



# XV BIEG SYLWESTROWY

B4SPORT

**Wydarzenie:** XV BIEG SYLWESTROWY  
**Organizator:** Rowerowa Brzoza  
**Data:** 2021-12-31  
**Miejsce:** Brzoza  
**Dystans:** 11 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                        | Numer      | Klub | Kategoria | Mkat | Drużyna                  | Klub                     | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------------|------------|------|-----------|------|--------------------------|--------------------------|-----------|-----------|-------------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>NARTOWSKI Kamil</b>          | <b>11</b>  |      | M-30      | 1    |                          |                          |           |           | 00:16:21    | 00:33:21    | <b>00:33:30.40</b> | <b>00:33:32.00</b> |                   | 3:31         | 17 (100%)    |
| 2   | <b>ORCHOLSKI Witold</b>         | <b>277</b> |      |           |      | T.S. Opatrunki Toruń     |                          |           |           | 00:15:47    | 00:33:18    | <b>00:33:31.75</b> | <b>00:33:33.40</b> | +00:00:01 (0.1%)  | 3:31         | 17 (100%)    |
| 3   | <b>PAWŁOWSKI Tomasz</b>         | <b>109</b> |      | M-20      | 1    |                          |                          |           |           | 00:16:49    | 00:34:04    | <b>00:34:15.40</b> | <b>00:34:16.80</b> | +00:00:44 (2.2%)  | 3:36         | 16.6 (97.6%) |
| 4   | <b>POLANSKI Tomasz</b>          | <b>173</b> |      | M-40      | 1    | The Rychters             | Eliud Kipchoge Team      |           |           | 00:17:11    | 00:35:01    | <b>00:35:15.30</b> | <b>00:35:16.60</b> | +00:01:44 (4.9%)  | 3:42         | 16.2 (95.3%) |
| 5   | <b>ŚWIĄTKOWSKI Paweł</b>        | <b>100</b> |      | M-40      | 2    |                          |                          |           |           | 00:17:43    | 00:35:47    | <b>00:35:59.25</b> | <b>00:36:01.25</b> | +00:02:29 (6.9%)  | 3:47         | 15.8 (92.9%) |
| 6   | <b>TUCZYŃSKI Sylwester Leon</b> | <b>134</b> |      | M-20      | 2    | Bydgoskie Okonie         | Bydgoskie Okonie         |           |           | 00:17:42    | 00:36:11    | <b>00:36:25.30</b> | <b>00:36:27.55</b> | +00:02:55 (8.0%)  | 3:50         | 15.7 (92.4%) |
| 7   | <b>SAWIEŁAJC Jakub</b>          | <b>66</b>  |      | M-20      | 3    | TM Iron Team             | TM Iron Team             |           |           | 00:17:56    | 00:36:31    | <b>00:36:42.55</b> | <b>00:36:45.05</b> | +00:03:13 (8.8%)  | 3:51         | 15.5 (91.2%) |
| 8   | <b>KOWALCZYK Marek</b>          | <b>270</b> |      | M-40      | 3    | Brzoza Biega             | Brzoza Biega             |           |           | 00:18:17    | 00:36:33    | <b>00:36:46.55</b> | <b>00:36:48.80</b> | +00:03:16 (8.9%)  | 3:52         | 15.5 (91.2%) |
| 9   | <b>RODZEWICZ Piotr</b>          | <b>120</b> |      | M-40      | 4    |                          |                          |           |           | 00:18:17    | 00:36:53    | <b>00:37:05.85</b> | <b>00:37:07.45</b> | +00:03:35 (9.7%)  | 3:54         | 15.4 (90.6%) |
| 10  | <b>DONARSKI Franciszek</b>      | <b>276</b> |      | M-1       | 1    |                          | N-Bike Academy Niemcz    |           |           | 00:18:27    | 00:37:11    | <b>00:37:24.05</b> | <b>00:37:27.65</b> | +00:03:55 (10.5%) | 3:56         | 15.2 (89.4%) |
| 11  | <b>MAĆKOWSKI Maciej</b>         | <b>145</b> |      | M-30      | 2    |                          | UpsBydgoszcz/TEAMOCHAL   |           |           | 00:18:28    | 00:37:40    | <b>00:37:53.85</b> | <b>00:37:56.40</b> | +00:04:24 (11.6%) | 3:59         | 15 (88.2%)   |
