



# 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	<b>KABAT Damian</b>	<b>5</b>	WMLKSPOMORZE STARGARD	M2	1	12 BZ			00:00:01	00:16:29	<b>00:32:40.30</b>	<b>00:32:41.40</b>		3:16	18.4 (100%)
2	<b>NARTOWSKI Kamil</b>	<b>434</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	1	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:01	00:16:29	<b>00:33:49.25</b>	<b>00:33:50.85</b>	+00:01:08 (3.4%)	3:22	17.7 (96.2%)
3	<b>KOŚMIEJA Marcin</b>	<b>403</b>	TKKF KOLEJARZ BYDGOSZCZ	M3	2			TKKF Kolejarz Bydgoszcz	00:00:01	00:17:49	<b>00:34:45.95</b>	<b>00:34:47.90</b>	+00:02:05 (6.0%)	3:28	17.3 (94.0%)
4	<b>KRYSKE Bartosz</b>	<b>4</b>	SPÓJNIA BIAŁE BŁOTA	M3	3	JW 2980 Braniewo	Kryske	SPÓJNIA BIAŁE BŁOTA	00:00:01	00:17:49	<b>00:34:54.85</b>	<b>00:34:56.80</b>	+00:02:14 (6.4%)	3:29	17.2 (93.5%)
5	<b>TUCZYŃSKI Sylwester</b>	<b>50</b>	BYDGOSKIE OKONIE	M2	2			Bydgoskie Okonie	00:00:01	00:17:49	<b>00:35:04.60</b>	<b>00:35:06.05</b>	+00:02:24 (6.9%)	3:30	17.1 (92.9%)
6	<b>WIWATOWSKI Michał</b>	<b>109</b>		M3	4				00:00:02	00:18:35	<b>00:36:39.35</b>	<b>00:36:41.85</b>	+00:03:59 (10.9%)	3:39	16.4 (89.1%)
7	<b>MUDZIEJEWSKI Jarosław</b>	<b>419</b>	TKKF KOLEJARZ BYDGOSZCZ	M4	1			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:30	<b>00:36:49.25</b>	<b>00:36:51.70</b>	+00:04:08 (11.3%)	3:40	16.3 (88.6%)
8	<b>JARANOWSKI Andrzej</b>	<b>398</b>	TKKF KOLEJARZ BYDGOSZCZ	M2	3			TKKF Kolejarz Bydgoszcz	00:00:01	00:18:17	<b>00:37:11.75</b>	<b>00:37:13.20</b>	+00:04:31 (12.2%)	3:43	16.1 (87.5%)
9	<b>DEPTUŁA Grzegorz</b>	<b>229</b>	VII LO BYDGOSZCZ	M3	5				00:00:03	00:19:05	<b>00:37:32.95</b>	<b>00:37:36.45</b>	+00:04:52 (13.0%)	3:45	16 (87.0%)
10	<b>KOWALCZYK Marek</b>	<b>10</b>		M3	6	KWP BYDGOSZCZ			00:00:01	00:18:42	<b>00:37:34.25</b>	<b>00:37:35.90</b>	+00:04:53 (13.0%)	3:45	16 (87.0%)
11	<b>NIEDZIAŁKOWSKI Patryk</b>	<b>163</b>	BYDGOSKIE OKONIE	M2	4			Bydgoskie Okonie	00:00:01	00:18:50	<b>00:37:37.85</b>	<b>00:37:39.60</b>	+00:04:57 (13.2%)	3:45	15.9 (86.4%)
12	<b>JAGIEŁA Jarosław</b>	<b>20</b>	TKKF KOLEJARZ BYDGOSZCZ	M4	2			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:48	<b>00:37:43.30</b>	<b>00:37:45.75</b>	+00:05:03 (13.4%)	3:46	15.9 (86.4%)
13	<b>MACZYŃSKI Grzegorz</b>	<b>9</b>	TKKF KOLEJARZ BYDGOSZCZ	M5	1			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:48	<b>00:37:59.05</b>	<b>00:38:01.20</b>	+00:05:18 (14.0%)	3:47	15.8 (85.9%)
14	<b>ŻAL Robert</b>	<b>184</b>	SPÓJNIA BIAŁE BŁOTA	M3	7	JFTC SU		SPÓJNIA BIAŁE BŁOTA	00:00:01	00:19:05	<b>00:38:11.90</b>	<b>00:38:13.65</b>	+00:05:31 (14.5%)	3:49	15.7 (85.3%)
15	<b>SZYSZKA Mariusz</b>	<b>108</b>	SPÓJNIA BIAŁE BŁOTA	M3	8			SPÓJNIA BIAŁE BŁOTA	00:00:03	00:19:19	<b>00:38:15.90</b>	<b>00:38:19.50</b>	+00:05:35 (14.6%)	3:49	15.7 (85.3%)
16	<b>GROCHOWIAK Piotr</b>	<b>135</b>	ŚLIMAKI BARCIN	M3	9				00:00:04	00:19:18	<b>00:38:20.95</b>	<b>00:38:24.95</b>	+00:05:40 (14.8%)	3:50	15.7 (85.3%)
17	<b>STACHOWICZ Wiesław</b>	<b>8</b>	BRZOZA BIEGA	M4	3	IWsp SZ Bydgoszcz		Brzoza Biega	00:00:01	00:19:21	<b>00:38:23.70</b>	<b>00:38:25.65</b>	+00:05:43 (14.9%)	3:50	15.6 (84.8%)
18	<b>WOLNY Piotr</b>	<b>12</b>	BRZOZA BIEGA	M5	2			Brzoza Biega	00:00:02	00:19:13	<b>00:38:25.40</b>	<b>00:38:28.00</b>	+00:05:45 (15.0%)	3:50	15.6 (84.8%)
19	<b>BANDOCH Mariusz</b>	<b>197</b>		M4	4	KWP BYDGOSZCZ			00:00:03	00:19:25	<b>00:38:30.70</b>	<b>00:38:34.55</b>	+00:05:50 (15.2%)	3:51	15.6 (84.8%)
20	<b>BRZEZIŃSKA Aleksandra</b>	<b>294</b>		K2	1				00:00:01	00:19:31	<b>00:38:32.70</b>	<b>00:38:34.00</b>	+00:05:52 (15.2%)	3:51	15.6 (84.8%)
21	<b>BIAŁEK Dawid</b>	<b>207</b>		M2	5	KWP BYDGOSZCZ			00:00:01	00:19:05	<b>00:38:37.35</b>	<b>00:38:39.00</b>	+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	<b>JAGODZIŃSKI Mateusz</b>	<b>41</b>	BYDGOSKIE OKONIE	M2	6		Jagodzińscy	Bydgoskie Okonie	00:00:02	00:19:25	<b>00:38:38.10</b>	<b>00:38:40.40</b>	+00:05:57 (15.4%)	3:51	15.5 (84.2%)
23	<b>MRUK Tomasz</b>	<b>240</b>	CZARNE STOPY.SM	M4	5	Straż Miejska Bydgoszcz			00:00:02	00:19:27	<b>00:38:39.60</b>	<b>00:38:41.90</b>	+00:05:59 (15.5%)	3:51	15.5 (84.2%)
24	<b>BALCERZAK Marcin</b>	<b>262</b>	33. BLTR POWIDZ	M4	6	33. BLTr Powidz			00:00:04	00:19:26	<b>00:38:47.95</b>	<b>00:38:52.05</b>	+00:06:07 (15.8%)	3:52	15.5 (84.2%)
25	<b>DUCHIŃSKI Wojciech</b>	<b>44</b>	BRZOZA BIEGA	M4	7	IWsp SZ Bydgoszcz		Brzoza Biega	00:00:02	00:19:28	<b>00:39:08.20</b>	<b>00:39:10.40</b>	+00:06:27 (16.5%)	3:54	15.3 (83.2%)
26	<b>WAWRZYŃIAK Dominik</b>	<b>68</b>	DART TAVERNA NAKŁO	M1	1				00:00:05	00:19:58	<b>00:39:08.60</b>	<b>00:39:14.00</b>	+00:06:28 (16.5%)	3:54	15.3 (83.2%)
27	<b>KARASZEWSKI Norbert</b>	<b>285</b>		M2	7				00:00:06	00:19:26	<b>00:39:16.40</b>	<b>00:39:22.50</b>	+00:06:36 (16.8%)	3:55	15.3 (83.2%)
28	<b>SOWA Wojciech</b>	<b>237</b>		M4	8	CSAIU	Sowa		00:00:02	00:19:31	<b>00:39:21.30</b>	<b>00:39:23.50</b>	+00:06:41 (17.0%)	3:56	15.2 (82.6%)
29	<b>KRYSKE Mariusz</b>	<b>95</b>	SPÓJNIA BIAŁE BŁOTA	M3	10		Kryske	SPÓJNIA BIAŁE BŁOTA	00:00:03	00:19:28	<b>00:39:22.35</b>	<b>00:39:25.55</b>	+00:06:42 (17.0%)	3:56	15.2 (82.6%)
30	<b>ŚLIWIŃSKI Dariusz</b>	<b>205</b>		M2	8	KWP BYDGOSZCZ			00:00:04	00:19:52	<b>00:39:23.10</b>	<b>00:39:27.30</b>	+00:06:42 (17.0%)	3:56	15.2 (82.6%)
31	<b>KUŚNIEREK Bartosz</b>	<b>385</b>	PAŁUKI RUNNING TEAM	M2	9				00:00:04	00:19:51	<b>00:39:23.30</b>	<b>00:39:27.35</b>	+00:06:43 (17.1%)	3:56	15.2 (82.6%)
32	<b>DANIELEWSKI Mariusz</b>	<b>6</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	11	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:19:28	<b>00:39:23.55</b>	<b>00:39:29.25</b>	+00:06:43 (17.1%)	3:56	15.2 (82.6%)
33	<b>BRZOZOWSKI Szymon</b>	<b>341</b>	WIKA POLSKA	M3	12				00:00:09	00:19:25	<b>00:39:27.50</b>	<b>00:39:36.70</b>	+00:06:47 (17.2%)	3:56	15.2 (82.6%)
34	<b>LIWAK Tomasz</b>	<b>345</b>	3 REGIONALNA BAZA LOGISTYCZNA KRAKÓW	M3	13	3 Regionalna Baza Logistyczna			00:00:03	00:19:45	<b>00:39:47.05</b>	<b>00:39:50.30</b>	+00:07:06 (17.9%)	3:58	15.1 (82.1%)
35	<b>DĘBSKI Włodzimierz</b>	<b>435</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M4	9	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:19:55	<b>00:39:52.90</b>	<b>00:39:58.10</b>	+00:07:12 (18.1%)	3:59	15 (81.5%)
36	<b>SPYCHALSKI Waldemar</b>	<b>264</b>		M4	10				00:00:04	00:19:56	<b>00:39:59.20</b>	<b>00:40:03.40</b>	+00:07:18 (18.3%)	3:59	15 (81.5%)
37	<b>LEWANDOWSKI Jacek</b>	<b>351</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	14	2 Pułk Inżynieryjny Inowrocław			00:00:08	00:20:06	<b>00:40:09.65</b>	<b>00:40:18.20</b>	+00:07:29 (18.6%)	4:01	14.9 (81.0%)
38	<b>SOBIERSKI Rafał</b>	<b>89</b>		M4	11				00:00:06	00:20:10	<b>00:40:18.10</b>	<b>00:40:24.20</b>	+00:07:37 (18.9%)	4:01	14.9 (81.0%)
39	<b>ETTINGER Paweł</b>	<b>407</b>		M2	10				00:00:03	00:19:39	<b>00:40:29.05</b>	<b>00:40:32.65</b>	+00:07:48 (19.3%)	4:02	14.8 (80.4%)
40	<b>MARKOWSKI Artur</b>	<b>437</b>	12 WOG	M3	15	12 WOG			00:00:03	00:20:10	<b>00:40:37.85</b>	<b>00:40:41.20</b>	+00:07:57 (19.6%)	4:03	14.8 (80.4%)
