



Organizator: Hotel Brzoza
Data: 2016-12-31
Miejsce: Brzoza
Dystans: 10 km

X BIEG SYLWESTROWY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOWALSKI Marek	700	SKLA SOPOT	M-20	1	00:00:01	00:07:30	00:14:42	00:21:52	00:29:06	00:30:26.85	00:30:28.10		3:02	19.7 (100%)
2	ROGIEWICZ Andrzej	4	LKS ZANTYR SZTUM	M-20	2	00:00:01	00:07:43	00:15:05	00:22:30	00:29:52	00:31:16.45	00:31:17.65	+00:00:49 (2.6%)	3:07	19.2 (97.5%)
3	KOTŁOWSKI Bartosz	582	LKS OSTROMECKO	M-20	3	00:00:01	00:07:46	00:15:39	00:23:29	00:31:07	00:32:31.75	00:32:33.25	+00:02:04 (6.4%)	3:15	18.4 (93.4%)
4	PAWLAK Bartosz	627		M-20	4	00:00:01	00:08:11	00:15:55	00:23:42	00:31:22	00:32:45.40	00:32:46.65	+00:02:18 (7.0%)	3:16	18.3 (92.9%)
5	WITKOWSKI Wiktor	732		M-1	1	00:00:01	00:08:12	00:16:07	00:24:03	00:31:42	00:33:06.15	00:33:07.70	+00:02:39 (8.0%)	3:18	18.1 (91.9%)
6	WITKOWSKI Mateusz	431		M-20	5	00:00:01	00:08:11	00:16:00	00:23:55	00:31:51	00:33:20.60	00:33:22.40	+00:02:53 (8.7%)	3:20	18 (91.4%)
7	BEDNAREK Adrian	512	KUCHNIAISPORT.PL	M-20	6	00:00:01	00:08:31	00:16:37	00:24:46	00:32:49	00:34:16.65	00:34:18.20	+00:03:49 (11.2%)	3:25	17.5 (88.8%)
8	JARANOWSKI Andrzej	414	TKKF KOLEJARZ BYDGOSZCZ	M-20	7	00:00:02	00:08:30	00:16:36	00:24:45	00:32:56	00:34:23.40	00:34:25.55	+00:03:56 (11.5%)	3:26	17.5 (88.8%)
9	ŚWIĄTKOWSKI Paweł	232	TEAMOCHAL	M-30	1	00:00:01	00:08:40	00:16:52	00:25:02	00:33:10	00:34:34.15	00:34:36.05	+00:04:07 (11.9%)	3:27	17.3 (87.8%)
10	SEROCKI Adam	345	ACTIVE MALBORK	M-40	1	00:00:02	00:08:42	00:16:51	00:25:00	00:33:11	00:34:38.15	00:34:40.85	+00:04:11 (12.1%)	3:27	17.3 (87.8%)
11	POLAŃSKI Tomasz	644		M-40	2	00:00:01	00:08:52	00:17:08	00:25:30	00:33:43	00:35:11.80	00:35:13.05	+00:04:44 (13.5%)	3:31	17 (86.3%)
12	TUCZYŃSKI Sylwester Leon	291	BYDGOSKIE OKONIE	M-20	8	00:00:02	00:08:40	00:16:56	00:25:21	00:33:45	00:35:17.20	00:35:19.20	+00:04:50 (13.7%)	3:31	17 (86.3%)
13	MUSIAŁ Michał	310		M-40	3	00:00:01	00:08:47	00:17:14	00:25:44	00:34:10	00:35:40.05	00:35:41.85	+00:05:13 (14.6%)	3:34	16.8 (85.3%)
14	NOWAKOWSKA Dominika	3	LKB IM. BRACI PETK LĘBORK	K-30	1	00:00:01	00:08:52	00:17:14	00:25:43	00:34:11	00:35:42.70	00:35:43.95	+00:05:15 (14.7%)	3:34	16.8 (85.3%)
15	MAĆKOWSKI Maciej	326	BRICO MARCHE ŻNIN	M-20	9	00:00:01	00:08:55	00:17:27	00:25:59	00:34:19	00:35:44.85	00:35:46.65	+00:05:18 (14.8%)	3:34	16.8 (85.3%)
16	MAŁECKI Jakub	139		M-30	2	00:00:02	00:09:07	00:17:31	00:25:55	00:34:18	00:35:46.35	00:35:48.95	+00:05:19 (14.9%)	3:34	16.8 (85.3%)
17	WIWATOWSKI Michał	618		M-30	3	00:00:03	00:08:53	00:17:23	00:25:54	00:34:22	00:35:54.50	00:35:57.55	+00:05:27 (15.2%)	3:35	16.7 (84.8%)
18	GACZKOWSKI Robert	434	RUN TEAM ŻNIN	M-40	4	00:00:01	00:08:53	00:17:27	00:25:56	00:34:26	00:35:57.30	00:35:59.20	+00:05:30 (15.3%)	3:35	16.7 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	STANKIEWICZ Błażej	486	LKS OSTROMECKO	M-40	5	00:00:02	00:08:54	00:17:26	00:26:10	00:34:48	00:36:22.80	00:36:25.55	+00:05:55 (16.3%)	3:38	16.5 (83.8%)
20	KLINIEWSKI Maciej	12	BRZOZA BIEGA	M-20	10	00:00:05	00:09:21	00:18:06	00:26:45	00:35:23	00:36:48.70	00:36:54.60	+00:06:21 (17.3%)	3:40	16.3 (82.7%)
21	KOWALSKI Dariusz	676		M-40	6	00:00:02	00:09:24	00:18:06	00:26:49	00:35:26	00:36:53.05	00:36:55.25	+00:06:26 (17.5%)	3:41	16.3 (82.7%)
22	KOWALCZYK Marek	7		M-30	4	00:00:02	00:09:12	00:17:54	00:26:39	00:35:23	00:36:55.05	00:36:57.90	+00:06:28 (17.5%)	3:41	16.3 (82.7%)
23	JAGODZIŃSKI Mateusz	135	BYDGOSKIE OKONIE	M-20	11	00:00:02	00:09:24	00:18:10	00:26:51	00:35:30	00:37:02.20	00:37:04.70	+00:06:35 (17.8%)	3:42	16.2 (82.2%)
24	BARTCZAK Łukasz	596	TEAMOCHAL	M-30	5	00:00:02	00:08:58	00:17:56	00:26:50	00:35:32	00:37:03.20	00:37:05.90	+00:06:36 (17.8%)	3:42	16.2 (82.2%)
25	WOLNY Piotr	19	BRZOZA BIEGA	M-50	1	00:00:02	00:09:24	00:18:08	00:26:50	00:35:34	00:37:10.00	00:37:12.60	+00:06:43 (18.1%)	3:43	16.1 (81.7%)
26	KUBANEK Łukasz	184	TEAMOCHAL	M-30	6	00:00:02	00:09:17	00:17:58	00:26:45	00:35:36	00:37:11.60	00:37:14.20	+00:06:44 (18.1%)	3:43	16.1 (81.7%)
27	ŁAZ Kamil	20	RUN BYDGOSZCZ	M-30	7	00:00:02	00:09:29	00:18:22	00:27:05	00:35:47	00:37:18.25	00:37:20.50	+00:06:51 (18.4%)	3:43	16.1 (81.7%)
28	KOŁAKOWSKI Tomasz	362	TO TYLKO TRIATHLON	M-20	12	00:00:05	00:09:22	00:18:05	00:26:53	00:35:46	00:37:22.75	00:37:28.05	+00:06:55 (18.5%)	3:44	16 (81.2%)
29	PACZKOWSKI Jacek	497	SPORT I REKREACJA MOGILNO	M-50	2	00:00:02	00:09:21	00:18:15	00:27:09	00:35:56	00:37:28.20	00:37:30.65	+00:07:01 (18.7%)	3:44	16 (81.2%)
30	KRAMARZ Aleksander	536		M-20	13	00:00:04	00:09:27	00:18:20	00:27:12	00:35:57	00:37:28.55	00:37:32.85	+00:07:01 (18.8%)	3:44	16 (81.2%)
31	MRUK Tomasz	551	CZARNE STOPY.SM	M-40	7	00:00:02	00:09:20	00:18:09	00:27:05	00:36:01	00:37:30.85	00:37:33.70	+00:07:04 (18.8%)	3:45	16 (81.2%)
32	SZENK Marta	5		K-30	2	00:00:02	00:09:17	00:18:05	00:27:06	00:36:01	00:37:37.25	00:37:39.45	+00:07:10 (19.1%)	3:45	16 (81.2%)
33	GROCHOWIAK Piotr	171	ŚLIMAKI BARCIN	M-30	8	00:00:11	00:09:40	00:18:30	00:27:22	00:36:17	00:37:49.95	00:38:01.90	+00:07:23 (19.5%)	3:47	15.9 (80.7%)
34	DANIELEWSKI Mariusz	242	DRUŻYNA SZPIKU	M-30	9	00:00:05	00:09:26	00:18:26	00:27:28	00:36:23	00:37:52.60	00:37:58.55	+00:07:25 (19.6%)	3:47	15.8 (80.2%)
35	ZIENTALSKI Krzysztof	567	56. BAZA LOTNICZA	M-30	10	00:00:07	00:09:30	00:18:27	00:27:26	00:36:24	00:38:01.35	00:38:08.75	+00:07:34 (19.9%)	3:48	15.8 (80.2%)
36	WŁODARCZYK Patrycja	662		K-30	3	00:00:01	00:09:29	00:18:33	00:27:32	00:36:26	00:38:04.00	00:38:05.70	+00:07:37 (20.0%)	3:48	15.8 (80.2%)
37	STACHOWICZ Wiesław	346	BRZOZA BIEGA	M-40	8	00:00:02	00:09:24	00:18:24	00:27:32	00:36:33	00:38:07.90	00:38:10.40	+00:07:41 (20.2%)	3:48	15.7 (79.7%)
38	KOLMAJER Rafał	385	RUN BYDGOSZCZ	M-30	11	00:00:03	00:09:16	00:18:04	00:27:29	00:36:37	00:38:16.00	00:38:19.25	+00:07:49 (20.4%)	3:49	15.7 (79.7%)
39	WIĘCKOWSKI Dariusz	39	ROWEROWA BRZOZA	M-30	12	00:00:06	00:09:51	00:18:51	00:27:52	00:36:47	00:38:21.65	00:38:28.20	+00:07:54 (20.6%)	3:50	15.6 (79.2%)
40	OSIŃSKI Ryszard	484	ACTIVE MALBORK	M-50	3	00:00:02	00:09:24	00:18:29	00:27:37	00:36:49	00:38:28.35	00:38:30.85	+00:08:01 (20.9%)	3:50	15.6 (79.2%)
41	SZULC Jacek	198		M-50	4	00:00:03	00:09:47	00:18:47	00:27:48	00:36:50	00:38:29.30	00:38:32.55	+00:08:02 (20.9%)	3:50	15.6 (79.2%)
42	SZYSZKA Mariusz	587	SPÓJNIA BIAŁE BŁOTA	M-30	13	00:00:04	00:09:42	00:18:50	00:28:01	00:37:10	00:38:46.20	00:38:50.40	+00:08:19 (21.5%)	3:52	15.5 (78.7%)
43	HERMAN Arkadiusz	534		M-40	9	00:00:02	00:09:33	00:18:44	00:28:00	00:37:14	00:38:52.20	00:38:54.25	+00:08:25 (21.7%)	3:53	15.4 (78.2%)

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44	SYCHOWICZ Daniel	666		M-30	14	00:00:04	00:09:41	00:18:55	00:28:16		00:38:55.10	00:38:59.95	+00:08:28 (21.8%)	3:53	15.4 (78.2%)
45	SOBIERSKI Rafał	92	KLUB SPORTOWY BRZOZA	M-40	10	00:00:05	00:09:51	00:19:01	00:28:14	00:37:23	00:38:56.95	00:39:02.85	+00:08:30 (21.8%)	3:53	15.4 (78.2%)
46	SIKUT Arkadiusz	451	12 WOG	M-40	11	00:00:04	00:09:40	00:18:49	00:28:06	00:37:25	00:38:58.70	00:39:03.20	+00:08:31 (21.9%)	3:53	15.4 (78.2%)
47	SZCZEPANIAK Cezary	342		M-40	12	00:00:03	00:09:53	00:19:07	00:28:23	00:37:30	00:39:06.25	00:39:09.50	+00:08:39 (22.1%)	3:54	15.3 (77.7%)
48	WIŚNIEWSKI Zbigniew	27	BRZOZA BIEGA	M-50	5	00:00:01	00:09:55	00:19:09	00:28:25	00:37:37	00:39:12.80	00:39:14.30	+00:08:45 (22.4%)	3:55	15.3 (77.7%)
49	WILLMA Jarsoław	599	BRZOZA BIEGA	M-40	13	00:00:01	00:09:50	00:19:08	00:28:24	00:37:38	00:39:16.35	00:39:17.60	+00:08:49 (22.5%)	3:55	15.3 (77.7%)
50	SPYCHAŁSKI Waldemar	325		M-40	14	00:00:05	00:10:03	00:19:24	00:28:45	00:37:50	00:39:22.45	00:39:28.05	+00:08:55 (22.7%)	3:56	15.2 (77.2%)
51	KRAMARZ Nikodem	535		M-1	2	00:00:03	00:10:01	00:19:29	00:28:54	00:37:58	00:39:27.30	00:39:30.70	+00:09:00 (22.8%)	3:56	15.2 (77.2%)
52	BIAŁEK Dawid	612	IPA BYDGOSZCZ	M-20	14	00:00:05	00:10:13	00:19:34	00:28:54	00:37:55	00:39:30.90	00:39:36.75	+00:09:04 (22.9%)	3:57	15.2 (77.2%)
53	GRZECHOWIAK Arkadiusz	309	PAŁUKI RUNNING TEAM	M-1	3	00:00:04	00:09:52	00:19:13	00:28:34	00:37:57	00:39:32.45	00:39:36.60	+00:09:05 (23.0%)	3:57	15.2 (77.2%)
54	GACKA Rafał	177		M-40	15	00:00:04	00:09:49	00:19:09	00:28:35	00:37:55	00:39:34.20	00:39:38.60	+00:09:07 (23.1%)	3:57	15.2 (77.2%)
55	CICHOŃCZUK Antoni	1		M-60	1	00:00:01	00:09:57	00:19:10	00:28:34	00:37:57	00:39:39.00	00:39:40.90	+00:09:12 (23.2%)	3:57	15.1 (76.6%)
56	MAĆKOWSKI Maciej	321	RUN MYŚLĘCINEK	M-30	15	00:00:03	00:09:28	00:18:52	00:28:26	00:38:01	00:39:39.15	00:39:43.05	+00:09:12 (23.2%)	3:58	15.1 (76.6%)
57	GORSZKA Damian	566	SZCZECIN BIEGA	M-1	4	00:00:00	00:09:27	00:18:36	00:28:16	00:38:10	00:39:51.20	00:39:51.20	+00:09:24 (23.6%)	3:59	15.1 (76.6%)
58	ETTINGER Paweł	685		M-20	15	00:00:11	00:10:17	00:19:39	00:28:59	00:38:16	00:39:54.65	00:40:06.00	+00:09:27 (23.7%)	3:59	15 (76.1%)
59	CZUK Marek	468		M-60	2	00:00:03	00:09:59	00:19:29	00:28:54	00:38:16	00:39:58.70	00:40:02.25	+00:09:31 (23.8%)	3:59	15 (76.1%)
60	SITKO Mariusz	590		M-30	16	00:00:03	00:10:02	00:19:30	00:28:55	00:38:22	00:40:04.50	00:40:08.45	+00:09:37 (24.0%)	4:00	15 (76.1%)
61	GRALIK Jędrzej	583	BYDGOSKIE OKONIE	M-20	16	00:00:03	00:09:56	00:19:15	00:28:53	00:38:27	00:40:05.40	00:40:09.10	+00:09:38 (24.1%)	4:00	15 (76.1%)
62	ZALEWSKI Andrzej	667		M-50	6	00:00:02	00:10:06	00:19:36	00:29:02	00:38:29	00:40:05.60	00:40:08.30	+00:09:38 (24.1%)	4:00	15 (76.1%)
63	OLENDER Tomasz	109		M-20	17	00:00:03	00:10:06	00:19:42	00:29:11	00:38:32	00:40:09.00	00:40:12.65	+00:09:42 (24.2%)	4:00	14.9 (75.6%)
64	SKARŻYŃSKI Jerzy	6		M-60	3	00:00:02	00:10:02	00:19:30	00:29:10	00:38:34	00:40:14.05	00:40:16.45	+00:09:47 (24.3%)	4:01	14.9 (75.6%)
65	NAWROCKI Piotr	669		M-40	16	00:00:05	00:10:23	00:19:50	00:29:24	00:38:42	00:40:19.05	00:40:24.70	+00:09:52 (24.5%)	4:01	14.9 (75.6%)
66	RUDOWICZ Piotr	664		M-40	17	00:00:03	00:10:11	00:19:50	00:29:19	00:38:38	00:40:19.10	00:40:22.60	+00:09:52 (24.5%)	4:01	14.9 (75.6%)
67	STRABEL Łukasz	702		M-20	18	00:00:02	00:09:59	00:19:30	00:29:01	00:38:43	00:40:21.50	00:40:23.55	+00:09:54 (24.6%)	4:02	14.9 (75.6%)
68	REPKA Oskar	95	KARLSRUHER SC	M-1	5	00:00:06	00:09:41	00:19:02	00:28:40	00:38:35	00:40:22.00	00:40:28.00	+00:09:55 (24.6%)	4:02	14.9 (75.6%)

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69	STANIEC Tomasz	433		M-40	18	00:00:16	00:10:26	00:20:00	00:29:38	00:39:06	00:40:41.70	00:40:58.35	+00:10:14 (25.2%)	4:04	14.7 (74.6%)
70	LUTOWSKI Wojciech	530	TKKF KOLEJARZ BYDGOSZCZ	M-30	17	00:00:09	00:10:26	00:19:50	00:29:23	00:38:36	00:40:41.80	00:40:51.05	+00:10:14 (25.2%)	4:04	14.7 (74.6%)
71	TOMKIEWICZ Rafał	366		M-40	19	00:00:10	00:10:16	00:19:45	00:29:22	00:39:05	00:40:42.25	00:40:53.05	+00:10:15 (25.2%)	4:04	14.7 (74.6%)
72	KUŁAKOWSKI Krzysztof	545	RUN-PASJA BYDGOSZCZ	M-30	18	00:00:19	00:10:05	00:19:33	00:29:14	00:39:01	00:40:44.50	00:41:04.25	+00:10:17 (25.3%)	4:04	14.7 (74.6%)
73	NOWAKOWSKI Jerzy	470		M-30	19	00:00:05	00:10:04	00:19:44	00:29:33	00:39:08	00:40:45.95	00:40:51.25	+00:10:19 (25.3%)	4:04	14.7 (74.6%)
74	WĘSIORA Mariusz	214		M-40	20	00:00:05	00:10:18	00:19:56	00:29:44	00:39:13	00:40:47.30	00:40:52.35	+00:10:20 (25.4%)	4:04	14.7 (74.6%)
75	WALKUSZ Marek	15	BRZOZA BIEGA	M-50	7	00:00:07	00:10:22	00:20:00	00:29:37	00:39:10	00:40:52.75	00:41:00.10	+00:10:25 (25.5%)	4:05	14.7 (74.6%)
76	KRYSKE Mariusz	292	SPÓJNIA BIAŁE BŁOTA	M-30	20	00:00:08	00:10:30	00:20:25	00:30:04	00:39:21	00:40:53.00	00:41:01.45	+00:10:26 (25.5%)	4:05	14.7 (74.6%)
77	RYDLEWSKI Marek	67	RUN BYDGOSZCZ	M-40	21	00:00:11	00:10:28	00:20:06	00:29:43	00:39:18	00:40:56.55	00:41:07.65	+00:10:29 (25.6%)	4:05	14.7 (74.6%)
78	KRZYWDZIŃSKI Dominik	440	UKB SZUBIN	M-1	6	00:00:08	00:10:15	00:19:45	00:29:27	00:39:24	00:41:07.50	00:41:15.85	+00:10:40 (26.0%)	4:06	14.6 (74.1%)
79	MICKIEWICZ Jan	110	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	8	00:00:02	00:10:03	00:19:43	00:29:33	00:39:25	00:41:09.05	00:41:11.35	+00:10:42 (26.0%)	4:06	14.6 (74.1%)
80	ZAKURZEWSKI Tomasz	311	BRZOZA BIEGA	M-40	22	00:00:09	00:10:21	00:20:02	00:29:43	00:39:24	00:41:09.45	00:41:19.05	+00:10:42 (26.0%)	4:07	14.6 (74.1%)
81	NAWROCLA Sylwia	680		K-20	1	00:00:03	00:10:22	00:20:03	00:29:48	00:39:34	00:41:17.00	00:41:20.95	+00:10:50 (26.2%)	4:07	14.5 (73.6%)
82	NAWROCKI Mariusz	681		M-30	21	00:00:03	00:10:21	00:20:03	00:29:41	00:39:34	00:41:18.15	00:41:21.55	+00:10:51 (26.3%)	4:07	14.5 (73.6%)
83	CHRZĄSZCZ Bartosz	579		M-20	19	00:00:09	00:10:16	00:20:00	00:29:58	00:39:42	00:41:24.55	00:41:33.85	+00:10:57 (26.5%)	4:08	14.5 (73.6%)
84	ŁASTOWSKI Waldemar	51	4RUN TEAM PIŁA	M-40	23	00:00:09	00:11:03	00:21:00	00:30:32	00:39:46	00:41:27.75	00:41:36.90	+00:11:00 (26.6%)	4:08	14.5 (73.6%)
85	DAŃCZUK Jerzy	224	RWT W BYDGOSZCZY	M-50	9	00:00:05	00:10:18	00:19:59	00:29:52	00:39:48	00:41:29.65	00:41:35.05	+00:11:02 (26.6%)	4:09	14.5 (73.6%)