| 12  | <b>LUTOWSKI Wojciech</b>        | <b>129</b> |      | M-30      | 3    |                          |                          |           |           | 00:18:43    | 00:37:51    | <b>00:38:05.25</b> | <b>00:38:05.25</b> | +00:04:33 (12.0%) | 4:00         | 15 (88.2%)   |
| 13  | <b>TELEJKO Łukasz</b>           | <b>2</b>   |      | M-20      | 4    | RUN BYDGOSZCZ            | RUN BYDGOSZCZ            |           |           | 00:19:06    | 00:37:53    | <b>00:38:06.90</b> | <b>00:38:11.25</b> | +00:04:39 (12.2%) | 4:00         | 15 (88.2%)   |
| 14  | <b>SOBIERAŁSKI Rafał</b>        | <b>153</b> |      | M-40      | 5    |                          |                          |           |           | 00:18:33    | 00:37:59    | <b>00:38:14.50</b> | <b>00:38:17.60</b> | +00:04:45 (12.4%) | 4:01         | 14.9 (87.6%) |
| 15  | <b>GOŁATA Wojciech</b>          | <b>233</b> |      | M-40      | 6    | Akademia Mistrzów Sportu | Akademia Mistrzów Sportu |           |           | 00:19:02    | 00:38:39    | <b>00:38:49.25</b> | <b>00:38:52.50</b> | +00:05:20 (13.7%) | 4:05         | 14.7 (86.5%) |

| Msc | Zawodnik                     | Numer      | Klub | Kategoria | Mkat | Drużyna               | Klub                   | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|------|-----------|------|-----------------------|------------------------|-----------|-----------|-------------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 16  | <b>MENDEL Patryk</b>         | <b>22</b>  |      | M-20      | 5    | TM Iron Team          | TM Iron Team           |           |           | 00:19:09    | 00:38:38    | <b>00:38:51.70</b> | <b>00:38:54.95</b> | +00:05:22 (13.8%) | 4:05         | 14.7 (86.5%) |
| 17  | <b>CHRZAŚCZ Bartosz</b>      | <b>7</b>   |      | M-20      | 6    |                       |                        |           |           | 00:18:46    | 00:38:51    | <b>00:39:05.35</b> | <b>00:39:08.05</b> | +00:05:36 (14.3%) | 4:06         | 14.6 (85.9%) |
| 18  | <b>POZNAŃSKI Szymon</b>      | <b>190</b> |      | M-30      | 4    |                       | FORDON BIEGACZE        |           |           | 00:19:08    | 00:38:49    | <b>00:39:03.40</b> | <b>00:39:12.20</b> | +00:05:40 (14.5%) | 4:06         | 14.6 (85.9%) |
| 19  | <b>SKRZECZEWSKI Bartosz</b>  | <b>140</b> |      | M-30      | 5    |                       |                        |           |           | 00:19:16    | 00:39:22    | <b>00:39:36.95</b> | <b>00:39:36.95</b> | +00:06:04 (15.4%) | 4:10         | 14.4 (84.7%) |
| 20  | <b>KRZYWDZIŃSKI Dominik</b>  | <b>183</b> |      | M-1       | 2    |                       | UKB Szubin             |           |           | 00:19:25    | 00:39:22    | <b>00:39:37.90</b> | <b>00:39:46.40</b> | +00:06:14 (15.7%) | 4:10         | 14.4 (84.7%) |
| 21  | <b>KUBIAK Tomasz</b>         | <b>222</b> |      | M-40      | 7    | TG SOKÓŁ GNIEWKOWO    | TG SOKÓŁ GNIEWKOWO     |           |           | 00:19:39    | 00:39:34    | <b>00:39:47.65</b> | <b>00:39:47.65</b> | +00:06:15 (15.7%) | 4:11         | 14.3 (84.1%) |
| 22  | <b>MAGDZIARZ Jakub</b>       | <b>87</b>  |      | M-40      | 8    |                       | Kancelaria HMM         |           |           | 00:19:27    | 00:39:33    | <b>00:39:48.20</b> | <b>00:39:52.55</b> | +00:06:20 (15.9%) | 4:11         | 14.3 (84.1%) |
| 23  | <b>MROTEK Anna</b>           | <b>186</b> |      | K-20      | 1    |                       | Angoal Tłumaczenia     |           |           | 00:19:28    | 00:39:47    | <b>00:40:02.05</b> | <b>00:40:05.25</b> | +00:06:33 (16.3%) | 4:12         | 14.2 (83.5%) |