41	<b>TARASKA Marcin</b>	<b>412</b>	ŚLIMAKI BARCIN	M3	16			ŚLIMAKI BARCIN	00:00:04	00:19:57	<b>00:40:39.15</b>	<b>00:40:43.60</b>	+00:07:58 (19.6%)	4:03	14.8 (80.4%)
42	<b>LIHS Tadeusz</b>	<b>161</b>	MISJONARZE KLARETYNI C.M.F.	M5	3				00:00:03	00:20:31	<b>00:40:41.25</b>	<b>00:40:44.75</b>	+00:08:00 (19.7%)	4:04	14.7 (79.9%)
43	<b>GRALIK Jędrzej</b>	<b>47</b>	BYDGOSKIE OKONIE	M2	11		Gralik	Bydgoskie Okonie	00:00:04	00:20:08	<b>00:40:57.90</b>	<b>00:41:02.50</b>	+00:08:17 (20.2%)	4:05	14.6 (79.3%)
44	<b>CHRZAŚCZ Bartosz</b>	<b>377</b>		M1	2				00:00:11	00:20:28	<b>00:41:15.65</b>	<b>00:41:26.85</b>	+00:08:35 (20.8%)	4:07	14.5 (78.8%)
45	<b>LEWANDOWSKI Rafał</b>	<b>230</b>	B4SPORT.PL	M3	17				00:00:07	00:20:41	<b>00:41:16.05</b>	<b>00:41:23.90</b>	+00:08:35 (20.8%)	4:07	14.5 (78.8%)
46	<b>KOPEĆ Waldemar</b>	<b>344</b>	3RBLOG	M4	12	3 Regionalna Baza Logistyczna			00:00:07	00:20:53	<b>00:41:17.95</b>	<b>00:41:25.85</b>	+00:08:37 (20.9%)	4:07	14.5 (78.8%)
47	<b>JABŁOŃSKA Natalia</b>			K1	1				00:00:11	00:20:46	<b>00:41:21.05</b>	<b>00:41:32.65</b>	+00:08:40 (21.0%)	4:08	14.5 (78.8%)
48	<b>WALKUSZ Marek</b>	<b>139</b>	BRZOZA BIEGA	M5	4			Brzoza Biega	00:00:03	00:20:46	<b>00:41:21.75</b>	<b>00:41:24.95</b>	+00:08:41 (21.0%)	4:08	14.5 (78.8%)
49	<b>CZARNECKI Grzegorz</b>	<b>302</b>	BRZOZA BIEGA	M3	18		Czarneccy	Brzoza Biega	00:00:03	00:20:51	<b>00:41:23.85</b>	<b>00:41:26.90</b>	+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	<b>KLOSKOWSKI Adam</b>	<b>125</b>	IWSP SZ BYDGOSZCZ	M3	19	IWsp SZ Bydgoszcz			00:00:04	00:20:49	<b>00:41:24.75</b>	<b>00:41:29.10</b>	+00:08:44 (21.1%)	4:08	14.5 (78.8%)
51	<b>TAMBORSKI Grzegorz</b>	<b>353</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	20	2 Pułk Inżynieryjny Inowrocław			00:00:04	00:20:30	<b>00:41:25.95</b>	<b>00:41:29.95</b>	+00:08:45 (21.1%)	4:08	14.5 (78.8%)
52	<b>CICHOŃCZUK Antoni</b>	<b>2</b>	AKADEMIA MARYNARKI WOJENNEJ	M6	1	Akademia Marynarki Wojennej			00:00:02	00:20:49	<b>00:41:33.70</b>	<b>00:41:36.45</b>	+00:08:53 (21.4%)	4:09	14.4 (78.3%)
53	<b>STANIEC Tomasz</b>	<b>130</b>		M4	13				00:00:11	00:20:48	<b>00:41:35.30</b>	<b>00:41:46.50</b>	+00:08:55 (21.4%)	4:09	14.4 (78.3%)
54	<b>KUŁAKOWSKI Krzysztof</b>	<b>281</b>	RUN PASJA BYDGOSZCZ	M3	21				00:00:04	00:20:31	<b>00:41:39.40</b>	<b>00:41:44.20</b>	+00:08:59 (21.6%)	4:10	14.4 (78.3%)
55	<b>WAŁĘZA Hubert</b>	<b>201</b>		M2	12	KWP BYDGOSZCZ			00:00:09	00:20:49	<b>00:41:46.45</b>	<b>00:41:55.75</b>	+00:09:06 (21.8%)	4:10	14.4 (78.3%)
56	<b>SKARBEEK Marek</b>	<b>234</b>		M4	14				00:00:11	00:20:49	<b>00:41:49.80</b>	<b>00:42:01.25</b>	+00:09:09 (21.9%)	4:11	14.3 (77.7%)
57	<b>LIS Piotr</b>	<b>326</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	22	Geografia Wojskowa JW 1440 Toruń			00:00:02	00:20:29	<b>00:41:51.20</b>	<b>00:41:53.70</b>	+00:09:10 (21.9%)	4:11	14.3 (77.7%)
58	<b>NITKA Dawid</b>	<b>71</b>		M1	3		Nitka		00:00:02	00:20:30	<b>00:41:59.85</b>	<b>00:42:02.65</b>	+00:09:19 (22.2%)	4:12	14.3 (77.7%)
59	<b>WDOWCZYK Piotr</b>	<b>356</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	23	2 Pułk Inżynieryjny Inowrocław			00:00:08	00:20:27	<b>00:42:00.25</b>	<b>00:42:09.15</b>	+00:09:19 (22.2%)	4:12	14.3 (77.7%)
60	<b>CZARNECKI Piotr</b>	<b>274</b>	BRZOZA BIEGA	M3	24		Czarnecky	Brzoza Biega	00:00:03	00:21:04	<b>00:42:12.10</b>	<b>00:42:15.15</b>	+00:09:31 (22.6%)	4:13	14.2 (77.2%)
61	<b>TUCHOLSKI Bartłomiej</b>	<b>63</b>	BYDGOSKIE OKONIE	M2	13			Bydgoskie Okonie	00:00:07	00:20:37	<b>00:42:19.60</b>	<b>00:42:27.20</b>	+00:09:39 (22.8%)	4:14	14.2 (77.2%)
62	<b>WIŚNIEWSKI Zbigniew</b>	<b>146</b>	BRZOZA BIEGA	M5	5		Wiśniewski	Brzoza Biega	00:00:01	00:21:23	<b>00:42:23.00</b>	<b>00:42:24.80</b>	+00:09:42 (22.9%)	4:14	14.2 (77.2%)
63	<b>ZBOIŃSKI Filip</b>	<b>210</b>	R2G / TKKF KOLEJARZ BYDGOSZCZ	M3	25				00:00:13	00:21:48	<b>00:42:24.25</b>	<b>00:42:37.60</b>	+00:09:43 (23.0%)	4:14	14.2 (77.2%)
64	<b>MEYER Marek</b>	<b>423</b>	RUN BYDGOSZCZ	M4	15				00:00:03	00:21:05	<b>00:42:25.05</b>	<b>00:42:28.40</b>	+00:09:44 (23.0%)	4:14	14.1 (76.6%)
65	<b>KMITTA Leszek</b>	<b>128</b>	JANUSZE JOGGINGU	M2	14			JANUSZE JOGGINGU	00:00:10	00:21:23	<b>00:42:26.60</b>	<b>00:42:36.80</b>	+00:09:46 (23.0%)	4:14	14.1 (76.6%)
66	<b>PAWŁOWSKI Radosław</b>	<b>182</b>	JFTC SU	M4	16	JFTC SU	PAWŁOWSKI		00:00:06	00:21:24	<b>00:42:31.70</b>	<b>00:42:38.35</b>	+00:09:51 (23.2%)	4:15	14.1 (76.6%)
67	<b>DAŃCZUK Jerzy</b>	<b>301</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	6	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:07	00:21:39	<b>00:42:34.55</b>	<b>00:42:41.85</b>	+00:09:54 (23.3%)	4:15	14.1 (76.6%)
68	<b>GRUBA Marek</b>	<b>313</b>		M2	15		Gruba		00:00:04	00:21:17	<b>00:42:35.05</b>	<b>00:42:39.50</b>	+00:09:54 (23.3%)	4:15	14.1 (76.6%)
69	<b>ZAKURZEWSKI Tomasz</b>	<b>136</b>	BRZOZA BIEGA	M4	17			Brzoza Biega	00:00:08	00:21:15	<b>00:42:35.60</b>	<b>00:42:44.30</b>	+00:09:55 (23.3%)	4:15	14.1 (76.6%)
70	<b>ŚLUSARSKI Przemysław</b>	<b>157</b>	BRZozowa TEAM	M3	26				00:00:09	00:21:56	<b>00:42:43.45</b>	<b>00:42:53.35</b>	+00:10:03 (23.5%)	4:16	14 (76.1%)
71	<b>GOLARZ Tomasz</b>	<b>350</b>	2 PUŁK INŻYNIERYJNY INOWROCŁAW	M3	27	2 Pułk Inżynieryjny Inowrocław			00:00:09	00:21:25	<b>00:42:46.70</b>	<b>00:42:55.75</b>	+00:10:06 (23.6%)	4:16	14 (76.1%)
72	<b>NITKA Ireneusz</b>	<b>62</b>		M4	18	Służba Więzienna Z.K Potulice	Nitka		00:00:02	00:20:52	<b>00:42:56.65</b>	<b>00:42:59.45</b>	+00:10:16 (23.9%)	4:17	14 (76.1%)
73	<b>DZIEKAN Wojciech</b>	<b>176</b>	KABEL TEAM BYDGOSZCZ	M3	28			Kabel Team Bydgoszcz	00:00:05	00:22:01	<b>00:42:59.45</b>	<b>00:43:04.90</b>	+00:10:19 (24.0%)	4:17	14 (76.1%)
74	<b>WIŚNIEWSKI Leszek</b>	<b>286</b>		M4	19				00:00:08	00:21:24	<b>00:43:02.95</b>	<b>00:43:11.50</b>	+00:10:22 (24.1%)	4:18	13.9 (75.5%)
75	<b>MOROSZCZAK Bogumił</b>	<b>279</b>	SPÓJNIA BIAŁE BŁOTA	M4	20		Moroszczak	SPÓJNIA BIAŁE BŁOTA	00:00:03	00:21:20	<b>00:43:03.30</b>	<b>00:43:07.00</b>	+00:10:23 (24.1%)	4:18	13.9 (75.5%)
76	<b>GWITT Bartosz</b>	<b>410</b>		M3	29				00:00:04	00:21:23	<b>00:43:07.55</b>	<b>00:43:11.60</b>	+00:10:27 (24.2%)	4:18	13.9 (75.5%)
77	<b>MADURAJSKI Marcin</b>	<b>309</b>	IWSP SZ BYDGOSZCZ	M2	16	IWsp SZ Bydgoszcz			00:00:04	00:21:27	<b>00:43:10.85</b>	<b>00:43:15.50</b>	+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	<b>GOLINOWSKI Dariusz</b>	<b>55</b>	KOBYLARNIA	M4	21				00:00:08	00:21:39	<b>00:43:12.55</b>	<b>00:43:20.75</b>	+00:10:32 (24.4%)	4:19	13.9 (75.5%)
79	<b>PRZYBYLSKI Maciej</b>	<b>211</b>		M4	22				00:00:03	00:21:19	<b>00:43:14.90</b>	<b>00:43:18.60</b>	+00:10:34 (24.5%)	4:19	13.9 (75.5%)
80	<b>NOWAK Przemysław</b>	<b>277</b>	KABEL TEAM BYDGOSZCZ	M3	30			Kabel Team Bydgoszcz	00:00:05	00:22:01	<b>00:43:18.15</b>	<b>00:43:23.90</b>	+00:10:37 (24.6%)	4:19	13.9 (75.5%)
81	<b>SZERSZEŃ Kamil</b>	<b>231</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M3	31	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:21:05	<b>00:43:19.50</b>	<b>00:43:24.95</b>	+00:10:39 (24.6%)	4:19	13.9 (75.5%)