86	DUCHIŃSKI Wojciech	398	BRZOZA BIEGA	M-40	24	00:00:06	00:10:21	00:20:01	00:30:00	00:39:56	00:41:39.15	00:41:45.95	+00:11:12 (26.9%)	4:09	14.4 (73.1%)
87	LESZCZEWICZ Waldemar	265	KUŹNIA TRIATHLONU	M-30	22	00:00:02	00:10:19	00:20:17	00:30:17	00:39:59	00:41:39.95	00:41:42.90	+00:11:13 (26.9%)	4:10	14.4 (73.1%)
88	OLKOWSKI Jurek	288	THE RUNNERS ŚWIECIE	M-60	4	00:00:07	00:10:26	00:20:21	00:30:16	00:40:02	00:41:45.65	00:41:53.00	+00:11:18 (27.1%)	4:10	14.4 (73.1%)
89	PRZYBYLSKI Maciej	145		M-40	25	00:00:07	00:10:18	00:19:59	00:29:55	00:40:01	00:41:47.65	00:41:55.25	+00:11:20 (27.1%)	4:10	14.4 (73.1%)
90	GRABIAS Aleksandra	370		K-20	2	00:00:03	00:10:30	00:20:25	00:30:19	00:40:05	00:41:52.45	00:41:55.55	+00:11:25 (27.3%)	4:11	14.3 (72.6%)
91	ZIELIŃSKI Tomasz	14		M-40	26	00:00:04	00:10:18	00:20:15	00:30:16	00:40:14	00:41:56.95	00:42:01.15	+00:11:30 (27.4%)	4:11	14.3 (72.6%)
92	KŁOSKOWSKI Adam	101	JW 1515 BYDGOSZCZ	M-30	23	00:00:06	00:10:31	00:20:18	00:30:16	00:40:24	00:42:00.70	00:42:06.70	+00:11:33 (27.5%)	4:12	14.3 (72.6%)
93	KALACZYŃSKI Miłosz	472		M-1	7	00:00:05	00:10:29	00:20:18	00:30:12	00:40:12	00:42:01.75	00:42:07.00	+00:11:34 (27.6%)	4:12	14.3 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
94	RUDNICKI Michał	293	TASAK TEAM	M-30	24	00:00:06	00:10:21	00:20:12	00:30:09	00:40:15	00:42:03.90	00:42:10.65	+00:11:37 (27.6%)	4:12	14.3 (72.6%)
95	WODEJKO Artur	626	TURBOBOY	M-40	27	00:00:04	00:10:32	00:20:24	00:30:19	00:40:18	00:42:07.85	00:42:12.70	+00:11:41 (27.7%)	4:12	14.2 (72.1%)
96	DAMSKI Jędrzej	493	GUL(R)UN	M-20	20	00:00:12	00:10:28	00:20:24	00:30:25	00:40:29	00:42:08.80	00:42:21.75	+00:11:41 (27.8%)	4:12	14.2 (72.1%)
97	AUGUSTYNOWICZ Piotr	513		M-30	25	00:00:07	00:10:37	00:20:29	00:30:31	00:40:30	00:42:10.65	00:42:17.65	+00:11:43 (27.8%)	4:13	14.2 (72.1%)
98	WŁODARSKI Przemysław	432	FRIDAY STYLE	M-30	26	00:00:05	00:10:21	00:20:18	00:30:16	00:40:23	00:42:10.70	00:42:16.10	+00:11:43 (27.8%)	4:13	14.2 (72.1%)
99	BRZEZIŃSKI Rafał	578	ICH LIEBE MEINE FRAU	M-30	27	00:00:09	00:10:32	00:20:30	00:30:31	00:40:27	00:42:13.70	00:42:23.00	+00:11:46 (27.9%)	4:13	14.2 (72.1%)
100	SOBCZAK Marcin	196	BYDGOSZCZ TRIATHLON TEAM / TRISPACE	M-40	28	00:00:06	00:10:39	00:20:34	00:30:35	00:40:31	00:42:18.20	00:42:24.85	+00:11:51 (28.0%)	4:13	14.2 (72.1%)
101	KOSAKOWSKI Marian	668		M-50	10	00:00:02	00:10:36	00:20:33	00:30:35	00:40:35	00:42:21.40	00:42:23.55	+00:11:54 (28.1%)	4:14	14.2 (72.1%)
102	TEMPSKI Patryk	588	DRUŻYNA TVN	M-30	28	00:00:05	00:10:40	00:20:35	00:30:33	00:40:34	00:42:26.25	00:42:31.90	+00:11:59 (28.3%)	4:14	14.1 (71.6%)
103	GRZYWIŃSKI Grzegorz	725		M-30	29	00:00:07	00:10:41	00:20:40	00:30:43	00:40:43	00:42:29.20	00:42:36.25	+00:12:02 (28.3%)	4:14	14.1 (71.6%)
104	KOLCZYŃSKI Adam	254	PĄCZKI Z LUKREM	M-30	30	00:00:11	00:10:46	00:20:41	00:30:43	00:40:44	00:42:35.05	00:42:46.65	+00:12:08 (28.5%)	4:15	14.1 (71.6%)
105	WIŚNIEWSKI Leszek	509		M-40	29	00:00:09	00:10:20	00:20:02	00:30:22	00:40:54	00:42:35.95	00:42:45.80	+00:12:09 (28.5%)	4:15	14.1 (71.6%)
106	ŚWITAL Leszek	221	MORSY MARGONIN-TAZAR	M-40	30	00:00:05	00:10:19	00:20:23	00:30:41	00:40:58	00:42:45.60	00:42:51.30	+00:12:18 (28.8%)	4:16	14 (71.1%)
107	KAŁAMAJA Jakub	654		M-20	21	00:00:27	00:11:37	00:21:45	00:31:31	00:41:12	00:42:47.85	00:43:15.50	+00:12:21 (28.9%)	4:16	14 (71.1%)
108	ZIĘTAK Krzysztof	577		M-50	11	00:00:04	00:10:24	00:20:26	00:30:37	00:40:53	00:42:51.50	00:42:55.65	+00:12:24 (29.0%)	4:17	14 (71.1%)
109	MARION Yohann	712		M-30	31	00:00:31	00:10:59	00:21:00	00:31:10	00:41:13	00:42:53.30	00:43:24.75	+00:12:26 (29.0%)	4:17	14 (71.1%)
110	DUDEK Agnieszka	407		K-40	1	00:00:04	00:10:35	00:20:37	00:30:56	00:41:10	00:42:56.10	00:43:00.20	+00:12:29 (29.1%)	4:17	14 (71.1%)
111	ZIELONKA Zbigniew	665		M-40	31	00:00:06	00:10:32	00:20:28	00:30:45	00:41:11	00:42:57.25	00:43:03.45	+00:12:30 (29.1%)	4:17	14 (71.1%)
112	RACZYŃSKI Krzysztof	233		M-50	12	00:00:09	00:10:46	00:20:42	00:30:45	00:41:07	00:42:58.85	00:43:07.85	+00:12:32 (29.2%)	4:17	14 (71.1%)
113	MOLTZAN Zbigniew	350		M-40	32	00:00:09	00:10:54	00:21:02	00:31:12	00:41:15	00:43:03.05	00:43:12.90	+00:12:36 (29.3%)	4:18	13.9 (70.6%)
114	MOLTZAN-MAŁKOWSKA Magdalena	323		K-40	2	00:00:09	00:10:54	00:21:02	00:31:12	00:41:16	00:43:03.35	00:43:12.95	+00:12:36 (29.3%)	4:18	13.9 (70.6%)
115	SAWIEŁAJC Jakub	337		M-1	8	00:00:12	00:11:07	00:21:08	00:31:14	00:41:27	00:43:08.90	00:43:21.60	+00:12:42 (29.4%)	4:18	13.9 (70.6%)
116	MARCHEL Tomasz	91		M-20	22	00:00:06	00:10:24	00:20:35	00:30:54	00:41:16	00:43:09.00	00:43:15.95	+00:12:42 (29.4%)	4:18	13.9 (70.6%)
117	MUSS Olek	675		M-40	33	00:00:10	00:11:21	00:21:45	00:31:49	00:41:34	00:43:15.25	00:43:25.50	+00:12:48 (29.6%)	4:19	13.9 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
118	FURTAK Tomasz	199	SPORT I REKREACJA MOGILNO	M-40	34	00:00:07	00:11:02	00:21:15	00:31:31	00:41:35	00:43:15.75	00:43:23.35	+00:12:48 (29.6%)	4:19	13.9 (70.6%)
119	KOZIŃSKI Marek	75	RUN BYDGOSZCZ	M-30	32	00:00:03	00:10:22	00:20:28	00:31:08	00:41:37	00:43:24.15	00:43:27.75	+00:12:57 (29.8%)	4:20	13.8 (70.1%)
120	KWAPIŃSKI Damian	149		M-30	33	00:00:04	00:10:22	00:20:20	00:30:39	00:41:29	00:43:25.35	00:43:29.65	+00:12:58 (29.9%)	4:20	13.8 (70.1%)
121	KOWALSKI Krzysztof	174	OCELOTY KRUSZYN KRAJEŃSKI	M-30	34	00:00:24	00:10:58	00:21:06	00:31:25	00:41:38	00:43:26.75	00:43:51.15	+00:12:59 (29.9%)	4:20	13.8 (70.1%)
122	PASIEKA Tomasz	29	KLUB ŻOŁNIERZY REZERWY LOK NAKŁO	M-40	35	00:00:08	00:10:51	00:21:02	00:31:14	00:41:40	00:43:30.05	00:43:39.00	+00:13:03 (30.0%)	4:21	13.8 (70.1%)
123	PRUCHNICKI Rafał	713		M-30	35	00:00:33	00:10:58	00:21:00	00:31:19	00:41:41	00:43:30.75	00:44:04.25	+00:13:03 (30.0%)	4:21	13.8 (70.1%)
124	MATKOWSKI Maciej	706		M-40	36	00:00:14	00:10:56	00:21:03	00:31:25	00:41:42	00:43:32.75	00:43:46.95	+00:13:05 (30.1%)	4:21	13.8 (70.1%)
125	MILEWSKI Zbigniew	71	TKKF KOLEJARZ BYDGOSZCZ	M-40	37	00:00:50	00:11:42	00:22:04	00:32:12	00:42:01	00:43:38.75	00:44:29.70	+00:13:11 (30.2%)	4:21	13.7 (69.5%)
126	BOŁKA Szymon	111		M-20	23	00:00:22	00:11:11	00:21:38	00:32:00	00:41:57	00:43:39.55	00:44:01.80	+00:13:12 (30.3%)	4:21	13.7 (69.5%)
127	ŚPICA Leszek	458		M-40	38	00:00:55	00:11:38	00:21:36	00:31:52	00:41:53	00:43:41.15	00:44:36.45	+00:13:14 (30.3%)	4:22	13.7 (69.5%)
128	LEWANDOWSKI Tomasz	651	RWT W BYDGOSZCZY	M-30	36	00:00:21	00:10:51	00:21:00	00:31:43	00:42:05	00:43:44.75	00:44:06.00	+00:13:17 (30.4%)	4:22	13.7 (69.5%)
129	KOWALSKI Jacek	88		M-30	37	00:00:13	00:10:51	00:21:02	00:31:27	00:42:05	00:43:48.15	00:44:01.30	+00:13:21 (30.5%)	4:22	13.7 (69.5%)
130	KARWACKI Paweł	278	TRISPACE	M-30	38	00:00:11	00:11:06	00:21:23	00:31:46	00:42:02	00:43:49.00	00:44:00.55	+00:13:22 (30.5%)	4:22	13.7 (69.5%)
131	MARCINKOWSKI Paweł	584		M-40	39	00:00:15	00:11:11	00:21:21	00:31:41	00:42:01	00:43:50.60	00:44:06.25	+00:13:23 (30.6%)	4:23	13.7 (69.5%)
132	JAGODZIŃSKA Magdalena	134	BYDGOSKIE OKONIE	K-20	3	00:00:18	00:11:16	00:21:42	00:31:57	00:42:09	00:43:52.30	00:44:10.85	+00:13:25 (30.6%)	4:23	13.7 (69.5%)
133	DĄBKOWSKI Maciej	10		M-40	40	00:00:23	00:11:10	00:21:26	00:31:46	00:42:04	00:43:53.35	00:44:16.40	+00:13:26 (30.6%)	4:23	13.7 (69.5%)
134	SZCZECIŃSKI Mariusz	723		M-40	41	00:00:35	00:11:56	00:22:32	00:32:35	00:42:15	00:43:56.40	00:44:31.40	+00:13:29 (30.7%)	4:23	13.7 (69.5%)
135	WRZESIŃSKI Wojciech	529	RUN BYDGOSZCZ	M-40	42	00:00:12	00:11:11	00:21:26	00:31:48	00:42:10	00:43:57.35	00:44:09.85	+00:13:30 (30.7%)	4:23	13.7 (69.5%)
136	LEWANDOWSKI Rafał	66	VENI CUCURRI VICI	M-30	39	00:00:15	00:10:48	00:21:03	00:31:40	00:42:10	00:43:57.90	00:44:12.90	+00:13:31 (30.7%)	4:23	13.7 (69.5%)
137	OCHENDAL Maciej	559	TRISPACE	M-30	40	00:00:08	00:11:11	00:21:30	00:31:53	00:42:10	00:43:58.90	00:44:07.15	+00:13:32 (30.8%)	4:23	13.6 (69.0%)
138	MACIEJEWSKA Kamila	693		K-30	4	00:00:12	00:11:10	00:21:26	00:31:53	00:42:17	00:44:05.90	00:44:18.85	+00:13:39 (31.0%)	4:24	13.6 (69.0%)
139	TRZCIŃSKI Franciszek	426	TKKF KOLEJARZ BYDGOSZCZ	M-50	13	00:00:05	00:10:52	00:21:15	00:31:53	00:42:19	00:44:09.30	00:44:14.65	+00:13:42 (31.0%)	4:24	13.6 (69.0%)
140	BARTOSZ Marek	419		M-30	41	00:00:14	00:11:08	00:21:34	00:32:07	00:42:30	00:44:13.60	00:44:28.55	+00:13:46 (31.2%)	4:25	13.6 (69.0%)
141	CZERWIŃSKI Krzysztof	460	AKADEMIA BIEGANIA GRUDZIĄDZ	M-1	9	00:00:08	00:11:13	00:21:50	00:32:11	00:42:26	00:44:16.00	00:44:24.35	+00:13:49 (31.2%)	4:25	13.6 (69.0%)
142	KOTWICA Hanna	576	PAŁUKI RUNNING TEAM	K-1	1	00:00:13	00:11:10	00:21:27	00:31:58	00:42:32	00:44:20.90	00:44:33.90	+00:13:54 (31.3%)	4:26	13.5 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
143	PŁACZKOWSKI Krzysztof	603	TSK ORZEŁ OSIEK	M-30	42	00:00:04	00:10:31	00:20:55	00:31:47	00:42:32	00:44:22.75	00:44:27.70	+00:13:55 (31.4%)	4:26	13.5 (68.5%)
144	KALETA Marcin	674		M-40	43	00:00:07	00:11:20	00:21:52	00:32:25	00:42:41	00:44:24.60	00:44:32.45	+00:13:57 (31.4%)	4:26	13.5 (68.5%)
145	WYSMOLIŃSKI Rafał	160		M-30	43	00:00:23	00:11:09	00:21:26	00:31:54	00:42:29	00:44:24.85	00:44:48.05	+00:13:58 (31.4%)	4:26	13.5 (68.5%)
146	LEWANDOWSKI Mirosław	682		M-30	44	00:00:04	00:11:07	00:21:43	00:32:23	00:42:39	00:44:25.65	00:44:30.25	+00:13:58 (31.5%)	4:26	13.5 (68.5%)
147	GACKOWSKI Jarek	684	TRIYSTYLE.PL	M-40	44	00:00:08	00:11:23	00:21:49	00:32:16	00:42:45	00:44:34.80	00:44:43.25	+00:14:07 (31.7%)	4:27	13.5 (68.5%)
148	MASLIŃSKI Mirosław	114		M-50	14	00:00:08	00:11:32	00:21:51	00:32:15	00:42:48	00:44:41.70	00:44:49.75	+00:14:14 (31.9%)	4:28	13.4 (68.0%)
149	KOWALIKOWSKI Daniel	417		M-20	24	00:00:10	00:11:06	00:21:27	00:32:04	00:42:56	00:44:47.85	00:44:58.20	+00:14:21 (32.0%)	4:28	13.4 (68.0%)
150	KUJAWA Daniel	478	56. BAZA LOTNICZA	M-30	45	00:00:15	00:11:08	00:21:41	00:32:16	00:43:02	00:44:51.05	00:45:06.90	+00:14:24 (32.1%)	4:29	13.4 (68.0%)
151	LIBAN Zygfryd	2	BIEGAJĄCY TCZEW	M-70	1	00:00:03	00:11:16	00:21:43	00:32:25	00:42:58	00:44:51.15	00:44:54.15	+00:14:24 (32.1%)	4:29	13.4 (68.0%)
152	SADOWSKI Marian	501		M-40	45	00:00:12	00:11:30	00:21:56	00:32:29	00:42:56	00:44:51.35	00:45:03.40	+00:14:24 (32.1%)	4:29	13.4 (68.0%)
153	GRYCZKA Piotr	260		M-50	15	00:00:06	00:11:28	00:21:54	00:32:24	00:43:07	00:44:56.75	00:45:03.40	+00:14:29 (32.3%)	4:29	13.3 (67.5%)
154	GOŁAWSKI Andrzej	609		M-40	46	00:00:14	00:11:41	00:22:10	00:32:42	00:43:08	00:44:58.25	00:45:12.60	+00:14:31 (32.3%)	4:29	13.3 (67.5%)
155	CHOJNACKI Krzysztof	557	RUN BYDGOSZCZ	M-40	47	00:00:46	00:11:56	00:22:40	00:33:46	00:43:19	00:44:59.80	00:45:46.60	+00:14:32 (32.3%)	4:30	13.3 (67.5%)
156	KUJAWA Piotr	172	RUN BYDGOSZCZ	M-40	48	00:00:20	00:11:46	00:22:15	00:32:39	00:43:11	00:44:59.85	00:45:20.60	+00:14:33 (32.3%)	4:30	13.3 (67.5%)
157	TORCHALSKI Krzysztof	411	RUN-PASJA BYDGOSZCZ	M-50	16	00:00:16	00:11:18	00:21:47	00:32:30	00:43:03	00:45:01.30	00:45:17.40	+00:14:34 (32.4%)	4:30	13.3 (67.5%)
158	CZARNECKI Grzegorz	638	BRZOZA BIEGA	M-30	46	00:00:43	00:11:25	00:21:57	00:32:32	00:43:14	00:45:03.20	00:45:46.75	+00:14:36 (32.4%)	4:30	13.3 (67.5%)
159	GÓRSKI Marian	456	TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	17	00:00:03	00:11:24	00:22:02	00:32:43	00:43:10	00:45:05.30	00:45:08.65	+00:14:38 (32.5%)	4:30	13.3 (67.5%)
160	SKOREKCI Aleksander	729	BYDGOSZCZ TRIATHLON TEAM	M-20	25	00:00:12	00:11:40	00:22:22	00:32:52	00:43:20	00:45:05.75	00:45:17.85	+00:14:38 (32.5%)	4:30	13.3 (67.5%)
161	ANDRZEJEWSKI Paweł	322		M-30	47	00:00:05	00:11:04	00:21:37	00:32:26	00:43:16	00:45:08.25	00:45:13.65	+00:14:41 (32.5%)	4:30	13.3 (67.5%)
162	GURNA Jolanta	396	TKKF KOLEJARZ BYDGOSZCZ	K-50	1	00:00:02	00:11:07	00:21:44	00:32:28	00:43:13	00:45:08.85	00:45:11.15	+00:14:42 (32.6%)	4:30	13.3 (67.5%)
163	TOBOLSKI Marek	474	FLORIAN OCHRONA PRZECIWPOŻAROWA GRUDZIĄDZ	M-40	49	00:00:24	00:11:42	00:22:14	00:32:54	00:43:27	00:45:10.25	00:45:34.35	+00:14:43 (32.6%)	4:31	13.3 (67.5%)
164	RUDOL Sebastian	42		M-40	50	00:00:07	00:11:38	00:22:14	00:32:52	00:43:29	00:45:10.80	00:45:18.00	+00:14:43 (32.6%)	4:31	13.3 (67.5%)
165	SZKUTA Jarek	341	100% WITAMINY C	M-30	48	00:00:27	00:11:58	00:22:29	00:32:59	00:43:31	00:45:11.30	00:45:39.10	+00:14:44 (32.6%)	4:31	13.3 (67.5%)
166	STĘPIEŃ Bogdan	439	LUXTORPEDY	M-30	49	00:00:27	00:11:59	00:22:29	00:32:59	00:43:32	00:45:11.45	00:45:39.00	+00:14:44 (32.6%)	4:31	13.3 (67.5%)
167	KANARKOWSKI Stanisław	687		M-50	18	00:00:02	00:11:03	00:21:39	00:32:24	00:43:11	00:45:12.15	00:45:14.95	+00:14:45 (32.6%)	4:31	13.3 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
168	SZWARC Paweł	206	RUN BYDGOSZCZ	M-30	50	00:00:19	00:11:24	00:21:55	00:32:41	00:43:26	00:45:12.35	00:45:31.40	+00:14:45 (32.6%)	4:31	13.3 (67.5%)
169	LIPSKI Krzysztof	284	RUN BYDGOSZCZ	M-40	51	00:00:24	00:11:31	00:22:12	00:32:54	00:43:28	00:45:13.30	00:45:37.95	+00:14:46 (32.7%)	4:31	13.3 (67.5%)
170	CZESZEWSKI Rafał	467	DW#43	M-30	51	00:00:17	00:11:30	00:22:16	00:33:00	00:43:28	00:45:16.40	00:45:33.85	+00:14:49 (32.7%)	4:31	13.3 (67.5%)
