

XIV RYPIŃSKI BIEG PO ZDROWIE – DOLINĄ RYPIENICY

B4SPORT

Organizator: Miejski Ośrodek Sportu i Rekreacji w Rypinie, Urząd
Miasta Rypin
Data: 2019-08-31
Miejsce: Rypin
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|-------------------------------|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | KLAYBOR Dawid | 172 | GKS FABIANKI | M-1 | 1 | 00:33:12.85 | 00:33:13.70 | | 3:19 | 18.1 (100%) |
| 2 | TOMASZEWSKI Maciej Emanuel | 185 | | M-2 | 1 | 00:35:36.80 | 00:35:38.00 | +00:02:24 (6.7%) | 3:33 | 16.8 (92.8%) |
| 3 | ŚWIDEREK Wojciech | 174 | T.S. OPATRUNKI TORUŃ | M-2 | 2 | 00:35:56.85 | 00:35:57.85 | +00:02:44 (7.6%) | 3:35 | 16.7 (92.3%) |
| 4 | SZPECIŃSKI Przemek | 129 | RYMAŃ | M-1 | 2 | 00:36:09.65 | 00:36:10.70 | +00:02:57 (8.2%) | 3:36 | 16.6 (91.7%) |
| 5 | CHOJNICKI Damian | 170 | GKS FABIANKI | M-1 | 3 | 00:38:22.40 | 00:38:23.45 | +00:05:09 (13.4%) | 3:50 | 15.6 (86.2%) |
| 6 | TREPKOWSKI Mateusz | 182 | BORN TO RUN | M-1 | 4 | 00:38:32.25 | 00:38:33.45 | +00:05:19 (13.8%) | 3:51 | 15.6 (86.2%) |
| 7 | MAĆKOWSKI Maciej | 78 | PAŁUKI RUNNING TEAM | M-2 | 3 | 00:38:43.55 | 00:38:45.50 | +00:05:31 (14.3%) | 3:52 | 15.5 (85.6%) |
| 8 | GAPIŃSKI Łukasz | 27 | BORN RUNNERS - CHOJNICKI TEAM | M-2 | 4 | 00:39:02.90 | 00:39:05.20 | +00:05:51 (15.0%) | 3:54 | 15.4 (85.1%) |
| 9 | MOKRZYCKI Rafał | 87 | TG SOKÓŁ GNIEWKOWO | M-3 | 1 | 00:39:30.55 | 00:39:32.75 | +00:06:19 (16.0%) | 3:57 | 15.2 (84.0%) |
| 10 | TUCZYŃSKI Sylwester Leon | 138 | BYDGOSKIE OKONIE | M-1 | 5 | 00:39:43.65 | 00:39:45.55 | +00:06:31 (16.4%) | 3:58 | 15.1 (83.4%) |
| 11 | JAGIEŁA Jarosław | 36 | TKKF KOLEJARZ BYDGOSZCZ | M-3 | 2 | 00:39:46.40 | 00:39:49.65 | +00:06:35 (16.6%) | 3:58 | 15.1 (83.4%) |
| 12 | DUDEK Mariusz | 18 | | M-4 | 1 | 00:39:56.50 | 00:39:58.70 | +00:06:45 (16.9%) | 3:59 | 15 (82.9%) |
| 13 | ARSENIUK Anna | 175 | T.S. OPATRUNKI TORUŃ | K-2 | 1 | 00:40:18.75 | 00:40:20.50 | +00:07:06 (17.6%) | 4:01 | 14.9 (82.3%) |
| 14 | RUCIŃSKI Cezary | 203 | KB LECH RYPIN | M-2 | 5 | 00:40:18.30 | 00:40:20.80 | +00:07:07 (17.6%) | 4:01 | 14.9 (82.3%) |
| 15 | KUŁAKOWSKI Krzysztof | 61 | RUN PASJA | M-2 | 6 | 00:41:02.50 | 00:41:05.35 | +00:07:51 (19.1%) | 4:06 | 14.6 (80.7%) |
| 16 | SZWEDA Mirosława | 130 | TKKF KOLEJARZ BYDGOSZCZ | K-2 | 2 | 00:41:11.75 | 00:41:13.75 | +00:08:00 (19.4%) | 4:07 | 14.6 (80.7%) |
| 17 | HOŁTYN Patryk | 34 | TKKF KOLEJARZ BYDGOSZCZ | M-2 | 7 | 00:41:11.70 | 00:41:15.45 | +00:08:01 (19.5%) | 4:07 | 14.6 (80.7%) |
| 18 | MALINOWSKI Paweł | 82 | | M-2 | 8 | 00:41:23.00 | 00:41:24.60 | +00:08:10 (19.8%) | 4:08 | 14.5 (80.1%) |
| 19 | KUCIEJCZYK Henryk | 60 | TEMPO MLAWA | M-5 | 1 | 00:41:28.20 | 00:41:30.15 | +00:08:16 (19.9%) | 4:08 | 14.5 (80.1%) |
| 20 | JAWORSKI Marek | 41 | NIEZRZESZONY | M-5 | 2 | 00:41:27.05 | 00:41:30.25 | +00:08:16 (19.9%) | 4:08 | 14.5 (80.1%) |
| 21 | SZTOLCMAN Piotr | 167 | GKS FABIANKI | M-1 | 6 | 00:41:39.85 | 00:41:41.60 | +00:08:27 (20.3%) | 4:10 | 14.4 (79.6%) |
| 22 | ŁAZ Kamil | 74 | BYDGOSKIE OKONIE | M-2 | 9 | 00:41:51.00 | 00:41:53.35 | +00:08:39 (20.7%) | 4:11 | 14.3 (79.0%) |
| 23 | KASPRZY Piotr | 208 | ANIRO RUN TEAM | M-4 | 2 | 00:42:02.00 | 00:42:06.05 | +00:08:52 (21.1%) | 4:12 | 14.3 (79.0%) |