82	<b>KAZUBOWSKI Jacek</b>	<b>311</b>	45PLUS	M4	23				00:00:05	00:21:52	<b>00:43:23.05</b>	<b>00:43:28.30</b>	+00:10:42 (24.7%)	4:20	13.8 (75.0%)
83	<b>MAGDZIARZ Jakub</b>	<b>52</b>	KANCELARIA-HMM	M3	32				00:00:04	00:21:40	<b>00:43:25.05</b>	<b>00:43:29.95</b>	+00:10:44 (24.8%)	4:20	13.8 (75.0%)
84	<b>CZERWIŃSKI Michał</b>	<b>340</b>	12 WOG	M3	33	12 WOG			00:00:03	00:21:34	<b>00:43:25.70</b>	<b>00:43:29.25</b>	+00:10:45 (24.8%)	4:20	13.8 (75.0%)
85	<b>KOPCZANY Marcin</b>	<b>399</b>		M3	34			IWsp SZ Bydgoszcz	00:00:13	00:21:22	<b>00:43:33.65</b>	<b>00:43:46.70</b>	+00:10:53 (25.0%)	4:21	13.8 (75.0%)
86	<b>SYNAKIEWICZ Tomasz</b>	<b>251</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	35			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:08	00:21:51	<b>00:43:41.45</b>	<b>00:43:49.65</b>	+00:11:01 (25.2%)	4:22	13.7 (74.5%)
87	<b>BAZAK Cezary</b>	<b>269</b>	CDIS SZ	M5	7	Centrum Doktryn i Szkolenia SZ	Bazak		00:00:12	00:22:09	<b>00:43:43.30</b>	<b>00:43:55.70</b>	+00:11:03 (25.3%)	4:22	13.7 (74.5%)
88	<b>ŻEMOJTEL Paweł</b>	<b>324</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	36	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:22:07	<b>00:43:44.95</b>	<b>00:43:59.20</b>	+00:11:04 (25.3%)	4:22	13.7 (74.5%)
89	<b>NOGGA Marek</b>	<b>186</b>	KWP BYDGOSZCZ	M3	37	KWP BYDGOSZCZ			00:00:07	00:21:15	<b>00:43:45.95</b>	<b>00:43:53.65</b>	+00:11:05 (25.3%)	4:22	13.7 (74.5%)
90	<b>SADOWSKI Jarosław</b>	<b>189</b>		M4	24	KWP BYDGOSZCZ			00:00:08	00:21:30	<b>00:43:46.00</b>	<b>00:43:54.25</b>	+00:11:05 (25.4%)	4:22	13.7 (74.5%)
91	<b>POKORSKI Tomasz</b>	<b>283</b>		M3	38	2. RWT SP			00:00:11	00:21:42	<b>00:43:48.80</b>	<b>00:44:00.10</b>	+00:11:08 (25.4%)	4:22	13.7 (74.5%)
92	<b>FRYCKOWSKI Adam</b>	<b>137</b>		M5	8				00:00:05	00:21:16	<b>00:43:52.40</b>	<b>00:43:57.85</b>	+00:11:12 (25.5%)	4:23	13.7 (74.5%)
93	<b>BONIECKI Piotr</b>	<b>325</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M4	25	Geografia Wojskowa JW 1440 Toruń			00:00:04	00:21:45	<b>00:43:54.35</b>	<b>00:43:58.70</b>	+00:11:14 (25.6%)	4:23	13.7 (74.5%)
94	<b>KOWALSKI Krzysztof</b>	<b>76</b>	KK KRUSZYN KRAJEŃSKI	M3	39				00:00:07	00:21:40	<b>00:43:57.75</b>	<b>00:44:05.15</b>	+00:11:17 (25.7%)	4:23	13.6 (73.9%)
95	<b>SZPOJDA Grzegorz</b>	<b>70</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	M3	40				00:00:02	00:21:46	<b>00:44:03.45</b>	<b>00:44:06.30</b>	+00:11:23 (25.8%)	4:24	13.6 (73.9%)
96	<b>JĘDRZEJCZYK Mikołaj</b>	<b>338</b>		M4	26				00:00:12	00:22:24	<b>00:44:08.40</b>	<b>00:44:21.00</b>	+00:11:28 (26.0%)	4:24	13.6 (73.9%)
97	<b>BŁĘDOWSKI Marcin</b>	<b>278</b>	PODGÓRZ TORUŃ	M4	27				00:00:21	00:22:45	<b>00:44:12.00</b>	<b>00:44:33.75</b>	+00:11:31 (26.1%)	4:25	13.6 (73.9%)
98	<b>BOBROWSKI Marcin</b>	<b>329</b>		M3	41				00:00:08	00:21:53	<b>00:44:19.80</b>	<b>00:44:27.90</b>	+00:11:39 (26.3%)	4:25	13.5 (73.4%)
99	<b>BUDZYŃSKI Tomasz</b>	<b>27</b>		M4	28				00:00:06	00:21:40	<b>00:44:19.85</b>	<b>00:44:26.15</b>	+00:11:39 (26.3%)	4:26	13.5 (73.4%)
100	<b>KUBIAK Sławomir</b>	<b>141</b>		M4	29				00:00:07	00:22:24	<b>00:44:35.15</b>	<b>00:44:42.80</b>	+00:11:54 (26.7%)	4:27	13.5 (73.4%)
101	<b>SZATTEN Dawid</b>	<b>358</b>		M3	42				00:00:07	00:22:00	<b>00:44:39.30</b>	<b>00:44:46.40</b>	+00:11:59 (26.8%)	4:27	13.4 (72.8%)
102	<b>PAWLACZYK Szymon</b>	<b>23</b>	TRISPACE	M3	43				00:00:06	00:22:59	<b>00:44:43.25</b>	<b>00:44:50.15</b>	+00:12:02 (26.9%)	4:28	13.4 (72.8%)
103	<b>GRAMZA Rafal</b>	<b>391</b>		M2	17				00:00:19	00:22:35	<b>00:44:44.50</b>	<b>00:45:03.50</b>	+00:12:04 (27.0%)	4:28	13.4 (72.8%)
104	<b>GRYCZKA Karol</b>	<b>31</b>	KPG TEAM	M1	4		Gryczka		00:00:09	00:22:56	<b>00:44:44.70</b>	<b>00:44:53.95</b>	+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	<b>GRECMAN Anna</b>	<b>116</b>	KOMENDA POWIATOWA POLICJI W INOWROCŁAWIU	K3	3	Komenda Powiatowa Policji w Inowrocławiu	siostry: Anna Grecman, Edyta Pietrzak		00:00:10	00:22:51	<b>00:46:18.80</b>	<b>00:46:28.90</b>	+00:13:38 (29.5%)	4:37	13 (70.7%)
135	<b>OCALEWSKI Jarek</b>	<b>304</b>		M4	37				00:00:10	00:23:02	<b>00:46:19.35</b>	<b>00:46:30.00</b>	+00:13:39 (29.5%)	4:38	12.9 (70.1%)
136	<b>PESTKA Przemysław</b>	<b>386</b>		M3	60				00:00:07	00:22:24	<b>00:46:20.80</b>	<b>00:46:28.45</b>	+00:13:40 (29.5%)	4:38	12.9 (70.1%)
137	<b>JAGODZIŃSKA Magdalena</b>	<b>40</b>	BYDGOSKIE OKONIE	K2	2		Jagodzińscy	Bydgoskie Okonie	00:00:07	00:23:22	<b>00:46:23.75</b>	<b>00:46:30.85</b>	+00:13:43 (29.6%)	4:38	12.9 (70.1%)
138	<b>GRALIK Kacper</b>	<b>34</b>	BYDGOSKIE OKONIE	M1	5		Gralik	Bydgoskie Okonie	00:00:00	00:22:16	<b>00:46:29.35</b>	<b>00:46:29.35</b>	+00:13:49 (29.7%)	4:38	12.9 (70.1%)
139	<b>KOŹMIŃSKA Maryla</b>	<b>7</b>	BRZOZA BIEGA	K3	4			Brzoza Biega	00:00:02	00:23:12	<b>00:46:31.85</b>	<b>00:46:34.40</b>	+00:13:51 (29.8%)	4:39	12.9 (70.1%)
140	<b>LEWANDOWSKI Filip</b>	<b>375</b>		M3	61				00:00:16	00:23:46	<b>00:46:33.20</b>	<b>00:46:49.50</b>	+00:13:52 (29.8%)	4:39	12.9 (70.1%)
141	<b>LEWANDOWSKI Rafał</b>	<b>28</b>	VENI, CUCURRI, VICI.	M3	62				00:00:10	00:23:04	<b>00:46:33.95</b>	<b>00:46:44.30</b>	+00:13:53 (29.8%)	4:39	12.9 (70.1%)
142	<b>DAWIDOWICZ Maciej</b>	<b>266</b>	BRZOZA BIEGA	M3	63				00:00:09	00:23:07	<b>00:46:38.50</b>	<b>00:46:47.60</b>	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
143	<b>ŁUGOWSKI Tomasz</b>	<b>78</b>	RUN BDG	M3	64		Ługowscy	Run Bdg	00:00:13	00:23:52	<b>00:46:41.95</b>	<b>00:46:55.35</b>	+00:14:01 (30.0%)	4:40	12.8 (69.6%)
144	<b>ZAJAC Marcin</b>	<b>318</b>	RUN PASJA	M4	38				00:00:04	00:22:59	<b>00:46:44.05</b>	<b>00:46:49.00</b>	+00:14:03 (30.1%)	4:40	12.8 (69.6%)
145	<b>KOŚCIELAK Maciej</b>	<b>422</b>	ŻANDARMI Z BYDGOSZCZY	M3	65	Oddział Żandarmerii Wojskowej w Bydgoszczy			00:00:11	00:23:48	<b>00:46:44.20</b>	<b>00:46:56.00</b>	+00:14:03 (30.1%)	4:40	12.8 (69.6%)
146	<b>MAJEWSKI Robert</b>	<b>357</b>	RUN PASJA BYDGOSZCZ	M3	66			RUN PASJA	00:00:16	00:24:53	<b>00:46:44.75</b>	<b>00:47:00.75</b>	+00:14:04 (30.1%)	4:40	12.8 (69.6%)
147	<b>KUTYŁA Krzysztof</b>	<b>131</b>	VII LICEUM OGÓLNOKSZTAŁCĄCE BYDGOSZCZ	M4	39				00:00:08	00:23:24	<b>00:46:48.75</b>	<b>00:46:57.60</b>	+00:14:08 (30.2%)	4:40	12.8 (69.6%)
148	<b>KOWALSKI Paweł</b>	<b>151</b>	KOWALE TEAM	M3	67				00:00:13	00:23:25	<b>00:46:49.25</b>	<b>00:47:02.70</b>	+00:14:08 (30.2%)	4:40	12.8 (69.6%)
149	<b>LEWICKI Konrad</b>	<b>43</b>	ŻANDARMI Z BYDGOSZCZY	M3	68	Oddział Żandarmerii Wojskowej w Bydgoszczy	Lewiccy		00:00:12	00:23:48	<b>00:46:50.00</b>	<b>00:47:02.70</b>	+00:14:09 (30.2%)	4:41	12.8 (69.6%)
150	<b>KLONOWSKI Mariusz</b>	<b>432</b>	PRIMIGENIUS	M3	69				00:00:06	00:22:22	<b>00:46:57.50</b>	<b>00:47:04.15</b>	+00:14:17 (30.4%)	4:41	12.8 (69.6%)
151	<b>GARDYZA Jacek</b>	<b>185</b>		M4	40	KWP BYDGOSZCZ			00:00:17	00:23:44	<b>00:47:05.90</b>	<b>00:47:23.00</b>	+00:14:25 (30.6%)	4:42	12.7 (69.0%)
152	<b>KOWALSKA Angelika</b>	<b>77</b>	RUN PASJA	K3	5			RUN PASJA	00:00:15	00:23:24	<b>00:47:08.20</b>	<b>00:47:24.00</b>	+00:14:27 (30.7%)	4:42	12.7 (69.0%)
