba Więzienna Z.K Potulice			00:00:25	00:27:27	00:55:53.85	00:56:19.00	+00:23:13 (41.6%)	5:35	10.7 (58.2%)
302	KSOBIECH Agnieszka	256	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	K3	19			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:26:53	00:55:54.00	00:56:01.15	+00:23:13 (41.6%)	5:35	10.7 (58.2%)
303	GOŁĘBIEWSKI Jerzy	319		M4	81				00:00:23	00:27:24	00:55:54.45	00:56:18.15	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
304	GĄSIOROWSKA Marta	18	BRZOZA BIEGA	K2	6		Gąsiorowska	Brzoza Biega	00:00:20	00:29:00	00:55:55.80	00:56:16.30	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
305	GĄSIOROWSKA Anna	17	BRZOZA BIEGA	K2	7		Gąsiorowska	Brzoza Biega	00:00:20	00:29:00	00:55:56.00	00:56:16.15	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
306	GAWLAK Wojciech	257	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	117			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:00	00:27:00	00:55:57.05	00:55:57.05	+00:23:16 (41.6%)	5:35	10.7 (58.2%)
307	ZNANIECKI Wojciech	110	BYDGOSZCZ NA START	M3	118		Znaniecty		00:00:24	00:27:14	00:56:04.70	00:56:29.00	+00:23:24 (41.7%)	5:36	10.7 (58.2%)
308	DRÓŻDŻ Małgorzata	426		K2	8				00:00:16	00:27:36	00:56:04.95	00:56:21.80	+00:23:24 (41.7%)	5:36	10.7 (58.2%)
309	MAKUCH Urszula	404	12 WOG	K4	7	12 WOG			00:00:21	00:27:26	00:56:12.80	00:56:34.45	+00:23:32 (41.9%)	5:37	10.7 (58.2%)
309	DOBOSZ Kamil	405		M2	26				00:00:21	00:27:26	00:56:12.80	00:56:34.45	+00:23:32 (41.9%)	5:37	10.7 (58.2%)
311	DOBRZYŃSKA Małgorzata	181		K5+	3				00:00:18	00:27:53	00:56:19.45	00:56:38.05	+00:23:39 (42.0%)	5:38	10.7 (58.2%)
312	MATUSZAK Radosław	142	JFTC SU	M4	82	JFTC SU			00:00:23	00:26:56	00:56:23.00	00:56:46.70	+00:23:42 (42.1%)	5:38	10.6 (57.6%)
313	JĘDRA Andrzej	88		M4	83				00:00:25	00:26:52	00:56:24.50	00:56:49.95	+00:23:44 (42.1%)	5:38	10.6 (57.6%)
314	BOGACZ Michał	56		M2	27				00:00:22	00:28:57	00:56:35.40	00:56:58.00	+00:23:55 (42.3%)	5:39	10.6 (57.6%)
315	GRUBA Paweł	270		M3	119		Gruba		00:00:25	00:28:36	00:56:53.15	00:57:18.60	+00:24:12 (42.6%)	5:41	10.5 (57.1%)
316	CZĘSTOCHOWSKA Ilona	397	BRAK	K4	8				00:00:14	00:28:32	00:57:00.15	00:57:14.90	+00:24:19 (42.7%)	5:42	10.5 (57.1%)
317	MIROWSKI Mariusz	162		M4	84				00:00:17	00:27:41	00:57:14.10	00:57:31.25	+00:24:33 (42.9%)	5:43	10.5 (57.1%)
318	STRÓŻYK Grażyna	343		K2	9				00:00:21	00:29:04	00:57:15.20	00:57:36.60	+00:24:34 (42.9%)	5:43	10.5 (57.1%)
319	KRAJDA Piotr	156	BBL BYDGOSZCZ	M4	85				00:00:10	00:26:59	00:57:15.55	00:57:25.75	+00:24:35 (42.9%)	5:43	10.5 (57.1%)