| 24 | KOZŁOWSKI Zbigniew | 53 | BIEGOHOLICY / MARMEL TORUŃ | M-2 | 10 | 00:42:04.10 | 00:42:08.95 | +00:08:55 (21.2%) | 4:12 | 14.3 (79.0%) |
| 25 | DRAPIEWSKI Mirosław | 16 | BIEGOHOLICY / MARMEL TORUŃ | M-2 | 11 | 00:42:06.50 | 00:42:11.35 | +00:08:57 (21.2%) | 4:12 | 14.2 (78.5%) |
| 26 | CHMIELEWSKI Bartosz | 10 | | M-2 | 12 | 00:42:28.40 | 00:42:31.35 | +00:09:17 (21.9%) | 4:14 | 14.1 (77.9%) |
| 27 | ZADYLAK Jakub | 152 | | M-1 | 7 | 00:42:29.45 | 00:42:33.50 | +00:09:19 (21.9%) | 4:14 | 14.1 (77.9%) |
| 28 | PILARSKI Krzysztof | 189 | KUJAWSKO-POMORSKIE | M-2 | 13 | 00:42:45.70 | 00:42:50.20 | +00:09:36 (22.4%) | 4:16 | 14 (77.3%) |
| 29 | RUMIŃSKI Arkadiusz | 207 | | M-1 | 8 | 00:42:54.10 | 00:42:56.35 | +00:09:42 (22.6%) | 4:17 | 14 (77.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|----------------------------|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 30 | SENGER Michał | 114 | PAŁUKI RUNNING TEAM | M-2 | 14 | 00:42:54.90 | 00:42:58.80 | +00:09:45 (22.7%) | 4:17 | 14 (77.3%) |
| 31 | KUBIAK Tomasz | 58 | TG SOKÓŁ GNIEWKOWO | M-3 | 3 | 00:43:30.90 | 00:43:34.55 | +00:10:20 (23.7%) | 4:21 | 13.8 (76.2%) |
| 32 | HEJZA Piotr | 33 | KB LECH RYPIN | M-2 | 15 | 00:43:35.60 | 00:43:37.85 | +00:10:24 (23.8%) | 4:21 | 13.8 (76.2%) |
| 33 | RONOWICZ Mateusz | 106 | | M-1 | 9 | 00:43:45.30 | 00:43:48.25 | +00:10:34 (24.1%) | 4:22 | 13.7 (75.7%) |
| 34 | PIERZCHAŁA Sławomir | 100 | | M-4 | 3 | 00:43:52.10 | 00:43:53.75 | +00:10:40 (24.3%) | 4:23 | 13.7 (75.7%) |
| 35 | NOWAK Grzegorz | 205 | | M-2 | 16 | 00:44:07.80 | 00:44:14.35 | +00:11:00 (24.9%) | 4:24 | 13.6 (75.1%) |
| 36 | GÓRALSKI Krzysztof | 166 | T.S. OPATRUNKI TORUŃ | M-4 | 4 | 00:44:14.70 | 00:44:17.90 | +00:11:04 (25.0%) | 4:25 | 13.6 (75.1%) |
| 37 | CZAJKOWSKI Jacek | 201 | | M-1 | 10 | 00:44:16.90 | 00:44:19.80 | +00:11:06 (25.0%) | 4:25 | 13.5 (74.6%) |
| 38 | KAMIŃSKA Teresa | 204 | TERESA BIEGA | K-3 | 1 | 00:44:25.20 | 00:44:27.20 | +00:11:13 (25.3%) | 4:26 | 13.5 (74.6%) |
| 39 | WOŹNIAKOWSKA Agata | 149 | BYDGOSKIE OKONIE | K-2 | 3 | 00:44:25.15 | 00:44:28.60 | +00:11:14 (25.3%) | 4:26 | 13.5 (74.6%) |
| 40 | ŻUCHOWSKI Jozef | 158 | | M-3 | 4 | 00:44:26.50 | 00:44:29.40 | +00:11:15 (25.3%) | 4:26 | 13.5 (74.6%) |
| 41 | LIPIŃSKI Krzysztof | 72 | | M-3 | 5 | 00:44:34.90 | 00:44:42.05 | +00:11:28 (25.7%) | 4:27 | 13.5 (74.6%) |
| 42 | WSZOŁEK Krystian | 151 | | M-1 | 11 | 00:44:44.75 | 00:44:51.55 | +00:11:37 (25.9%) | 4:28 | 13.4 (74.0%) |
| 43 | NOWICKI Jarosław | 171 | GKS FABIANKI | M-2 | 17 | 00:44:49.00 | 00:44:51.85 | +00:11:38 (25.9%) | 4:28 | 13.4 (74.0%) |
| 44 | KUBIT Tadeusz | 59 | | M-3 | 6 | 00:44:57.55 | 00:45:00.40 | +00:11:46 (26.2%) | 4:29 | 13.3 (73.5%) |
| 45 | NOWAKOWSKI Jerzy | 91 | ANIRO RUN TEAM | M-3 | 7 | 00:44:55.30 | 00:45:03.65 | +00:11:49 (26.3%) | 4:29 | 13.4 (74.0%) |
| 46 | OSIŃSKI Michał | 94 | PARKRUN TORUŃ | M-2 | 18 | 00:45:00.10 | 00:45:05.75 | +00:11:52 (26.3%) | 4:30 | 13.3 (73.5%) |
| 47 | ŻYTOWIECKI Dawid | 159 | KB LECH RYPIN | M-2 | 19 | 00:45:13.45 | 00:45:16.65 | +00:12:02 (26.6%) | 4:31 | 13.3 (73.5%) |
| 48 | BARTOSZYŃSKI Dominik | 3 | BASKET RYPIN | M-2 | 20 | 00:45:20.55 | 00:45:23.05 | +00:12:09 (26.8%) | 4:32 | 13.2 (72.9%) |