153	<b>KIEŁCZYŃSKI Andrzej</b>	<b>292</b>	HUBSTA	M3	70				00:00:09	00:23:12	<b>00:47:10.70</b>	<b>00:47:20.40</b>	+00:14:30 (30.7%)	4:43	12.7 (69.0%)
154	<b>ŚWIĘCICKI Andrzej</b>	<b>164</b>		M4	41				00:00:13	00:23:49	<b>00:47:10.85</b>	<b>00:47:23.95</b>	+00:14:30 (30.8%)	4:43	12.7 (69.0%)
155	<b>ZAWIDZKI Mateusz</b>	<b>11</b>		M2	20				00:00:10	00:23:08	<b>00:47:18.95</b>	<b>00:47:29.40</b>	+00:14:38 (30.9%)	4:43	12.7 (69.0%)
156	<b>SUDOŁ Piotr</b>	<b>349</b>		M3	71				00:00:16	00:23:53	<b>00:47:22.70</b>	<b>00:47:38.85</b>	+00:14:42 (31.0%)	4:44	12.7 (69.0%)
157	<b>WALDA Łukasz</b>	<b>359</b>		M3	72	Służba Więzienna Z.K Potulice			00:00:04	00:23:47	<b>00:47:24.30</b>	<b>00:47:29.10</b>	+00:14:44 (31.1%)	4:44	12.7 (69.0%)
158	<b>NOWAK Rafał</b>	<b>364</b>	SPÓJNIA BIAŁE BŁOTA	M3	73				00:00:10	00:24:00	<b>00:47:28.55</b>	<b>00:47:39.50</b>	+00:14:48 (31.2%)	4:44	12.6 (68.5%)
159	<b>ROŹNIAKOWSKI Paweł</b>	<b>254</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	74			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:16	<b>00:47:31.40</b>	<b>00:47:39.30</b>	+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	<b>CZEPEK Aleksander</b>	<b>153</b>	BRZOZA BIEGA	M5	11			Brzoza Biega	00:00:03	00:23:14	<b>00:47:31.55</b>	<b>00:47:34.90</b>	+00:14:51 (31.3%)	4:45	12.6 (68.5%)
161	<b>WĘGRZYNOWSKI Sławomir</b>	<b>180</b>	KABEL TEAM BYDGOSZCZ	M4	42			Kabel Team Bydgoszcz	00:00:12	00:23:39	<b>00:47:39.35</b>	<b>00:47:52.10</b>	+00:14:59 (31.4%)	4:46	12.6 (68.5%)
162	<b>TUBAJA Albert</b>	<b>178</b>	KABEL TEAM BYDGOSZCZ	M4	43			Kabel Team Bydgoszcz	00:00:11	00:23:40	<b>00:47:40.70</b>	<b>00:47:52.10</b>	+00:15:00 (31.5%)	4:46	12.6 (68.5%)
163	<b>FOLERZYŃSKI Dawid</b>	<b>282</b>	SPÓJNIA BIAŁE BŁOTA	M1	6			SPÓJNIA BIAŁE BŁOTA	00:00:02	00:23:00	<b>00:47:43.55</b>	<b>00:47:45.70</b>	+00:15:03 (31.5%)	4:46	12.6 (68.5%)
164	<b>CICHOŃSKA-BAZAK Marzena</b>	<b>243</b>	CZARNE STOPY.SM	K4	1	Straż Miejska Bydgoszcz	Bazak		00:00:12	00:23:52	<b>00:47:44.20</b>	<b>00:47:56.50</b>	+00:15:03 (31.6%)	4:46	12.6 (68.5%)
165	<b>WYSOCKI Jerzy</b>	<b>241</b>	CZARNE STOPY.SM	M5	12	Straż Miejska Bydgoszcz			00:00:13	00:24:10	<b>00:47:52.25</b>	<b>00:48:06.05</b>	+00:15:11 (31.8%)	4:47	12.5 (67.9%)
166	<b>SIKORA Antoni</b>	<b>48</b>	ŻNIŃSKI KLUB BIEGACZA 1992	M6	2				00:00:09	00:23:32	<b>00:47:53.05</b>	<b>00:48:02.45</b>	+00:15:12 (31.8%)	4:47	12.5 (67.9%)
167	<b>AUGUSTYNOWICZ Andrzej</b>	<b>232</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M4	44	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:16	00:24:19	<b>00:47:54.70</b>	<b>00:48:11.10</b>	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
168	<b>KUCHARCZYK Grzegorz</b>	<b>159</b>		M5	13		Kucharczyk		00:00:02	00:23:20	<b>00:48:00.65</b>	<b>00:48:03.25</b>	+00:15:20 (31.9%)	4:48	12.5 (67.9%)
169	<b>POPIELA Maksymilian</b>	<b>253</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	75			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:08	00:23:28	<b>00:48:01.25</b>	<b>00:48:09.75</b>	+00:15:20 (32.0%)	4:48	12.5 (67.9%)
170	<b>MISIAK Maciej</b>	<b>321</b>		M4	45				00:00:12	00:23:44	<b>00:48:03.40</b>	<b>00:48:15.70</b>	+00:15:23 (32.0%)	4:48	12.5 (67.9%)
171	<b>STOŻEK Sebastian</b>	<b>255</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	76			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:47	<b>00:48:09.55</b>	<b>00:48:17.40</b>	+00:15:29 (32.2%)	4:49	12.5 (67.9%)
172	<b>AUGUSTYNOWICZ Piotr</b>	<b>316</b>	BRAK	M3	77				00:00:11	00:24:03	<b>00:48:15.35</b>	<b>00:48:26.65</b>	+00:15:35 (32.3%)	4:49	12.4 (67.4%)
173	<b>KIECA Andrzej</b>	<b>394</b>	BRZOZA BIEGA	M4	46				00:00:18	00:24:26	<b>00:48:18.70</b>	<b>00:48:37.40</b>	+00:15:38 (32.4%)	4:49	12.4 (67.4%)
174	<b>KAK Marcin</b>	<b>291</b>		M3	78				00:00:10	00:23:50	<b>00:48:22.65</b>	<b>00:48:33.05</b>	+00:15:42 (32.5%)	4:50	12.4 (67.4%)
175	<b>BETHKE Sławomir</b>	<b>366</b>		M2	21				00:00:04	00:23:40	<b>00:48:23.35</b>	<b>00:48:27.70</b>	+00:15:43 (32.5%)	4:50	12.4 (67.4%)
176	<b>WALENCIAK Jarosław</b>	<b>242</b>	CZARNE STOPY.SM	M4	47	Straż Miejska Bydgoszcz			00:00:05	00:24:01	<b>00:48:23.60</b>	<b>00:48:28.65</b>	+00:15:43 (32.5%)	4:50	12.4 (67.4%)
177	<b>MAŁKIŃSKI Józef</b>	<b>54</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	14	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:16	00:23:52	<b>00:48:30.95</b>	<b>00:48:47.80</b>	+00:15:50 (32.7%)	4:51	12.4 (67.4%)
178	<b>WESOŁOWSKI Krzysztof</b>	<b>188</b>		M4	48	KWP BYDGOSZCZ			00:00:16	00:24:45	<b>00:48:32.50</b>	<b>00:48:49.40</b>	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
179	<b>JOACHIMIAK Kinga</b>	<b>252</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	K2	3			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:23:44	<b>00:48:33.85</b>	<b>00:48:40.95</b>	+00:15:53 (32.7%)	4:51	12.4 (67.4%)
180	<b>RUSZKIEWICZ Łukasz</b>	<b>111</b>		M3	79				00:00:19	00:24:17	<b>00:48:35.20</b>	<b>00:48:55.15</b>	+00:15:54 (32.8%)	4:51	12.3 (66.8%)
181	<b>SZULC Edmund</b>	<b>226</b>		M5	15				00:00:20	00:24:28	<b>00:48:36.10</b>	<b>00:48:56.55</b>	+00:15:55 (32.8%)	4:51	12.3 (66.8%)
181	<b>DURCZAK Jerzy</b>	<b>222</b>		M3	80				00:00:21	00:24:28	<b>00:48:36.10</b>	<b>00:48:57.35</b>	+00:15:55 (32.8%)	4:51	12.3 (66.8%)
183	<b>ŻABIŃSKI Radosław</b>	<b>295</b>	ANWIL TEAM	M3	81				00:00:19	00:24:21	<b>00:48:38.00</b>	<b>00:48:57.80</b>	+00:15:57 (32.8%)	4:51	12.3 (66.8%)
184	<b>BRZOZOWSKI Mariusz</b>	<b>138</b>		M5	16				00:00:23	00:25:00	<b>00:48:44.15</b>	<b>00:49:07.85</b>	+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	<b>LUDIAN-STANNY Czesia</b>	<b>417</b>	IWSP SZ BYDGOSZCZ	K2	4	IWsp SZ Bydgoszcz			00:00:08	00:24:32	<b>00:50:10.35</b>	<b>00:50:18.85</b>	+00:17:30 (34.9%)	5:01	12 (65.2%)
214	<b>GIDASZEWSKI Grzegorz</b>	<b>428</b>	WIKA POLSKA	M3	94				00:00:09	00:24:16	<b>00:50:17.40</b>	<b>00:50:26.70</b>	+00:17:37 (35.0%)	5:01	11.9 (64.7%)
215	<b>GROCHOWSKI Jakub</b>	<b>370</b>	IWSP SZ BYDGOSZCZ	M3	95	IWsp SZ Bydgoszcz			00:00:04	00:23:24	<b>00:50:23.45</b>	<b>00:50:27.75</b>	+00:17:43 (35.2%)	5:02	11.9 (64.7%)
216	<b>MANUSZEWSKI Maciej</b>	<b>330</b>		M4	57				00:00:20	00:25:10	<b>00:50:27.05</b>	<b>00:50:47.75</b>	+00:17:46 (35.2%)	5:02	11.9 (64.7%)
217	<b>HERMELIN Wojciech</b>	<b>371</b>	KANCELARIA HMM	M3	96				00:00:11	00:25:02	<b>00:50:38.80</b>	<b>00:50:49.80</b>	+00:17:58 (35.5%)	5:03	11.8 (64.1%)
218	<b>MEJSNER-HERMELIN Monika</b>	<b>30</b>	KANCELARIA HMM	K3	7				00:00:10	00:25:03	<b>00:50:39.10</b>	<b>00:50:49.80</b>	+00:17:58 (35.5%)	5:03	11.8 (64.1%)
219	<b>WAWRZYNIAK Michał</b>	<b>314</b>	BIL BIEGA	M3	97				00:00:18	00:25:19	<b>00:50:40.90</b>	<b>00:50:58.90</b>	+00:18:00 (35.5%)	5:04	11.8 (64.1%)
220	<b>BOLLIN Łukasz</b>	<b>140</b>		M3	98				00:00:19	00:25:01	<b>00:50:46.15</b>	<b>00:51:05.35</b>	+00:18:05 (35.6%)	5:04	11.8 (64.1%)
221	<b>BOINSKI Sebastian</b>	<b>223</b>		M3	99				00:00:24	00:25:32	<b>00:50:49.35</b>	<b>00:51:14.10</b>	+00:18:09 (35.7%)	5:05	11.8 (64.1%)