| 24  | <b>KARCZMARCZYK Mateusz</b>  | <b>171</b> |      | M-30      | 6    |                       |                        |           |           | 00:19:25    | 00:39:53    | <b>00:40:08.65</b> | <b>00:40:12.40</b> | +00:06:40 (16.6%) | 4:13         | 14.2 (83.5%) |
| 25  | <b>REPCZYŃSKI Tomek</b>      | <b>17</b>  |      | M-30      | 7    |                       | TRISPACE/TREK          |           |           | 00:20:01    | 00:40:18    | <b>00:40:30.50</b> | <b>00:40:30.50</b> | +00:06:58 (17.2%) | 4:15         | 14.1 (82.9%) |
| 26  | <b>DĄBROWSKI Paweł</b>       | <b>147</b> |      | M-20      | 7    |                       | atlasbiegow.pl         |           |           | 00:19:52    | 00:40:15    | <b>00:40:28.35</b> | <b>00:40:31.75</b> | +00:06:59 (17.3%) | 4:15         | 14.1 (82.9%) |
| 27  | <b>JASTRZĘBSKI Krzysztof</b> | <b>77</b>  |      | M-40      | 9    |                       |                        |           |           | 00:20:24    | 00:40:12    | <b>00:40:25.20</b> | <b>00:40:32.90</b> | +00:07:00 (17.3%) | 4:15         | 14.1 (82.9%) |
| 28  | <b>KWAŚNIEWSKI Waldemar</b>  | <b>151</b> |      | M-50      | 1    |                       |                        |           |           | 00:19:27    | 00:40:25    | <b>00:40:39.95</b> | <b>00:40:44.00</b> | +00:07:12 (17.7%) | 4:16         | 14 (82.4%)   |
| 29  | <b>MACIŃSKI Waldemar</b>     | <b>46</b>  |      | M-30      | 8    |                       |                        |           |           | 00:19:43    | 00:40:31    | <b>00:40:44.15</b> | <b>00:40:50.00</b> | +00:07:18 (17.9%) | 4:17         | 14 (82.4%)   |
| 30  | <b>KUBANEK Łukasz</b>        | <b>37</b>  |      | M-30      | 9    |                       | TEAMOCHAL              |           |           | 00:20:34    | 00:40:31    | <b>00:40:44.35</b> | <b>00:40:50.95</b> | +00:07:18 (17.9%) | 4:17         | 14 (82.4%)   |
| 31  | <b>SAWICKI Marcin</b>        | <b>115</b> |      | M-30      | 10   |                       |                        |           |           | 00:20:05    | 00:40:39    | <b>00:40:52.95</b> | <b>00:40:52.95</b> | +00:07:20 (18.0%) | 4:18         | 13.9 (81.8%) |
| 32  | <b>SZLINGER Jakub</b>        | <b>144</b> |      | M-30      | 11   |                       |                        |           |           | 00:19:56    | 00:40:41    | <b>00:40:54.95</b> | <b>00:40:59.30</b> | +00:07:27 (18.2%) | 4:18         | 13.9 (81.8%) |
| 33  | <b>RACZYŃSKI Krzysztof</b>   | <b>76</b>  |      | M-60      | 1    |                       | Biegający Filozof Team |           |           | 00:20:16    | 00:41:15    | <b>00:41:31.05</b> | <b>00:41:34.60</b> | +00:08:02 (19.3%) | 4:22         | 13.7 (80.6%) |
| 34  | <b>LEWANDOWSKI Tomasz</b>    | <b>65</b>  |      | M-40      | 10   |                       |                        |           |           | 00:20:31    | 00:41:12    | <b>00:41:25.90</b> | <b>00:41:36.75</b> | +00:08:04 (19.4%) | 4:21         | 13.8 (81.2%) |
| 35  | <b>WŁODARSKI Przemysław</b>  | <b>166</b> |      | M-30      | 12   | Polonia Bydgoszcz SLA | Polonia Bydgoszcz SLA  |           |           | 00:20:32    | 00:41:34    | <b>00:41:50.25</b> | <b>00:41:58.15</b> | +00:08:26 (20.1%) | 4:24         | 13.6 (80.0%) |
| 36  | <b>KWAPIŃSKI Damian</b>      | <b>40</b>  |      | M-40      | 11   |                       | TEAMOCHAL              |           |           | 00:20:34    | 00:41:34    | <b>00:41:50.55</b> | <b>00:41:58.25</b> | +00:08:26 (20.1%) | 4:24         | 13.6 (80.0%) |
| 37  | <b>STARZYŃSKI Piotr</b>      | <b>27</b>  |      | M-40      | 12   |                       |                        |           |           | 00:20:23    | 00:41:45    | <b>00:41:57.25</b> | <b>00:42:02.25</b> | +00:08:30 (20.2%) | 4:24         | 13.6 (80.0%) |