| 49 | KUBARSKI Julian | 56 | | M-3 | 8 | 00:45:21.50 | 00:45:24.85 | +00:12:11 (26.8%) | 4:32 | 13.2 (72.9%) |
| 50 | KMIECIAK Robert | 176 | T.S.OPATRUNKI TORUŃ | M-2 | 21 | 00:45:27.45 | 00:45:29.10 | +00:12:15 (26.9%) | 4:32 | 13.2 (72.9%) |
| 51 | ROK-SZPALA Sylwia | 105 | PARKRUN TORUŃ | K-2 | 4 | 00:45:25.15 | 00:45:31.25 | +00:12:17 (27.0%) | 4:32 | 13.2 (72.9%) |
| 52 | STECKIEWICZ Edmund | 123 | KB LECH RYPIN | M-3 | 9 | 00:45:47.85 | 00:45:49.35 | +00:12:35 (27.5%) | 4:34 | 13.1 (72.4%) |
| 53 | SADOWSKI Jarosław | 173 | T.S. OPATRUNKI TORUŃ | M-3 | 10 | 00:45:45.45 | 00:45:49.80 | +00:12:36 (27.5%) | 4:34 | 13.1 (72.4%) |
| 54 | TACZYŃSKI Marek | 132 | | M-2 | 22 | 00:45:45.40 | 00:45:51.45 | +00:12:37 (27.5%) | 4:34 | 13.1 (72.4%) |
| 55 | TOMASIK Piotr | 133 | TG. SOKÓŁ GNIEWKOWO | M-2 | 23 | 00:45:37.60 | 00:45:55.75 | +00:12:42 (27.7%) | 4:33 | 13.2 (72.9%) |
| 56 | MARCHEL Tomasz | 83 | | M-2 | 24 | 00:45:56.25 | 00:45:59.85 | +00:12:46 (27.8%) | 4:35 | 13.1 (72.4%) |
| 57 | BUTOWSKI Krzysztof | 194 | STUDIO NIERUCHOMOŚCI TORUŃ | M-2 | 25 | 00:46:04.70 | 00:46:08.75 | +00:12:55 (28.0%) | 4:36 | 13 (71.8%) |
| 58 | NADOLNY Piotr | 188 | KUJAWY POMORZE | M-3 | 11 | 00:46:13.55 | 00:46:21.10 | +00:13:07 (28.3%) | 4:37 | 13 (71.8%) |
| 59 | MICHALEWSKI Bartosz | 85 | LUCKY LUCK | M-3 | 12 | 00:46:25.05 | 00:46:31.60 | +00:13:17 (28.6%) | 4:38 | 12.9 (71.3%) |
| 60 | PĘKAŁA Aleksandra | 99 | RUN PASJA | K-2 | 5 | 00:46:30.60 | 00:46:34.10 | +00:13:20 (28.6%) | 4:39 | 12.9 (71.3%) |
| 61 | GAŁUSZKA Dorota | 25 | WTORKOWY TRENING | K-3 | 2 | 00:46:49.95 | 00:46:57.45 | +00:13:43 (29.2%) | 4:41 | 12.8 (70.7%) |
| 62 | WIŚNIEWSKI Damian | 192 | KUJAWSKO-POMORSKIE | M-2 | 26 | 00:46:58.10 | 00:47:12.75 | +00:13:59 (29.6%) | 4:41 | 12.8 (70.7%) |
| 63 | MOTOFA Marcin | 88 | | M-2 | 27 | 00:47:06.00 | 00:47:15.95 | +00:14:02 (29.7%) | 4:42 | 12.7 (70.2%) |
| 64 | LEWANDOWSKA Marlena | 70 | PODGÓRZ TORUŃ | K-3 | 3 | 00:47:12.15 | 00:47:19.05 | +00:14:05 (29.8%) | 4:43 | 12.7 (70.2%) |
| 65 | SKRZYNIECKI Lukasz | 186 | - | M-1 | 12 | 00:47:05.65 | 00:47:20.40 | +00:14:06 (29.8%) | 4:42 | 12.7 (70.2%) |
| 66 | KOWALSKI Paweł | 52 | | M-3 | 13 | 00:47:24.20 | 00:47:27.80 | +00:14:14 (30.0%) | 4:44 | 12.7 (70.2%) |
| 67 | OLSZEWSKI Adam | 93 | KB LECH RYPIN | M-4 | 5 | 00:47:31.05 | 00:47:33.65 | +00:14:19 (30.1%) | 4:45 | 12.6 (69.6%) |
| 68 | ROSZAK Zbigniew | 107 | BIEGAM DLA ZDROWIA | M-2 | 28 | 00:47:26.25 | 00:47:36.45 | +00:14:22 (30.2%) | 4:44 | 12.6 (69.6%) |
| 69 | WIĘCZKOWSKI Paweł | 143 | | M-1 | 13 | 00:47:36.35 | 00:47:42.10 | +00:14:28 (30.3%) | 4:45 | 12.6 (69.6%) |
| 70 | RYCHTER Wiesław | 109 | BUCHALTER ELBLĄG | M-5 | 3 | 00:47:42.60 | 00:47:46.65 | +00:14:32 (30.5%) | 4:46 | 12.6 (69.6%) |
| 71 | ZIELIŃSKA Iwona | 154 | WKB MARATOŃCZYK WŁOCLAWEK | K-4 | 1 | 00:47:42.20 | 00:47:46.75 | +00:14:33 (30.5%) | 4:46 | 12.6 (69.6%) |
| 72 | CHORAŻAK Sławer | 12 | | M-3 | 14 | 00:47:56.45 | 00:48:01.25 | +00:14:47 (30.8%) | 4:47 | 12.5 (69.1%) |
| 73 | BODNAR Jan | 8 | JA SAM | M-5 | 4 | 00:48:01.70 | 00:48:04.55 | +00:14:50 (30.9%) | 4:48 | 12.5 (69.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------------------|-----------|------|-----------------|------------------|-------------------|--------------|--------------|