222	<b>SIERANT Oskar</b>	<b>158</b>		M4	58		Sierant		00:00:05	00:24:14	<b>00:50:50.65</b>	<b>00:50:56.55</b>	+00:18:10 (35.7%)	5:05	11.8 (64.1%)
223	<b>CHOJNICKI Marcin</b>	<b>260</b>	JFTC SU	M3	100	JFTC SU			00:00:24	00:26:00	<b>00:50:53.65</b>	<b>00:51:17.65</b>	+00:18:13 (35.8%)	5:05	11.8 (64.1%)
224	<b>BANACH Grzegorz</b>	<b>46</b>		M5	19				00:00:19	00:24:48	<b>00:50:57.95</b>	<b>00:51:17.90</b>	+00:18:17 (35.9%)	5:05	11.8 (64.1%)
225	<b>NADRATOWSKI Maciej</b>	<b>177</b>	KABEL TEAM BYDGOSZCZ	M4	59			Kabel Team Bydgoszcz	00:00:12	00:24:30	<b>00:51:00.45</b>	<b>00:51:13.00</b>	+00:18:20 (35.9%)	5:06	11.8 (64.1%)
226	<b>ANDRZEJEWSKI Ryszard</b>	<b>418</b>	WZGÓRZE WOLNOŚCIB	M6	4				00:00:05	00:25:18	<b>00:51:05.25</b>	<b>00:51:10.65</b>	+00:18:24 (36.0%)	5:06	11.7 (63.6%)
227	<b>OGULEWICZ Tomasz</b>	<b>90</b>		M2	24				00:00:18	00:26:21	<b>00:51:06.50</b>	<b>00:51:24.80</b>	+00:18:26 (36.1%)	5:06	11.7 (63.6%)
228	<b>SUCHOMSKA Beata</b>	<b>288</b>	OPENTAX24.PL	K4	2				00:00:20	00:25:26	<b>00:51:07.95</b>	<b>00:51:28.70</b>	+00:18:27 (36.1%)	5:06	11.7 (63.6%)
229	<b>MIRGOS Sławomir</b>	<b>331</b>		M4	60	3 Regionalna Baza Logistyczna			00:00:17	00:25:18	<b>00:51:12.25</b>	<b>00:51:29.45</b>	+00:18:31 (36.2%)	5:07	11.7 (63.6%)
230	<b>ANDRZEJEWSKI Paweł</b>	<b>387</b>		M3	101				00:00:02	00:23:15	<b>00:51:16.70</b>	<b>00:51:19.15</b>	+00:18:36 (36.3%)	5:07	11.7 (63.6%)
231	<b>WILLMA Jarosław</b>	<b>133</b>	BRZOZA BIEGA	M4	61				00:00:21	00:25:08	<b>00:51:20.55</b>	<b>00:51:41.60</b>	+00:18:40 (36.4%)	5:08	11.7 (63.6%)
232	<b>HOLICZKO Mirosław</b>	<b>65</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	20	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:11	00:25:29	<b>00:51:21.90</b>	<b>00:51:32.90</b>	+00:18:41 (36.4%)	5:08	11.7 (63.6%)
233	<b>GRUSZCZYŃSKI Tomasz</b>	<b>406</b>		M4	62				00:00:11	00:24:47	<b>00:51:28.50</b>	<b>00:51:39.80</b>	+00:18:48 (36.5%)	5:08	11.7 (63.6%)
234	<b>SADOWSKI Michał</b>	<b>112</b>	BARTOLEK	M3	102				00:00:21	00:26:12	<b>00:51:31.25</b>	<b>00:51:52.25</b>	+00:18:50 (36.6%)	5:09	11.6 (63.0%)
235	<b>WIŚNIEWSKI Tomasz</b>	<b>121</b>		M4	63				00:00:18	00:26:23	<b>00:51:31.55</b>	<b>00:51:49.80</b>	+00:18:51 (36.6%)	5:09	11.6 (63.0%)
236	<b>GRZENIA Jacek</b>	<b>272</b>	MJG INVESTMENTS	M4	64				00:00:09	00:24:34	<b>00:51:35.00</b>	<b>00:51:44.60</b>	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
237	<b>RYBKA Ilona</b>	<b>36</b>		K4	3				00:00:14	00:25:36	<b>00:51:36.10</b>	<b>00:51:51.00</b>	+00:18:55 (36.7%)	5:09	11.6 (63.0%)
238	<b>LUDWINIAK Bogdan</b>	<b>310</b>	45PLUS	M4	65				00:00:17	00:25:43	<b>00:51:42.15</b>	<b>00:51:59.40</b>	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
239	<b>MAGDZIARZ Katarzyna</b>	<b>38</b>	KANCELARIA HMM	K3	8				00:00:20	00:26:09	<b>00:51:42.20</b>	<b>00:52:02.65</b>	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
240	<b>GRUBA Jacek</b>	<b>126</b>	NIEZRZESZONY	M5	21		Gruba		00:00:16	00:25:44	<b>00:51:42.60</b>	<b>00:51:59.45</b>	+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	<b>SAWICKA Agnieszka</b>	<b>85</b>		K2	5		Sawiccy		00:00:20	00:25:52	<b>00:51:45.80</b>	<b>00:52:06.25</b>	+00:19:05 (36.9%)	5:10	11.6 (63.0%)
242	<b>PILACHOWSKI Mariusz</b>	<b>61</b>	IWSP SZ BYDGOSZCZ	M3	103	IWsp SZ Bydgoszcz			00:00:24	00:27:09	<b>00:51:50.20</b>	<b>00:52:15.05</b>	+00:19:09 (37.0%)	5:11	11.6 (63.0%)
243	<b>BALCEROWSKI Kacper</b>	<b>217</b>		M1	8				00:00:11	00:26:25	<b>00:51:52.50</b>	<b>00:52:04.00</b>	+00:19:12 (37.0%)	5:11	11.6 (63.0%)
244	<b>PROKOP Michał</b>	<b>66</b>		M3	104				00:00:06	00:25:15	<b>00:51:55.90</b>	<b>00:52:02.75</b>	+00:19:15 (37.1%)	5:11	11.6 (63.0%)
245	<b>PODLASZEWSKI Jacek</b>	<b>268</b>	VENI,CUCURRI,VICI	M4	66				00:00:10	00:25:59	<b>00:51:58.20</b>	<b>00:52:08.80</b>	+00:19:17 (37.1%)	5:11	11.5 (62.5%)
246	<b>LITKE Marek</b>	<b>365</b>	3 REGIONALNA BAZA LOGISTYCZNA	M4	67	3 Regionalna Baza Logistyczna			00:00:17	00:25:19	<b>00:52:02.30</b>	<b>00:52:19.75</b>	+00:19:22 (37.2%)	5:12	11.5 (62.5%)
247	<b>ZUPA Wojciech</b>	<b>98</b>	BRZOZA BIEGA	M5	22		Zupa		00:00:09	00:25:23	<b>00:52:05.95</b>	<b>00:52:15.65</b>	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
248	<b>STERNAL Elżbieta</b>	<b>246</b>		K4	4		STERNAL		00:00:12	00:25:19	<b>00:52:06.00</b>	<b>00:52:18.85</b>	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
249	<b>PAWŁOWSKI Tomasz</b>	<b>183</b>		M2	25		PAWŁOWSKI	JFTC SU	00:00:12	00:24:27	<b>00:52:10.15</b>	<b>00:52:22.70</b>	+00:19:29 (37.4%)	5:13	11.5 (62.5%)
250	<b>KONKEL Bartosz</b>	<b>26</b>		M3	105				00:00:06	00:26:01	<b>00:52:21.10</b>	<b>00:52:27.70</b>	+00:19:40 (37.6%)	5:14	11.5 (62.5%)
251	<b>JACHNA Dariusz</b>	<b>400</b>	20BZ BARTOSZYCE	M4	68				00:00:21	00:26:55	<b>00:52:25.30</b>	<b>00:52:46.55</b>	+00:19:45 (37.7%)	5:14	11.4 (62.0%)
252	<b>BEBLO Jarosław</b>	<b>216</b>	4 RBLOG SKŁAD SKWIERZYNA	M4	69	4 RBLog Skład Skwierzyna			00:00:17	00:25:29	<b>00:52:26.60</b>	<b>00:52:44.05</b>	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
253	<b>SPARZYŃSKI Adam</b>	<b>86</b>	1.BLWL	M3	106				00:00:21	00:26:12	<b>00:52:26.80</b>	<b>00:52:48.55</b>	+00:19:46 (37.7%)	5:14	11.4 (62.0%)
254	<b>BLACHOWSKI Waldemar</b>	<b>431</b>		M3	107				00:00:07	00:26:27	<b>00:52:29.05</b>	<b>00:52:36.40</b>	+00:19:48 (37.7%)	5:14	11.4 (62.0%)
255	<b>KWIATKOWSKI Krzysztof</b>	<b>389</b>	TEAM MOGILNO	M3	108				00:00:15	00:26:55	<b>00:52:30.45</b>	<b>00:52:45.95</b>	+00:19:50 (37.8%)	5:15	11.4 (62.0%)
256	<b>LIPIŃSKI Marek</b>	<b>219</b>		M3	109				00:00:16	00:25:52	<b>00:52:40.80</b>	<b>00:52:57.75</b>	+00:20:00 (38.0%)	5:16	11.4 (62.0%)
257	<b>KARPIŃSKI Adam</b>	<b>367</b>	12 WOG	M4	70	12 WOG			00:00:18	00:25:11	<b>00:52:44.60</b>	<b>00:53:03.10</b>	+00:20:04 (38.1%)	5:16	11.4 (62.0%)
258	<b>GAŚIOREK Tomasz</b>	<b>37</b>	BRZOZA BIEGA	M5	23				00:00:03	00:25:52	<b>00:52:49.80</b>	<b>00:52:53.40</b>	+00:20:09 (38.2%)	5:17	11.4 (62.0%)
259	<b>CHWIŁKA Daniel</b>	<b>93</b>	TASAK TEAM	M3	110				00:00:15	00:26:19	<b>00:53:08.85</b>	<b>00:53:24.10</b>	+00:20:28 (38.5%)	5:18	11.3 (61.4%)
260	<b>ŚWIERCZYŃSKI Robert</b>	<b>120</b>		M5	24	2. RWT SP			00:00:10	00:25:08	<b>00:53:12.15</b>	<b>00:53:22.60</b>	+00:20:31 (38.6%)	5:19	11.3 (61.4%)
261	<b>SOWA Dorota</b>	<b>328</b>	12 WOG	K3	9	12 WOG	Sowa		00:00:25	00:26:20	<b>00:53:23.75</b>	<b>00:53:48.80</b>	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
262	<b>RYMARKIEWICZ Małgorzata</b>	<b>225</b>		K3	10				00:00:12	00:26:13	<b>00:53:24.45</b>	<b>00:53:37.25</b>	+00:20:44 (38.8%)	5:20	11.2 (60.9%)
263	<b>SZPORKA Justyna</b>	<b>378</b>	12 WOG	K3	11	12 WOG			00:00:24	00:27:15	<b>00:53:25.45</b>	<b>00:53:50.15</b>	+00:20:45 (38.8%)	5:20	11.2 (60.9%)
264	<b>MAJEWSKI Zdzisław</b>	<b>124</b>	KLUB BIEGACZA EDF POLSKA	M5	25				00:00:09	00:27:22	<b>00:53:38.85</b>	<b>00:53:48.75</b>	+00:20:58 (39.1%)	5:21	11.2 (60.9%)
265	<b>DOMAN Janusz</b>	<b>167</b>	UKS SZABLA BRZOZA	M6	5				00:00:00	00:25:54	<b>00:53:45.55</b>	<b>00:53:45.55</b>	+00:21:05 (39.2%)	5:22	11.2 (60.9%)