| Msc | Zawodnik                       | Numer      | Klub | Kategoria | Mkat | Drużyna                  | Klub   | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn              | Tempo min/km | Tempo km/h   |
|-----|--------------------------------|------------|------|-----------|------|--------------------------|--|-----------|-----------|-------------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 38  | <b>KALACZYŃSKI Miłosz</b>      | <b>23</b>  |      | M-20      | 8    | Polonia Bydgoszcz SLA    | Polonia Bydgoszcz SLA                            |           |           | 00:19:45    | 00:41:50    | <b>00:42:03.20</b> | <b>00:42:06.15</b> | +00:08:34 (20.4%) | 4:25         | 13.6 (80.0%) |
| 39  | <b>CZUK Marek</b>              | <b>106</b> |      | M-60      | 2    |                          |  |           |           | 00:20:38    | 00:41:51    | <b>00:42:05.85</b> | <b>00:42:08.65</b> | +00:08:36 (20.4%) | 4:25         | 13.5 (79.4%) |
| 40  | <b>KRYSKE Mariusz</b>          | <b>70</b>  |      | M-30      | 13   | Spójnia Białe Błota      | Spójnia Białe Błota                              |           |           | 00:20:36    | 00:42:06    | <b>00:42:19.80</b> | <b>00:42:23.30</b> | +00:08:51 (20.9%) | 4:27         | 13.5 (79.4%) |
| 41  | <b>SZYSZKA Radosław</b>        | <b>209</b> |      | M-30      | 14   |                          |  |           |           | 00:20:39    | 00:42:12    | <b>00:42:28.40</b> | <b>00:42:32.55</b> | +00:09:00 (21.2%) | 4:28         | 13.4 (78.8%) |
| 42  | <b>WIĘCKOWSKI Dariusz</b>      | <b>104</b> |      | M-40      | 13   | Akademia Mistrzów Sportu | AMS Triathlon Bydgoszcz Akademia Mistrzów Sportu |           |           | 00:21:18    | 00:42:05    | <b>00:42:20.65</b> | <b>00:42:43.40</b> | +00:09:11 (21.5%) | 4:27         | 13.5 (79.4%) |
| 43  | <b>KUNZ Mieczysław</b>         | <b>148</b> |      | M-40      | 14   |                          | AZS UMK Toruń                                    |           |           | 00:20:55    | 00:42:26    | <b>00:42:40.35</b> | <b>00:42:45.35</b> | +00:09:13 (21.6%) | 4:29         | 13.4 (78.8%) |
| 44  | <b>CISZEK Łukasz</b>           | <b>122</b> |      | M-40      | 15   |                          |  |           |           | 00:21:08    | 00:42:48    | <b>00:43:06.10</b> | <b>00:43:20.85</b> | +00:09:48 (22.6%) | 4:32         | 13.2 (77.6%) |
| 45  | <b>GABARKIEWICZ Łukasz</b>     | <b>187</b> |      | M-30      | 15   |                          | Angoal Tłumaczenia                               |           |           | 00:21:46    | 00:43:49    | <b>00:44:04.15</b> | <b>00:44:07.75</b> | +00:10:35 (24.0%) | 4:38         | 12.9 (75.9%) |
| 46  | <b>NAMIEŚNIK Krzysztof</b>     | <b>71</b>  |      | M-40      | 16   |                          | QszysieQeN                                       |           |           | 00:21:38    | 00:43:47    | <b>00:44:04.15</b> | <b>00:44:16.90</b> | +00:10:44 (24.3%) | 4:38         | 12.9 (75.9%) |
| 47  | <b>KOSZOWSKI Rafał</b>         | <b>255</b> |      | M-50      | 2    |                          | TriTryszczynTeam                                 |           |           | 00:21:41    | 00:43:42    | <b>00:43:56.35</b> | <b>00:44:17.65</b> | +00:10:45 (24.3%) | 4:37         | 13 (76.5%)   |
| 48  | <b>MARTYNOWICZ Michał</b>      | <b>249</b> |      | M-40      | 17   |                          | TRISPACE/TREK                                    |           |           | 00:21:04    | 00:44:05    | <b>00:44:21.30</b> | <b>00:44:24.55</b> | +00:10:52 (24.5%) | 4:40         | 12.9 (75.9%) |