| 74 | JANOWSKI Adam | 184 | TKKF CHEŁMNO | M-4 | 6 | 00:47:56.95 | 00:48:06.85 | +00:14:53 (30.9%) | 4:47 | 12.5 (69.1%) |
| 75 | GURNA Jolanta | 31 | TKKF KOLEJARZ BYDGOSZCZ | K-4 | 2 | 00:48:09.50 | 00:48:14.20 | +00:15:00 (31.1%) | 4:49 | 12.5 (69.1%) |
| 76 | GABRYELSKI Marcin | 199 | WKB MARATOŃCZYK | M-2 | 29 | 00:48:12.05 | 00:48:14.25 | +00:15:00 (31.1%) | 4:49 | 12.4 (68.5%) |
| 77 | RZĘSIEWICZ Jolanta | 110 | | K-4 | 3 | 00:48:22.10 | 00:48:25.95 | +00:15:12 (31.4%) | 4:50 | 12.4 (68.5%) |
| 78 | OLSZEWSKI Paweł | 92 | | M-2 | 30 | 00:48:34.90 | 00:48:41.10 | +00:15:27 (31.7%) | 4:51 | 12.3 (68.0%) |
| 79 | WIŚNIEWSKI Krzysztof | 147 | | M-3 | 15 | 00:48:36.90 | 00:48:42.50 | +00:15:28 (31.8%) | 4:51 | 12.3 (68.0%) |
| 80 | MACIEJEWSKA Kamila | 76 | ŚLIMAKI BARCIN | K-2 | 6 | 00:48:39.40 | 00:48:43.55 | +00:15:29 (31.8%) | 4:51 | 12.3 (68.0%) |
| 81 | MILEWSKI Benedykt | 86 | SAMINDRUK BRODNICA | M-4 | 7 | 00:48:40.80 | 00:48:50.15 | +00:15:36 (32.0%) | 4:52 | 12.3 (68.0%) |
| 82 | PAPROCKI Artut | 215 | DYNAMO SIERPC | M-1 | 14 | 00:48:46.40 | 00:48:54.25 | +00:15:40 (32.1%) | 4:52 | 12.3 (68.0%) |
| 83 | TRYCZAK Andrzej | 134 | | M-3 | 16 | 00:48:54.35 | 00:48:54.35 | +00:15:40 (32.1%) | 4:53 | 12.3 (68.0%) |
| 84 | SEKULSKI Kamil | 213 | DYNAMO | M-1 | 15 | 00:48:50.45 | 00:48:58.20 | +00:15:44 (32.1%) | 4:53 | 12.3 (68.0%) |
| 85 | SCHWEDA Justyna | 197 | BRAK | K-3 | 4 | 00:48:55.60 | 00:48:59.55 | +00:15:45 (32.2%) | 4:53 | 12.3 (68.0%) |
| 86 | PODBIELSKA Alina | 102 | KM UMK TORUŃ | K-4 | 4 | 00:49:05.85 | 00:49:12.95 | +00:15:59 (32.5%) | 4:54 | 12.2 (67.4%) |
| 87 | JONATOWSKI Grzegorz | 46 | GREGORTECH | M-2 | 31 | 00:49:21.60 | 00:49:26.60 | +00:16:12 (32.8%) | 4:56 | 12.2 (67.4%) |
| 88 | DWORECKI Rafał | 19 | KS FUTGOL | M-2 | 32 | 00:49:30.00 | 00:49:39.15 | +00:16:25 (33.1%) | 4:57 | 12.1 (66.9%) |
| 89 | SANKIEWICZ Karolina | 113 | | K-1 | 1 | 00:49:35.15 | 00:49:44.50 | +00:16:30 (33.2%) | 4:57 | 12.1 (66.9%) |
| 90 | KOŃPA Krzysztof | 50 | NIEZRZESZONY | M-3 | 17 | 00:49:41.50 | 00:49:45.35 | +00:16:31 (33.2%) | 4:58 | 12.1 (66.9%) |
| 91 | NOWAK Jarosław | 90 | SPC | M-4 | 8 | 00:49:40.10 | 00:49:46.80 | +00:16:33 (33.2%) | 4:58 | 12.1 (66.9%) |
| 92 | JANOWSKI Piotr | 40 | TKKF CHEŁMNO | M-4 | 9 | 00:49:47.00 | 00:49:58.45 | +00:16:44 (33.5%) | 4:58 | 12.1 (66.9%) |
| 93 | NADOLSKI Michał | 212 | | M-1 | 16 | 00:49:53.00 | 00:50:05.95 | +00:16:52 (33.7%) | 4:59 | 12 (66.3%) |
| 94 | POPEK Maciej | 103 | WŁOCLAWEK TRIATHLON TEAM - ANETA TEAM | M-3 | 18 | 00:50:04.30 | 00:50:10.95 | +00:16:57 (33.8%) | 5:00 | 12 (66.3%) |
| 95 | KELER Krzysztof | 49 | BBL INOWROCLAW | M-1 | 17 | 00:50:11.20 | 00:50:20.25 | +00:17:06 (34.0%) | 5:01 | 12 (66.3%) |
| 96 | WRÓBLEWSKA Dagmara | 150 | TKKF KOLEJARZ BYDGOSZCZ | K-2 | 7 | 00:50:18.95 | 00:50:25.45 | +00:17:11 (34.1%) | 5:01 | 11.9 (65.7%) |
| 97 | PODLASZEWSKI Jacek | 178 | SPC | M-3 | 19 | 00:50:24.60 | 00:50:31.10 | +00:17:17 (34.2%) | 5:02 | 11.9 (65.7%) |
| 98 | JASKULSKA Mirela | 206 | | K-4 | 5 | 00:50:25.40 | 00:50:35.40 | +00:17:21 (34.3%) | 5:02 | 11.9 (65.7%) |