266	<b>NAMIEŚNIK Krzysztof</b>	<b>212</b>		M4	71				00:00:22	00:26:49	<b>00:53:46.35</b>	<b>00:54:09.00</b>	+00:21:06 (39.2%)	5:22	11.2 (60.9%)
267	<b>KAZUBOWSKI Jeremiasz</b>	<b>213</b>	NIEZRZESZONY	M1	9				00:00:19	00:27:21	<b>00:53:50.80</b>	<b>00:54:10.50</b>	+00:21:10 (39.3%)	5:23	11.1 (60.3%)
268	<b>GMYS Tomasz</b>	<b>346</b>		M3	111				00:00:06	00:26:30	<b>00:53:57.95</b>	<b>00:54:03.95</b>	+00:21:17 (39.5%)	5:23	11.1 (60.3%)
269	<b>STARSZAK Paweł</b>	<b>298</b>		M3	112				00:00:05	00:26:31	<b>00:53:58.15</b>	<b>00:54:04.00</b>	+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	<b>SZULAKOWSKI Tomasz</b>	<b>198</b>		M4	72	KWP BYDGOSZCZ			00:00:12	00:26:46	<b>00:54:10.80</b>	<b>00:54:23.70</b>	+00:21:30 (39.7%)	5:25	11.1 (60.3%)
271	<b>RUCINOWSKI Filip</b>	<b>436</b>	RUN PASJA	M4	73			RUN PASJA	00:00:16	00:25:53	<b>00:54:23.70</b>	<b>00:54:40.20</b>	+00:21:43 (39.9%)	5:26	11 (59.8%)
272	<b>KĘPIŃSKA Katarzyna</b>	<b>96</b>	RUN PASJA	K4	5			RUN PASJA	00:00:16	00:25:31	<b>00:54:23.85</b>	<b>00:54:39.90</b>	+00:21:43 (39.9%)	5:26	11 (59.8%)
273	<b>SZEWCZUK Małgorzata</b>	<b>388</b>		K3	12				00:00:14	00:26:20	<b>00:54:31.70</b>	<b>00:54:46.50</b>	+00:21:51 (40.1%)	5:27	11 (59.8%)
274	<b>WOJCIECHOWSKI Jarosław</b>	<b>127</b>	1973	M4	74			Wojciechowscy	00:00:17	00:26:55	<b>00:54:32.90</b>	<b>00:54:50.85</b>	+00:21:52 (40.1%)	5:27	11 (59.8%)
275	<b>WOJCIECHOWSKA Emilia</b>	<b>194</b>		K4	6	KWP BYDGOSZCZ		Wojciechowscy	00:00:17	00:26:55	<b>00:54:33.10</b>	<b>00:54:50.90</b>	+00:21:52 (40.1%)	5:27	11 (59.8%)
276	<b>WEGNER Roman</b>	<b>227</b>		M5	26				00:00:12	00:26:22	<b>00:54:33.50</b>	<b>00:54:46.10</b>	+00:21:53 (40.1%)	5:27	11 (59.8%)
277	<b>KWAŚNY Wojciech</b>	<b>355</b>	4 RBLOG SKŁAD SKWIERZYNA	M4	75	4 RBLog Skład Skwierzyna			00:00:16	00:26:31	<b>00:54:35.65</b>	<b>00:54:51.95</b>	+00:21:55 (40.2%)	5:27	11 (59.8%)
278	<b>DERING Hanna</b>	<b>393</b>		K3	13				00:00:14	00:27:04	<b>00:54:37.70</b>	<b>00:54:51.80</b>	+00:21:57 (40.2%)	5:27	11 (59.8%)
279	<b>LIBERA Arkadiusz</b>	<b>290</b>		M5	27				00:00:23	00:27:42	<b>00:54:41.05</b>	<b>00:55:04.20</b>	+00:22:00 (40.3%)	5:28	11 (59.8%)
280	<b>DĘBSKI Jan</b>	<b>265</b>	SOŁTYS	M6	6				00:00:06	00:26:01	<b>00:54:41.10</b>	<b>00:54:47.55</b>	+00:22:00 (40.3%)	5:28	11 (59.8%)
281	<b>RAUT Wiesław</b>	<b>376</b>	RUN PASJA	M6	7				00:00:15	00:26:31	<b>00:54:41.90</b>	<b>00:54:57.10</b>	+00:22:01 (40.3%)	5:28	11 (59.8%)
282	<b>KRYSZTOFIAK Robert</b>	<b>53</b>		M4	76				00:00:11	00:26:12	<b>00:54:47.15</b>	<b>00:54:58.75</b>	+00:22:06 (40.4%)	5:28	11 (59.8%)
283	<b>RYBAK Mariusz</b>	<b>379</b>		M4	77				00:00:04	00:26:16	<b>00:54:52.70</b>	<b>00:54:57.15</b>	+00:22:12 (40.5%)	5:29	10.9 (59.2%)
284	<b>MICHTA Iwona</b>	<b>337</b>	SPÓJNIA BIAŁE BŁOTA	K3	14				00:00:25	00:27:18	<b>00:54:55.05</b>	<b>00:55:20.20</b>	+00:22:14 (40.5%)	5:29	10.9 (59.2%)
285	<b>MAGDZIARZ Michał</b>	<b>169</b>	HURAGAN BIERUTOWICE	M4	78			Magdziarz	00:00:20	00:26:42	<b>00:55:02.30</b>	<b>00:55:23.00</b>	+00:22:22 (40.6%)	5:30	10.9 (59.2%)
286	<b>FARBICKA-ŻYWICA Paulina</b>	<b>276</b>	BRZOZA BIEGA	K3	15				00:00:02	00:27:18	<b>00:55:05.50</b>	<b>00:55:08.30</b>	+00:22:25 (40.7%)	5:30	10.9 (59.2%)
287	<b>RADZIŃSKA-KAMYSZEK Ewa</b>	<b>209</b>		K5+	1				00:00:19	00:27:52	<b>00:55:08.75</b>	<b>00:55:28.05</b>	+00:22:28 (40.8%)	5:30	10.9 (59.2%)
288	<b>ŁUDZIŃSKI Marek</b>	<b>166</b>		M5	28			Łudzińscy	00:00:19	00:27:24	<b>00:55:14.40</b>	<b>00:55:33.60</b>	+00:22:34 (40.9%)	5:31	10.9 (59.2%)
289	<b>KUBIAK Małgorzata</b>	<b>170</b>		K5+	2				00:00:22	00:27:13	<b>00:55:15.55</b>	<b>00:55:37.95</b>	+00:22:35 (40.9%)	5:31	10.9 (59.2%)
290	<b>SZULC Jarosław</b>	<b>154</b>	SZULCTEAM	M3	113			Szulc Brzoza Biega	00:00:17	00:27:16	<b>00:55:22.50</b>	<b>00:55:39.80</b>	+00:22:42 (41.0%)	5:32	10.8 (58.7%)
290	<b>OSIECKI Grzegorz</b>	<b>433</b>		M6	8				00:00:19	00:28:11	<b>00:55:22.50</b>	<b>00:55:42.10</b>	+00:22:42 (41.0%)	5:32	10.8 (58.7%)
292	<b>SZULC Magdalena</b>	<b>155</b>	SZULCTEAM	K3	16			Szulc	00:00:16	00:27:17	<b>00:55:23.35</b>	<b>00:55:40.20</b>	+00:22:43 (41.0%)	5:32	10.8 (58.7%)
293	<b>PIETRZAK Edyta</b>	<b>117</b>		K3	17			siostry: Anna Grecman, Edyta Pietrzak	00:00:13	00:27:22	<b>00:55:23.95</b>	<b>00:55:37.55</b>	+00:22:43 (41.0%)	5:32	10.8 (58.7%)
294	<b>GADOMSKA Maria</b>	<b>235</b>	RUN BYDGOSZCZ	K6+	1				00:00:14	00:27:05	<b>00:55:29.35</b>	<b>00:55:43.80</b>	+00:22:49 (41.1%)	5:32	10.8 (58.7%)
295	<b>JULLY Arkadiusz</b>	<b>306</b>		M3	114				00:00:27	00:28:00	<b>00:55:31.60</b>	<b>00:55:59.40</b>	+00:22:51 (41.2%)	5:33	10.8 (58.7%)
296	<b>GAJZLER Jerzy</b>	<b>363</b>	BARTODZIEJE	M6	9				00:00:14	00:26:53	<b>00:55:32.65</b>	<b>00:55:46.90</b>	+00:22:52 (41.2%)	5:33	10.8 (58.7%)
297	<b>MALINOWSKI Marcin</b>	<b>425</b>		M3	115			Malinowscy Agata i Marcin	00:00:05	00:24:25	<b>00:55:36.30</b>	<b>00:55:41.55</b>	+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	<b>MRÓZ Robert</b>	<b>143</b>	OD JUTRA NIE BIEGAM	M4	79				00:00:25	00:28:46	<b>00:55:37.40</b>	<b>00:56:02.90</b>	+00:22:57 (41.3%)	5:33	10.8 (58.7%)
299	<b>PRIEWE Paweł</b>	<b>73</b>	DYNAMO SKARPA	M3	116			Dynamo Skarpa	00:00:19	00:27:38	<b>00:55:39.00</b>	<b>00:55:58.30</b>	+00:22:58 (41.3%)	5:33	10.8 (58.7%)
300	<b>TOMASZEWSKA Agnieszka</b>	<b>315</b>		K3	18				00:00:18	00:27:26	<b>00:55:40.60</b>	<b>00:55:58.95</b>	+00:23:00 (41.3%)	5:34	10.8 (58.7%)
301	<b>KAMIŃSKI Andrzej</b>	<b>175</b>	NAKIELSKI KLUB BIEGACZA	M4	80	Służba Więzienna Z.K Potulice			00:00:25	00:27:27	<b>00:55:53.85</b>	<b>00:56:19.00</b>	+00:23:13 (41.6%)	5:35	10.7 (58.2%)
302	<b>KSOBIECH Agnieszka</b>	<b>256</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	K3	19			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:07	00:26:53	<b>00:55:54.00</b>	<b>00:56:01.15</b>	+00:23:13 (41.6%)	5:35	10.7 (58.2%)
303	<b>GOŁĘBIEWSKI Jerzy</b>	<b>319</b>		M4	81				00:00:23	00:27:24	<b>00:55:54.45</b>	<b>00:56:18.15</b>	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
304	<b>GĄSIOROWSKA Marta</b>	<b>18</b>	BRZOZA BIEGA	K2	6		Gąsiorowska	Brzoza Biega	00:00:20	00:29:00	<b>00:55:55.80</b>	<b>00:56:16.30</b>	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
305	<b>GĄSIOROWSKA Anna</b>	<b>17</b>	BRZOZA BIEGA	K2	7		Gąsiorowska	Brzoza Biega	00:00:20	00:29:00	<b>00:55:56.00</b>	<b>00:56:16.15</b>	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
306	<b>GAWLAK Wojciech</b>	<b>257</b>	BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	M3	117			BANK SPÓŁDZIELCZY W NAKLE NAD NOTECIĄ	00:00:00	00:27:00	<b>00:55:57.05</b>	<b>00:55:57.05</b>	+00:23:16 (41.6%)	5:35	10.7 (58.2%)
307	<b>ZNANIECKI Wojciech</b>	<b>110</b>	BYDGOSZCZ NA START	M3	118		Znaniecty		00:00:24	00:27:14	<b>00:56:04.70</b>	<b>00:56:29.00</b>	+00:23:24 (41.7%)	5:36	10.7 (58.2%)
308	<b>DRÓŻDŻ Małgorzata</b>	<b>426</b>		K2	8				00:00:16	00:27:36	<b>00:56:04.95</b>	<b>00:56:21.80</b>	+00:23:24 (41.7%)	5:36	10.7 (58.2%)