| 49  | <b>MROTEK Michał</b>           | <b>227</b> |      | M-40      | 18   | Akademia Mistrzów Sportu | Akademia Mistrzów Sportu                         |           |           | 00:21:48    | 00:44:08    | <b>00:44:21.25</b> | <b>00:44:27.40</b> | +00:10:55 (24.6%) | 4:40         | 12.9 (75.9%) |
| 50  | <b>ANDRZEJEWSKI Paweł</b>      | <b>130</b> |      | M-40      | 19   |                          |  |           |           | 00:22:22    | 00:43:59    | <b>00:44:11.50</b> | <b>00:44:27.45</b> | +00:10:55 (24.6%) | 4:39         | 12.9 (75.9%) |
| 51  | <b>GILL Daniel</b>             | <b>21</b>  |      | M-40      | 20   |                          | LKS Ostromecko                                   |           |           | 00:22:26    | 00:44:06    | <b>00:44:21.60</b> | <b>00:44:30.80</b> | +00:10:58 (24.7%) | 4:40         | 12.9 (75.9%) |
| 52  | <b>BUZALSKI Robert</b>         | <b>58</b>  |      | M-40      | 21   |                          | Orange Polska                                    |           |           | 00:20:47    | 00:44:18    | <b>00:44:37.05</b> | <b>00:44:41.10</b> | +00:11:09 (25.0%) | 4:41         | 12.8 (75.3%) |
| 53  | <b>DROCIAK Michał</b>          | <b>208</b> |      | M-40      | 22   |                          | Ogr Osowa Góra Runner                            |           |           | 00:22:16    | 00:44:25    | <b>00:44:41.95</b> | <b>00:44:49.65</b> | +00:11:17 (25.2%) | 4:42         | 12.8 (75.3%) |
| 54  | <b>WIŚNIEWSKI Maciej</b>       | <b>88</b>  |      | M-40      | 23   |                          |  |           |           | 00:21:46    | 00:44:22    | <b>00:44:37.25</b> | <b>00:44:52.10</b> | +00:11:20 (25.3%) | 4:41         | 12.8 (75.3%) |
| 55  | <b>JARNOT Oskar</b>            | <b>133</b> |      | M-30      | 16   |                          | TMT  |           |           | 00:21:27    | 00:44:26    | <b>00:44:42.15</b> | <b>00:44:55.55</b> | +00:11:23 (25.4%) | 4:42         | 12.8 (75.3%) |
| 56  | <b>RYMARKIEWICZ Małgorzata</b> | <b>18</b>  |      | K-30      | 1    |                          | KLINIKA TRIATHLONU BYDGOSZCZ                     |           |           | 00:22:14    | 00:45:08    | <b>00:45:23.80</b> | <b>00:45:31.70</b> | +00:11:59 (26.3%) | 4:46         | 12.6 (74.1%) |
| 57  | <b>ZIÓŁKOWSKI Włodek</b>       | <b>48</b>  |      | M-30      | 17   | nie zrzeszony            | FORDON BIEGACZE                                  |           |           | 00:22:25    | 00:45:07    | <b>00:45:25.45</b> | <b>00:45:31.95</b> | +00:11:59 (26.4%) | 4:46         | 12.6 (74.1%) |
| 58  | <b>KŁOSOWSKI Marcin</b>        | <b>42</b>  |      | M-40      | 24   |                          | Grupa Bankietowa Specjal                         |           |           | 00:22:24    | 00:45:07    | <b>00:45:25.05</b> | <b>00:45:32.15</b> | +00:12:00 (26.4%) | 4:46         | 12.6 (74.1%) |
| 59  | <b>BARSCZEWSKI Sebastian</b>   | <b>141</b> |      | M-40      | 25   |                          |  |           |           | 00:21:38    | 00:45:20    | <b>00:45:34.70</b> | <b>00:45:41.05</b> | +00:12:09 (26.6%) | 4:47         | 12.5 (73.5%) |

| Msc | Zawodnik              | Numer | Klub | Kategoria | Mkat | Drużyna                  | Klub                     | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas        |              | Różn        | Tempo min/km | Tempo km/h        |      |              |
|-----|-----------------------|-------|------|-----------|------|--------------------------|--------------------------|-----------|-----------|-------------|-------------|-------------|--------------|-------------|--------------|-------------------|------|--------------|