| 99 | KUBERSKI Krzysztof | 57 | BIEGAM BO LUBIĘ | M-2 | 33 | 00:50:34.75 | 00:50:37.90 | +00:17:24 (34.4%) | 5:03 | 11.9 (65.7%) |
| 100 | SZAWŁOWSKI Radosław | 128 | | M-1 | 18 | 00:50:40.70 | 00:50:48.00 | +00:17:34 (34.6%) | 5:04 | 11.8 (65.2%) |
| 101 | SEKULSKI Paweł | 214 | DYNAMO | M-3 | 20 | 00:50:52.40 | 00:51:00.55 | +00:17:46 (34.9%) | 5:05 | 11.8 (65.2%) |
| 102 | ANZEL Jerzy | 2 | BRODNICA BIEGA | M-4 | 10 | 00:51:14.35 | 00:51:23.20 | +00:18:09 (35.3%) | 5:07 | 11.7 (64.6%) |
| 103 | BORKOWSKI Mateusz | 187 | SPAMERZY SPORTOWI | M-1 | 19 | 00:51:35.70 | 00:51:41.10 | +00:18:27 (35.7%) | 5:09 | 11.6 (64.1%) |
| 104 | SZAŁKOWSKI Tomasz | 216 | | M-1 | 20 | 00:51:43.05 | 00:51:43.05 | +00:18:29 (35.8%) | 5:10 | 11.6 (64.1%) |
| 105 | JETTER Piotr | 43 | UKS 'CYPRIANKA' | M-3 | 21 | 00:51:45.15 | 00:51:50.75 | +00:18:37 (35.9%) | 5:10 | 11.6 (64.1%) |
| 106 | LADA Przemysław | 64 | STALE BIEGAM NOVA TRADING | M-2 | 34 | 00:51:44.10 | 00:51:56.40 | +00:18:42 (36.0%) | 5:10 | 11.6 (64.1%) |
| 107 | SAJEWSKI Łukasz | 112 | | M-3 | 22 | 00:51:43.25 | 00:51:57.00 | +00:18:43 (36.0%) | 5:10 | 11.6 (64.1%) |
| 108 | GRZYBOWSKI Maciej | 200 | TEAM RYPIN | M-3 | 23 | 00:51:49.80 | 00:51:59.05 | +00:18:45 (36.1%) | 5:11 | 11.6 (64.1%) |
| 109 | OLSZEWSKI Rafał | 162 | T. G. SOKÓŁ GNIEWKOWO | M-2 | 35 | 00:51:52.75 | 00:51:59.90 | +00:18:46 (36.1%) | 5:11 | 11.6 (64.1%) |
| 110 | JABŁOŃSKA Sylwia | 35 | TKKF KOLEJARZ BYDGOSZCZ | K-2 | 8 | 00:51:55.05 | 00:52:01.90 | +00:18:48 (36.1%) | 5:11 | 11.6 (64.1%) |
| 111 | TOMASZEWSKI Wojciech | 180 | | M-4 | 11 | 00:52:02.80 | 00:52:08.10 | +00:18:54 (36.3%) | 5:12 | 11.5 (63.5%) |
| 112 | SIMSON Ireneusz | 115 | | M-3 | 24 | 00:52:09.75 | 00:52:20.75 | +00:19:07 (36.5%) | 5:12 | 11.5 (63.5%) |
| 113 | BUKOWSKI Paweł | 9 | | M-2 | 36 | 00:52:07.60 | 00:52:21.75 | +00:19:08 (36.5%) | 5:12 | 11.5 (63.5%) |
| 114 | SŁUNIECKI Tomasz | 118 | PARKRUN TORUŃ | M-3 | 25 | 00:52:15.45 | 00:52:24.55 | +00:19:10 (36.6%) | 5:13 | 11.5 (63.5%) |
| 115 | PALMA Mirosław | 96 | PODGÓRZ TORUŃ | M-5 | 5 | 00:52:26.45 | 00:52:34.00 | +00:19:20 (36.8%) | 5:14 | 11.4 (63.0%) |
| 116 | ŁUKIEWSKI Dariusz | 75 | | M-4 | 12 | 00:52:29.45 | 00:52:34.75 | +00:19:21 (36.8%) | 5:14 | 11.4 (63.0%) |
| 117 | PASZKOWSKI Janusz | 97 | | M-5 | 6 | 00:52:30.15 | 00:52:41.00 | +00:19:27 (36.9%) | 5:15 | 11.4 (63.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 118 | MACIASZEK Krzysztof | 190 | KUJAWSKO-POMORSKIE | M-2 | 37 | 00:52:41.00 | 00:52:52.40 | +00:19:38 (37.2%) | 5:16 | 11.4 (63.0%) |
| 118 | ŚLÓSAREK Piotr | 131 | STUDIO NIERUCHOMOŚCI TORUŃ | M-5 | 7 | 00:52:39.35 | 00:52:52.40 | +00:19:38 (37.2%) | 5:15 | 11.4 (63.0%) |
| 120 | KALINOWSKA Justyna | 47 | | K-2 | 9 | 00:52:52.65 | 00:52:52.65 | +00:19:38 (37.2%) | 5:17 | 11.3 (62.4%) |
| 121 | BEREBECKI Roman | 4 | KB LECH RYPIN | M-5 | 8 | 00:52:48.75 | 00:52:55.25 | +00:19:41 (37.2%) | 5:16 | 11.4 (63.0%) |
| 122 | KAMIŃSKI Stefan | 48 | REKREACJA TORUŃ | M-6 | 1 | 00:52:53.05 | 00:52:55.90 | +00:19:42 (37.2%) | 5:17 | 11.3 (62.4%) |
| 123 | SAJNÓG Piotr | 211 | | M-1 | 21 | 00:53:03.00 | 00:53:16.55 | +00:20:02 (37.6%) | 5:18 | 11.3 (62.4%) |
| 124 | BARTOSZ Mariola | 161 | | K-3 | 5 | 00:53:07.45 | 00:53:19.45 | +00:20:05 (37.7%) | 5:18 | 11.3 (62.4%) |