309	<b>MAKUCH Urszula</b>	<b>404</b>	12 WOG	K4	7	12 WOG			00:00:21	00:27:26	<b>00:56:12.80</b>	<b>00:56:34.45</b>	+00:23:32 (41.9%)	5:37	10.7 (58.2%)
309	<b>DOBOSZ Kamil</b>	<b>405</b>		M2	26				00:00:21	00:27:26	<b>00:56:12.80</b>	<b>00:56:34.45</b>	+00:23:32 (41.9%)	5:37	10.7 (58.2%)
311	<b>DOBRZYŃSKA Małgorzata</b>	<b>181</b>		K5+	3				00:00:18	00:27:53	<b>00:56:19.45</b>	<b>00:56:38.05</b>	+00:23:39 (42.0%)	5:38	10.7 (58.2%)
312	<b>MATUSZAK Radosław</b>	<b>142</b>	JFTC SU	M4	82	JFTC SU			00:00:23	00:26:56	<b>00:56:23.00</b>	<b>00:56:46.70</b>	+00:23:42 (42.1%)	5:38	10.6 (57.6%)
313	<b>JĘDRA Andrzej</b>	<b>88</b>		M4	83				00:00:25	00:26:52	<b>00:56:24.50</b>	<b>00:56:49.95</b>	+00:23:44 (42.1%)	5:38	10.6 (57.6%)
314	<b>BOGACZ Michał</b>	<b>56</b>		M2	27				00:00:22	00:28:57	<b>00:56:35.40</b>	<b>00:56:58.00</b>	+00:23:55 (42.3%)	5:39	10.6 (57.6%)
315	<b>GRUBA Paweł</b>	<b>270</b>		M3	119		Gruba		00:00:25	00:28:36	<b>00:56:53.15</b>	<b>00:57:18.60</b>	+00:24:12 (42.6%)	5:41	10.5 (57.1%)
316	<b>CZĘSTOCHOWSKA Ilona</b>	<b>397</b>	BRAK	K4	8				00:00:14	00:28:32	<b>00:57:00.15</b>	<b>00:57:14.90</b>	+00:24:19 (42.7%)	5:42	10.5 (57.1%)
317	<b>MIROWSKI Mariusz</b>	<b>162</b>		M4	84				00:00:17	00:27:41	<b>00:57:14.10</b>	<b>00:57:31.25</b>	+00:24:33 (42.9%)	5:43	10.5 (57.1%)
318	<b>STRÓŻYK Grażyna</b>	<b>343</b>		K2	9				00:00:21	00:29:04	<b>00:57:15.20</b>	<b>00:57:36.60</b>	+00:24:34 (42.9%)	5:43	10.5 (57.1%)
319	<b>KRAJDA Piotr</b>	<b>156</b>	BBL BYDGOSZCZ	M4	85				00:00:10	00:26:59	<b>00:57:15.55</b>	<b>00:57:25.75</b>	+00:24:35 (42.9%)	5:43	10.5 (57.1%)
320	<b>PAWLIKOWSKI Szymon</b>	<b>39</b>		M3	120		Pawlikowski		00:00:12	00:28:14	<b>00:57:23.60</b>	<b>00:57:35.95</b>	+00:24:43 (43.1%)	5:44	10.5 (57.1%)
321	<b>PAWLIKOWSKI Piotr</b>	<b>57</b>		M2	28		Pawlikowski		00:00:11	00:28:15	<b>00:57:24.15</b>	<b>00:57:35.95</b>	+00:24:43 (43.1%)	5:44	10.5 (57.1%)
322	<b>WIESE Grzegorz</b>	<b>220</b>	BRAK	M5	29				00:00:24	00:28:33	<b>00:57:25.15</b>	<b>00:57:49.45</b>	+00:24:44 (43.1%)	5:44	10.4 (56.5%)
323	<b>GLASNER Rafał</b>	<b>369</b>	WEEKENDOWY BIEGACZ	M4	86				00:00:22	00:28:09	<b>00:57:26.10</b>	<b>00:57:48.15</b>	+00:24:45 (43.1%)	5:44	10.4 (56.5%)
324	<b>BILSKI Łukasz</b>	<b>199</b>		M3	121	KWP BYDGOSZCZ			00:00:27	00:28:55	<b>00:57:31.70</b>	<b>00:57:58.95</b>	+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	<b>BIERYT Arkadiusz</b>	<b>104</b>	AGENCJA REKLAMOWAPOLI-FAX UL.BOCZNA 10 BYDGOSZCZ	M5	30				00:00:07	00:28:18	<b>00:57:32.25</b>	<b>00:57:39.35</b>	+00:24:51 (43.2%)	5:45	10.4 (56.5%)
326	<b>SPYCHALSKI Robert</b>	<b>261</b>		M4	87		SPYCHALSCY		00:00:04	00:26:15	<b>00:57:38.35</b>	<b>00:57:43.00</b>	+00:24:58 (43.3%)	5:45	10.4 (56.5%)
327	<b>BORYSKIN Andrzej</b>	<b>19</b>	BRZOZA BIEGA	M6	10			Brzoza Biega	00:00:21	00:29:00	<b>00:57:43.80</b>	<b>00:58:05.75</b>	+00:25:03 (43.4%)	5:46	10.4 (56.5%)
328	<b>GÓRSKI Jacek</b>	<b>103</b>		M5	31				00:00:05	00:27:14	<b>00:57:44.65</b>	<b>00:57:50.10</b>	+00:25:04 (43.4%)	5:46	10.4 (56.5%)
329	<b>KUŚMIERCZAK Jakub</b>	<b>401</b>	TEAM MOGILNO	M3	122				00:00:14	00:29:37	<b>00:57:48.50</b>	<b>00:58:02.95</b>	+00:25:08 (43.5%)	5:46	10.4 (56.5%)
330	<b>KENSIK Joanna</b>	<b>208</b>		K2	10	KWP BYDGOSZCZ			00:00:10	00:29:39	<b>00:57:48.70</b>	<b>00:57:59.30</b>	+00:25:08 (43.5%)	5:46	10.4 (56.5%)
331	<b>SZCZĘSNY Arkadiusz</b>	<b>87</b>	DYNAMO SKARPA	M3	123				00:00:19	00:28:06	<b>00:57:54.15</b>	<b>00:58:13.15</b>	+00:25:13 (43.6%)	5:47	10.4 (56.5%)
332	<b>BRZozowski Jarosław</b>	<b>22</b>	BRZOZA TRI TEAM	M5	32			BRZOZA TRI TEAM	00:00:25	00:29:26	<b>00:57:56.55</b>	<b>00:58:22.45</b>	+00:25:16 (43.6%)	5:47	10.4 (56.5%)
333	<b>MODRZEJEWSKI Grzegorz</b>	<b>383</b>		M4	88				00:00:20	00:29:02	<b>00:58:02.20</b>	<b>00:58:22.45</b>	+00:25:21 (43.7%)	5:48	10.3 (56.0%)
334	<b>ŻARKOWSKI Krzysztof</b>	<b>179</b>	KABEL TEAM BYDGOSZCZ	M4	89			Kabel Team Bydgoszcz	00:00:12	00:28:34	<b>00:58:07.35</b>	<b>00:58:19.60</b>	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
335	<b>BIAŁOŁOCKA Patrycja</b>	<b>174</b>	KB LECH RYPIN	K2	11		Białobłoccy		00:00:24	00:29:13	<b>00:58:07.45</b>	<b>00:58:32.05</b>	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
336	<b>BIAŁOŁOCKI Marek</b>	<b>173</b>	KB LECH RYPIN	M3	124		Białobłoccy		00:00:24	00:29:13	<b>00:58:07.60</b>	<b>00:58:32.20</b>	+00:25:27 (43.8%)	5:48	10.3 (56.0%)
337	<b>GÓRSKA Joanna</b>	<b>362</b>		K3	20				00:00:13	00:28:26	<b>00:58:14.75</b>	<b>00:58:28.45</b>	+00:25:34 (43.9%)	5:49	10.3 (56.0%)
338	<b>LISIECKI Jacek</b>	<b>92</b>		M4	90				00:00:26	00:29:59	<b>00:58:18.15</b>	<b>00:58:44.40</b>	+00:25:37 (44.0%)	5:49	10.3 (56.0%)
339	<b>BUDZIAK Bartosz</b>	<b>129</b>		M4	91				00:00:14	00:29:22	<b>00:58:20.45</b>	<b>00:58:34.60</b>	+00:25:40 (44.0%)	5:50	10.3 (56.0%)
340	<b>GIERACH Krzysztof</b>	<b>165</b>		M6	11				00:00:18	00:29:44	<b>00:58:23.80</b>	<b>00:58:42.50</b>	+00:25:43 (44.1%)	5:50	10.3 (56.0%)
341	<b>ŁUGOWSKA Agnieszka</b>	<b>79</b>		K4	9		Ługowscy		00:00:26	00:29:40	<b>00:58:30.10</b>	<b>00:58:56.40</b>	+00:25:49 (44.2%)	5:51	10.3 (56.0%)
342	<b>GUDELL Radosław</b>	<b>297</b>	MODERATOR INWESTYCJE	M4	92				00:00:06	00:28:00	<b>00:58:45.95</b>	<b>00:58:52.30</b>	+00:26:05 (44.4%)	5:52	10.2 (55.4%)
343	<b>LONG-KUCHARCZYK Setha</b>	<b>59</b>		K4	10		Kucharczyk		00:00:18	00:28:56	<b>00:58:46.95</b>	<b>00:59:05.00</b>	+00:26:06 (44.4%)	5:52	10.2 (55.4%)
344	<b>WOŁOSZYN Kazimierz</b>	<b>13</b>	ROWEROWA BRZOZA/BRZOZA BIEGA	M5	33				00:00:16	00:27:31	<b>00:58:49.15</b>	<b>00:59:05.75</b>	+00:26:08 (44.5%)	5:52	10.2 (55.4%)
345	<b>CZYŻEWSKA Justyna</b>	<b>150</b>		K3	21				00:00:24	00:29:17	<b>00:58:55.10</b>	<b>00:59:19.20</b>	+00:26:14 (44.5%)	5:53	10.2 (55.4%)
346	<b>BRZozowski Piotr</b>	<b>24</b>	BRZOZA TRI TEAM	M2	29			Brzoza Biega	00:00:25	00:29:30	<b>00:59:08.55</b>	<b>00:59:34.35</b>	+00:26:28 (44.8%)	5:54	10.1 (54.9%)
347	<b>JAŹDŻEWSKA Alicja</b>	<b>305</b>		K3	22				00:00:13	00:29:23	<b>00:59:12.05</b>	<b>00:59:25.90</b>	+00:26:31 (44.8%)	5:55	10.1 (54.9%)
348	<b>BEKUS Klaudia</b>	<b>392</b>		K2	12				00:00:21	00:29:34	<b>00:59:16.20</b>	<b>00:59:37.70</b>	+00:26:35 (44.9%)	5:55	10.1 (54.9%)
349	<b>GĘSICKI Mateusz</b>	<b>84</b>		M3	125				00:00:24	00:29:42	<b>00:59:25.85</b>	<b>00:59:50.25</b>	+00:26:45 (45.0%)	5:56	10.1 (54.9%)
350	<b>MOROSZCZAK Dominika</b>	<b>280</b>	SPÓJNIA BIAŁE BŁOTA	K3	23		Moroszczak	SPÓJNIA BIAŁE BŁOTA	00:00:22	00:29:25	<b>00:59:37.80</b>	<b>01:00:00.70</b>	+00:26:57 (45.2%)	5:57	10.1 (54.9%)
351	<b>ZILLMANN Tadeusz</b>	<b>332</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M3	126	Geografia Wojskowa JW 1440 Toruń			00:00:14	00:28:50	<b>00:59:39.15</b>	<b>00:59:53.90</b>	+00:26:58 (45.2%)	5:57	10.1 (54.9%)
352	<b>CZARNECKA Monika</b>	<b>273</b>	BRZOZA BIEGA	K3	24		Czarneccy	Brzoza Biega	00:00:23	00:29:31	<b>00:59:45.70</b>	<b>01:00:08.85</b>	+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	<b>BORDON Krzysztof</b>	<b>134</b>		M3	127				00:00:05	00:28:48	<b>00:59:46.90</b>	<b>00:59:52.25</b>	+00:27:06 (45.3%)	5:58	10 (54.3%)