|     |                       |       |      |           |      |                          |                          |           |           |             |             | netto 9.5km | brutto 9.5km |             |              |                   |      |              |
| 60  | MUSS Aleksander       | 237   |      | M-40      | 26   |                          |                          |           |           |             |             | 00:20:32    | 00:45:28     | 00:45:45.35 | 00:45:50.75  | +00:12:18 (26.9%) | 4:48 | 12.5 (73.5%) |
| 61  | GRALIK Jędrzej        | 132   |      | M-20      | 9    | Bydgoskie Okonie         | Bydgoskie Okonie         |           |           |             |             | 00:22:29    | 00:45:27     | 00:45:41.70 | 00:45:52.60  | +00:12:20 (26.9%) | 4:48 | 12.5 (73.5%) |
| 62  | SZULC Jacek           | 251   |      | M-20      | 10   |                          |                          |           |           |             |             | 00:21:59    | 00:45:37     | 00:45:53.20 | 00:45:53.20  | +00:12:21 (26.9%) | 4:49 | 12.4 (72.9%) |
| 63  | STACHOWICZ Wiesław    | 271   |      | M-40      | 27   | Brzoza Biega             | Brzoza Biega             |           |           |             |             | 00:24:27    | 00:45:44     | 00:46:00.95 | 00:46:03.50  | +00:12:31 (27.2%) | 4:50 | 12.4 (72.9%) |
| 64  | WINIARSKI Grzegorz    | 113   |      | M-40      | 28   |                          | The Runners Świecie      |           |           |             |             | 00:22:58    | 00:45:51     | 00:46:09.40 | 00:46:22.00  | +00:12:50 (27.7%) | 4:51 | 12.4 (72.9%) |
| 65  | ANDRZEJEWSKA Sylwia   | 39    |      | K-30      | 2    |                          |                          |           |           |             |             | 00:22:22    | 00:46:06     | 00:46:21.80 | 00:46:26.50  | +00:12:54 (27.8%) | 4:52 | 12.3 (72.4%) |
| 66  | BARCZAK Piotr         | 162   |      | M-50      | 3    | Brzoza Biega             | Brzoza Biega             |           |           |             |             | 00:22:45    | 00:46:08     | 00:46:26.45 | 00:46:31.70  | +00:12:59 (27.9%) | 4:53 | 12.3 (72.4%) |
| 67  | DRZEWIECKI Rafał      | 231   |      | M-40      | 29   | Akademia Mistrzów Sportu | Akademia Mistrzów Sportu |           |           |             |             | 00:22:38    | 00:46:08     | 00:46:24.70 | 00:46:32.75  | +00:13:00 (28.0%) | 4:53 | 12.3 (72.4%) |
| 68  | SPYCHALSKA Monika     | 103   |      | K-20      | 2    |                          | Tims Sport               |           |           |             |             | 00:22:37    | 00:46:14     | 00:46:28.60 | 00:46:34.05  | +00:13:02 (28.0%) | 4:53 | 12.3 (72.4%) |
| 69  | RENC Patryk           | 192   |      | M-30      | 18   |                          | Serce Tybetu             |           |           |             |             | 00:22:21    | 00:46:24     | 00:46:40.90 | 00:46:40.90  | +00:13:08 (28.2%) | 4:54 | 12.2 (71.8%) |
| 70  | MORITZ Rafał          | 235   |      | M-40      | 30   |                          | # Ślimaki Barcin         |           |           |             |             | 00:23:37    | 00:46:33     | 00:46:49.75 | 00:46:49.75  | +00:13:17 (28.4%) | 4:55 | 12.2 (71.8%) |
| 71  | DADZIŃSKI Robert      | 292   |      | M-50      | 4    |                          |                          |           |           |             |             | 00:23:14    | 00:46:11     | 00:46:25.55 | 00:46:52.05  | +00:13:20 (28.5%) | 4:53 | 12.3 (72.4%) |
| 72  | DERING Hanna          | 176   |      | K-40      | 1    | Bydgoskie Żółwie         | Bydgoskie Żółwie         |           |           |             |             | 00:22:44    | 00:46:31     | 00:46:47.15 | 00:46:52.70  | +00:13:20 (28.5%) | 4:55 | 12.2 (71.8%) |