| 125 | DERĘGOWSKI Szymon | 14 | PAN | M-2 | 38 | 00:53:17.70 | 00:53:24.80 | +00:20:11 (37.8%) | 5:19 | 11.3 (62.4%) |
| 126 | RUTKOWSKI Robert | 108 | UNDERARTWĄBRZEŻNO | M-3 | 26 | 00:53:42.50 | 00:53:53.80 | +00:20:40 (38.3%) | 5:22 | 11.2 (61.9%) |
| 127 | LEWANDOSKI Władysław | 69 | DECATHLON TEAM INOWROCŁAW | M-5 | 9 | 00:53:46.95 | 00:53:55.35 | +00:20:41 (38.4%) | 5:22 | 11.2 (61.9%) |
| 128 | KRYSZTOFIAK Michał | 54 | ULUNG TEAM | M-3 | 27 | 00:54:03.80 | 00:54:15.90 | +00:21:02 (38.8%) | 5:24 | 11.1 (61.3%) |
| 129 | MAZERSKI Jarosław | 84 | | M-2 | 39 | 00:54:17.25 | 00:54:21.60 | +00:21:07 (38.9%) | 5:25 | 11.1 (61.3%) |
| 130 | PIWOŃSKI Robert | 101 | PARAFIALNY KLUB BIEGACZA TORUŃ - KASZCZOREK | M-3 | 28 | 00:54:15.95 | 00:54:23.75 | +00:21:10 (38.9%) | 5:25 | 11.1 (61.3%) |
| 131 | DYCZKO Adam | 20 | | M-4 | 13 | 00:54:14.45 | 00:54:26.65 | +00:21:12 (39.0%) | 5:25 | 11.1 (61.3%) |
| 132 | MAJER Janusz | 79 | | M-2 | 40 | 00:54:26.25 | 00:54:30.45 | +00:21:16 (39.0%) | 5:26 | 11 (60.8%) |
| 133 | URBAŃSKI Krzysztof | 139 | ZŁOTE NOGI SIERPC | M-1 | 22 | 00:54:41.10 | 00:54:49.45 | +00:21:35 (39.4%) | 5:28 | 11 (60.8%) |
| 134 | NIEDBALSKI Maciej | 196 | | M-2 | 41 | 00:54:44.00 | 00:54:54.30 | +00:21:40 (39.5%) | 5:28 | 11 (60.8%) |
| 135 | LEŚNIEWSKI Jan | 67 | EL AKTYWNI | M-6 | 2 | 00:55:04.65 | 00:55:10.85 | +00:21:57 (39.8%) | 5:30 | 10.9 (60.2%) |
| 136 | GAPINSKI Krzysztof | 26 | | M-3 | 29 | 00:55:02.45 | 00:55:13.00 | +00:21:59 (39.8%) | 5:30 | 10.9 (60.2%) |
| 137 | WILCZEWSKI Robert | 144 | 1.WSZP | M-3 | 30 | 00:55:14.80 | 00:55:22.20 | +00:22:08 (40.0%) | 5:31 | 10.9 (60.2%) |
| 138 | WIŚNIEWSKI Dariusz | 148 | | M-4 | 14 | 00:55:27.75 | 00:55:27.75 | +00:22:14 (40.1%) | 5:32 | 10.8 (59.7%) |
| 139 | SITKOWSKI Andrzej | 116 | | M-5 | 10 | 00:55:35.55 | 00:55:38.90 | +00:22:25 (40.3%) | 5:33 | 10.8 (59.7%) |
| 140 | DĄBROWSKA Karolina | 193 | KUJAWSKO-POMORSKIE | K-2 | 10 | 00:55:31.20 | 00:55:42.65 | +00:22:28 (40.4%) | 5:33 | 10.8 (59.7%) |
| 141 | MAJEWSKI Zdzisław | 81 | PARKRUN TORUŃ | M-5 | 11 | 00:55:34.50 | 00:55:44.20 | +00:22:30 (40.4%) | 5:33 | 10.8 (59.7%) |
| 142 | ŻABIŃSKI Radosław | 156 | WKB MARATOŃCZYK | M-2 | 42 | 00:55:38.60 | 00:55:47.35 | +00:22:33 (40.4%) | 5:33 | 10.8 (59.7%) |
| 143 | LEMPARTY Paweł | 66 | | M-3 | 31 | 00:55:38.70 | 00:55:52.45 | +00:22:38 (40.5%) | 5:33 | 10.8 (59.7%) |
| 144 | NOWACKA Anna | 169 | GKS FABIANKI | K-2 | 11 | 00:55:53.75 | 00:55:58.85 | +00:22:45 (40.6%) | 5:35 | 10.7 (59.1%) |
| 145 | DOBRZAŃSKA Anna | 217 | DYNAMO | K-2 | 12 | 00:55:51.60 | 00:55:59.10 | +00:22:45 (40.6%) | 5:35 | 10.7 (59.1%) |
| 146 | WITCZAK Ola | 168 | GKS FABIANKI | K-3 | 6 | 00:55:56.35 | 00:56:07.15 | +00:22:53 (40.8%) | 5:35 | 10.7 (59.1%) |
| 147 | DZIEŁAK Andrzej | 22 | PARKRUN TORUŃ | M-4 | 15 | 00:55:51.50 | 00:56:07.25 | +00:22:53 (40.8%) | 5:35 | 10.7 (59.1%) |
| 148 | DYCZKO Alicja | 21 | - | K-1 | 2 | 00:56:19.10 | 00:56:30.10 | +00:23:16 (41.2%) | 5:37 | 10.7 (59.1%) |
| 149 | ZALEWWSKI Józef | 153 | TKKF WIŚLANIE LSLUPNO | M-6 | 3 | 00:56:44.15 | 00:56:48.60 | +00:23:34 (41.5%) | 5:40 | 10.6 (58.6%) |