354	<b>ANDRZEJEWSKA Sylwia</b>	<b>427</b>		K2	13				00:00:16	00:28:38	<b>00:59:49.60</b>	<b>01:00:06.20</b>	+00:27:09 (45.4%)	5:59	10 (54.3%)
355	<b>GŁOWACKI Marcin</b>	<b>144</b>	IKS KARATE	M3	128				00:00:04	00:29:54	<b>01:00:17.10</b>	<b>01:00:21.85</b>	+00:27:36 (45.8%)	6:01	10 (54.3%)
356	<b>MALATYŃSKA Barbara</b>	<b>33</b>		K4	11				00:00:23	00:30:35	<b>01:00:26.50</b>	<b>01:00:50.25</b>	+00:27:46 (45.9%)	6:02	9.9 (53.8%)
357	<b>MIELCAREK Zdzisław</b>	<b>1</b>	BRZOZA BIEGA	M7+	1			Brzoza Biega	00:00:22	00:30:02	<b>01:00:27.95</b>	<b>01:00:50.85</b>	+00:27:47 (46.0%)	6:02	9.9 (53.8%)
358	<b>AUGUSTYNOWICZ Aurelia</b>	<b>233</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	K4	12	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:19	00:29:32	<b>01:00:28.75</b>	<b>01:00:48.10</b>	+00:27:48 (46.0%)	6:02	9.9 (53.8%)
359	<b>GAŚSIOROWSKI Robert</b>	<b>113</b>	RUN BYDGOSZCZ	M4	93			Run Bdg	00:00:14	00:29:08	<b>01:00:33.45</b>	<b>01:00:48.00</b>	+00:27:53 (46.0%)	6:03	9.9 (53.8%)
360	<b>KOŻUCHOWSKA Katarzyna</b>	<b>114</b>	RUN BYDGOSZCZ	K4	13			Run Bdg	00:00:13	00:29:09	<b>01:00:33.95</b>	<b>01:00:47.90</b>	+00:27:53 (46.1%)	6:03	9.9 (53.8%)
361	<b>GANCKOWSKI Piotr</b>	<b>45</b>		M5	34				00:00:19	00:30:29	<b>01:01:15.75</b>	<b>01:01:35.60</b>	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
362	<b>KOWALSKA Agnieszka</b>	<b>152</b>	KOWALE TEAM	K3	25				00:00:15	00:30:09	<b>01:01:36.60</b>	<b>01:01:52.35</b>	+00:28:56 (47.0%)	6:09	9.7 (52.7%)
363	<b>ISKRA Jacek</b>	<b>187</b>		M4	94	KWP BYDGOSZCZ			00:00:25	00:28:52	<b>01:01:39.50</b>	<b>01:02:04.60</b>	+00:28:59 (47.0%)	6:09	9.7 (52.7%)
364	<b>KWARCZEWSKI Mirosław</b>	<b>102</b>	KWARCZEWSCY	M3	129		Kwarczewscy		00:00:17	00:29:32	<b>01:01:58.25</b>	<b>01:02:16.20</b>	+00:29:17 (47.3%)	6:11	9.7 (52.7%)
365	<b>DAŃCZUK Agnieszka</b>	<b>300</b>		K4	14				00:00:19	00:30:07	<b>01:02:06.10</b>	<b>01:02:25.10</b>	+00:29:25 (47.4%)	6:12	9.7 (52.7%)
366	<b>STYPCZYŃSKA Natalia</b>	<b>238</b>		K2	14				00:00:25	00:29:55	<b>01:02:09.10</b>	<b>01:02:34.55</b>	+00:29:28 (47.4%)	6:12	9.7 (52.7%)
367	<b>HARACEWIAT Cezary</b>	<b>368</b>	JFTC SU	M5	35	JFTC SU			00:00:17	00:29:43	<b>01:02:21.30</b>	<b>01:02:38.75</b>	+00:29:41 (47.6%)	6:14	9.6 (52.2%)
368	<b>ŁUGOWSKA Daria</b>	<b>80</b>		K3	26		Ługowscy		00:00:26	00:29:57	<b>01:02:26.65</b>	<b>01:02:53.15</b>	+00:29:46 (47.7%)	6:14	9.6 (52.2%)
369	<b>MOCZADŁO Maria</b>	<b>408</b>		K4	15				00:00:19	00:31:06	<b>01:02:33.65</b>	<b>01:02:53.15</b>	+00:29:53 (47.8%)	6:15	9.6 (52.2%)
370	<b>BUKOWSKI Rafał</b>	<b>327</b>		M4	95		Bukowski		00:00:15	00:31:06	<b>01:03:20.25</b>	<b>01:03:36.00</b>	+00:30:39 (48.4%)	6:20	9.5 (51.6%)
371	<b>KAWALERSKI Krzysztof</b>	<b>51</b>	BRZOZA BIEGA	M4	96				00:00:14	00:31:08	<b>01:03:21.45</b>	<b>01:03:35.90</b>	+00:30:41 (48.4%)	6:20	9.5 (51.6%)
372	<b>DZIĘGIELEWSKA Grażyna</b>	<b>320</b>	TORUŃ	K5+	4				00:00:19	00:31:06	<b>01:04:19.50</b>	<b>01:04:39.10</b>	+00:31:39 (49.2%)	6:26	9.3 (50.5%)
373	<b>CZYŻEWSKI Sebastian</b>	<b>100</b>		M4	97				00:00:27	00:31:39	<b>01:04:37.55</b>	<b>01:05:05.20</b>	+00:31:57 (49.4%)	6:27	9.3 (50.5%)
374	<b>CZYŻEWSKA Bernadeta</b>	<b>99</b>		K3	27				00:00:26	00:31:40	<b>01:04:37.95</b>	<b>01:05:04.90</b>	+00:31:57 (49.5%)	6:27	9.3 (50.5%)
375	<b>GRABOWSKI Piotr</b>	<b>336</b>	BRZOZA BIEGA	M4	98				00:00:23	00:30:51	<b>01:04:40.95</b>	<b>01:05:04.35</b>	+00:32:00 (49.5%)	6:28	9.3 (50.5%)
376	<b>REMUS Sandra</b>	<b>312</b>		K1	3				00:00:24	00:30:36	<b>01:04:52.30</b>	<b>01:05:16.30</b>	+00:32:12 (49.6%)	6:29	9.2 (50.0%)
377	<b>ANASZEWICZ Marzena</b>	<b>132</b>		K4	16				00:00:24	00:31:40	<b>01:06:25.75</b>	<b>01:06:49.85</b>	+00:33:45 (50.8%)	6:38	9 (48.9%)
378	<b>KUFEL Łukasz</b>	<b>430</b>		M2	30				00:00:25	00:33:59	<b>01:06:39.85</b>	<b>01:07:05.80</b>	+00:33:59 (51.0%)	6:40	9 (48.9%)
379	<b>PALKA Robert</b>	<b>429</b>		M3	130				00:00:25	00:33:59	<b>01:06:40.25</b>	<b>01:07:06.20</b>	+00:33:59 (51.0%)	6:40	9 (48.9%)
380	<b>GROCHOWIAK Karolina</b>	<b>49</b>	ŚLIMAKI BARCIN	K3	28				00:00:06	00:32:05	<b>01:06:59.85</b>	<b>01:07:06.20</b>	+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	<b>JASEWICZ Tadeusz</b>	<b>284</b>	NIEZRZESZONY	M6	12	WK KWP w Bydgoszczy			00:00:09	00:30:30	<b>01:07:30.20</b>	<b>01:07:39.50</b>	+00:34:49 (51.6%)	6:45	8.9 (48.4%)
382	<b>GRABOWSKA Lucyna</b>	<b>335</b>	BRZOZA BIEGA	K4	17				00:00:23	00:32:54	<b>01:07:31.55</b>	<b>01:07:54.55</b>	+00:34:51 (51.6%)	6:45	8.9 (48.4%)
383	<b>KUBIAK Agata</b>	<b>195</b>		K4	18	KWP BYDGOSZCZ			00:00:10	00:31:35	<b>01:08:32.00</b>	<b>01:08:42.20</b>	+00:35:51 (52.3%)	6:51	8.8 (47.8%)
384	<b>BIELASZEWSKA Agnieszka</b>	<b>105</b>		K4	19				00:00:06	00:33:06	<b>01:08:40.05</b>	<b>01:08:46.50</b>	+00:35:59 (52.4%)	6:52	8.7 (47.3%)
385	<b>BRZozowski Krzysztof</b>	<b>60</b>		M3	131				00:00:18	00:32:36	<b>01:09:02.90</b>	<b>01:09:21.25</b>	+00:36:22 (52.7%)	6:54	8.7 (47.3%)
386	<b>RASSALSKA-KAUSA Jola</b>	<b>354</b>		K3	29				00:00:16	00:32:24	<b>01:10:49.35</b>	<b>01:11:05.35</b>	+00:38:09 (53.9%)	7:04	8.5 (46.2%)
387	<b>WIŚNIEWSKA Elżbieta</b>	<b>147</b>	BRZOZA BIEGA	K5+	5		Wiśniewski	Brzoza Biega	00:00:23	00:34:20	<b>01:11:11.95</b>	<b>01:11:35.65</b>	+00:38:31 (54.1%)	7:07	8.4 (45.7%)
388	<b>SYNAKIEWICZ Marcin</b>	<b>29</b>	ES-TEAM	M3	132		Synakiewicz	Es-Team	00:00:21	00:33:50	<b>01:12:11.25</b>	<b>01:12:32.60</b>	+00:39:30 (54.7%)	7:13	8.3 (45.1%)
389	<b>MALINOWSKA Agata</b>	<b>424</b>		Rodziny	1		Malinowscy Agata i Marcin		00:00:04	00:36:06	<b>01:12:46.40</b>	<b>01:12:50.85</b>	+00:40:06 (55.1%)	7:16	8.2 (44.6%)
390	<b>ZUPA Martyna</b>	<b>107</b>	BRZOZA BIEGA	K1	4		Zupa		00:00:15	00:34:09	<b>01:13:30.95</b>	<b>01:13:46.30</b>	+00:40:50 (55.6%)	7:21	8.2 (44.6%)
391	<b>STEFANKO-SKOŁECKA Anna</b>	<b>450</b>		K2	15		Stefanko		00:00:22	00:32:30	<b>01:13:31.65</b>	<b>01:13:53.90</b>	+00:40:51 (55.6%)	7:21	8.2 (44.6%)
392	<b>STEFANKO Grzegorz</b>	<b>444</b>		M5	36		Stefanko		00:00:22	00:32:30	<b>01:13:32.45</b>	<b>01:13:54.75</b>	+00:40:52 (55.6%)	7:21	8.2 (44.6%)
393	<b>KUJAWA Mateusz</b>	<b>202</b>		M3	133	KWP BYDGOSZCZ			00:00:09	00:36:13	<b>01:14:17.75</b>	<b>01:14:26.80</b>	+00:41:37 (56.0%)	7:25	8.1 (44.0%)
394	<b>PYRZANOWSKI Krzysztof</b>	<b>203</b>		M4	99	KWP BYDGOSZCZ			00:00:08	00:36:14	<b>01:14:19.40</b>	<b>01:14:28.20</b>	+00:41:39 (56.0%)	7:26	8.1 (44.0%)
395	<b>KUCHARCZYK Agnieszka</b>	<b>382</b>		K2	16		Kucharczyk		00:00:27	00:38:01	<b>01:15:43.40</b>	<b>01:16:10.85</b>	+00:43:03 (56.9%)	7:34	7.9 (42.9%)
396	<b>MAŃKA Maciej</b>	<b>420</b>		M2	31				00:00:11	00:37:04	<b>01:17:02.25</b>	<b>01:17:13.40</b>	+00:44:21 (57.6%)	7:42	7.8 (42.4%)
397	<b>KULPIŃSKA Emilia</b>	<b>421</b>		K1	5				00:00:10	00:37:05	<b>01:17:02.35</b>	<b>01:17:13.20</b>	+00:44:22 (57.6%)	7:42	7.8 (42.4%)
398	<b>MAŁAWA Kasia</b>	<b>374</b>	BENEFITKSO	K2	17				00:00:25	00:38:32	<b>01:18:14.95</b>	<b>01:18:40.10</b>	+00:45:34 (58.2%)	7:49	7.7 (41.8%)

Znaleziono 398 wynik(ów)