| 73  | MONDRY Waldemar       | 188   |      | M-50      | 5    |                          |                          |           |           |             |             | 00:23:17    | 00:46:31     | 00:46:44.05 | 00:46:56.20  | +00:13:24 (28.6%) | 4:55 | 12.2 (71.8%) |
| 74  | MICHALEWSKI Bartosz   | 193   |      | M-40      | 31   |                          | LUCKY LUCK               |           |           |             |             | 00:23:20    | 00:46:31     | 00:46:48.65 | 00:46:59.90  | +00:13:27 (28.6%) | 4:55 | 12.2 (71.8%) |
| 75  | BYRTEK Marcin         | 159   |      | M-40      | 32   |                          |                          |           |           |             |             | 00:22:21    | 00:46:35     | 00:46:58.00 | 00:47:05.10  | +00:13:33 (28.8%) | 4:56 | 12.1 (71.2%) |
| 76  | KOWALCZYK Kamila      | 257   |      | K-20      | 3    |                          |                          |           |           |             |             | 00:23:02    | 00:46:41     | 00:46:58.30 | 00:47:06.35  | +00:13:34 (28.8%) | 4:56 | 12.1 (71.2%) |
| 77  | KAZUBOWSKI Jacek      | 35    |      | M-50      | 6    |                          | TriDarKo                 |           |           |             |             | 00:23:33    | 00:46:52     | 00:47:09.95 | 00:47:09.95  | +00:13:37 (28.9%) | 4:57 | 12.1 (71.2%) |
| 78  | CZARNECKI Piotr       | 286   |      | M-40      | 33   | Brzoza Biega             |                          |           |           |             |             | 00:22:23    | 00:46:48     | 00:47:02.25 | 00:47:11.55  | +00:13:39 (28.9%) | 4:57 | 12.1 (71.2%) |
| 79  | PAŚ Michał            | 74    |      | M-40      | 34   |                          | Charty Szelejewo         |           |           |             |             | 00:23:39    | 00:46:45     | 00:47:00.85 | 00:47:11.75  | +00:13:39 (28.9%) | 4:56 | 12.1 (71.2%) |
| 80  | JAGODZIŃSKA Magdalena | 62    |      | K-30      | 3    | Bydgoskie Okonie         | Bydgoskie Okonie         |           |           |             |             | 00:23:01    | 00:46:48     | 00:47:06.10 | 00:47:17.45  | +00:13:45 (29.1%) | 4:57 | 12.1 (71.2%) |
| 81  | KRUSZYNA Adam         | 194   |      | M-50      | 7    |                          |                          |           |           |             |             | 00:22:56    | 00:47:05     | 00:47:18.65 | 00:47:22.65  | +00:13:50 (29.2%) | 4:58 | 12.1 (71.2%) |
| 82  | SZYDŁOWSKI Arkadiusz  | 102   |      | M-40      | 35   |                          | Tims Sport               |           |           |             |             | 00:22:54    | 00:47:06     | 00:47:22.65 | 00:47:28.60  | +00:13:56 (29.4%) | 4:59 | 12 (70.6%)   |

| Msc | Zawodnik                        | Numer      | Klub | Kategoria | Mkat | Drużyna                  | Klub                     | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas        |                    | Różn               | Tempo min/km         | Tempo km/h |                 |
|-----|---------------------------------|------------|------|-----------|------|--------------------------|--------------------------|-----------|-----------|-------------|-------------|-------------|--------------------|--------------------|----------------------|------------|-----------------|
|     |                                 |            |      |           |      |                          |                          |           |           |             |             | netto 9.5km | brutto 9.5km       |                    |                      |            |                 |