170	WIŚNIEWSKA Marcjanna	78		K-20	4	00:00:04	00:11:23	00:22:08	00:32:54	00:43:31	00:45:16.40	00:45:21.00	+00:14:49 (32.7%)	4:31	13.2 (67.0%)
172	SZARMACH Stanisław	633	BIEGAJ Z WSL	M-60	5	00:00:24	00:11:34	00:22:08	00:32:49	00:43:23	00:45:18.20	00:45:42.25	+00:14:51 (32.8%)	4:31	13.2 (67.0%)
173	KORYCIŃSKI Arkadiusz	81	RUNSPACE.PL TEAM	M-30	52	00:00:43	00:11:32	00:22:03	00:32:52	00:43:31	00:45:20.65	00:46:04.25	+00:14:53 (32.9%)	4:32	13.2 (67.0%)
174	STEMPNIAK Krzysztof	191		M-40	52	00:00:11	00:11:21	00:21:48	00:32:31	00:43:29	00:45:21.05	00:45:32.95	+00:14:54 (32.9%)	4:32	13.2 (67.0%)
175	BIEL Marek	376	1% DLA DARIÍ BIEL	M-40	53	00:00:11	00:11:10	00:21:29	00:32:18	00:43:30	00:45:25.40	00:45:36.75	+00:14:58 (33.0%)	4:32	13.2 (67.0%)
176	OELRICH Henryk	120		M-50	19	00:00:17	00:11:23	00:21:58	00:32:49	00:43:31	00:45:26.00	00:45:43.15	+00:14:59 (33.0%)	4:32	13.2 (67.0%)
177	SŁOMA Maciej	222		M-40	54	00:00:29	00:11:32	00:22:09	00:32:56	00:43:39	00:45:29.55	00:45:59.00	+00:15:02 (33.1%)	4:33	13.2 (67.0%)
178	ROSZAK Zbigniew	236	T.G. SOKÓŁ GNIEWKOWO	M-20	26	00:00:04	00:10:21	00:20:49	00:32:06	00:43:36	00:45:32.75	00:45:37.35	+00:15:05 (33.1%)	4:33	13.2 (67.0%)
179	WINIARSKI Grzegorz	320	THE RUNNERS ŚWIECIE	M-30	53	00:00:16	00:11:32	00:22:17	00:33:03	00:43:42	00:45:35.95	00:45:52.80	+00:15:09 (33.2%)	4:33	13.2 (67.0%)
180	CHWIŁKA Daniel	48	TASAK TEAM	M-30	54	00:00:06	00:11:11	00:22:00	00:32:58	00:43:39	00:45:36.85	00:45:43.65	+00:15:10 (33.2%)	4:33	13.2 (67.0%)
181	WIŚNIEWSKI Maciej	220		M-40	55	00:00:15	00:11:33	00:22:17	00:33:03	00:43:43	00:45:36.90	00:45:52.75	+00:15:10 (33.3%)	4:33	13.2 (67.0%)
182	CABAŃSKI Tomasz	699		M-30	55	00:00:22	00:11:38	00:22:28	00:33:13	00:43:49	00:45:37.60	00:46:00.00	+00:15:10 (33.3%)	4:33	13.1 (66.5%)
183	MICHAŃCZYK Sebastian	691		M-30	56	00:00:22	00:11:38	00:22:27	00:33:13	00:43:50	00:45:39.35	00:46:01.60	+00:15:12 (33.3%)	4:33	13.1 (66.5%)
184	NIEDBALSKI Grzegorz	371	RUN BYDGOSZCZ	M-50	20	00:00:34	00:11:44	00:22:25	00:33:06	00:43:54	00:45:42.30	00:46:16.95	+00:15:15 (33.4%)	4:34	13.1 (66.5%)
185	LICA Szymon	518		M-20	27	00:00:05	00:11:04	00:22:05	00:33:04	00:43:53	00:45:45.00	00:45:50.50	+00:15:18 (33.4%)	4:34	13.1 (66.5%)
186	PAŚ Michał	244	CHARTY SZELEJEWO	M-30	57	00:00:07	00:11:36	00:22:02	00:32:39	00:43:51	00:45:47.15	00:45:54.95	+00:15:20 (33.5%)	4:34	13.1 (66.5%)
187	KLINIKOWSKI Jajacek	340	KOCHAM ŻYCIE I...	M-40	56	00:00:12	00:11:45	00:22:35	00:33:26	00:44:07	00:45:47.25	00:45:59.40	+00:15:20 (33.5%)	4:34	13.1 (66.5%)
188	GORGOL Tomasz	297	RUN BYDGOSZCZ	M-30	58	00:00:44	00:11:39	00:22:34	00:33:22	00:43:57	00:45:48.15	00:46:32.50	+00:15:21 (33.5%)	4:34	13.1 (66.5%)
189	ŻABOWSKI Marek	159	TRISPACE	M-30	59	00:00:26	00:11:52	00:22:33	00:33:16	00:43:58	00:45:49.95	00:46:16.40	+00:15:23 (33.6%)	4:35	13.1 (66.5%)
190	BUZALSKI Robert	394	ORANGE POLSKA	M-40	57	00:00:30	00:11:31	00:22:06	00:33:11	00:44:00	00:45:50.35	00:46:21.30	+00:15:23 (33.6%)	4:35	13.1 (66.5%)
191	BANASZAK Monika	672		K-30	5	00:00:18	00:11:46	00:22:39	00:33:24	00:44:09	00:45:51.70	00:46:10.35	+00:15:24 (33.6%)	4:35	13.1 (66.5%)
192	SZATTEN Dawid	312		M-30	60	00:00:10	00:11:13	00:21:51	00:32:49	00:43:48	00:45:52.30	00:46:03.10	+00:15:25 (33.6%)	4:35	13.1 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
193	STAŃCZYK Grzegorz	704		M-40	58	00:00:04	00:11:06	00:21:52	00:32:53	00:43:54	00:45:52.55	00:45:56.55	+00:15:25 (33.6%)	4:35	13.1 (66.5%)
194	DAWIDOWICZ Maciej	234	BRZOZA BIEGA	M-30	61	00:00:15	00:11:47	00:22:32	00:33:17	00:44:01	00:45:53.35	00:46:08.50	+00:15:26 (33.6%)	4:35	13.1 (66.5%)
195	MICHALEWSKI Bartosz	549		M-30	62	00:00:09	00:11:36	00:22:23	00:33:09	00:44:01	00:45:55.15	00:46:05.00	+00:15:28 (33.7%)	4:35	13.1 (66.5%)
196	SUCHOMSKA Beata	402	OPENTAX24.PL	K-40	3	00:00:16	00:11:51	00:22:39	00:33:26	00:44:02	00:45:57.05	00:46:14.00	+00:15:30 (33.7%)	4:35	13.1 (66.5%)
197	RÓŻYCKI Sławomir	237	TKKF KOLEJARZ BYDGOSZCZ	M-50	21	00:00:08	00:11:43	00:22:32	00:33:23	00:44:09	00:45:59.20	00:46:08.10	+00:15:32 (33.8%)	4:36	13 (66.0%)
198	ANDRZEJCZAK Rafał	418		M-30	63	00:00:05	00:11:12	00:21:58	00:32:55	00:44:03	00:46:01.00	00:46:06.05	+00:15:34 (33.8%)	4:36	13 (66.0%)
199	BAGROWSKI Marek	105	UMK-COLLEGIUM MEDICUM RATOWNICTWO-MEDYCZNE	M-50	22	00:00:22	00:11:28	00:22:17	00:33:10	00:43:56	00:46:01.30	00:46:23.95	+00:15:34 (33.8%)	4:36	13 (66.0%)
200	SZYMAŃSKI Krzysztof	18		M-40	59	00:00:03	00:11:21	00:22:13	00:33:22	00:44:13	00:46:02.65	00:46:06.50	+00:15:35 (33.9%)	4:36	13 (66.0%)
201	FOLERZYŃSKI Dawid	459	SPÓJNIA BIAŁE BŁOTA	M-1	10	00:00:08	00:11:23	00:21:58	00:33:00	00:44:09	00:46:06.30	00:46:15.15	+00:15:39 (34.0%)	4:36	13 (66.0%)
202	RATAJ Zuzanna	26	KOBIETY BIEGAJĄ / POLONIA BYDGOSZCZ SLA	K-30	6	00:00:04	00:11:34	00:22:24	00:33:16	00:44:12	00:46:07.00	00:46:11.85	+00:15:40 (34.0%)	4:36	13 (66.0%)
203	GLIWKA Artur	195	1. BLWL	M-30	64	00:00:18	00:11:18	00:22:01	00:33:06	00:44:17	00:46:07.80	00:46:26.15	+00:15:40 (34.0%)	4:36	13 (66.0%)
204	KADOW Ryszard	34	RUN-PASJA BYDGOSZCZ	M-40	60	00:00:09	00:11:42	00:22:40	00:33:33	00:44:21	00:46:08.10	00:46:17.65	+00:15:41 (34.0%)	4:36	13 (66.0%)
205	APANASIEWICZ Bartosz	375		M-30	65	00:00:16	00:11:47	00:22:41	00:33:26	00:44:11	00:46:09.45	00:46:25.70	+00:15:42 (34.0%)	4:36	13 (66.0%)
206	MOJSIEWICZ Janusz	464		M-30	66	00:00:29	00:11:02	00:21:26	00:32:10	00:43:47	00:46:09.85	00:46:39.30	+00:15:43 (34.0%)	4:37	13 (66.0%)
207	WNUCZYŃSKI Andrzej	514	ORANGE POLSKA	M-40	61	00:00:30	00:11:30	00:22:05	00:33:11	00:44:11	00:46:10.30	00:46:41.05	+00:15:43 (34.1%)	4:37	13 (66.0%)
208	WOŹNIAK Anna	374	RUN-PASJA BYDGOSZCZ	K-30	7	00:00:14	00:11:49	00:22:43	00:33:28	00:44:13	00:46:10.40	00:46:25.15	+00:15:43 (34.1%)	4:37	13 (66.0%)
209	MICHALIK Łukasz	65	BRZOZA BIEGA	M-30	67	00:00:13	00:11:50	00:22:44	00:33:29	00:44:13	00:46:11.55	00:46:25.20	+00:15:44 (34.1%)	4:37	13 (66.0%)
209	KANTORSKI Zbysław	153	COCA-COLA RUNNERS	M-50	23	00:00:29	00:12:00	00:22:40	00:33:30	00:44:19	00:46:11.55	00:46:41.25	+00:15:44 (34.1%)	4:37	13 (66.0%)
211	KONIECZKA Jonathan	718		M-1	11	00:00:17	00:10:39	00:21:32	00:33:21	00:44:32	00:46:13.60	00:46:31.35	+00:15:46 (34.1%)	4:37	13 (66.0%)
212	ZNAROWSKA Bożena	344	ACTIVE MALBORK	K-50	2	00:00:05	00:11:26	00:22:21	00:33:24	00:44:18	00:46:14.40	00:46:19.50	+00:15:47 (34.2%)	4:37	13 (66.0%)
213	CZARNECKI Piotr	620	BRZOZA BIEGA	M-30	68	00:00:56	00:11:42	00:22:26	00:33:20	00:44:23	00:46:15.90	00:47:12.70	+00:15:49 (34.2%)	4:37	13 (66.0%)
214	WIERZBOWSKI Piotr	412	START BRZOZÓWKA	M-30	69	00:00:10	00:12:09	00:23:30	00:33:51	00:44:23	00:46:16.95	00:46:27.70	+00:15:50 (34.2%)	4:37	13 (66.0%)
215	WIŚNIEWSKI Jakub	510		M-20	28	00:00:16	00:11:06	00:22:04	00:33:18	00:44:33	00:46:17.20	00:46:33.60	+00:15:50 (34.2%)	4:37	13 (66.0%)
216	GÓRZYŃSKI Tomasz	707		M-40	62	00:00:32	00:12:03	00:23:00	00:33:52	00:44:27	00:46:19.85	00:46:52.65	+00:15:53 (34.3%)	4:38	12.9 (65.5%)
217	MANDOSIK Jerzy	595	TEAMOCHAL	M-60	6	00:00:09	00:11:13	00:22:08	00:33:14	00:44:20	00:46:20.25	00:46:29.90	+00:15:53 (34.3%)	4:38	12.9 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
218	ŻEGLICZ Marek	197	SPÓJNIA BIAŁE BŁOTA	M-20	29	00:00:07	00:11:13	00:21:54	00:33:15	00:44:26	00:46:28.05	00:46:35.45	+00:16:01 (34.5%)	4:38	12.9 (65.5%)
219	GUZIK Grzegorz	625	ING	M-30	70	00:00:46	00:11:32	00:22:35	00:33:44	00:44:37	00:46:28.55	00:47:14.75	+00:16:01 (34.5%)	4:38	12.9 (65.5%)
220	PARTYKA Wojciech	339		M-30	71	00:00:12	00:11:54	00:22:43	00:33:36	00:44:36	00:46:30.05	00:46:42.50	+00:16:03 (34.5%)	4:39	12.9 (65.5%)
221	GACKOWSKI Krzysztof	360		M-40	63	00:00:08	00:11:25	00:22:26	00:33:39	00:44:44	00:46:35.75	00:46:44.50	+00:16:08 (34.7%)	4:39	12.9 (65.5%)
222	MATUSZAK Dorota	608		K-30	8	00:00:27	00:12:03	00:22:58	00:33:52	00:44:51	00:46:42.00	00:47:09.25	+00:16:15 (34.8%)	4:40	12.8 (65.0%)
223	GROTA Artur	313		M-30	72	00:00:06	00:11:20	00:22:13	00:33:23	00:44:44	00:46:42.50	00:46:48.60	+00:16:15 (34.8%)	4:40	12.8 (65.0%)
224	ROŚ Adam	308		M-40	64	00:00:10	00:12:33	00:23:42	00:34:25	00:44:53	00:46:45.75	00:46:56.10	+00:16:18 (34.9%)	4:40	12.8 (65.0%)
225	ZBORALSKI Krzysztof	542		M-40	65	00:00:04	00:11:47	00:22:45	00:33:38	00:44:48	00:46:48.65	00:46:53.45	+00:16:21 (35.0%)	4:40	12.8 (65.0%)
226	CHWIEDUK Magdalena	192		K-40	4	00:00:26	00:11:56	00:23:11	00:34:20	00:45:00	00:46:50.85	00:47:17.20	+00:16:24 (35.0%)	4:41	12.8 (65.0%)
227	ROBACZEWSKI Marcin	585		M-40	66	00:00:48	00:12:32	00:23:39	00:34:21	00:45:01	00:46:50.95	00:47:39.40	+00:16:24 (35.0%)	4:41	12.8 (65.0%)
228	MORITZ Rafał	424	ŚLIMAKI BARCIN	M-40	67	00:00:15	00:12:14	00:23:09	00:34:10	00:45:02	00:46:51.45	00:47:06.65	+00:16:24 (35.0%)	4:41	12.8 (65.0%)
229	BENTKOWSKA Natalia	430		K-20	5	00:00:17	00:11:36	00:22:34	00:33:39	00:44:58	00:46:51.55	00:47:08.55	+00:16:24 (35.0%)	4:41	12.8 (65.0%)
230	DRÓBKA Krzysztof	480		M-40	68	00:00:06	00:11:15	00:22:09	00:33:24	00:44:52	00:46:52.30	00:46:59.05	+00:16:25 (35.0%)	4:41	12.8 (65.0%)
231	BONIECKI Filip	544		M-30	73	00:00:18	00:11:25	00:22:21	00:33:35	00:45:00	00:46:57.00	00:47:15.70	+00:16:30 (35.1%)	4:41	12.8 (65.0%)
232	KURS Jarosław	642	TKKF KOLEJARZ BYDGOSZCZ	M-50	24	00:00:25	00:11:48	00:22:49	00:33:54	00:45:06	00:46:57.70	00:47:22.95	+00:16:30 (35.2%)	4:41	12.8 (65.0%)
233	MIELCARSKI Michał	210		M-30	74	00:00:14	00:11:51	00:22:48	00:33:58	00:45:08	00:47:00.00	00:47:14.30	+00:16:33 (35.2%)	4:42	12.8 (65.0%)
234	PRZERACKI Mirosław	453		M-40	69	00:00:08	00:11:34	00:22:40	00:34:03	00:45:05	00:47:02.90	00:47:11.15	+00:16:36 (35.3%)	4:42	12.8 (65.0%)
235	GORDON Roman	84		M-60	7	00:00:13	00:11:41	00:22:36	00:33:51	00:45:03	00:47:03.95	00:47:17.50	+00:16:37 (35.3%)	4:42	12.7 (64.5%)
236	GOLON Marlena	422		K-40	5	00:00:21	00:11:48	00:22:58	00:34:11	00:45:11	00:47:04.15	00:47:26.10	+00:16:37 (35.3%)	4:42	12.7 (64.5%)
237	KONIECZKA Jarosław	717		M-40	70	00:00:48	00:12:24	00:23:32	00:34:27	00:45:13	00:47:07.65	00:47:56.50	+00:16:40 (35.4%)	4:42	12.7 (64.5%)
238	KUNDE Tomasz	730	BYDGOSZCZ TRIATHLON TEAM	M-20	30	00:00:12	00:11:40	00:22:25	00:33:31	00:45:08	00:47:08.00	00:47:20.10	+00:16:41 (35.4%)	4:42	12.7 (64.5%)
239	PODLASZEWSKI Jacek	180	VENI CUCURRI VICI	M-40	71	00:00:15	00:11:53	00:22:59	00:34:10	00:45:14	00:47:09.00	00:47:24.65	+00:16:42 (35.4%)	4:42	12.7 (64.5%)
240	KOWALSKA Angelika	369	RUN-PASJA BYDGOSZCZ	K-30	9	00:00:14	00:11:49	00:22:44	00:33:47	00:45:10	00:47:12.65	00:47:27.00	+00:16:45 (35.5%)	4:43	12.7 (64.5%)
241	NAMIEŚNIK Krzysztof	200		M-40	72	00:00:19	00:12:06	00:23:16	00:34:17	00:45:09	00:47:14.00	00:47:33.75	+00:16:47 (35.5%)	4:43	12.7 (64.5%)
242	SZABLEWSKI Andrzej	607	TEAMOCHAL	M-40	73	00:00:26	00:12:04	00:23:03	00:34:15	00:45:23	00:47:19.45	00:47:46.35	+00:16:52 (35.7%)	4:44	12.7 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
243	TYMOSIAK Mateusz	35	SPÓJNIA BIAŁE BŁOTA	M-20	31	00:00:50	00:11:48	00:22:43	00:34:01	00:45:20	00:47:20.05	00:48:10.50	+00:16:53 (35.7%)	4:44	12.7 (64.5%)
244	ŚLESIŃSKI Bartosz	647		M-40	74	00:00:07	00:12:04	00:23:15	00:34:27	00:45:34	00:47:24.00	00:47:31.40	+00:16:57 (35.8%)	4:44	12.7 (64.5%)
245	KACZYŃSKI Rafał	503		M-30	75	00:00:11	00:11:56	00:23:12	00:34:30	00:45:32	00:47:25.50	00:47:37.25	+00:16:58 (35.8%)	4:44	12.6 (64.0%)
246	RUDOL Magdalena	40		K-40	6	00:00:07	00:11:38	00:22:35	00:33:55	00:45:24	00:47:25.90	00:47:33.50	+00:16:59 (35.8%)	4:44	12.6 (64.0%)
247	SAPA Oskar	103	BYDGOSKIE ŻÓŁWIE	M-20	32	00:00:11	00:11:20	00:22:10	00:33:31	00:45:24	00:47:27.45	00:47:38.65	+00:17:00 (35.8%)	4:44	12.6 (64.0%)
248	TOCZKIEWICZ Piotr	352	KLUB SPORTOWY BRZOZA	M-40	75	00:00:05	00:11:28	00:22:40	00:34:07	00:45:36	00:47:27.70	00:47:32.70	+00:17:00 (35.8%)	4:44	12.6 (64.0%)
249	GAPSKI Jarosław	522		M-40	76	00:00:47	00:11:54	00:22:41	00:33:54	00:45:24	00:47:29.70	00:48:17.35	+00:17:02 (35.9%)	4:45	12.6 (64.0%)
250	TUCHOLSKI Mikołaj	274	PAŁUKI RUNNING TEAM	M-20	33	00:00:18	00:11:39	00:22:50	00:34:16	00:45:30	00:47:30.00	00:47:48.45	+00:17:03 (35.9%)	4:45	12.6 (64.0%)
251	KOWALCZYK Aleksandra	520		K-20	6	00:00:11	00:12:01	00:23:13	00:34:26	00:45:35	00:47:31.65	00:47:42.65	+00:17:04 (35.9%)	4:45	12.6 (64.0%)
252	MAŁKIŃSKI Józef	62	RWT W BYDGOSZCZY	M-50	25	00:00:38	00:12:14	00:23:24	00:34:36	00:45:29	00:47:32.10	00:48:10.50	+00:17:05 (35.9%)	4:45	12.6 (64.0%)
253	KUBICA Tomasz	708		M-30	76	00:00:34	00:11:53	00:22:50	00:33:53	00:45:28	00:47:32.70	00:48:07.35	+00:17:05 (36.0%)	4:45	12.6 (64.0%)
254	JEDLIŃSKI Janusz	631	BRZOZA BIEGA	M-40	77	00:00:06	00:12:10	00:23:12	00:34:23	00:45:39	00:47:34.90	00:47:41.40	+00:17:08 (36.0%)	4:45	12.6 (64.0%)
255	WEŁNICKI Waldemar	239	GOSIR OSIELSKO	M-40	78	00:00:12	00:11:41	00:22:57	00:34:19	00:45:39	00:47:38.95	00:47:51.80	+00:17:12 (36.1%)	4:45	12.6 (64.0%)
256	TOMCZAK Zbigniew	98	ALTOM GNIEZNO	M-60	8	00:00:10	00:11:59	00:23:04	00:34:18	00:45:40	00:47:39.50	00:47:49.75	+00:17:12 (36.1%)	4:45	12.6 (64.0%)