320	PAWLIKOWSKI Szymon	39		M3	120		Pawlikowski		00:00:12	00:28:14	00:57:23.60	00:57:35.95	+00:24:43 (43.1%)	5:44	10.5 (57.1%)
321	PAWLIKOWSKI Piotr	57		M2	28		Pawlikowski		00:00:11	00:28:15	00:57:24.15	00:57:35.95	+00:24:43 (43.1%)	5:44	10.5 (57.1%)
322	WIESE Grzegorz	220	BRAK	M5	29				00:00:24	00:28:33	00:57:25.15	00:57:49.45	+00:24:44 (43.1%)	5:44	10.4 (56.5%)
323	GLASNER Rafał	369	WEEKENDOWY BIEGACZ	M4	86				00:00:22	00:28:09	00:57:26.10	00:57:48.15	+00:24:45 (43.1%)	5:44	10.4 (56.5%)
324	BILSKI Łukasz	199		M3	121	KWP BYDGOSZCZ			00:00:27	00:28:55	00:57:31.70	00:57:58.95	+00:24:51 (43.2%)	5:45	10.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
325	BIERYT Arkadiusz	104	AGENCJA REKLAMOWAPOLI-FAX UL.BOCZNA 10 BYDGOSZCZ	M5	30				00:00:07	00:28:18	00:57:32.25	00:57:39.35	+00:24:51 (43.2%)	5:45	10.4 (56.5%)
326	SPYCHALSKI Robert	261		M4	87		SPYCHALSCY		00:00:04	00:26:15	00:57:38.35	00:57:43.00	+00:24:58 (43.3%)	5:45	10.4 (56.5%)
327	BORYSKIN Andrzej	19	BRZOZA BIEGA	M6	10			Brzoza Biega	00:00:21	00:29:00	00:57:43.80	00:58:05.75	+00:25:03 (43.4%)	5:46	10.4 (56.5%)
328	GÓRSKI Jacek	103		M5	31				00:00:05	00:27:14	00:57:44.65	00:57:50.10	+00:25:04 (43.4%)	5:46	10.4 (56.5%)
329	KUŚMIERCZAK Jakub	401	TEAM MOGILNO	M3	122				00:00:14	00:29:37	00:57:48.50	00:58:02.95	+00:25:08 (43.5%)	5:46	10.4 (56.5%)
330	KENSIK Joanna	208		K2	10	KWP BYDGOSZCZ			00:00:10	00:29:39	00:57:48.70	00:57:59.30	+00:25:08 (43.5%)	5:46	10.4 (56.5%)
331	SZCZĘSNY Arkadiusz	87	DYNAMO SKARPA	M3	123				00:00:19	00:28:06	00:57:54.15	00:58:13.15	+00:25:13 (43.6%)	5:47	10.4 (56.5%)
332	BRZOZOWSKI Jarosław	22	BRZOZA TRI TEAM	M5	32			BRZOZA TRI TEAM	00:00:25	00:29:26	00:57:56.55	00:58:22.45	+00:25:16 (43.6%)	5:47	10.4 (56.5%)
333	MODRZEJEWSKI Grzegorz	383		M4	88				00:00:20	00:29:02	00:58:02.20	00:58:22.45	+00:25:21 (43.7%)	5:48	10.3 (56.0%)
334	ŻARKOWSKI Krzysztof	179	KABEL TEAM BYDGOSZCZ	M4	89			Kabel Team Bydgoszcz	00:00:12	00:28:34	00:58:07.35	00:58:19.60	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
335	BIAŁOŁOCKA Patrycja	174	KB LECH RYPIN	K2	11			Białobłoccy	00:00:24	00:29:13	00:58:07.45	00:58:32.05	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
336	BIAŁOŁOCKI Marek	173	KB LECH RYPIN	M3	124			Białobłoccy	00:00:24	00:29:13	00:58:07.60	00:58:32.20	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
337	GÓRSKA Joanna	362		K3	20				00:00:13	00:28:26	00:58:14.75	00:58:28.45	+00:25:34 (43.9%)	5:49	10.3 (56.0%)
338	LISIECKI Jacek	92		M4	90				00:00:26	00:29:59	00:58:18.15	00:58:44.40	+00:25:37 (44.0%)	5:49	10.3 (56.0%)