| 149 | WIECZOREK Justyna | 141 | BBL INOWROCŁAW | K-3 | 7 | 00:56:40.20 | 00:56:48.60 | +00:23:34 (41.5%) | 5:40 | 10.6 (58.6%) |
| 151 | GOMULAK Jan | 30 | MARATONCZYK WLOCLAWEK | M-6 | 4 | 00:56:59.30 | 00:57:07.95 | +00:23:54 (41.8%) | 5:41 | 10.5 (58.0%) |
| 152 | WIŚNIEWSKA Daniela | 146 | PARKRUN TORUŃ | K-2 | 13 | 00:57:10.40 | 00:57:20.45 | +00:24:06 (42.1%) | 5:43 | 10.5 (58.0%) |
| 152 | KOMOROWSKI Maciej | 179 | | M-2 | 43 | 00:57:05.70 | 00:57:20.45 | +00:24:06 (42.1%) | 5:42 | 10.5 (58.0%) |
| 154 | SUDZIŃSKI Marcin | 126 | | M-3 | 32 | 00:57:20.55 | 00:57:30.00 | +00:24:16 (42.2%) | 5:44 | 10.5 (58.0%) |
| 155 | SOWIŃSKI Edmund | 164 | TKKF PŁOCK | M-6 | 5 | 00:57:29.65 | 00:57:36.00 | +00:24:22 (42.3%) | 5:45 | 10.4 (57.5%) |
| 156 | TRZCIŃSKI Radosław | 135 | TRAKTOR TEAM GMINA KWIDZYN | M-2 | 44 | 00:57:41.85 | 00:57:52.10 | +00:24:38 (42.6%) | 5:46 | 10.4 (57.5%) |
| 157 | ALEKSANDROWICZ Marek | 1 | | M-2 | 45 | 00:58:01.85 | 00:58:01.85 | +00:24:48 (42.7%) | 5:48 | 10.3 (56.9%) |
| 158 | KUNICKI Tomasz | 62 | PARKRUN TORUŃ | M-2 | 46 | 00:57:59.30 | 00:58:08.85 | +00:24:55 (42.9%) | 5:47 | 10.3 (56.9%) |
| 159 | DŁONIAK Edmund | 15 | T.G SOKÓŁ GNIEWKOWO | M-6 | 6 | 00:57:56.15 | 00:58:09.00 | +00:24:55 (42.9%) | 5:47 | 10.4 (57.5%) |
| 160 | OLBORSKI Jakub | 209 | | M-2 | 47 | 00:58:21.50 | 00:58:26.85 | +00:25:13 (43.1%) | 5:50 | 10.3 (56.9%) |
| 161 | TUCHALSKI Marek | 137 | KB LECH RYPIN | M-5 | 12 | 00:58:27.95 | 00:58:34.15 | +00:25:20 (43.3%) | 5:50 | 10.3 (56.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------------|------------|--------------------------------------|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 162 | TRZCIŃSKI Grzegorz | 136 | | M-4 | 16 | 00:58:29.10 | 00:58:39.40 | +00:25:25 (43.4%) | 5:50 | 10.3 (56.9%) |
| 163 | HACHAJ Dawid | 32 | HACHAJ TEAM | M-2 | 48 | 00:59:14.50 | 00:59:21.20 | +00:26:07 (44.0%) | 5:55 | 10.1 (55.8%) |
| 164 | STAWICKI Roman | 181 | BIEGAM BO LUBIĘ | M-5 | 13 | 00:59:35.95 | 00:59:41.90 | +00:26:28 (44.3%) | 5:57 | 10.1 (55.8%) |
| 165 | KOPIENIAK Agnieszka | 51 | BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ | K-2 | 14 | 00:59:39.15 | 00:59:55.45 | +00:26:41 (44.5%) | 5:57 | 10.1 (55.8%) |
| 166 | WASZAK Agnieszka | 140 | | K-3 | 8 | 00:59:51.85 | 00:59:56.90 | +00:26:43 (44.6%) | 5:59 | 10 (55.2%) |
| 167 | LEŚNIEWSKI Kazimierz | 68 | | M-6 | 7 | 01:00:06.90 | 01:00:11.75 | +00:26:58 (44.8%) | 6:00 | 10 (55.2%) |
| 168 | SZADKOWSKA Anna | 127 | BBLINOWROCLAW | K-5 | 1 | 01:00:33.50 | 01:00:45.20 | +00:27:31 (45.3%) | 6:03 | 9.9 (54.7%) |
| 169 | WIERSKI Jarosław | 191 | KUJAWSKO-POMORSKIE | M-3 | 33 | 01:00:38.25 | 01:00:52.10 | +00:27:38 (45.4%) | 6:03 | 9.9 (54.7%) |
| 170 | KASZUBSKI Marcin | 195 | KLUB BIEGACZA RYPIN | M-3 | 34 | 01:01:05.95 | 01:01:21.65 | +00:28:07 (45.8%) | 6:06 | 9.8 (54.1%) |
| 171 | OLSZEWSKA Ewa | 37 | T. G. SOKÓŁ GNIEWKOWO | K-3 | 9 | 01:02:12.00 | 01:02:17.00 | +00:29:03 (46.6%) | 6:13 | 9.6 (53.0%) |
| 172 | LEWANDOWSKI Wojciech | 71 | | M-5 | 14 | 01:02:40.05 | 01:02:47.85 | +00:29:34 (47.1%) | 6:16 | 9.6 (53.0%) |
| 173 | SKORUPKA Radek | 117 | ULUNG TEAM | M-3 | 35 | 01:02:45.10 | 01:02:57.85 | +00:29:44 (47.2%) | 6:16 | 9.6 (53.0%) |