257	SADOWSKI Michał	477	BARTOLEK	M-30	77	00:00:17	00:12:05	00:23:18	00:34:35	00:45:58	00:47:54.30	00:48:11.55	+00:17:27 (36.4%)	4:47	12.5 (63.5%)
258	JAKUBOWSKA Paulina	533		K-20	7	00:00:40	00:12:33	00:23:55	00:35:08	00:46:07	00:47:55.45	00:48:36.20	+00:17:28 (36.5%)	4:47	12.5 (63.5%)
259	KĘPSKI Mariusz	526		M-30	78	00:00:04	00:11:47	00:22:51	00:34:17	00:45:59	00:47:59.30	00:48:04.15	+00:17:32 (36.6%)	4:48	12.5 (63.5%)
260	GRODEK Krzysztof	444	CYTADELA-GRUDZIĄDZ	M-40	79	00:00:39	00:12:05	00:23:12	00:34:31	00:46:02	00:48:04.80	00:48:44.15	+00:17:37 (36.7%)	4:48	12.5 (63.5%)
261	RYMARKIEWICZ Małgorzata	591		K-30	10	00:00:26	00:12:03	00:23:15	00:34:40	00:46:07	00:48:07.15	00:48:33.70	+00:17:40 (36.7%)	4:48	12.5 (63.5%)
262	SIKORA Antoni	435	ŻNIŃSKI KLUB BIEGACZA 1992	M-60	9	00:00:23	00:12:09	00:23:23	00:34:46	00:46:15	00:48:07.85	00:48:30.90	+00:17:41 (36.7%)	4:48	12.5 (63.5%)
263	KULBAKA Dawid	201		M-30	79	00:00:18	00:12:09	00:23:20	00:34:50	00:46:13	00:48:09.00	00:48:27.35	+00:17:42 (36.8%)	4:48	12.5 (63.5%)
264	MAĆKOWIAK Adam	193		M-50	26	00:00:24	00:11:58	00:23:13	00:34:37	00:46:02	00:48:09.05	00:48:33.80	+00:17:42 (36.8%)	4:48	12.5 (63.5%)
265	CZERESZKO Piotr	515	CWZS ZAWISZA KAYAK	M-1	12	00:00:06	00:11:56	00:23:27	00:34:55	00:46:20	00:48:09.70	00:48:16.35	+00:17:42 (36.8%)	4:49	12.5 (63.5%)
266	JANYSKA Krzysztof	441		M-30	80	00:00:10	00:11:21	00:22:09	00:34:12	00:46:06	00:48:13.20	00:48:24.00	+00:17:46 (36.9%)	4:49	12.4 (62.9%)
267	TWAROWSKI Arkadiusz	358		M-30	81	00:00:48	00:12:32	00:23:39	00:34:46	00:46:11	00:48:13.90	00:49:02.45	+00:17:47 (36.9%)	4:49	12.4 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	WRÓBLEWSKA Dagmara	421	TKKF KOLEJARZ BYDGOSZCZ	K-30	11	00:00:10	00:11:49	00:23:06	00:34:43	00:46:18	00:48:16.80	00:48:27.55	+00:17:49 (36.9%)	4:49	12.4 (62.9%)
269	WIŚNIEWSKA Żaneta	403	MKS TRZEMESZNO	K-1	2	00:00:17	00:12:26	00:23:56	00:35:25	00:46:34	00:48:20.25	00:48:37.55	+00:17:53 (37.0%)	4:50	12.4 (62.9%)
270	PĘCZKOWSKA Anna	496		K-30	12	00:00:17	00:12:35	00:24:06	00:35:24	00:46:34	00:48:21.30	00:48:39.10	+00:17:54 (37.0%)	4:50	12.4 (62.9%)
271	KIECA Andrzej	16	BRZOZA BIEGA/ROWEROWA BRZOZA	M-40	80	00:00:19	00:12:10	00:23:31	00:35:11	00:46:26	00:48:22.40	00:48:41.70	+00:17:55 (37.1%)	4:50	12.4 (62.9%)
272	MRÓWCZYŃSKI Tomasz	194		M-30	82	00:00:49	00:12:40	00:24:13	00:35:43	00:46:31	00:48:24.05	00:49:13.60	+00:17:57 (37.1%)	4:50	12.4 (62.9%)
273	BUJAK Karol	719		M-40	81	00:00:06	00:12:17	00:23:29	00:34:59	00:46:28	00:48:26.15	00:48:32.45	+00:17:59 (37.1%)	4:50	12.4 (62.9%)
274	STERNAL Tomasz	256		M-40	82	00:00:13	00:11:19	00:22:05	00:34:03	00:46:16	00:48:27.10	00:48:40.95	+00:18:00 (37.2%)	4:50	12.4 (62.9%)
275	WAJDA Mariusz	409		M-30	83	00:00:30	00:12:43	00:24:06	00:35:19	00:46:30	00:48:27.70	00:48:58.55	+00:18:00 (37.2%)	4:50	12.4 (62.9%)
276	MROZEK Mariusz	241		M-30	84	00:00:40	00:12:03	00:23:36	00:35:11	00:46:39	00:48:33.40	00:49:13.60	+00:18:06 (37.3%)	4:51	12.4 (62.9%)
277	STANKOWSKA Justyna	635	MKS TRZEMESZNO	K-30	13	00:00:18	00:12:25	00:23:56	00:35:24	00:46:40	00:48:34.00	00:48:52.15	+00:18:07 (37.3%)	4:51	12.4 (62.9%)
278	BRATEK Andrzej	130	TKKF KOLEJARZ BYDGOSZCZ	M-50	27	00:00:08	00:11:44	00:22:47	00:34:16	00:46:27	00:48:43.60	00:48:51.95	+00:18:16 (37.5%)	4:52	12.3 (62.4%)
279	GACKA Anna	178		K-30	14	00:00:06	00:11:59	00:23:15	00:34:59	00:46:43	00:48:43.85	00:48:49.95	+00:18:17 (37.5%)	4:52	12.3 (62.4%)
280	LASKOWSKI Daniel	30		M-30	85	00:00:21	00:11:55	00:23:17	00:35:06	00:46:48	00:48:46.65	00:49:08.00	+00:18:19 (37.6%)	4:52	12.3 (62.4%)
281	JANOWSKI Jacek	569	SPORT4LIFE	M-40	83	00:00:19	00:12:01	00:23:20	00:34:53	00:46:41	00:48:47.85	00:49:07.00	+00:18:21 (37.6%)	4:52	12.3 (62.4%)
282	SIELSKI Maciej	727		M-30	86	00:00:17	00:12:28	00:24:02	00:35:44	00:47:00	00:48:47.95	00:49:05.75	+00:18:21 (37.6%)	4:52	12.3 (62.4%)
283	PAWŁOWSKI Radosław	425	JFTC SU	M-40	84	00:00:36	00:13:03	00:24:38	00:35:55	00:46:57	00:48:49.95	00:49:26.15	+00:18:23 (37.6%)	4:53	12.3 (62.4%)
284	ZABOROWSKA Beata	213		K-40	7	00:00:19	00:12:14	00:23:39	00:35:18	00:46:45	00:48:50.05	00:49:09.35	+00:18:23 (37.7%)	4:53	12.3 (62.4%)
285	BUDZYŃSKA Sylwia	710		K-20	8	00:00:36	00:12:21	00:23:57	00:35:19	00:46:52	00:48:50.40	00:49:26.55	+00:18:23 (37.7%)	4:53	12.3 (62.4%)
286	WOJCIECHOWSKI Grzegorz	437	SPORT I REKREACJA MOGILNO	M-50	28	00:00:15	00:12:27	00:23:58	00:35:26	00:46:49	00:48:54.05	00:49:09.90	+00:18:27 (37.7%)	4:53	12.3 (62.4%)
287	RUSZKIEWICZ Łukasz	454		M-30	87	00:00:39	00:12:22	00:23:49	00:35:34	00:47:02	00:49:01.00	00:49:40.05	+00:18:34 (37.9%)	4:54	12.2 (61.9%)
288	ŚWIĘCICKI Andrzej	183		M-40	85	00:00:20	00:12:24	00:23:56	00:35:36	00:47:11	00:49:08.75	00:49:29.15	+00:18:41 (38.0%)	4:54	12.2 (61.9%)
289	SUCHOMSKI Eugeniusz	142	TKKF KOLEJARZ BYDGOSZCZ	M-50	29	00:00:07	00:11:50	00:23:24	00:35:18	00:47:08	00:49:10.50	00:49:18.35	+00:18:43 (38.1%)	4:55	12.2 (61.9%)
290	BRZozowski Marcin	678		M-20	34	00:00:20	00:12:49	00:24:24	00:35:54	00:47:21	00:49:14.55	00:49:35.25	+00:18:47 (38.2%)	4:55	12.2 (61.9%)
291	ROBINSON Paul	238		M-60	10	00:00:25	00:12:36	00:24:05	00:35:38	00:47:09	00:49:15.65	00:49:41.15	+00:18:48 (38.2%)	4:55	12.2 (61.9%)
292	WISNIEWSKI Andrzej	462	CARBON TEAM TORUŃ	M-30	88	00:00:19	00:14:29	00:29:18	00:46:20		00:49:16.45	00:49:36.00	+00:18:49 (38.2%)	4:55	12.2 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
293	TRZCIŃSKI Eugeniusz	286		M-50	30	00:00:15	00:12:20	00:23:45	00:35:22	00:47:10	00:49:16.95	00:49:32.50	+00:18:50 (38.2%)	4:55	12.2 (61.9%)
294	NOWACZYK Zygmunt	492	BOLT TRZEMESZNO	M-50	31	00:00:18	00:12:34	00:24:05	00:35:38	00:47:13	00:49:19.40	00:49:37.75	+00:18:52 (38.3%)	4:55	12.2 (61.9%)
295	KAMIŃSKI Sławomir	614		M-30	89	00:00:26	00:12:45	00:24:37	00:36:08		00:49:21.05	00:49:47.70	+00:18:54 (38.3%)	4:56	12.2 (61.9%)
296	BIESIADA Tomasz	28	TRINERGY	M-40	86	00:00:26	00:12:45	00:24:36	00:36:08	00:47:28	00:49:21.15	00:49:47.75	+00:18:54 (38.3%)	4:56	12.2 (61.9%)
297	KOŹMIŃSKA Maryla	740	BRZOZA BIEGA	K-30	15	00:00:04	00:12:19	00:23:55	00:35:40	00:47:25	00:49:21.50	00:49:25.60	+00:18:54 (38.3%)	4:56	12.2 (61.9%)
298	ŻYWICA Adam	401	BRZOZA BIEGA	M-30	90	00:00:02	00:12:21	00:23:58	00:35:42	00:47:26	00:49:22.45	00:49:25.05	+00:18:55 (38.3%)	4:56	12.1 (61.4%)
299	KUBACKI Jacek	628	POLPHARMA RUN TEAM	M-50	32	00:00:08	00:12:06	00:23:41	00:35:37	00:47:30	00:49:32.05	00:49:40.75	+00:19:05 (38.5%)	4:57	12.1 (61.4%)
300	SCHMIDT Marcin	299		M-30	91	00:00:22	00:12:30	00:24:17	00:35:49	00:47:32	00:49:32.10	00:49:54.15	+00:19:05 (38.5%)	4:57	12.1 (61.4%)
301	WIŚNIEWSKA Marta	649	BRZOZA BIEGA	K-20	9	00:00:12	00:12:29	00:24:19	00:36:08	00:47:43	00:49:35.50	00:49:48.25	+00:19:08 (38.6%)	4:57	12.1 (61.4%)
302	WAWRZYŃIAK Piotr	652		M-50	33	00:00:30	00:12:13	00:23:53	00:35:44	00:47:33	00:49:40.10	00:50:11.05	+00:19:13 (38.7%)	4:58	12.1 (61.4%)
303	KUFEL Magdalena	523		K-20	10	00:00:40	00:12:33	00:23:56	00:35:27	00:47:29	00:49:40.55	00:50:21.30	+00:19:13 (38.7%)	4:58	12.1 (61.4%)
304	WINIARSKI Jacek	598	TORUŃSKI KLUB TRIATHLONOWY	M-50	34	00:00:34	00:12:24	00:24:05	00:35:55	00:47:43	00:49:44.15	00:50:18.50	+00:19:17 (38.8%)	4:58	12.1 (61.4%)
305	ŁUGOWSKI Tomasz	498	RUN BYDGOSZCZ	M-30	92	00:00:40	00:13:10	00:25:10	00:36:54	00:47:57	00:49:45.45	00:50:26.20	+00:19:18 (38.8%)	4:58	12.1 (61.4%)
306	KONIEC Krzysztof	140	TKKF WODNIK WIĘBORK	M-40	87	00:00:17	00:12:44	00:24:18	00:36:08	00:47:49	00:49:46.70	00:50:03.90	+00:19:19 (38.8%)	4:58	12.1 (61.4%)
307	MACIEJEWSKA-BŁACHEWICZ Joanna	80	RUNSPACE.PL TEAM	K-30	16	00:00:41	00:13:17	00:25:01	00:36:23	00:47:47	00:49:48.30	00:50:29.85	+00:19:21 (38.9%)	4:58	12 (60.9%)
308	ZYGULSKA Katarzyna	485	IŁAWSKIE ZBUJE	K-30	17	00:00:00	00:12:35	00:24:18	00:36:04	00:47:55	00:49:52.80	00:49:52.80	+00:19:25 (39.0%)	4:59	12 (60.9%)
309	SMYK Piotr	173	ŚLIMAKI BARCIN	M-30	93	00:00:13	00:12:17	00:24:02	00:35:56	00:47:58	00:49:57.80	00:50:10.80	+00:19:30 (39.1%)	4:59	12 (60.9%)
310	DOMAN Janusz	93	UKS SZABLA BRZOZA	M-60	11	00:00:05	00:12:10	00:23:49	00:35:45	00:47:50	00:49:57.90	00:50:03.45	+00:19:31 (39.1%)	4:59	12 (60.9%)
311	RZEMEK Sławomir	59	RUN BYDGOSZCZ	M-30	94	00:00:35	00:13:28	00:25:12	00:36:46	00:48:05	00:50:00.15	00:50:35.60	+00:19:33 (39.1%)	5:00	12 (60.9%)
312	JARZEMSKA Alicja	731	BYDGOSZCZ TRIATHLON TEAM	K-20	11	00:00:11	00:11:41	00:23:02	00:35:30	00:47:59	00:50:00.25	00:50:11.75	+00:19:33 (39.1%)	5:00	12 (60.9%)
313	MARCYJANIAK Krzysztof	616		M-30	95	00:00:33	00:12:40	00:24:25	00:36:18	00:48:03	00:50:04.20	00:50:37.90	+00:19:37 (39.2%)	5:00	12 (60.9%)
314	WINKLEWSKI Krzysztof	714		M-30	96	00:00:24	00:12:39	00:24:13	00:36:10	00:48:00	00:50:04.45	00:50:28.55	+00:19:37 (39.2%)	5:00	12 (60.9%)
315	SIERANT Marian	532		M-50	35	00:00:23	00:12:33	00:24:06	00:35:52	00:47:51	00:50:04.80	00:50:28.25	+00:19:37 (39.2%)	5:00	12 (60.9%)
316	PALACZ Agnieszka	306	POZKAL RUNNING TEAM	K-40	8	00:00:30	00:13:22	00:25:12	00:36:45	00:48:10	00:50:08.70	00:50:39.25	+00:19:41 (39.3%)	5:00	12 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
317	NURKIEWICZ Jarosław	116		M-40	88	00:00:21	00:12:29	00:24:15	00:36:14	00:48:11	00:50:10.55	00:50:31.80	+00:19:43 (39.3%)	5:01	12 (60.9%)
318	ZIĘTARA Rajmund	476	56 BLOT	M-50	36	00:00:32	00:12:28	00:24:04	00:35:49	00:48:00	00:50:12.85	00:50:44.90	+00:19:46 (39.4%)	5:01	12 (60.9%)
319	RYBKA Ilona	21		K-40	9	00:00:15	00:12:21	00:24:17	00:36:15	00:48:15	00:50:15.20	00:50:30.35	+00:19:48 (39.4%)	5:01	11.9 (60.4%)
320	KRAWCZUK Andrzej	384	ŻEGLUGA GDAŃSKA	M-50	37	00:00:01	00:11:59	00:23:48	00:35:53	00:48:11	00:50:15.50	00:50:17.00	+00:19:48 (39.4%)	5:01	11.9 (60.4%)
321	STAWCZYK Dariusz	263		M-30	97	00:00:40	00:12:51	00:24:35	00:36:27	00:48:16	00:50:16.10	00:50:57.05	+00:19:49 (39.4%)	5:01	11.9 (60.4%)
322	SADOWSKI Rafał	494		M-30	98	00:00:51	00:13:43	00:25:33	00:36:54	00:48:18	00:50:17.60	00:51:09.55	+00:19:50 (39.5%)	5:01	11.9 (60.4%)
323	BURY Tomasz	560		M-30	99	00:00:09	00:12:06	00:23:45	00:35:47	00:48:19	00:50:23.10	00:50:33.00	+00:19:56 (39.6%)	5:02	11.9 (60.4%)
324	KOLANOWSKI Wojciech	187		M-50	38	00:00:20	00:12:40	00:24:36	00:36:37	00:48:25	00:50:23.85	00:50:43.90	+00:19:57 (39.6%)	5:02	11.9 (60.4%)
325	SOŁDON Halina	166	11WOG	K-40	10	00:00:47	00:13:00	00:24:49	00:36:30	00:48:23	00:50:24.55	00:51:11.85	+00:19:57 (39.6%)	5:02	11.9 (60.4%)
326	CADER Ryszard	50	SPÓJNIA BIAŁE BŁOTA	M-30	100	00:00:25	00:12:47	00:24:32	00:36:26	00:48:22	00:50:25.15	00:50:50.90	+00:19:58 (39.6%)	5:02	11.9 (60.4%)
327	RYDLEWSKI Andrzej	128	RUN BYDGOSZCZ	M-30	101	00:00:37	00:13:01	00:24:39	00:36:31	00:48:23	00:50:31.35	00:51:09.30	+00:20:04 (39.7%)	5:03	11.9 (60.4%)
328	ĆWIKLIŃSKA Anna	57	KLONIKTEAM	K-30	18	00:00:47	00:13:13	00:24:50	00:36:36	00:48:24	00:50:32.15	00:51:20.10	+00:20:05 (39.8%)	5:03	11.9 (60.4%)
329	NAWROCKA Iwona	660		K-40	11	00:00:30	00:12:48	00:24:43	00:36:38	00:48:26	00:50:33.00	00:51:03.75	+00:20:06 (39.8%)	5:03	11.9 (60.4%)
330	SZUBARTOWSKI Robert	157	ATOS TEAM	M-40	89	00:00:26	00:13:19	00:25:04	00:36:54	00:48:32	00:50:33.25	00:50:59.50	+00:20:06 (39.8%)	5:03	11.9 (60.4%)
331	RATKOWSKA Małgorzata	227	THE RUNNERS ŚWIECIE	K-30	19	00:00:39	00:12:28	00:24:09	00:36:26	00:48:25	00:50:34.50	00:51:13.60	+00:20:07 (39.8%)	5:03	11.9 (60.4%)
331	ŁAMEK Sebastian	231	HAS TEAM MTB	M-30	102	00:00:39	00:12:28	00:24:10	00:36:27	00:48:25	00:50:34.50	00:51:14.00	+00:20:07 (39.8%)	5:03	11.9 (60.4%)
333	KRUK Małgorzata	252	KUJAWSKO-POMORSKIE.PL	K-20	12	00:00:19	00:12:32	00:24:18	00:36:29	00:48:42	00:50:37.75	00:50:57.40	+00:20:10 (39.9%)	5:03	11.8 (59.9%)
334	BARTNIK Mieczysław	124		M-50	39	00:00:29	00:12:24	00:24:13	00:36:21	00:48:32	00:50:38.45	00:51:07.50	+00:20:11 (39.9%)	5:03	11.8 (59.9%)
335	JENERALSKI Maciej	726		M-40	90	00:00:15	00:12:30	00:24:13	00:36:24	00:48:35	00:50:39.90	00:50:55.75	+00:20:13 (39.9%)	5:04	11.8 (59.9%)
336	KOLANOWSKA Grażyna	186		K-50	3	00:00:20	00:12:48	00:24:38	00:36:40	00:48:36	00:50:40.00	00:51:00.55	+00:20:13 (39.9%)	5:04	11.8 (59.9%)
337	KONKEL Bartosz	316		M-30	103	00:00:11	00:13:15	00:25:23	00:37:11	00:48:44	00:50:41.80	00:50:53.35	+00:20:14 (39.9%)	5:04	11.8 (59.9%)
338	SAPA Kacper	104	BYDGOSKIE ŻÓŁWIE	M-20	35	00:00:11	00:11:39	00:23:27	00:36:06	00:48:38	00:50:42.70	00:50:53.95	+00:20:15 (40.0%)	5:04	11.8 (59.9%)
339	WALENCIAK Jarosław	266	CZARNE STOPY.SM	M-40	91	00:00:16	00:12:54	00:24:46	00:36:46	00:48:47	00:50:46.30	00:51:03.00	+00:20:19 (40.0%)	5:04	11.8 (59.9%)
340	OSZUBSKI Kazimierz	571		M-40	92	00:00:15	00:12:46	00:24:53	00:37:06	00:48:54	00:50:47.05	00:51:02.30	+00:20:20 (40.0%)	5:04	11.8 (59.9%)
341	STĘPIEŃ Tomasz	332	RUN BYDGOSZCZ	M-40	93	00:00:25	00:12:04	00:23:33	00:35:58	00:48:29	00:50:47.30	00:51:13.00	+00:20:20 (40.1%)	5:04	11.8 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