339	BUDZIAK Bartosz	129		M4	91				00:00:14	00:29:22	00:58:20.45	00:58:34.60	+00:25:40 (44.0%)	5:50	10.3 (56.0%)
340	GIERACH Krzysztof	165		M6	11				00:00:18	00:29:44	00:58:23.80	00:58:42.50	+00:25:43 (44.1%)	5:50	10.3 (56.0%)
341	ŁUGOWSKA Agnieszka	79		K4	9			Ługowscy	00:00:26	00:29:40	00:58:30.10	00:58:56.40	+00:25:49 (44.2%)	5:51	10.3 (56.0%)
342	GUDELL Radosław	297	MODERATOR INWESTYCJE	M4	92				00:00:06	00:28:00	00:58:45.95	00:58:52.30	+00:26:05 (44.4%)	5:52	10.2 (55.4%)
343	LONG-KUCHARCZYK Setha	59		K4	10			Kucharczyk	00:00:18	00:28:56	00:58:46.95	00:59:05.00	+00:26:06 (44.4%)	5:52	10.2 (55.4%)
344	WOŁOSZYN Kazimierz	13	ROWEROWA BRZOZA/BRZOZA BIEGA	M5	33				00:00:16	00:27:31	00:58:49.15	00:59:05.75	+00:26:08 (44.5%)	5:52	10.2 (55.4%)
345	CZYŻEWSKA Justyna	150		K3	21				00:00:24	00:29:17	00:58:55.10	00:59:19.20	+00:26:14 (44.5%)	5:53	10.2 (55.4%)
346	BRZOZOWSKI Piotr	24	BRZOZA TRI TEAM	M2	29			Brzoza Biega	00:00:25	00:29:30	00:59:08.55	00:59:34.35	+00:26:28 (44.8%)	5:54	10.1 (54.9%)
347	JAŹDŻEWSKA Alicja	305		K3	22				00:00:13	00:29:23	00:59:12.05	00:59:25.90	+00:26:31 (44.8%)	5:55	10.1 (54.9%)
348	BEKUS Klaudia	392		K2	12				00:00:21	00:29:34	00:59:16.20	00:59:37.70	+00:26:35 (44.9%)	5:55	10.1 (54.9%)
349	GĘSICKI Mateusz	84		M3	125				00:00:24	00:29:42	00:59:25.85	00:59:50.25	+00:26:45 (45.0%)	5:56	10.1 (54.9%)
350	MOROSZCZAK Dominika	280	SPÓJNIA BIAŁE BŁOTA	K3	23		Moroszczak	SPÓJNIA BIAŁE BŁOTA	00:00:22	00:29:25	00:59:37.80	01:00:00.70	+00:26:57 (45.2%)	5:57	10.1 (54.9%)
351	ZILLMANN Tadeusz	332	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	126	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:28:50	00:59:39.15	00:59:53.90	+00:26:58 (45.2%)	5:57	10.1 (54.9%)
352	CZARNECKA Monika	273	BRZOZA BIEGA	K3	24		Czarneccy	Brzoza Biega	00:00:23	00:29:31	00:59:45.70	01:00:08.85	+00:27:05 (45.3%)	5:58	10 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
353	BORDON Krzysztof	134		M3	127				00:00:05	00:28:48	00:59:46.90	00:59:52.25	+00:27:06 (45.3%)	5:58	10 (54.3%)
354	ANDRZEJEWSKA Sylwia	427		K2	13				00:00:16	00:28:38	00:59:49.60	01:00:06.20	+00:27:09 (45.4%)	5:59	10 (54.3%)
355	GŁOWACKI Marcin	144	IKS KARATE	M3	128				00:00:04	00:29:54	01:00:17.10	01:00:21.85	+00:27:36 (45.8%)	6:01	10 (54.3%)
356	MALATYŃSKA Barbara	33		K4	11				00:00:23	00:30:35	01:00:26.50	01:00:50.25	+00:27:46 (45.9%)	6:02	9.9 (53.8%)
357	MIELCAREK Zdzisław	1	BRZOZA BIEGA	M7+	1			Brzoza Biega	00:00:22	00:30:02	01:00:27.95	01:00:50.85	+00:27:47 (46.0%)	6:02	9.9 (53.8%)