| 174 | BOROWSKI Kamil | 163 | | M-1 | 23 | 01:03:15.05 | 01:03:26.75 | +00:30:13 (47.6%) | 6:19 | 9.5 (52.5%) |
| 175 | DRAWERT Ewa | 17 | | K-3 | 10 | 01:04:00.65 | 01:04:13.25 | +00:30:59 (48.3%) | 6:24 | 9.4 (51.9%) |
| 176 | TYBUSZEWSKI Janusz | 177 | TS OPATRUNKI TORUŃ | M-5 | 15 | 01:04:13.50 | 01:04:20.75 | +00:31:07 (48.4%) | 6:25 | 9.3 (51.4%) |
| 177 | BŁASZCZAK Stanisław | 7 | MARATONCZYK WŁOCŁAWEK | M-6 | 8 | 01:04:46.10 | 01:04:52.90 | +00:31:39 (48.8%) | 6:28 | 9.3 (51.4%) |
| 178 | CHOJNACKA Krystyna | 11 | TKKF KUBUS SIERPC | K-5 | 2 | 01:05:12.35 | 01:05:21.20 | +00:32:07 (49.2%) | 6:31 | 9.2 (50.8%) |
| 179 | SADOWSKA-CHORAŻAK Aneta | 111 | | K-3 | 11 | 01:05:18.50 | 01:05:32.85 | +00:32:19 (49.3%) | 6:31 | 9.2 (50.8%) |
| 180 | DOMAGALSKA Aneta | 210 | | K-2 | 15 | 01:06:01.15 | 01:06:17.05 | +00:33:03 (49.9%) | 6:36 | 9.1 (50.3%) |
| 181 | NOWAKOWSKI Czesław | 160 | KLUB BIEGACZA GOCH | M-6 | 9 | 01:06:07.85 | 01:06:18.20 | +00:33:04 (49.9%) | 6:36 | 9.1 (50.3%) |
| 182 | ŻOŁNOWSKA Anna | 157 | | K-2 | 16 | 01:06:12.80 | 01:06:28.35 | +00:33:14 (50.0%) | 6:37 | 9.1 (50.3%) |
| 183 | JANKOWSKI Adrian | 39 | | M-1 | 24 | 01:06:41.70 | 01:06:46.70 | +00:33:33 (50.2%) | 6:40 | 9 (49.7%) |
| 184 | WISNIEWSKI Ryszard | 145 | TKKF KUBUS SIERPC | M-6 | 10 | 01:06:59.95 | 01:07:09.10 | +00:33:55 (50.5%) | 6:42 | 9 (49.7%) |
| 185 | KSIENIEWICZ-KOWALSKA Izabela | 55 | | K-4 | 6 | 01:07:14.90 | 01:07:24.30 | +00:34:10 (50.7%) | 6:43 | 8.9 (49.2%) |
| 186 | PACZKOWSKI Andrzej | 95 | | M-6 | 11 | 01:08:04.05 | 01:08:15.45 | +00:35:01 (51.3%) | 6:48 | 8.8 (48.6%) |
| 187 | SONTOWSKI Maciej | 120 | | M-2 | 49 | 01:09:47.30 | 01:10:03.75 | +00:36:50 (52.6%) | 6:58 | 8.6 (47.5%) |
| 188 | JANKOWSKA Katarzyna | 38 | I-SPORT | K-4 | 7 | 01:09:50.70 | 01:10:06.40 | +00:36:52 (52.6%) | 6:59 | 8.6 (47.5%) |
| 189 | SONTOWSKA Magdalena | 119 | | K-2 | 17 | 01:11:15.70 | 01:11:31.70 | +00:38:18 (53.5%) | 7:07 | 8.4 (46.4%) |
| 190 | BIAŁOBLÓCKA Ewa | 5 | KB LECH RYPIN | K-4 | 8 | 01:11:36.25 | 01:11:50.20 | +00:38:36 (53.7%) | 7:09 | 8.4 (46.4%) |
| 191 | BIAŁOBLÓCKI Jacek | 6 | KB LECH RYPIN | M-4 | 17 | 01:11:35.40 | 01:11:51.45 | +00:38:37 (53.8%) | 7:09 | 8.4 (46.4%) |
| 192 | PAWLICKI Piotr | 98 | | M-4 | 18 | 01:11:44.15 | 01:11:58.90 | +00:38:45 (53.8%) | 7:10 | 8.4 (46.4%) |
| 193 | GERKA Kszysztof | 28 | KB LECH RYPIN | M-5 | 16 | 01:13:13.95 | 01:13:27.10 | +00:40:13 (54.8%) | 7:19 | 8.2 (45.3%) |
| 194 | KALISZEWSKA Dorota | 202 | | K-3 | 12 | 01:15:20.05 | 01:15:25.95 | +00:42:12 (55.9%) | 7:32 | 8 (44.2%) |
| 195 | ZIÓŁKOWSKI Mieczysław | 155 | DECATHLON TEAM INOWROCLAW | M-4 | 19 | 01:19:04.30 | 01:19:24.10 | +00:46:10 (58.2%) | 7:54 | 7.6 (42.0%) |
| 196 | GOLA Grzegorz | 29 | TG SOKÓŁ GNIEWKOWO | M-3 | 36 | 01:19:07.10 | 01:19:24.60 | +00:46:10 (58.2%) | 7:54 | 7.6 (42.0%) |
| 197 | JEZIÓRSKI Zbigniew | 165 | KB LECH RYPIN | M-6 | 12 | 01:25:49.55 | 01:26:06.20 | +00:52:52 (61.4%) | 8:35 | 7 (38.7%) |
| 198 | MAJEWSKI Jan | 80 | TOWARZYSTWO MIAST PARTNERSKICH TORUŃ | M-6 | 13 | 01:30:03.80 | 01:30:19.05 | +00:57:05 (63.2%) | 9:00 | 6.7 (37.0%) |
| 199 | LAMPARSKA Mariola | 65 | | K-5 | 3 | 01:30:03.75 | 01:30:19.15 | +00:57:05 (63.2%) | 9:00 | 6.7 (37.0%) |

Znaleziono 199 wynik(ów)