342	REPKA Marek	96	LUPUS TEAM	M-40	94	00:00:07	00:12:34	00:24:33	00:36:45	00:48:54	00:50:49.40	00:50:56.60	+00:20:22 (40.1%)	5:04	11.8 (59.9%)
343	KOSIŃSKI Krzysztof	208	TASAK TEAM	M-40	95	00:00:28	00:13:09	00:24:53	00:36:56	00:48:51	00:50:53.65	00:51:22.60	+00:20:26 (40.2%)	5:05	11.8 (59.9%)
344	KOSTYRA Agnieszka	736	TORUŃSKI KLUB TRIATHLONOWY	K-20	13	00:00:33	00:12:19	00:24:19	00:36:47	00:48:41	00:50:57.50	00:51:31.00	+00:20:30 (40.3%)	5:05	11.8 (59.9%)
345	BRZOZOWSKI Piotr	37	BRZOZA TRI TEAM	M-20	36	00:00:29	00:13:12	00:25:08	00:36:48	00:48:58	00:51:04.70	00:51:33.90	+00:20:37 (40.4%)	5:06	11.7 (59.4%)
346	KRZYŻANOWSKI Robert	86	ANDRO	M-40	96	00:00:10	00:12:36	00:24:23	00:36:23	00:48:55	00:51:06.05	00:51:16.85	+00:20:39 (40.4%)	5:06	11.7 (59.4%)
347	KUŁAKOWSKA Anna	73	ANDRO	K-30	20	00:00:10	00:12:36	00:24:23	00:36:26	00:48:55	00:51:06.35	00:51:16.70	+00:20:39 (40.4%)	5:06	11.7 (59.4%)
348	RATAJ Krzysztof	56	POLONIA BYDGOSZCZ SLA	M-30	104	00:00:15	00:12:33	00:24:28	00:36:41	00:48:59	00:51:06.70	00:51:22.15	+00:20:39 (40.4%)	5:06	11.7 (59.4%)
349	KRAJDA Piotr	475		M-40	97	00:00:21	00:12:42	00:24:21	00:36:30	00:49:00	00:51:07.50	00:51:28.95	+00:20:40 (40.4%)	5:06	11.7 (59.4%)
350	RYBARCZYK Bartosz	261	PAŁUKI RUNNING TEAM	M-30	105	00:00:21	00:12:24	00:24:13	00:36:22	00:48:55	00:51:11.20	00:51:32.85	+00:20:44 (40.5%)	5:07	11.7 (59.4%)
351	TEJZA Daniel	592	DANIELTEAM	M-30	106	00:00:02	00:12:17	00:24:28	00:36:57	00:49:09	00:51:15.75	00:51:17.95	+00:20:48 (40.6%)	5:07	11.7 (59.4%)
352	DERENDA Mirek	307	1. BLWL	M-30	107	00:00:18	00:12:27	00:24:16	00:36:28	00:49:08	00:51:18.00	00:51:36.95	+00:20:51 (40.6%)	5:07	11.7 (59.4%)
353	ZUPA Wojciech	381	BRZOZA BIEGA	M-50	40	00:00:06	00:11:56	00:24:12	00:36:34	00:49:07	00:51:18.50	00:51:24.70	+00:20:51 (40.7%)	5:07	11.7 (59.4%)
354	GIERSZEWSKA Grażyna	89		K-40	12	00:00:35	00:13:13	00:25:18	00:37:23	00:49:24	00:51:23.25	00:51:58.80	+00:20:56 (40.7%)	5:08	11.7 (59.4%)
355	BICZKOWSKA Magdalena	386	RUN BYDGOSZCZ	K-30	21	00:00:14	00:13:18	00:25:37	00:37:41	00:49:24	00:51:25.90	00:51:40.25	+00:20:59 (40.8%)	5:08	11.7 (59.4%)
356	MORAWSKI Marek	125		M-30	108	00:00:25	00:12:46	00:24:49	00:37:03	00:49:08	00:51:26.20	00:51:51.45	+00:20:59 (40.8%)	5:08	11.7 (59.4%)
357	CZEPEK Aleksander	47	BRZOZA BIEGA	M-50	41	00:00:03	00:12:21	00:24:17	00:36:40	00:49:13	00:51:27.00	00:51:30.05	+00:21:00 (40.8%)	5:08	11.7 (59.4%)
358	GROCHOWSKI Jakub	43	JW 1515 BYDGOSZCZ	M-30	109	00:00:06	00:11:35	00:23:29	00:37:00	00:49:23	00:51:27.45	00:51:34.35	+00:21:00 (40.8%)	5:08	11.7 (59.4%)
359	TOMASZEWSKI Marcin	645		M-40	98	00:00:19	00:13:02	00:25:01	00:37:08	00:49:24	00:51:28.20	00:51:47.40	+00:21:01 (40.8%)	5:08	11.7 (59.4%)
360	WOJCIECHOWSKI Eugeniusz	330	BRZOZA BIEGA	M-50	42	00:00:02	00:12:22	00:24:12	00:36:41	00:49:13	00:51:29.40	00:51:32.15	+00:21:02 (40.9%)	5:09	11.7 (59.4%)
361	GĄSIOREK Tomasz	11	BRZOZA BIEGA	M-50	43	00:00:02	00:12:22	00:24:18	00:36:41	00:49:14	00:51:29.55	00:51:32.15	+00:21:02 (40.9%)	5:09	11.7 (59.4%)
362	BERNACIAK Mateusz	604	SPORT I REKREACJA MOGILNO	M-20	37	00:00:15	00:11:57	00:23:27	00:35:31	00:49:05	00:51:35.95	00:51:51.85	+00:21:09 (41.0%)	5:09	11.6 (58.9%)
363	SZEFczyk Tomasz	658		M-30	110	00:00:35	00:13:48	00:26:14	00:38:34	00:49:41	00:51:36.05	00:52:11.70	+00:21:09 (41.0%)	5:09	11.6 (58.9%)
364	STASZAK Szymon	528	OCELOTY KRUSZYZN KRAJEŃSKI	M-30	111	00:00:25	00:12:10	00:23:58	00:36:24	00:49:17	00:51:36.45	00:52:01.90	+00:21:09 (41.0%)	5:09	11.6 (58.9%)
365	MICHALSKI Dominik	481		M-20	38	00:00:33	00:13:19	00:25:29	00:37:47	00:49:47	00:51:41.70	00:52:14.95	+00:21:14 (41.1%)	5:10	11.6 (58.9%)
366	MARCHEL Leszek	102	KMW	M-50	44	00:00:05	00:12:22	00:24:29	00:36:59	00:49:32	00:51:44.15	00:51:50.00	+00:21:17 (41.1%)	5:10	11.6 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	4.85km	7.2km	9.55km					
367	KAMIŃSKA Agnieszka	639		K-30	22	00:00:32	00:12:38	00:24:21	00:36:45	00:49:30	00:51:44.55	00:52:17.05	+00:21:17 (41.2%)	5:10	11.6 (58.9%)
368	WAWRZYNIAK Michał	650	BIL BIEGA	M-30	112	00:00:32	00:12:38	00:24:22	00:36:45	00:49:30	00:51:44.60	00:52:17.35	+00:21:17 (41.2%)	5:10	11.6 (58.9%)
369	ZAKOŚCIELNY Krzysztof	380	TKKF WIĘCIBORK	M-50	45	00:00:16	00:13:30	00:25:51	00:37:57	00:49:46	00:51:47.95	00:52:04.65	+00:21:21 (41.2%)	5:10	11.6 (58.9%)
370	SPARZYŃSKI Adam	273	1. BLWL	M-30	113	00:00:20	00:12:37	00:24:42	00:37:00	00:49:32	00:51:48.45	00:52:08.80	+00:21:21 (41.2%)	5:10	11.6 (58.9%)
371	SIMIŃSKI Maciej	646		M-40	99	00:00:32	00:13:25	00:25:57	00:38:11	00:50:00	00:51:50.00	00:52:22.50	+00:21:23 (41.3%)	5:11	11.6 (58.9%)
372	KOMAJDA Jarosław	455	GOSIR OSIELSKO	M-50	46	00:00:13	00:13:01	00:25:07	00:37:23	00:49:47	00:51:50.25	00:52:04.00	+00:21:23 (41.3%)	5:11	11.6 (58.9%)
373	GRABOWSKA Marta	546		K-20	14	00:00:45	00:13:11	00:25:17	00:37:31	00:49:46	00:51:50.60	00:52:35.65	+00:21:23 (41.3%)	5:11	11.6 (58.9%)
374	WIŚNIEWSKI Włodzimierz	155		M-50	47	00:00:42	00:13:10	00:25:19	00:37:32	00:49:51	00:51:54.35	00:52:36.65	+00:21:27 (41.3%)	5:11	11.6 (58.9%)
375	KALLAS-LIPSKA Anetta	283	RUN BYDGOSZCZ	K-40	13	00:00:46	00:13:06	00:25:16	00:37:28	00:49:47	00:51:54.65	00:52:41.30	+00:21:27 (41.3%)	5:11	11.6 (58.9%)
376	NOWACKA Małgorzata	143	BRZOZA BIEGA	K-20	15	00:00:25	00:12:30	00:24:44	00:37:17	00:49:54	00:51:57.35	00:52:23.10	+00:21:30 (41.4%)	5:11	11.5 (58.4%)
377	BOLLIN Łukasz	127		M-30	114	00:00:39	00:12:27	00:24:21	00:36:49	00:49:52	00:52:00.45	00:52:39.95	+00:21:33 (41.5%)	5:12	11.5 (58.4%)
378	MISUN-NOWAK Katarzyna	52		K-30	23	00:00:41	00:13:18	00:25:23	00:37:58	00:50:01	00:52:00.60	00:52:42.55	+00:21:33 (41.5%)	5:12	11.5 (58.4%)
379	LATO Sławek	506		M-40	100	00:00:23	00:12:58	00:25:12	00:37:35	00:49:57	00:52:03.05	00:52:26.80	+00:21:36 (41.5%)	5:12	11.5 (58.4%)
380	KLATECKI Adam	287		M-30	115	00:00:50	00:14:01	00:26:09	00:37:59	00:50:00	00:52:03.50	00:52:53.65	+00:21:36 (41.5%)	5:12	11.5 (58.4%)
381	SZULC Edmund	163		M-50	48	00:00:10	00:11:25	00:23:16	00:37:20	00:49:47	00:52:06.35	00:52:16.35	+00:21:39 (41.6%)	5:12	11.5 (58.4%)
382	MAZANOWSKA Ewa	46	RUN-PASJA BYDGOSZCZ	K-30	24	00:00:21	00:13:17	00:25:29	00:37:49	00:50:01	00:52:06.55	00:52:27.65	+00:21:39 (41.6%)	5:12	11.5 (58.4%)
383	KOWALCZYK Tomasz	387		M-40	101	00:00:55	00:13:03	00:25:20	00:37:42	00:49:59	00:52:06.90	00:53:02.05	+00:21:40 (41.6%)	5:12	11.5 (58.4%)
384	MARCINKOWSKA Jadwiga	661		K-40	14	00:00:35	00:13:05	00:25:14	00:37:25	00:49:54	00:52:07.25	00:52:42.55	+00:21:40 (41.6%)	5:12	11.5 (58.4%)
385	MAREK Sławek	367	SOLECCY BIEGACZE	M-30	116	00:00:15	00:12:11	00:23:59	00:36:52	00:49:39	00:52:15.00	00:52:30.35	+00:21:48 (41.7%)	5:13	11.5 (58.4%)
386	KĘPIŃSKA Katarzyna	735		K-40	15	00:00:17	00:12:59	00:25:16	00:37:40	00:50:06	00:52:17.00	00:52:34.05	+00:21:50 (41.8%)	5:13	11.5 (58.4%)
387	RACINOWSKI Filip	679		M-40	102	00:00:16	00:13:00	00:25:17	00:37:41	00:50:07	00:52:17.85	00:52:34.05	+00:21:51 (41.8%)	5:13	11.5 (58.4%)
388	BONALSKA Magdalena	531		K-30	25	00:00:36	00:13:28	00:25:42	00:37:59	00:50:14	00:52:18.05	00:52:54.80	+00:21:51 (41.8%)	5:13	11.5 (58.4%)
389	LICA Krzysztof	519		M-50	49	00:00:06	00:12:48	00:25:00	00:37:35	00:50:03	00:52:18.50	00:52:24.90	+00:21:51 (41.8%)	5:13	11.5 (58.4%)
389	UGOREK Mirosław	495		M-30	117	00:00:03	00:12:39	00:25:03	00:37:39	00:50:16	00:52:18.50	00:52:21.80	+00:21:51 (41.8%)	5:13	11.5 (58.4%)
391	MARCINIAK Justyna	429		K-30	26	00:00:37	00:13:27	00:25:41	00:37:58	00:50:13	00:52:21.85	00:52:58.85	+00:21:55 (41.9%)	5:14	11.5 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
392	DĘBSKI Jan	378		M-60	12	00:00:17	00:12:32	00:24:40	00:37:23	00:50:03	00:52:24.40	00:52:41.65	+00:21:57 (41.9%)	5:14	11.5 (58.4%)
393	BLEJA Krystian	97	PGB SOPRTOWA PACZKA	M-30	118	00:00:44	00:12:51	00:25:03	00:37:56	00:50:18	00:52:26.10	00:53:10.55	+00:21:59 (41.9%)	5:14	11.4 (57.9%)
394	CZYŻEWSKA Justyna	133		K-30	27	00:00:23	00:13:01	00:25:11	00:37:45	00:50:23	00:52:32.40	00:52:56.25	+00:22:05 (42.0%)	5:15	11.4 (57.9%)
395	REPKA Anna	94	LUPUS TEAM	K-40	16	00:00:06	00:12:52	00:25:21	00:38:14	00:50:38	00:52:38.75	00:52:44.95	+00:22:11 (42.2%)	5:15	11.4 (57.9%)
396	SOBAŃSKA Małgorzata	8		K-40	17	00:00:35	00:13:48	00:26:14	00:38:34	00:50:35	00:52:41.85	00:53:17.15	+00:22:15 (42.2%)	5:16	11.4 (57.9%)
397	WADOWSKI Bartosz	259		M-30	119	00:00:27	00:12:37	00:24:53	00:37:44	00:50:30	00:52:42.55	00:53:09.75	+00:22:15 (42.2%)	5:16	11.4 (57.9%)
398	NIEDBALSKA Anna	275	PAŁUKI RUNNING TEAM	K-40	18	00:00:11	00:12:58	00:25:27	00:38:02	00:50:33	00:52:44.15	00:52:56.05	+00:22:17 (42.3%)	5:16	11.4 (57.9%)
399	NIEDBALSKI Przemysław	276	PAŁUKI RUNNING TEAM	M-40	103	00:00:10	00:12:59	00:25:29	00:38:03	00:50:33	00:52:45.55	00:52:56.45	+00:22:18 (42.3%)	5:16	11.4 (57.9%)
400	KASZOWICZ Marek	126	RWT W BYDGOSZCZY	M-40	104	00:00:49	00:13:43	00:26:07	00:38:22	00:50:42	00:52:46.45	00:53:36.25	+00:22:19 (42.3%)	5:16	11.4 (57.9%)
401	GRODEK Roksana	448	CYTADELA-GRUDZIĄDZ	K-20	16	00:00:38	00:13:27	00:25:52	00:38:24	00:50:42	00:52:50.75	00:53:29.35	+00:22:23 (42.4%)	5:17	11.4 (57.9%)
402	KALA Michał	343		M-30	120	00:00:29	00:13:50	00:26:17	00:38:33	00:50:45	00:52:51.45	00:53:21.35	+00:22:24 (42.4%)	5:17	11.3 (57.4%)
403	RÓŻYCKI Waldemar	697	KATOLIK TEAM	M-40	105	00:00:30	00:12:59	00:25:17	00:37:48	00:50:30	00:53:02.80	00:53:33.05	+00:22:35 (42.6%)	5:18	11.3 (57.4%)
404	KUTOWSKI Wiesław	415		M-50	50	00:00:40	00:13:24	00:25:39	00:38:14	00:50:59	00:53:03.05	00:53:43.35	+00:22:36 (42.6%)	5:18	11.3 (57.4%)
405	KAZUBOWSKI Jeremiasz	203		M-20	39	00:00:07	00:12:33	00:25:38	00:38:26	00:51:00	00:53:03.80	00:53:10.85	+00:22:36 (42.6%)	5:18	11.3 (57.4%)
406	BETHKE Sławomir	168		M-20	40	00:00:19	00:12:32	00:25:36	00:38:37	00:50:54	00:53:07.15	00:53:26.80	+00:22:40 (42.7%)	5:18	11.3 (57.4%)
407	MAKUCH Mikołaj	563		M-1	13	00:00:36	00:14:06	00:26:59	00:39:16	00:51:11	00:53:07.40	00:53:43.55	+00:22:40 (42.7%)	5:18	11.3 (57.4%)
408	MANDOSIK Bernadeta	594	TEAMOCHAL	K-60	1	00:00:42	00:13:31	00:25:46	00:38:08	00:50:50	00:53:10.10	00:53:52.40	+00:22:43 (42.7%)	5:19	11.3 (57.4%)
409	CHORZĘPA Bogusław	436		M-30	121	00:00:34	00:13:44	00:26:28	00:39:24	00:51:11	00:53:11.40	00:53:46.05	+00:22:44 (42.8%)	5:19	11.3 (57.4%)
410	WEGNER Roman	302		M-50	51	00:00:19	00:12:50	00:25:06	00:37:57	00:51:02	00:53:11.80	00:53:31.60	+00:22:44 (42.8%)	5:19	11.3 (57.4%)
411	KLESSA Krystian	87		M-30	122	00:00:29	00:13:40	00:26:10	00:38:47	00:51:13	00:53:13.50	00:53:43.25	+00:22:46 (42.8%)	5:19	11.3 (57.4%)
412	FABROWSKI Dawid	169		M-30	123	00:00:30	00:13:37	00:26:08	00:38:43	00:51:06	00:53:14.55	00:53:45.00	+00:22:47 (42.8%)	5:19	11.3 (57.4%)
413	BOGACZ Michał	70		M-20	41	00:00:34	00:13:44	00:26:28	00:39:24	00:51:14	00:53:15.80	00:53:50.45	+00:22:48 (42.8%)	5:19	11.3 (57.4%)
414	PREUSS Daniel	189		M-40	106	00:00:20	00:13:17	00:25:33	00:38:04	00:50:55	00:53:16.00	00:53:36.95	+00:22:49 (42.8%)	5:19	11.3 (57.4%)
415	KLEIN Anna	711		K-30	28	00:00:35	00:13:41	00:26:09	00:38:39	00:51:04	00:53:17.90	00:53:53.50	+00:22:51 (42.9%)	5:19	11.3 (57.4%)
416	CHOŚCIŃSKI Piotr	490	MOJA ŻONA MA DZIŚ URODZINY :)	M-30	124	00:00:16	00:13:33	00:26:04	00:38:50	00:51:15	00:53:29.75	00:53:46.15	+00:23:02 (43.1%)	5:21	11.2 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
417	GĄSIOROWSKA Anna	629		K-20	17	00:00:26	00:14:13	00:26:49	00:39:26	00:51:29	00:53:31.00	00:53:57.00	+00:23:04 (43.1%)	5:21	11.2 (56.9%)
418	GĄSIOROWSKA Marta	630		K-20	18	00:00:26	00:14:13	00:26:49	00:39:26	00:51:29	00:53:33.35	00:53:59.60	+00:23:06 (43.1%)	5:21	11.2 (56.9%)
419	SICIŃSKI Dariusz	589	KS GORNIK WAŁBRZYCH	M-50	52	00:00:11	00:13:22	00:25:52	00:38:37	00:51:25	00:53:36.85	00:53:48.50	+00:23:10 (43.2%)	5:21	11.2 (56.9%)
420	BRYJA Robert	138		M-50	53	00:00:25	00:14:34	00:27:33	00:39:55	00:51:32	00:53:37.30	00:54:02.55	+00:23:10 (43.2%)	5:21	11.2 (56.9%)
421	GODZIUK Roman	580		M-50	54	00:00:34	00:13:57	00:26:43	00:39:12	00:51:26	00:53:38.10	00:54:12.90	+00:23:11 (43.2%)	5:21	11.2 (56.9%)
422	PODBORNY Piotr	270	GRP TEAM	M-40	107	00:00:08	00:12:31	00:24:58	00:38:07	00:51:16	00:53:39.25	00:53:47.80	+00:23:12 (43.3%)	5:21	11.2 (56.9%)
423	MAGDZIARZ Jakub	349	KANCELARIA HMM	M-30	125	00:00:33	00:13:32	00:26:06	00:38:44	00:51:31	00:53:46.50	00:54:19.55	+00:23:19 (43.4%)	5:22	11.2 (56.9%)
424	MAGDZIARZ Katarzyna	348	KANCELARIA HMM	K-30	29	00:00:32	00:13:34	00:26:07	00:38:45	00:51:32	00:53:46.65	00:54:19.55	+00:23:19 (43.4%)	5:22	11.2 (56.9%)
425	ZIÓŁKOWSKI Mieczysław	118		M-50	55	00:00:10	00:12:23	00:25:35	00:38:57	00:51:39	00:53:48.10	00:53:58.80	+00:23:21 (43.4%)	5:22	11.2 (56.9%)
426	SOŁDON Bogusław	167		M-60	13	00:00:47	00:13:26	00:25:58	00:38:50	00:51:45	00:54:02.50	00:54:50.25	+00:23:35 (43.7%)	5:24	11.1 (56.3%)
427	ANDRZEJEWSKI Ryszard	41	WZGÓRZE WOLNOŚCI	M-60	14	00:00:23	00:13:47	00:26:23	00:39:00	00:51:47	00:54:02.80	00:54:26.55	+00:23:35 (43.7%)	5:24	11.1 (56.3%)