358	AUGUSTYNOWICZ Aurelia	233	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	K4	12	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:19	00:29:32	01:00:28.75	01:00:48.10	+00:27:48 (46.0%)	6:02	9.9 (53.8%)
359	GAŚSIOROWSKI Robert	113	RUN BYDGOSZCZ	M4	93			Run Bdg	00:00:14	00:29:08	01:00:33.45	01:00:48.00	+00:27:53 (46.0%)	6:03	9.9 (53.8%)
360	KOŻUCHOWSKA Katarzyna	114	RUN BYDGOSZCZ	K4	13			Run Bdg	00:00:13	00:29:09	01:00:33.95	01:00:47.90	+00:27:53 (46.1%)	6:03	9.9 (53.8%)
361	GANCKOWSKI Piotr	45		M5	34				00:00:19	00:30:29	01:01:15.75	01:01:35.60	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
362	KOWALSKA Agnieszka	152	KOWALE TEAM	K3	25				00:00:15	00:30:09	01:01:36.60	01:01:52.35	+00:28:56 (47.0%)	6:09	9.7 (52.7%)
363	ISKRA Jacek	187		M4	94	KWP BYDGOSZCZ			00:00:25	00:28:52	01:01:39.50	01:02:04.60	+00:28:59 (47.0%)	6:09	9.7 (52.7%)
364	KWARCZEWSKI Mirosław	102	KWARCZEWSCY	M3	129		Kwarczewscy		00:00:17	00:29:32	01:01:58.25	01:02:16.20	+00:29:17 (47.3%)	6:11	9.7 (52.7%)
365	DAŃCZUK Agnieszka	300		K4	14				00:00:19	00:30:07	01:02:06.10	01:02:25.10	+00:29:25 (47.4%)	6:12	9.7 (52.7%)
366	STYPCZYŃSKA Natalia	238		K2	14				00:00:25	00:29:55	01:02:09.10	01:02:34.55	+00:29:28 (47.4%)	6:12	9.7 (52.7%)
367	HARACEWIAT Cezary	368	JFTC SU	M5	35	JFTC SU			00:00:17	00:29:43	01:02:21.30	01:02:38.75	+00:29:41 (47.6%)	6:14	9.6 (52.2%)
368	ŁUGOWSKA Daria	80		K3	26		Ługowscy		00:00:26	00:29:57	01:02:26.65	01:02:53.15	+00:29:46 (47.7%)	6:14	9.6 (52.2%)
369	MOCZADŁO Maria	408		K4	15				00:00:19	00:31:06	01:02:33.65	01:02:53.15	+00:29:53 (47.8%)	6:15	9.6 (52.2%)
370	BUKOWSKI Rafał	327		M4	95		Bukowski		00:00:15	00:31:06	01:03:20.25	01:03:36.00	+00:30:39 (48.4%)	6:20	9.5 (51.6%)
371	KAWALERSKI Krzysztof	51	BRZOZA BIEGA	M4	96				00:00:14	00:31:08	01:03:21.45	01:03:35.90	+00:30:41 (48.4%)	6:20	9.5 (51.6%)
372	DZIĘGIELEWSKA Grażyna	320	TORUŃ	K5+	4				00:00:19	00:31:06	01:04:19.50	01:04:39.10	+00:31:39 (49.2%)	6:26	9.3 (50.5%)
373	CZYŻEWSKI Sebastian	100		M4	97				00:00:27	00:31:39	01:04:37.55	01:05:05.20	+00:31:57 (49.4%)	6:27	9.3 (50.5%)
374	CZYŻEWSKA Bernadeta	99		K3	27				00:00:26	00:31:40	01:04:37.95	01:05:04.90	+00:31:57 (49.5%)	6:27	9.3 (50.5%)
375	GRABOWSKI Piotr	336	BRZOZA BIEGA	M4	98				00:00:23	00:30:51	01:04:40.95	01:05:04.35	+00:32:00 (49.5%)	6:28	9.3 (50.5%)
376	REMUS Sandra	312		K1	3				00:00:24	00:30:36	01:04:52.30	01:05:16.30	+00:32:12 (49.6%)	6:29	9.2 (50.0%)
377	ANASZEWICZ Marzena	132		K4	16				00:00:24	00:31:40	01:06:25.75	01:06:49.85	+00:33:45 (50.8%)	6:38	9 (48.9%)
378	KUFEL Łukasz	430		M2	30				00:00:25	00:33:59	01:06:39.85	01:07:05.80	+00:33:59 (51.0%)	6:40	9 (48.9%)