428	RAKOWSKI Piotr	733	ŻANDARMI BYDGOSZCZ	M-60	15	00:00:32	00:13:47	00:26:23	00:39:19	00:51:54	00:54:06.50	00:54:38.55	+00:23:39 (43.7%)	5:24	11.1 (56.3%)
429	KOSMAL Jarosław	423		M-40	108	00:00:37	00:13:21	00:25:41	00:38:28	00:51:40	00:54:11.50	00:54:48.65	+00:23:44 (43.8%)	5:25	11.1 (56.3%)
430	LEWANDOWSKA Małgorzata	175		K-50	4	00:00:05	00:13:02	00:25:44	00:38:47		00:54:14.20	00:54:19.20	+00:23:47 (43.9%)	5:25	11.1 (56.3%)
431	LIWOCH Grzegorz	550		M-40	109	00:00:20	00:12:42	00:24:58	00:37:59	00:51:46	00:54:14.35	00:54:35.30	+00:23:47 (43.9%)	5:25	11.1 (56.3%)
432	GADOMSKA Maria	24	RUN BYDGOSZCZ	K-60	2	00:00:13	00:13:09	00:25:35	00:39:06	00:52:04	00:54:15.10	00:54:28.45	+00:23:48 (43.9%)	5:25	11.1 (56.3%)
433	JULLY Arkadiusz	377		M-30	126	00:00:16	00:13:23	00:26:08	00:39:02	00:51:59	00:54:19.15	00:54:35.80	+00:23:52 (43.9%)	5:25	11 (55.8%)
434	JAMRÓZ Joanna	364		K-40	19	00:00:21	00:13:14	00:26:06	00:39:07	00:52:09	00:54:20.15	00:54:41.90	+00:23:53 (44.0%)	5:26	11 (55.8%)
435	KOSAKOWSKA Barbara	659		K-50	5	00:00:09	00:13:48	00:26:32	00:39:17	00:52:06	00:54:21.65	00:54:31.55	+00:23:54 (44.0%)	5:26	11 (55.8%)
436	GRZEGOREK GROTA Ewa	315		K-30	30	00:00:46	00:14:10	00:26:39	00:39:18	00:52:14	00:54:23.85	00:55:10.20	+00:23:57 (44.0%)	5:26	11 (55.8%)
437	GRABARSKA Anna	216		K-30	31	00:00:13	00:13:25	00:26:15	00:39:16	00:52:17	00:54:25.35	00:54:38.40	+00:23:58 (44.1%)	5:26	11 (55.8%)
438	KUHN-ZAWADZKA Joanna	357	KRÓLICZKI W PLECAKU	K-30	32	00:00:30	00:14:11	00:27:01	00:39:47	00:52:26	00:54:26.30	00:54:56.50	+00:23:59 (44.1%)	5:26	11 (55.8%)
439	ADRIAN Krzysztof	250		M-40	110	00:00:47	00:14:09	00:26:45	00:39:36	00:52:16	00:54:29.70	00:55:16.80	+00:24:02 (44.1%)	5:26	11 (55.8%)
440	FARBICKA Paulina	406	BRZOZA BIEGA	K-30	33	00:00:03	00:13:30	00:26:23	00:39:19	00:52:14	00:54:29.95	00:54:33.85	+00:24:03 (44.1%)	5:27	11 (55.8%)
441	KLINIEWSKI Piotr	683	BRZOZA BIEGA	M-50	56	00:00:15	00:14:13	00:27:25	00:40:25	00:52:42	00:54:35.60	00:54:50.65	+00:24:08 (44.2%)	5:27	11 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
442	JAŹDŹEWSKA Grażyna	253	AVENA TEAM OSIELSKO	K-30	34	00:00:04	00:13:22	00:26:14	00:39:21	00:52:17	00:54:36.60	00:54:40.75	+00:24:09 (44.2%)	5:27	11 (55.8%)
443	LUZAK Magdalena	204		K-20	19	00:00:24	00:13:30	00:26:09	00:39:01	00:52:25	00:54:37.60	00:55:01.65	+00:24:10 (44.3%)	5:27	11 (55.8%)
444	ŚWIATOWY Ryszard	382		M-40	111	00:00:09	00:12:31	00:25:13	00:38:36	00:52:13	00:54:37.65	00:54:47.00	+00:24:10 (44.3%)	5:27	11 (55.8%)
445	LUZAK Mirosław	165	MWIK BYDGOSZCZ	M-50	57	00:00:23	00:13:30	00:26:10	00:39:02	00:52:26	00:54:38.15	00:55:01.65	+00:24:11 (44.3%)	5:27	11 (55.8%)
446	OLSZEWSKI Jacek	257	KB OLSZESIE	M-50	58	00:00:12	00:12:53	00:25:45	00:39:10	00:52:16	00:54:38.60	00:54:50.75	+00:24:11 (44.3%)	5:27	11 (55.8%)
447	DROŹDŹ Małgorzata	58	KLONIKTEAM	K-30	35	00:00:41	00:13:25	00:26:20	00:39:20	00:52:25	00:54:41.05	00:55:22.45	+00:24:14 (44.3%)	5:28	11 (55.8%)
448	DOŁHUN Adam	45	RUN-PASJA BYDGOSZCZ	M-30	127	00:00:38	00:14:05	00:26:56	00:39:54	00:52:36	00:54:50.35	00:55:28.65	+00:24:23 (44.5%)	5:29	10.9 (55.3%)
449	PAPROCKI Krzysztof	469		M-60	16	00:00:04	00:13:20	00:26:24	00:39:34	00:52:30	00:54:53.05	00:54:57.45	+00:24:26 (44.5%)	5:29	10.9 (55.3%)
450	MYSZKA Tadeusz	482		M-50	59	00:00:04	00:13:15	00:26:24	00:39:33	00:52:27	00:54:53.15	00:54:57.45	+00:24:26 (44.5%)	5:29	10.9 (55.3%)
451	GNIOT Bożena	230		K-30	36	00:00:31	00:13:44	00:26:29	00:39:36	00:52:36	00:54:53.50	00:55:25.10	+00:24:26 (44.5%)	5:29	10.9 (55.3%)
452	STYKAŁA Adrianna	247		K-1	3	00:00:31	00:13:43	00:26:29	00:39:36	00:52:36	00:54:53.70	00:55:24.90	+00:24:26 (44.5%)	5:29	10.9 (55.3%)
453	STYKAŁA Magdalena	245		K-40	20	00:00:31	00:13:43	00:26:29	00:39:36	00:52:35	00:54:53.95	00:55:25.10	+00:24:27 (44.5%)	5:29	10.9 (55.3%)
454	POLAŃSKA Joanna			K-30	37	00:00:44	00:14:07	00:26:44	00:39:16	00:52:30	00:54:55.35	00:55:40.30	+00:24:28 (44.6%)	5:29	10.9 (55.3%)
455	KOPICKI Mariusz	136		M-30	128	00:00:47	00:14:28	00:27:27	00:40:29	00:52:55	00:54:57.25	00:55:45.10	+00:24:30 (44.6%)	5:29	10.9 (55.3%)
456	KUBIAK Małgorzata	737		K-50	6	00:00:23	00:14:06	00:27:04	00:39:49	00:52:45	00:54:58.25	00:55:22.00	+00:24:31 (44.6%)	5:29	10.9 (55.3%)
457	GOŁĘBIEWSKI Jerzy	420		M-40	112	00:00:33	00:13:59	00:26:37	00:39:31	00:52:35	00:54:58.60	00:55:32.55	+00:24:31 (44.6%)	5:29	10.9 (55.3%)
458	CHABROS Małgorzata	504	THE RUNNERS ŚWIECIE	K-20	20	00:00:37	00:14:39	00:27:26	00:40:19	00:53:02	00:55:01.60	00:55:38.75	+00:24:34 (44.7%)	5:30	10.9 (55.3%)
459	WOŁOSZYN Kazimierz	144	BRZOZA BIEGA/ROWEROWA BRZOZA	M-50	60	00:00:10	00:13:29	00:26:07	00:39:07	00:52:27	00:55:01.75	00:55:12.00	+00:24:34 (44.7%)	5:30	10.9 (55.3%)
460	GRABOWSKI Marek	548		M-50	61	00:00:45	00:14:18	00:26:54	00:40:03	00:52:51	00:55:02.05	00:55:47.70	+00:24:35 (44.7%)	5:30	10.9 (55.3%)
461	KUZIEMSKI Jacek	445	CYTADELA-GRUDZIĄDZ	M-50	62	00:00:38	00:14:31	00:27:39	00:40:51	00:53:02	00:55:04.30	00:55:42.45	+00:24:37 (44.7%)	5:30	10.9 (55.3%)
462	SKUCIŃSKA Karolina	405		K-30	38	00:00:22	00:13:46	00:26:46	00:39:50	00:52:56	00:55:08.70	00:55:30.75	+00:24:41 (44.8%)	5:30	10.9 (55.3%)
463	NITKA Dominika	452		K-1	4	00:00:21	00:13:47	00:26:48	00:39:51	00:52:58	00:55:09.30	00:55:31.05	+00:24:42 (44.8%)	5:31	10.9 (55.3%)
464	BOULGE Beata	207		K-40	21	00:00:24	00:13:53	00:26:41	00:39:37	00:52:57	00:55:09.55	00:55:34.35	+00:24:42 (44.8%)	5:31	10.9 (55.3%)
465	BRZOSOWSKI Jarosław	36	BRZOZA TRI TEAM	M-50	63	00:00:41	00:14:08	00:27:10	00:40:06	00:52:53	00:55:10.30	00:55:51.95	+00:24:43 (44.8%)	5:31	10.9 (55.3%)
466	NOWACKA Bożena	483		K-20	21	00:00:33	00:14:10	00:27:02	00:40:02	00:52:53	00:55:11.55	00:55:44.75	+00:24:44 (44.8%)	5:31	10.9 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
467	DUDEK Joanna	79		K-30	39	00:00:40	00:14:37	00:27:41	00:40:48	00:53:11	00:55:12.15	00:55:52.25	+00:24:45 (44.8%)	5:31	10.9 (55.3%)
468	DUDZIŃSKA Aleksandra	428		K-40	22	00:00:39	00:14:30	00:27:42	00:40:49	00:53:12	00:55:12.30	00:55:52.15	+00:24:45 (44.8%)	5:31	10.9 (55.3%)
469	STARSZAK Paweł	632		M-30	129	00:00:19	00:13:31	00:26:25	00:39:38	00:53:04	00:55:13.45	00:55:32.70	+00:24:46 (44.9%)	5:31	10.9 (55.3%)
470	WESOŁOWSKI Krzysztof	552	RUN BYDGOSZCZ	M-40	113	00:00:36	00:14:14	00:27:00	00:39:56	00:53:15	00:55:15.60	00:55:52.25	+00:24:48 (44.9%)	5:31	10.9 (55.3%)
471	KUJDA Arkadiusz	303	1 BRYGADA LOGISTYCZNA	M-30	130	00:00:48	00:13:26	00:26:15	00:39:32	00:52:57	00:55:18.80	00:56:07.15	+00:24:51 (45.0%)	5:31	10.8 (54.8%)
472	KUJDA Dorota	304		K-30	40	00:00:47	00:13:27	00:26:17	00:39:34	00:52:58	00:55:19.40	00:56:07.15	+00:24:52 (45.0%)	5:32	10.8 (54.8%)
473	POLAŃSKA Beata			K-40	23	00:00:30	00:13:46	00:26:28	00:39:30	00:52:44	00:55:20.00	00:55:50.00	+00:24:53 (45.0%)	5:32	10.8 (54.8%)
474	KULAS Bartosz	181		M-40	114	00:00:42	00:13:33	00:26:22	00:39:35	00:53:02	00:55:20.90	00:56:03.65	+00:24:54 (45.0%)	5:32	10.8 (54.8%)
475	RYBAK Mariusz	410	BIKEBOYS CADMARIO TEAM	M-40	115	00:00:19	00:14:14	00:26:56	00:40:08	00:53:05	00:55:23.85	00:55:43.40	+00:24:57 (45.0%)	5:32	10.8 (54.8%)
476	JASINIECKI Wojciech	23	RUN BYDGOSZCZ	M-30	131	00:00:36	00:14:14	00:27:00	00:39:56	00:53:15	00:55:24.90	00:56:01.70	+00:24:58 (45.1%)	5:32	10.8 (54.8%)
477	TWARDOWSKI Wojciech	106	RUN BYDGOSZCZ	M-40	116	00:00:25	00:13:30	00:26:27	00:39:45	00:53:07	00:55:26.00	00:55:51.85	+00:24:59 (45.1%)	5:32	10.8 (54.8%)
478	DOBOSZ Kamil	561	56. BAZA LOTNICZA	M-20	42	00:00:36	00:14:06	00:27:09	00:40:08	00:53:17	00:55:32.10	00:56:08.95	+00:25:05 (45.2%)	5:33	10.8 (54.8%)
479	MAKUCH Urszula	562	12 WOG	K-40	24	00:00:36	00:14:06	00:27:08	00:40:08	00:53:17	00:55:32.30	00:56:08.95	+00:25:05 (45.2%)	5:33	10.8 (54.8%)
480	TOBOLSKI Tomasz	388		M-40	117	00:00:39	00:15:36	00:28:43	00:41:04	00:53:31	00:55:32.55	00:56:11.90	+00:25:05 (45.2%)	5:33	10.8 (54.8%)
481	RZETELNA Sylwia	99		K-40	25	00:00:43	00:14:26	00:27:19	00:40:13	00:53:21	00:55:32.60	00:56:16.50	+00:25:05 (45.2%)	5:33	10.8 (54.8%)
482	SYCHOWICZ Klara	657		K-40	26	00:00:20	00:14:04	00:27:11	00:40:18	00:53:31	00:55:48.90	00:56:09.25	+00:25:22 (45.4%)	5:34	10.7 (54.3%)
483	LIBERA Arkadiusz	262		M-50	64	00:00:57	00:14:25	00:27:32	00:40:37	00:53:34	00:55:51.50	00:56:49.00	+00:25:24 (45.5%)	5:35	10.7 (54.3%)
484	JASKOWSKA-PAWSKA Danuta	229	KLUB AKTYWNYCH KOBIET SZPILKI	K-40	27	00:00:03	00:13:52	00:26:36	00:39:38	00:53:10	00:55:51.75	00:55:55.45	+00:25:24 (45.5%)	5:35	10.7 (54.3%)
485	PRZYBYLSKI Mariusz	379		M-50	65	00:00:12	00:12:38	00:24:35	00:38:35	00:53:34	00:55:52.65	00:56:05.60	+00:25:25 (45.5%)	5:35	10.7 (54.3%)
486	BRZYKCY Karolina	623		K-30	41	00:00:50	00:14:41	00:27:59	00:41:11	00:53:49	00:55:57.00	00:56:47.90	+00:25:30 (45.6%)	5:35	10.7 (54.3%)
487	PYDYN Regina	269		K-50	7	00:00:22	00:14:14	00:27:24	00:40:28	00:53:38	00:55:57.30	00:56:19.75	+00:25:30 (45.6%)	5:35	10.7 (54.3%)
488	CZERWIAKOWSKI Sebastian	624		M-40	118	00:00:50	00:14:41	00:27:59	00:41:11	00:53:49	00:55:57.45	00:56:48.20	+00:25:30 (45.6%)	5:35	10.7 (54.3%)
489	KRÓLIKOWSKI Andrzej	268		M-50	66	00:00:22	00:14:15	00:27:24	00:40:28	00:53:38	00:55:57.60	00:56:19.75	+00:25:30 (45.6%)	5:35	10.7 (54.3%)
490	GROSZEWSKI Grzegorz	361		M-30	132	00:00:24	00:14:23	00:27:59	00:41:15	00:53:50	00:55:58.70	00:56:23.30	+00:25:31 (45.6%)	5:35	10.7 (54.3%)
491	ŁOŚ Dariusz	399		M-50	67	00:00:46	00:14:17	00:27:27	00:40:22	00:53:48	00:55:59.25	00:56:46.05	+00:25:32 (45.6%)	5:36	10.7 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
492	REDLAK Tomasz	182	WZGÓRZE WOLNOŚCI	M-40	119	00:00:19	00:13:38	00:26:45	00:40:18	00:53:56	00:56:03.60	00:56:23.45	+00:25:36 (45.7%)	5:36	10.7 (54.3%)
493	JANOWSKI Przemysław	363	1982	M-30	133	00:00:19	00:14:28	00:27:47	00:40:57	00:53:58	00:56:05.05	00:56:24.05	+00:25:38 (45.7%)	5:36	10.7 (54.3%)
494	KUDŁA Krzysztof	393		M-60	17	00:00:19	00:13:38	00:26:45	00:40:18	00:53:59	00:56:07.80	00:56:27.05	+00:25:40 (45.8%)	5:36	10.7 (54.3%)
495	GAJZLER Jerzy	329	BARTODZIEJE	M-60	18	00:00:20	00:12:56	00:25:57	00:39:35	00:53:36	00:56:10.50	00:56:31.15	+00:25:43 (45.8%)	5:37	10.7 (54.3%)
496	ZIELIŃSKI Sebastian	335		M-30	134	00:00:41	00:14:29	00:27:37	00:40:46	00:53:59	00:56:18.15	00:56:59.40	+00:25:51 (45.9%)	5:37	10.7 (54.3%)
497	CIEPLIŃSKA Marta	336		K-20	22	00:00:40	00:14:30	00:27:38	00:40:47	00:54:00	00:56:18.40	00:56:59.30	+00:25:51 (45.9%)	5:37	10.7 (54.3%)
498	STRABEL Maria	701		K-50	8	00:00:14	00:13:27	00:26:45	00:40:20	00:53:55	00:56:18.65	00:56:32.95	+00:25:51 (45.9%)	5:37	10.7 (54.3%)
499	KUBIAK Katarzyna	720		K-20	23	00:00:13	00:13:59	00:27:11	00:40:48	00:54:05	00:56:21.85	00:56:35.60	+00:25:55 (46.0%)	5:38	10.6 (53.8%)
500	KOLASIŃSKA Joanna	209	RUN BYDGOSZCZ	K-30	42	00:00:40	00:14:29	00:27:41	00:41:03	00:54:16	00:56:26.05	00:57:06.20	+00:25:59 (46.0%)	5:38	10.6 (53.8%)
501	BEDNAREK Marta	465		K-30	43	00:00:37	00:14:31	00:27:43	00:40:51	00:54:15	00:56:27.10	00:57:04.50	+00:26:00 (46.1%)	5:38	10.6 (53.8%)
502	STĘPIEŃ Monika	600		K-30	44	00:00:37	00:14:31	00:27:43	00:40:51	00:54:15	00:56:27.20	00:57:04.50	+00:26:00 (46.1%)	5:38	10.6 (53.8%)
503	GOŁATA Ewa	611		K-50	9	00:00:14	00:13:54	00:27:00	00:40:26	00:53:59	00:56:27.25	00:56:41.65	+00:26:00 (46.1%)	5:38	10.6 (53.8%)
504	TATULIŃSKA Aleksandra	115	RUN BYDGOSZCZ	K-30	45	00:00:37	00:14:33	00:27:43	00:40:51	00:54:19	00:56:28.50	00:57:06.20	+00:26:01 (46.1%)	5:38	10.6 (53.8%)
505	KROPIDŁOWSKA Magdalena	527	OCELOTY KRUSZYN KRAJEŃSKI	K-30	46	00:00:24	00:13:50	00:27:01	00:40:23	00:54:07	00:56:30.00	00:56:54.75	+00:26:03 (46.1%)	5:39	10.6 (53.8%)
506	TUŻYLAK Katarzyna	271		K-30	47	00:00:24	00:14:23	00:27:58	00:41:31	00:54:13	00:56:33.75	00:56:57.75	+00:26:06 (46.2%)	5:39	10.6 (53.8%)
507	PAPIERSKI Zbigniew	314		M-50	68	00:00:34	00:13:48	00:26:29	00:40:00	00:54:01	00:56:38.15	00:57:12.50	+00:26:11 (46.2%)	5:39	10.6 (53.8%)
508	ZDUNEK Rafał	622		M-20	43	00:00:16	00:13:04	00:26:36	00:40:25	00:54:32	00:56:45.30	00:57:01.40	+00:26:18 (46.4%)	5:40	10.6 (53.8%)
509	BRYWCZYŃSKA Justyna	25		K-30	48	00:00:24	00:14:13	00:27:17	00:40:46	00:54:27	00:56:46.75	00:57:11.20	+00:26:19 (46.4%)	5:40	10.6 (53.8%)
510	NIKOŁAJEW Monika	568		K-30	49	00:00:45	00:14:06	00:27:26	00:40:47	00:54:32	00:56:59.10	00:57:44.35	+00:26:32 (46.6%)	5:41	10.5 (53.3%)
511	CZAPIEWSKA Małgorzata	524	BRODNICA BIEGA	K-50	10	00:00:17	00:13:56	00:27:12	00:40:39	00:54:30	00:56:59.45	00:57:17.25	+00:26:32 (46.6%)	5:42	10.5 (53.3%)
512	ŚWIĄTEK Karolina	442	CYTADELA-GRUDZIĄDZ	K-20	24	00:00:38	00:14:31	00:27:39	00:41:01	00:54:43	00:57:00.65	00:57:38.90	+00:26:33 (46.6%)	5:42	10.5 (53.3%)
513	ŚWIĄTEK Agnieszka	538	CYTADELA-GRUDZIĄDZ	K-20	25	00:00:37	00:14:31	00:27:40	00:41:01	00:54:44	00:57:01.15	00:57:38.85	+00:26:34 (46.6%)	5:42	10.5 (53.3%)
514	SADOWSKA Maria	499		K-40	28	00:00:25	00:14:10	00:27:34	00:41:04	00:54:40	00:57:01.25	00:57:27.00	+00:26:34 (46.6%)	5:42	10.5 (53.3%)
515	BURSKA Małgorzata	722		K-30	50	00:00:14	00:13:59	00:27:09	00:40:46	00:54:28	00:57:08.60	00:57:22.75	+00:26:41 (46.7%)	5:42	10.5 (53.3%)
516	CZAPIEWSKI Maciej	525	BRODNICA BIEGA	M-50	69	00:00:18	00:13:55	00:27:12	00:40:41	00:54:37	00:57:11.45	00:57:29.50	+00:26:44 (46.8%)	5:43	10.5 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
517	CIESIÓŁKA Angelika	653		K-30	51	00:00:30	00:13:57	00:27:19	00:40:57	00:54:59	00:57:19.85	00:57:49.90	+00:26:53 (46.9%)	5:43	10.5 (53.3%)
518	ETTINGER Justyna	280		K-30	52	00:00:29	00:13:58	00:27:20	00:40:57	00:55:01	00:57:21.50	00:57:51.45	+00:26:54 (46.9%)	5:44	10.5 (53.3%)
519	JANISZEWSKI Przemysław	152	THE RUNNERS ŚWIECIE	M-30	135	00:00:35	00:14:36	00:28:02	00:41:35	00:55:07	00:57:22.90	00:57:58.65	+00:26:56 (46.9%)	5:44	10.5 (53.3%)
519	JANISZEWSKA Aleksandra	151		K-30	53	00:00:35	00:14:37	00:28:03	00:41:35	00:55:07	00:57:22.90	00:57:58.65	+00:26:56 (46.9%)	5:44	10.5 (53.3%)
521	NOWAKOWSKI Czesław	328		M-60	19	00:00:32	00:14:14	00:27:36	00:41:07	00:55:01	00:57:22.95	00:57:55.00	+00:26:56 (46.9%)	5:44	10.5 (53.3%)
522	GROTT Bartłomiej	473		M-30	136	00:00:43	00:14:43	00:28:07	00:41:34	00:55:08	00:57:31.90	00:58:15.35	+00:27:05 (47.1%)	5:45	10.4 (52.8%)
523	GRYLEWICZ Tomasz	705		M-30	137	00:00:43	00:14:43	00:28:07	00:41:34	00:55:08	00:57:32.30	00:58:15.55	+00:27:05 (47.1%)	5:45	10.4 (52.8%)
524	PORAZINSKA Viktoria	164		K-40	29	00:00:22	00:14:14	00:27:50	00:41:26	00:55:12	00:57:35.60	00:57:58.05	+00:27:08 (47.1%)	5:45	10.4 (52.8%)
525	KNIOŁA Lucyna	606		K-40	30	00:00:14	00:13:55	00:27:29	00:41:12	00:55:08	00:57:36.00	00:57:50.55	+00:27:09 (47.1%)	5:45	10.4 (52.8%)
526	BYRTEK Grzegorz	573		M-40	120	00:00:19	00:12:26	00:24:40	00:38:35	00:54:43	00:57:37.20	00:57:56.35	+00:27:10 (47.2%)	5:45	10.4 (52.8%)
527	CHYLIŃSKA Dorota	621	AKADEMIA BIEGANIA GRUDZIĄDZ	K-40	31	00:00:30	00:14:10	00:27:30	00:41:07	00:55:04	00:57:37.80	00:58:08.75	+00:27:10 (47.2%)	5:45	10.4 (52.8%)
527	SZARSZEWSKA Natalia	446	CYTADELA-GRUDZIĄDZ	K-20	26	00:00:38	00:14:33	00:27:48	00:41:27	00:55:15	00:57:37.80	00:58:16.60	+00:27:10 (47.2%)	5:45	10.4 (52.8%)
529	JANKOWSKI Tomasz Michał	408	B. DELFIN	M-50	70	00:00:45	00:14:55	00:28:21	00:41:59	00:55:20	00:57:37.85	00:58:23.80	+00:27:11 (47.2%)	5:45	10.4 (52.8%)
530	STRABEL Marek	703		M-50	71	00:00:14	00:13:41	00:27:36	00:41:39	00:55:27	00:57:39.65	00:57:54.60	+00:27:12 (47.2%)	5:46	10.4 (52.8%)
531	GAWRYCH Andrzej	400	BYDGOSKIE OKONIE	M-40	121	00:00:43	00:14:02	00:27:27	00:41:24	00:55:20	00:57:43.05	00:58:26.65	+00:27:16 (47.2%)	5:46	10.4 (52.8%)
532	BABYCH Alona	738		K-20	27	00:00:08	00:13:48	00:27:06	00:41:18	00:55:19	00:57:48.25	00:57:56.40	+00:27:21 (47.3%)	5:46	10.4 (52.8%)
533	KOŚMIDER Damian	739		M-30	138	00:00:07	00:13:49	00:27:07	00:41:19	00:55:20	00:57:49.35	00:57:57.30	+00:27:22 (47.3%)	5:47	10.4 (52.8%)
534	CZARNECKA Monika	619	BRZOZA BIEGA	K-30	54	00:00:42	00:14:32	00:28:03	00:41:41	00:55:31	00:57:53.65	00:58:36.10	+00:27:26 (47.4%)	5:47	10.4 (52.8%)
535	BOJAKOWSKA Małgorzata	556	BYDGOSKIE ŻÓŁWIE	K-40	32	00:00:18	00:14:27	00:27:58	00:41:44	00:55:37	00:57:57.60	00:58:16.00	+00:27:30 (47.5%)	5:47	10.4 (52.8%)
536	GOŁCZYŃSKI Tomasz	225		M-30	139	00:00:45	00:14:18	00:27:39	00:41:28	00:55:40	00:57:59.15	00:58:45.10	+00:27:32 (47.5%)	5:48	10.3 (52.3%)
537	RĄCZKA Łukasz	555		M-30	140	00:00:28	00:14:44	00:28:03	00:41:48	00:55:38	00:58:00.60	00:58:29.55	+00:27:33 (47.5%)	5:48	10.3 (52.3%)
538	JURKIEWICZ Beata	427		K-30	55	00:00:28	00:14:40	00:28:24	00:42:10	00:55:37	00:58:00.90	00:58:29.45	+00:27:34 (47.5%)	5:48	10.3 (52.3%)
539	KRIGER Bartosz	554		M-30	141	00:00:28	00:14:44	00:28:04	00:41:48	00:55:38	00:58:01.25	00:58:29.75	+00:27:34 (47.5%)	5:48	10.3 (52.3%)
540	MARKIEWICZ Mirek	397	TEAM GIRUCH	M-40	122	00:00:28	00:14:40	00:28:23	00:42:10	00:55:35	00:58:01.60	00:58:30.25	+00:27:34 (47.5%)	5:48	10.3 (52.3%)
541	MICHAŁOWSKI Krzysiek	500		M-40	123	00:00:28	00:14:21	00:27:44	00:41:34	00:55:29	00:58:02.80	00:58:31.45	+00:27:35 (47.5%)	5:48	10.3 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
542	SCHMIDT Robert	327	RUN BYDGOSZCZ	M-40	124	00:00:39	00:14:13	00:27:28	00:41:12	00:55:35	00:58:08.60	00:58:48.45	+00:27:41 (47.6%)	5:48	10.3 (52.3%)
543	GAWRYSZCZAK Karolina	537		K-20	28	00:00:30	00:13:58	00:26:58	00:41:11	00:55:46	00:58:09.60	00:58:39.80	+00:27:42 (47.6%)	5:48	10.3 (52.3%)
544	GIERACH Krzysztof	356		M-60	20	00:00:32	00:14:18	00:27:48	00:41:34	00:55:41	00:58:11.65	00:58:43.95	+00:27:44 (47.7%)	5:49	10.3 (52.3%)
545	GIERACH Marcin	272	TRISPACE	M-30	142	00:00:32	00:14:18	00:27:48	00:41:34	00:55:41	00:58:11.80	00:58:43.85	+00:27:44 (47.7%)	5:49	10.3 (52.3%)
546	POBIEDZIŃSKI Robert	218	POLONIA BYDGOSZCZ SLA	M-20	44	00:00:51	00:15:52	00:30:17	00:43:23	00:56:09	00:58:12.10	00:59:03.90	+00:27:45 (47.7%)	5:49	10.3 (52.3%)
547	MALATYŃSKA Barbara	113		K-40	33	00:00:41	00:14:48	00:28:24	00:42:01	00:55:51	00:58:12.50	00:58:54.00	+00:27:45 (47.7%)	5:49	10.3 (52.3%)
548	MIKUŁA Tomasz	226		M-30	143	00:00:45	00:14:36	00:28:11	00:41:54	00:55:55	00:58:20.25	00:59:05.50	+00:27:53 (47.8%)	5:50	10.3 (52.3%)
549	BŁASIŃSKA Żaneta	162		K-40	34	00:00:47	00:14:18	00:27:15	00:42:18	00:56:13	00:58:22.05	00:59:10.00	+00:27:55 (47.8%)	5:50	10.3 (52.3%)
550	ADRIAN Aldona	249		K-30	56	00:00:46	00:14:49	00:28:27	00:42:13	00:56:08	00:58:25.80	00:59:12.65	+00:27:58 (47.9%)	5:50	10.3 (52.3%)
551	MOROSZCZAK Dominika	248	SPÓJNIA BIAŁE BŁOTA	K-30	57	00:00:46	00:14:49	00:28:27	00:42:14	00:56:08	00:58:26.40	00:59:12.95	+00:27:59 (47.9%)	5:50	10.3 (52.3%)
552	MOROSZCZAK Bogumił	251	SPÓJNIA BIAŁE BŁOTA	M-40	125	00:00:46	00:14:49	00:28:27	00:42:12	00:56:07	00:58:26.55	00:59:13.10	+00:27:59 (47.9%)	5:50	10.3 (52.3%)
553	WIESE Grzegorz	215	TKKF KOLEJARZ BYDGOSZCZ	M-50	72	00:00:42	00:14:46	00:28:23	00:42:06	00:56:04	00:58:28.95	00:59:11.45	+00:28:02 (47.9%)	5:50	10.3 (52.3%)
554	KOSECKA Justyna	60		K-30	58	00:00:41	00:14:46	00:28:26	00:42:28	00:56:08	00:58:32.55	00:59:14.15	+00:28:05 (48.0%)	5:51	10.2 (51.8%)
555	BEDNARCZYK Joanna	31		K-30	59	00:00:41	00:14:46	00:28:26	00:42:28	00:56:08	00:58:32.80	00:59:14.05	+00:28:05 (48.0%)	5:51	10.2 (51.8%)
556	BEDNAREK Grazyna	49	RUN-PASJA BYDGOSZCZ	K-40	35	00:00:40	00:14:50	00:28:37	00:42:34	00:56:10	00:58:33.20	00:59:14.00	+00:28:06 (48.0%)	5:51	10.2 (51.8%)
557	BARANOWSKA Julia	63		K-1	5	00:00:34	00:14:54	00:28:47	00:42:43	00:56:37	00:58:34.25	00:59:08.70	+00:28:07 (48.0%)	5:51	10.2 (51.8%)
558	GORGOL Renia	296	RUN BYDGOSZCZ	K-40	36	00:00:43	00:14:30	00:28:10	00:42:09	00:56:08	00:58:39.10	00:59:23.00	+00:28:12 (48.1%)	5:52	10.2 (51.8%)
559	GÓRECKA Wiktoria	521	GÓRECCY TEAM	K-1	6	00:00:28	00:14:36	00:27:33	00:42:38	00:56:32	00:58:39.65	00:59:07.85	+00:28:12 (48.1%)	5:51	10.2 (51.8%)
560	ŁUCAK Piotr	317	CST RUN TEAM	M-30	144	00:00:44	00:15:38	00:29:25	00:42:50	00:56:15	00:58:40.20	00:59:25.05	+00:28:13 (48.1%)	5:52	10.2 (51.8%)
561	ADAMCZYK Sonia	53		K-20	29	00:00:34	00:14:54	00:28:48	00:42:43	00:56:38	00:58:40.45	00:59:14.60	+00:28:13 (48.1%)	5:52	10.2 (51.8%)
562	GÓRECKI Tomasz	517	GÓRECCY TEAM	M-40	126	00:00:28	00:14:37	00:27:34	00:42:37	00:56:32	00:58:43.75	00:59:11.95	+00:28:16 (48.2%)	5:52	10.2 (51.8%)
563	KALISZEWSKI Maciej	543	KALISZEWSCY DREAM TEAM	M-40	127	00:00:27	00:14:39	00:27:35	00:42:20	00:56:33	00:58:43.90	00:59:11.85	+00:28:17 (48.2%)	5:52	10.2 (51.8%)
564	SROCZYŃSKA Marta	179	POLONIA BYDGOSZCZ SLA	K-20	30	00:00:49	00:15:54	00:30:20	00:43:54	00:56:45	00:58:47.90	00:59:37.60	+00:28:21 (48.2%)	5:52	10.2 (51.8%)
565	PAWLAK Franciszek	471		M-20	45	00:00:52	00:15:52	00:30:17	00:43:50	00:56:42	00:58:48.55	00:59:40.55	+00:28:21 (48.2%)	5:52	10.2 (51.8%)
566	KARWASZ Adam	640		M-20	46	00:00:34	00:14:14	00:28:04	00:42:39	00:56:28	00:58:49.35	00:59:23.40	+00:28:22 (48.2%)	5:52	10.2 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
567	GRABOWSKA Elżbieta	547		K-50	11	00:00:44	00:14:27	00:28:05	00:42:05	00:56:18	00:58:50.35	00:59:35.20	+00:28:23 (48.3%)	5:53	10.2 (51.8%)
568	KOZIŃSKI Tomasz	438	BYDGOSKIE ŻÓŁWIE	M-40	128	00:00:18	00:14:27	00:27:58	00:41:46	00:56:20	00:58:52.10	00:59:11.05	+00:28:25 (48.3%)	5:53	10.2 (51.8%)
569	IWASZKO Maciej	663		M-30	145	00:00:20	00:14:58	00:28:47	00:42:39	00:56:39	00:58:54.80	00:59:14.90	+00:28:27 (48.3%)	5:53	10.2 (51.8%)
570	ZAWISZEWSKI Adam	333		M-30	146	00:00:13	00:14:06	00:27:48	00:42:00	00:56:37	00:59:03.50	00:59:17.15	+00:28:36 (48.4%)	5:54	10.2 (51.8%)
571	OLEKSY Ilona	728		K-30	60	00:00:49	00:14:52	00:28:39	00:42:41	00:56:51	00:59:08.60	00:59:58.15	+00:28:41 (48.5%)	5:54	10.1 (51.3%)
572	ŚLESIŃSKA Ewa	334		K-40	37	00:00:13	00:14:06	00:27:48	00:42:00	00:56:37	00:59:10.70	00:59:24.55	+00:28:43 (48.5%)	5:55	10.1 (51.3%)
573	JANCZARSKI CZASOWIEC Andrzej	119	CARBON TEAM TORUŃ	M-60	21	00:00:00	00:15:20	00:29:16	00:43:10	00:56:49	00:59:14.05	00:59:14.05	+00:28:47 (48.6%)	5:55	10.1 (51.3%)
574	CHECHŁA Agata	147		K-30	61	00:00:52	00:15:35	00:29:39	00:43:36	00:56:55	00:59:15.25	01:00:07.35	+00:28:48 (48.6%)	5:55	10.1 (51.3%)
575	TOMCZA Michał	636	ASSECO ACTIVE TEAM	M-30	147	00:00:29	00:15:02	00:29:05	00:43:19	00:57:10	00:59:26.85	00:59:56.50	+00:29:00 (48.8%)	5:56	10.1 (51.3%)
576	MIAZGA Katarzyna	564		K-20	31	00:00:40	00:15:38	00:30:22	00:43:30	00:57:00	00:59:28.20	01:00:08.50	+00:29:01 (48.8%)	5:56	10.1 (51.3%)
577	WITUCKA-KRYGIER Malwina	581		K-20	32	00:00:26	00:14:34	00:28:33	00:42:44	00:57:12	00:59:28.85	00:59:55.10	+00:29:02 (48.8%)	5:56	10.1 (51.3%)
578	SZALA Monika	355		K-30	62	00:00:51	00:14:48	00:28:54	00:43:13	00:57:12	00:59:37.05	01:00:28.65	+00:29:10 (48.9%)	5:57	10.1 (51.3%)
579	WESOŁOWSKI Dariusz	391		M-40	129	00:00:51	00:14:48	00:28:51	00:43:16	00:57:12	00:59:37.55	01:00:28.90	+00:29:10 (48.9%)	5:57	10.1 (51.3%)
580	NAPIERAJ Rafał	511		M-30	148	00:00:40	00:14:41	00:28:24	00:42:27	00:57:14	00:59:40.70	01:00:21.15	+00:29:13 (49.0%)	5:58	10.1 (51.3%)
581	MARCINKOWSKI Piotr	90		M-40	130	00:00:39	00:14:45	00:28:55	00:43:34	00:57:33	00:59:46.75	01:00:26.70	+00:29:19 (49.1%)	5:58	10 (50.8%)
582	SAWIEŁAJC Michał	338		M-40	131	00:00:28	00:14:35	00:28:25	00:42:48	00:57:15	00:59:52.50	01:00:20.85	+00:29:25 (49.1%)	5:59	10 (50.8%)
583	PITUŁA Monika	575		K-30	63	00:00:21	00:15:28	00:28:58	00:42:33	00:57:29	00:59:55.35	01:00:16.80	+00:29:28 (49.2%)	5:59	10 (50.8%)
584	ŚPICA Dorota	457		K-40	38	00:00:51	00:15:36	00:29:40	00:43:37	00:57:41	01:00:02.50	01:00:54.45	+00:29:35 (49.3%)	6:00	10 (50.8%)
585	FIGLEWSKI Rafał	108		M-30	149	00:00:12	00:14:06	00:28:03	00:43:14	00:57:52	01:00:14.55	01:00:27.50	+00:29:47 (49.5%)	6:01	10 (50.8%)
586	TOMCZA Katarzyna	637	ASSECO ACTIVE TEAM	K-30	64	00:00:29	00:15:02	00:29:05	00:43:21	00:57:48	01:00:14.65	01:00:43.85	+00:29:47 (49.5%)	6:01	10 (50.8%)
587	WIŚNIEWSKI Ryszard	390		M-30	150	00:00:41	00:14:16	00:28:09	00:42:43	00:57:45	01:00:19.45	01:01:01.30	+00:29:52 (49.5%)	6:02	9.9 (50.3%)
588	GROCHOWIAK Karolina	170	ŚLIMAKI BARCIN	K-30	65	00:00:14	00:14:38	00:28:50	00:43:22	00:57:58	01:00:20.55	01:00:35.45	+00:29:53 (49.5%)	6:02	9.9 (50.3%)
589	KUBIAK Tomasz	721		M-50	73	00:00:13	00:14:15	00:28:25	00:43:24	00:57:59	01:00:21.50	01:00:35.35	+00:29:54 (49.6%)	6:02	9.9 (50.3%)
590	BARTOSZYŃSKI Marcin	491		M-40	132	00:00:49	00:15:23	00:29:28	00:43:27	00:57:52	01:00:22.60	01:01:12.10	+00:29:55 (49.6%)	6:02	9.9 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
591	RADKOWSKI Tomasz	389		M-40	133	00:00:49	00:15:23	00:29:28	00:43:27	00:57:52	01:00:22.95	01:01:12.10	+00:29:56 (49.6%)	6:02	9.9 (50.3%)
592	KARASZEWSKI Sławomir	205		M-30	151	00:00:06	00:14:10	00:28:29	00:43:04	00:57:50	01:00:24.05	01:00:30.25	+00:29:57 (49.6%)	6:02	9.9 (50.3%)
593	PALACZ Michał	305	POZKAL RUNNING TEAM	M-40	134	00:00:30	00:14:48	00:28:53	00:43:12	00:57:58	01:00:26.35	01:00:57.25	+00:29:59 (49.6%)	6:02	9.9 (50.3%)
594	KRZYŻANOWSKI Wojciech	146		M-40	135	00:00:56	00:15:43	00:30:07	00:44:32	00:58:23	01:00:33.55	01:01:29.60	+00:30:06 (49.7%)	6:03	9.9 (50.3%)
595	GOŁATA Bogusław	610		M-50	74	00:00:14	00:14:13	00:28:38	00:43:28	00:58:08	01:00:34.20	01:00:48.35	+00:30:07 (49.7%)	6:03	9.9 (50.3%)
596	CHOŚCIŃSKA Agnieszka	489		K-30	66	00:00:15	00:14:55	00:29:05	00:43:28	00:58:05	01:00:37.25	01:00:53.00	+00:30:10 (49.8%)	6:03	9.9 (50.3%)
597	UCIŃSKI Edward	368	TKKF INSTALATOR PELIKAN SZUBIN	M-60	22	00:00:12	00:14:28	00:28:57	00:43:38	00:58:19	01:00:51.65	01:01:04.10	+00:30:24 (50.0%)	6:05	9.9 (50.3%)
598	PŁOMINSKI Norbert	641		M-30	152	00:00:20	00:15:03	00:28:59	00:43:30	00:58:25	01:01:02.70	01:01:22.85	+00:30:35 (50.1%)	6:06	9.8 (49.7%)
599	RACIBORSKI Grzegorz	150	TASAK TEAM	M-30	153	00:00:41	00:15:27	00:29:40	00:43:55	00:58:27	01:01:06.45	01:01:48.40	+00:30:39 (50.2%)	6:06	9.8 (49.7%)
600	KWIATKOWSKA Beata	217	THE RUNNERS ŚWIECIE	K-30	67	00:00:36	00:14:54	00:28:56	00:43:18	00:58:26	01:01:13.00	01:01:49.35	+00:30:46 (50.3%)	6:07	9.8 (49.7%)