379	PALKA Robert	429		M3	130				00:00:25	00:33:59	01:06:40.25	01:07:06.20	+00:33:59 (51.0%)	6:40	9 (48.9%)
380	GROCHOWIAK Karolina	49	ŚLIMAKI BARCIN	K3	28				00:00:06	00:32:05	01:06:59.85	01:07:06.20	+00:34:19 (51.2%)	6:42	9 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
381	JASEWICZ Tadeusz	284	NIEZRZESZONY	M6	12	WK KWP w Bydgoszczy			00:00:09	00:30:30	01:07:30.20	01:07:39.50	+00:34:49 (51.6%)	6:45	8.9 (48.4%)
382	GRABOWSKA Lucyna	335	BRZOZA BIEGA	K4	17				00:00:23	00:32:54	01:07:31.55	01:07:54.55	+00:34:51 (51.6%)	6:45	8.9 (48.4%)
383	KUBIAK Agata	195		K4	18	KWP BYDGOSZCZ			00:00:10	00:31:35	01:08:32.00	01:08:42.20	+00:35:51 (52.3%)	6:51	8.8 (47.8%)
384	BIELASZEWSKA Agnieszka	105		K4	19				00:00:06	00:33:06	01:08:40.05	01:08:46.50	+00:35:59 (52.4%)	6:52	8.7 (47.3%)
385	BRZozowski Krzysztof	60		M3	131				00:00:18	00:32:36	01:09:02.90	01:09:21.25	+00:36:22 (52.7%)	6:54	8.7 (47.3%)
386	RASSALSKA-KAUSA Jola	354		K3	29				00:00:16	00:32:24	01:10:49.35	01:11:05.35	+00:38:09 (53.9%)	7:04	8.5 (46.2%)
387	WIŚNIEWSKA Elżbieta	147	BRZOZA BIEGA	K5+	5		Wiśniewski	Brzoza Biega	00:00:23	00:34:20	01:11:11.95	01:11:35.65	+00:38:31 (54.1%)	7:07	8.4 (45.7%)
388	SYNAKIEWICZ Marcin	29	ES-TEAM	M3	132		Synakiewicz	Es-Team	00:00:21	00:33:50	01:12:11.25	01:12:32.60	+00:39:30 (54.7%)	7:13	8.3 (45.1%)
389	MALINOWSKA Agata	424		Rodziny	1		Malinowscy Agata i Marcin		00:00:04	00:36:06	01:12:46.40	01:12:50.85	+00:40:06 (55.1%)	7:16	8.2 (44.6%)
390	ZUPA Martyna	107	BRZOZA BIEGA	K1	4		Zupa		00:00:15	00:34:09	01:13:30.95	01:13:46.30	+00:40:50 (55.6%)	7:21	8.2 (44.6%)
391	STEFANKO-SKOŁECKA Anna	450		K2	15		Stefanko		00:00:22	00:32:30	01:13:31.65	01:13:53.90	+00:40:51 (55.6%)	7:21	8.2 (44.6%)
392	STEFANKO Grzegorz	444		M5	36		Stefanko		00:00:22	00:32:30	01:13:32.45	01:13:54.75	+00:40:52 (55.6%)	7:21	8.2 (44.6%)
393	KUJAWA Mateusz	202		M3	133	KWP BYDGOSZCZ			00:00:09	00:36:13	01:14:17.75	01:14:26.80	+00:41:37 (56.0%)	7:25	8.1 (44.0%)
394	PYRZANOWSKI Krzysztof	203		M4	99	KWP BYDGOSZCZ			00:00:08	00:36:14	01:14:19.40	01:14:28.20	+00:41:39 (56.0%)	7:26	8.1 (44.0%)
395	KUCHARCZYK Agnieszka	382		K2	16		Kucharczyk		00:00:27	00:38:01	01:15:43.40	01:16:10.85	+00:43:03 (56.9%)	7:34	7.9 (42.9%)
396	MAŃKA Maciej	420		M2	31				00:00:11	00:37:04	01:17:02.25	01:17:13.40	+00:44:21 (57.6%)	7:42	7.8 (42.4%)
397	KULPIŃSKA Emilia	421		K1	5				00:00:10	00:37:05	01:17:02.35	01:17:13.20	+00:44:22 (57.6%)	7:42	7.8 (42.4%)
398	MAŁAWA Kasia	374	BENEFITKSO	K2	17				00:00:25	00:38:32	01:18:14.95	01:18:40.10	+00:45:34 (58.2%)	7:49	7.7 (41.8%)

Znaleziono 398 wynik(ów)