601	WYKRZYKOWSKI Andrzej	447	CYTADELA-GRUDZIĄDZ	M-60	23	00:00:31	00:13:58	00:28:02	00:42:55	00:58:27	01:01:18.95	01:01:50.70	+00:30:52 (50.3%)	6:07	9.8 (49.7%)
602	NAWROCKA Kinga	673		K-40	39	00:00:00	00:15:23	00:29:19	00:43:50	00:58:45	01:01:22.70	01:01:22.70	+00:30:55 (50.4%)	6:08	9.8 (49.7%)
603	KRYSTOFIAK Robert	54		M-40	136	00:00:28	00:14:14	00:28:11	00:43:18	00:58:59	01:01:32.15	01:02:00.30	+00:31:05 (50.5%)	6:09	9.8 (49.7%)
604	WIŚNIEWSKI Maksymilian	539		M-1	14	00:00:42	00:15:42	00:30:17	00:45:41	00:59:33	01:01:45.90	01:02:28.30	+00:31:19 (50.7%)	6:10	9.7 (49.2%)
605	NOWAK Adam	9	WUJEK PORADA	M-40	137	00:00:43	00:15:26	00:29:49	00:44:31	00:59:22	01:01:46.40	01:02:30.05	+00:31:19 (50.7%)	6:10	9.7 (49.2%)
606	WALCZAK Maria	395	TKKF KOLEJARZ BYDGOSZCZ	K-60	3	00:00:35	00:14:44	00:29:22	00:44:16	00:59:09	01:01:47.90	01:02:22.90	+00:31:21 (50.7%)	6:10	9.7 (49.2%)
607	MŁODZIK Adam	570		M-40	138	00:00:07	00:14:48	00:29:30	00:44:26	00:59:24	01:01:53.85	01:02:01.10	+00:31:27 (50.8%)	6:11	9.7 (49.2%)
608	PIETRASZAK Tomasz	83	RUN BYDGOSZCZ	M-40	139	00:00:44	00:15:25	00:29:48	00:44:30	00:59:17	01:01:56.05	01:02:40.25	+00:31:29 (50.8%)	6:11	9.7 (49.2%)
609	KUCHARSKA Dorota	228	KLUB AKTYWNYCH KOBIEC SZPILKI	K-30	68	00:00:04	00:14:26	00:29:49	00:44:47	00:59:27	01:01:57.40	01:02:01.55	+00:31:30 (50.9%)	6:11	9.7 (49.2%)
610	PRZYBYLSKA Grażyna	298		K-50	12	00:00:43	00:15:07	00:29:28	00:44:33	00:59:25	01:01:59.30	01:02:42.60	+00:31:32 (50.9%)	6:11	9.7 (49.2%)
611	RATAJ Monika	100	PERŁA KOBIECOŚCI	K-20	33	00:00:42	00:15:06	00:29:29	00:44:34	00:59:26	01:01:59.90	01:02:42.60	+00:31:33 (50.9%)	6:12	9.7 (49.2%)
612	RASSALSKA-KAUSA Jola	295		K-30	69	00:00:42	00:15:21	00:29:57	00:44:52	00:59:45	01:02:14.90	01:02:57.35	+00:31:48 (51.1%)	6:13	9.6 (48.7%)
613	SZTEJKA Jolanta	211	BENEFITKSO	K-30	70	00:00:51	00:15:41	00:30:21	00:45:07	00:59:57	01:02:18.85	01:03:10.20	+00:31:52 (51.1%)	6:13	9.6 (48.7%)
614	SZTEJKA Damian	212	BENEFITKSO	M-40	140	00:00:50	00:15:41	00:30:22	00:45:07	00:59:57	01:02:20.00	01:03:10.20	+00:31:53 (51.2%)	6:14	9.6 (48.7%)
615	LENC Janusz	13	TKKF KOLEJARZ BYDGOSZCZ	M-60	24	00:00:57	00:15:53	00:30:28	00:45:23	00:59:56	01:02:24.65	01:03:21.90	+00:31:57 (51.2%)	6:14	9.6 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
616	SZYMCZAK Monika	724		K-30	71	00:00:37	00:14:54	00:29:42	00:44:44	00:59:53	01:02:26.30	01:03:03.85	+00:31:59 (51.2%)	6:14	9.6 (48.7%)
617	STYPCZYŃSKA Natalia	602		K-20	34	00:00:44	00:15:04	00:29:11	00:43:19	00:59:39	01:02:28.15	01:03:12.35	+00:32:01 (51.3%)	6:14	9.6 (48.7%)
618	LENC Agnieszka	264	POLONIA BYDGOSZCZ SLA	K-30	72	00:00:50	00:15:53	00:30:36	00:45:30	01:00:03	01:02:31.55	01:03:21.70	+00:32:04 (51.3%)	6:15	9.6 (48.7%)
619	KAWA Marcin	55	CUKIER & SERCE	M-40	141	00:00:52	00:15:26	00:29:58	00:44:43	00:59:57	01:02:34.05	01:03:26.45	+00:32:07 (51.3%)	6:15	9.6 (48.7%)
620	KASPROWICZ Piotr Kasprowicz	289		M-30	154	00:00:27	00:15:29	00:30:44	00:45:51	01:00:36	01:02:43.15	01:03:10.60	+00:32:16 (51.5%)	6:16	9.6 (48.7%)
621	WOJEWÓDZKI Robert	351		M-40	142	00:00:31	00:15:36	00:30:21	00:45:25	01:00:08	01:02:44.35	01:03:15.90	+00:32:17 (51.5%)	6:16	9.6 (48.7%)
622	WOJEWÓDZKA Aleksandra	413		K-30	73	00:00:31	00:15:36	00:30:21	00:45:26	01:00:09	01:02:45.00	01:03:16.20	+00:32:18 (51.5%)	6:16	9.6 (48.7%)
623	ŁUCAK Marzena	318	CST RUN TEAM	K-30	74	00:00:45	00:15:36	00:29:45	00:44:55	01:00:16	01:02:52.80	01:03:37.95	+00:32:25 (51.6%)	6:17	9.5 (48.2%)
624	PÓŁGĘSEK Rafał	290		M-40	143	00:00:45	00:15:16	00:29:58	00:45:04	01:00:15	01:02:53.95	01:03:39.80	+00:32:27 (51.6%)	6:17	9.5 (48.2%)
625	ROZMARYNOWICZ Anna	185		K-30	75	00:00:41	00:15:56	00:30:36	00:45:29	01:00:12	01:02:55.35	01:03:37.25	+00:32:28 (51.6%)	6:17	9.5 (48.2%)
626	DEPKA Agnieszka	319		K-30	76	00:00:44	00:15:09	00:29:45	00:44:41	01:00:10	01:02:57.65	01:03:41.65	+00:32:30 (51.6%)	6:17	9.5 (48.2%)
627	JAGODZIŃSKI Michał	267		M-30	155	00:00:36	00:15:35	00:29:54	00:44:45	01:00:25	01:03:09.70	01:03:46.50	+00:32:42 (51.8%)	6:19	9.5 (48.2%)
628	BORDON Monika	670		K-20	35	00:00:10	00:14:51	00:29:28	00:44:34	01:00:37	01:03:20.05	01:03:30.20	+00:32:53 (51.9%)	6:20	9.5 (48.2%)
629	BRYWCZYŃSKI Krystian	282		M-30	156	00:00:26	00:14:52	00:29:58	00:47:02	01:00:55	01:03:20.85	01:03:47.70	+00:32:54 (51.9%)	6:20	9.5 (48.2%)
630	KAPELIŃSKI Stanisław	33		M-40	144	00:00:24	00:15:31	00:30:22	00:45:36	01:00:57	01:03:24.40	01:03:48.55	+00:32:57 (52.0%)	6:20	9.5 (48.2%)
631	KWIATKOWSKI Arkadiusz	709		M-30	157	00:00:34	00:14:05	00:28:03	00:42:59	01:00:37	01:03:33.10	01:04:07.35	+00:33:06 (52.1%)	6:21	9.4 (47.7%)
632	WIECZOREK Krzysztof	416		M-40	145	00:00:23	00:14:54	00:29:57	00:45:15	01:00:50	01:03:33.75	01:03:57.40	+00:33:06 (52.1%)	6:21	9.4 (47.7%)
633	FRASZ Robert	331		M-20	47	00:00:23	00:14:54	00:29:57	00:45:14	01:00:50	01:03:35.55	01:03:58.70	+00:33:08 (52.1%)	6:21	9.4 (47.7%)
634	LUDWINIAK Bogdan	176	HURTINEX 45PLUS	M-40	146	00:00:22	00:18:53	00:31:32	00:45:16	01:00:50	01:03:36.30	01:03:58.35	+00:33:09 (52.1%)	6:21	9.4 (47.7%)
635	KUBIAK Małgorzata	373		K-30	77	00:00:47	00:15:12	00:30:10	00:45:33	01:01:13	01:03:42.75	01:04:30.30	+00:33:15 (52.2%)	6:22	9.4 (47.7%)
636	KONOPIŃSKA Agnieszka	281	RUN BYDGOSZCZ	K-30	78	00:00:46	00:15:01	00:29:52	00:45:22	01:01:05	01:03:50.15	01:04:36.85	+00:33:23 (52.3%)	6:23	9.4 (47.7%)
637	RYDLEWSKA Kinga	129	RUN BYDGOSZCZ	K-30	79	00:00:39	00:15:16	00:29:59	00:45:29	01:01:12	01:03:57.70	01:04:36.80	+00:33:30 (52.4%)	6:23	9.4 (47.7%)
638	WOJANOWSKI Zbigniew	443	CYTADELA-GRUDZIĄDZ	M-50	75	00:00:37	00:15:28	00:29:56	00:45:32	01:01:13	01:04:00.05	01:04:37.05	+00:33:33 (52.4%)	6:24	9.4 (47.7%)
639	PASIEKA Magda	22		K-30	80	00:00:29	00:15:19	00:30:09	00:45:39	01:01:22	01:04:07.25	01:04:37.00	+00:33:40 (52.5%)	6:24	9.4 (47.7%)
640	KWIATKOWSKA Elżbieta	347		K-40	40	00:00:28	00:16:07	00:31:21	00:46:42	01:01:54	01:04:23.15	01:04:52.10	+00:33:56 (52.7%)	6:26	9.3 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
641	KACZMAREK Agnieszka	572		K-40	41	00:00:15	00:15:21	00:30:31	00:46:00	01:01:42	01:04:24.65	01:04:39.80	+00:33:57 (52.7%)	6:26	9.3 (47.2%)
642	SYCHOWICZ Joanna	656		K-40	42	00:00:38	00:16:03	00:31:12	00:46:34	01:02:02	01:04:46.10	01:05:24.65	+00:34:19 (53.0%)	6:28	9.3 (47.2%)
643	NIEMECZEK Waldemar	324		M-50	76	00:00:22	00:15:55	00:32:03	00:47:15	01:02:20	01:04:47.50	01:05:10.35	+00:34:20 (53.0%)	6:28	9.3 (47.2%)
644	OBORSKI Łukasz	715		M-30	158	00:00:48	00:16:21	00:30:54	00:46:14	01:02:25	01:05:06.30	01:05:55.00	+00:34:39 (53.2%)	6:30	9.2 (46.7%)
645	NIZIOŁ Katarzyna	716		K-20	36	00:00:48	00:16:21	00:30:54	00:46:14	01:02:26	01:05:06.65	01:05:55.05	+00:34:39 (53.2%)	6:30	9.2 (46.7%)
646	MIAZGA Adam	565		M-30	159	00:00:39	00:15:28	00:30:31	00:46:21	01:02:39	01:05:32.95	01:06:12.60	+00:35:06 (53.6%)	6:33	9.2 (46.7%)
647	JANICKI Robert	76	RUN BYDGOSZCZ	M-30	160	00:00:25	00:15:24	00:30:16	00:46:44	01:03:22	01:05:43.40	01:06:08.65	+00:35:16 (53.7%)	6:34	9.1 (46.2%)
648	DAŃCZUK Agnieszka	223		K-40	43	00:00:49	00:16:08	00:31:32	00:47:08	01:03:04	01:05:43.60	01:06:32.75	+00:35:16 (53.7%)	6:34	9.1 (46.2%)
649	GAJEK Agnieszka	69	TASAK TEAM	K-30	81	00:00:00					01:06:00.60	01:06:00.60	+00:35:33 (53.9%)	6:36	9.1 (46.2%)
650	PAŚ Katarzyna	243	CHARTY SZELEJEWO	K-40	44	00:00:47	00:16:23	00:31:45	00:47:37	01:03:47	01:06:27.10	01:07:14.50	+00:36:00 (54.2%)	6:38	9 (45.7%)
651	GRABOWSKI Piotr	277	BRZOZA BIEGA/ROWEROWA BRZOZA	M-40	147	00:00:36	00:15:26	00:30:21	00:46:02	01:04:05	01:06:53.10	01:07:29.25	+00:36:26 (54.5%)	6:41	9 (45.7%)
652	KARDACH Magdalena	450	ALLIANZ RUNNING TEAM	K-30	82	00:00:38	00:15:17	00:31:06	00:47:36	01:04:14	01:07:00.85	01:07:38.95	+00:36:34 (54.6%)	6:42	9 (45.7%)
653	MATKOWSKA Małgorzata	85		K-30	83	00:00:44	00:16:50	00:32:23	00:48:14	01:04:25	01:07:17.50	01:08:01.70	+00:36:50 (54.8%)	6:43	8.9 (45.2%)
654	MARKLIK Grażyna	77		K-40	45	00:00:44	00:16:50	00:32:24	00:48:14	01:04:25	01:07:17.60	01:08:01.65	+00:36:50 (54.8%)	6:43	8.9 (45.2%)
655	MAKOWSKA Justyna	68	TASAK TEAM	K-30	84	00:00:42	00:16:52	00:32:26	00:48:16	01:04:28	01:07:18.80	01:08:01.65	+00:36:51 (54.8%)	6:43	8.9 (45.2%)
656	GOLA Grzegorz	32		M-40	148	00:00:50	00:15:58	00:31:58	00:48:14	01:04:29	01:07:25.40	01:08:16.35	+00:36:58 (54.8%)	6:44	8.9 (45.2%)
657	STASIAK Renata	404		K-50	13	00:00:52	00:16:36	00:32:14	00:48:15	01:04:32	01:07:33.20	01:08:26.15	+00:37:06 (54.9%)	6:45	8.9 (45.2%)
658	KUZIAK Aleksandra	463		K-50	14	00:00:52	00:16:36	00:32:14	00:48:15	01:04:33	01:07:33.35	01:08:26.15	+00:37:06 (54.9%)	6:45	8.9 (45.2%)
659	SZUBARTOWSKA Pola	158	MUKS 15 AQUA BYDGOSZCZ	K-1	7	00:00:27	00:16:52	00:33:25	00:49:41	01:05:41	01:07:53.40	01:08:20.65	+00:37:26 (55.2%)	6:47	8.8 (44.7%)
660	MICHALAK Martyna	190	MUKS 15 AQUA BYDGOSZCZ	K-1	8	00:00:27	00:16:52	00:33:25	00:49:40	01:05:42	01:07:53.75	01:08:20.95	+00:37:26 (55.2%)	6:47	8.8 (44.7%)
661	PILAROWSKA Julita	365		K-20	37	00:00:20	00:15:31	00:32:04	00:48:19	01:05:24	01:08:11.55	01:08:31.55	+00:37:44 (55.4%)	6:49	8.8 (44.7%)
662	FUDAŁA Marek	112		M-60	25	00:00:25	00:16:45	00:32:50	00:49:19	01:05:42	01:08:28.50	01:08:54.15	+00:38:01 (55.5%)	6:50	8.8 (44.7%)
663	TOMASZEWSKA Dorota	593		K-20	38	00:00:48	00:17:08	00:33:07	00:49:38	01:05:51	01:08:30.85	01:09:19.60	+00:38:04 (55.6%)	6:51	8.8 (44.7%)
664	WIŚNIEWSKA Ewa	613		K-40	46	00:00:45	00:16:42	00:32:41	00:49:17	01:06:09	01:08:49.60	01:09:35.00	+00:38:22 (55.8%)	6:53	8.7 (44.2%)
665	DRUŻYŃSKI Sebastian	574		M-30	161	00:00:21	00:16:16	00:31:45	00:48:21	01:05:41	01:08:53.70	01:09:15.20	+00:38:26 (55.8%)	6:53	8.7 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
666	LIBERA Sabina	64		K-40	47	00:00:50	00:17:06	00:33:11	00:49:38	01:06:13	01:08:59.40	01:09:50.10	+00:38:32 (55.9%)	6:54	8.7 (44.2%)
667	KAZUBOWSKA Zofia	488		K-1	9	00:00:52	00:17:39	00:33:38	00:50:08	01:06:47	01:09:55.25	01:10:48.20	+00:39:28 (56.5%)	6:59	8.6 (43.7%)
668	ANGIEL Władysław	141	TKKF KOLEJARZ BYDGOSZCZ	M-70	2	00:00:13	00:16:50	00:33:04	00:49:45	01:07:12	01:10:21.90	01:10:35.25	+00:39:55 (56.7%)	7:02	8.5 (43.1%)
669	BŁASIŃSKA Natalia	161		K-1	10	00:00:49	00:18:06	00:34:23	00:50:49	01:07:35	01:10:25.40	01:11:14.85	+00:39:58 (56.8%)	7:02	8.5 (43.1%)
670	BORKOWSKA Ewa	353		K-60	4	00:00:37	00:16:41	00:32:47	00:51:05	01:07:05	01:10:31.85	01:11:09.00	+00:40:05 (56.8%)	7:03	8.5 (43.1%)
671	KAZUBOWSKI Jacek	202	45PLUS	M-40	149	00:00:09	00:19:05	00:34:21	00:50:51	01:07:29	01:10:39.20	01:10:48.30	+00:40:12 (56.9%)	7:03	8.5 (43.1%)
672	DERKOWSKA Weronika	354	TORUŃSKI KLUB TRIATHLONOWY	K-30	85	00:00:36	00:17:18	00:35:06	00:51:23	01:08:04	01:11:06.90	01:11:43.25	+00:40:40 (57.2%)	7:06	8.4 (42.6%)
673	KAŻMIERCZAK Adrianna	461		K-1	11	00:00:25	00:15:56	00:32:55	00:50:52	01:09:13	01:11:52.30	01:12:17.45	+00:41:25 (57.6%)	7:11	8.3 (42.1%)
674	GRABOWSKA Ilona	540		K-30	86	00:00:39	00:17:11	00:34:32	00:52:35	01:11:13	01:14:09.70	01:14:49.10	+00:43:42 (58.9%)	7:25	8.1 (41.1%)
675	WÓJCIK Ewa	696		K-30	87	00:00:16	00:17:10	00:34:36	00:53:03	01:11:10	01:14:21.20	01:14:37.75	+00:43:54 (59.1%)	7:26	8.1 (41.1%)
676	KREFFT Lidia	695		K-40	48	00:00:16	00:17:10	00:34:37	00:53:04	01:11:11	01:14:21.95	01:14:38.15	+00:43:55 (59.1%)	7:26	8.1 (41.1%)
677	BOROWSKI Adam	137	ACTIVEXTREME START24PL	M-30	162	00:00:22	00:16:40	00:34:38	00:53:30	01:12:03	01:15:04.60	01:15:27.15	+00:44:37 (59.4%)	7:30	8 (40.6%)
678	LATUS Kamila	383	SIERADZ BIEGA	K-30	88	00:00:21	00:16:41	00:34:39	00:53:31	01:12:03	01:15:05.80	01:15:27.25	+00:44:38 (59.5%)	7:30	8 (40.6%)
679	RUDNICKA Karolina	294	TASAK TEAM	K-30	89	00:00:42	00:18:08	00:35:25	00:53:36	01:12:16	01:15:20.10	01:16:02.50	+00:44:53 (59.6%)	7:32	8 (40.6%)
680	CENTKOWSKA Ewelina	72		K-30	90	00:00:48	00:17:49	00:35:03	00:53:44	01:12:57	01:16:22.40	01:17:11.35	+00:45:55 (60.1%)	7:38	7.9 (40.1%)
681	BLUHM Martyna	235		K-20	39	00:00:37	00:20:11	00:39:49	01:00:07	01:20:05	01:21:57.45	01:22:35.35	+00:51:30 (62.8%)	8:11	7.3 (37.1%)
682	ROSIŃSKA Janina	734		K-70	1	00:00:03	00:22:02	00:42:40	01:04:03	01:25:39	01:27:32.65	01:27:36.05	+00:57:05 (65.2%)	8:45	6.9 (35.0%)
DQ	KAŻMIERSKI Dariusz	694		M-50		DQ	DQ	DQ	DQ	DQ	00:38:11.75 DQ	DQ	-	-	- (0.0%)
DQ	STERNAL Elżbieta	255		K-40		DQ	00:12:54 DQ	00:25:43 DQ	00:38:50 DQ	DQ	00:41:06.05 DQ	DQ	-	-	- (0.0%)
	WAWIERNIA Kamila	38	SPÓJNIA BIAŁE BŁOTA	K-20		DNF	00:15:43 DNF	00:30:03 DNF	00:44:14 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KICIŃSKA Marta	392		K-20		DNF	00:15:37 DNF	00:32:11 DNF	00:48:14 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KAZUBOWSKA Małgorzata	487		K-40		DNF	00:21:09 DNF	00:43:04 DNF	01:05:46 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CZERESZKO Krzysztof	516	LPJKM TEAM	M-40		DNF	00:13:41 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 688 wynik(ów)