| 83  | <b>WIŚNIEWSKI</b><br>Mikołaj    | <b>285</b> |      | M-20      | 11   | Brzoza Biega             |                          |           |           |             | 00:22:49    | 00:47:06    | <b>00:47:21.20</b> | <b>00:47:31.35</b> | +00:13:59<br>(29.4%) | 4:59       | 12<br>(70.6%)   |
| 84  | <b>STĘPIEŃ</b> Tomasz           | <b>67</b>  |      | M-40      | 36   | Brzoza                   | Brzoza                   |           |           |             | 00:22:37    | 00:47:11    | <b>00:47:29.20</b> | <b>00:47:38.15</b> | +00:14:06<br>(29.6%) | 4:59       | 12<br>(70.6%)   |
| 85  | <b>RÓZYCKI</b><br>Waldemar      | <b>253</b> |      | M-40      | 37   |                          |                          |           |           |             | 00:22:58    | 00:47:06    | <b>00:47:23.35</b> | <b>00:47:45.15</b> | +00:14:13<br>(29.8%) | 4:59       | 12<br>(70.6%)   |
| 86  | <b>GLIWKA</b> Artur             | <b>111</b> |      | M-40      | 38   | 1 BLWL                   |                          |           |           |             | 00:21:48    | 00:47:18    | <b>00:47:36.55</b> | <b>00:47:48.55</b> | +00:14:16<br>(29.9%) | 5:00       | 12<br>(70.6%)   |
| 87  | <b>PILARSKI</b><br>Radosław     | <b>184</b> |      | M-40      | 39   | Brzoza Biega             |                          |           |           |             | 00:22:49    | 00:47:26    | <b>00:47:44.45</b> | <b>00:47:50.00</b> | +00:14:18<br>(29.9%) | 5:01       | 11.9<br>(70.0%) |
| 88  | <b>MAŁKOWSKI</b> Iwo            | <b>268</b> |      | M-30      | 19   |                          |                          |           |           |             | 00:23:26    | 00:47:34    | <b>00:47:51.80</b> | <b>00:47:53.70</b> | +00:14:21<br>(30.0%) | 5:02       | 11.9<br>(70.0%) |
| 89  | <b>MIAZGA</b> Adam              | <b>217</b> |      | M-30      | 20   |                          |                          |           |           |             | 00:22:41    | 00:47:27    | <b>00:47:45.65</b> | <b>00:47:53.95</b> | +00:14:21<br>(30.0%) | 5:01       | 11.9<br>(70.0%) |
| 90  | <b>MICHNA</b> Bartosz           | <b>128</b> |      | M-30      | 21   |                          |                          |           |           |             | 00:23:26    | 00:47:40    | <b>00:47:58.20</b> | <b>00:48:00.55</b> | +00:14:28<br>(30.2%) | 5:02       | 11.9<br>(70.0%) |
| 91  | <b>PIECZKA</b> Marcin           | <b>36</b>  |      | M-30      | 22   | Antidotum                |                          |           |           |             | 00:23:26    | 00:47:42    | <b>00:47:59.60</b> | <b>00:48:00.70</b> | +00:14:28<br>(30.2%) | 5:03       | 11.9<br>(70.0%) |
| 92  | <b>REPKA</b> Marek              | <b>139</b> |      | M-40      | 40   | Lupus Team               | Lupus Team               |           |           |             | 00:23:18    | 00:47:39    | <b>00:47:55.25</b> | <b>00:48:02.70</b> | +00:14:30<br>(30.2%) | 5:02       | 11.9<br>(70.0%) |
| 93  | <b>GACKOWSKI</b><br>Krzysztof   | <b>196</b> |      | M-40      | 41   |                          |                          |           |           |             | 00:23:24    | 00:47:39    | <b>00:47:55.80</b> | <b>00:48:02.90</b> | +00:14:30<br>(30.2%) | 5:02       | 11.9<br>(70.0%) |
| 94  | <b>KRUSZYNA</b><br>Robert       | <b>205</b> |      | M-40      | 42   |                          |                          |           |           |             | 00:23:38    | 00:47:33    | <b>00:47:48.35</b> | <b>00:48:05.25</b> | +00:14:33<br>(30.3%) | 5:01       | 11.9<br>(70.0%) |
| 95  | <b>GROTA</b> Artur              | <b>116</b> |      | M-40      | 43   |                          |                          |           |           |             | 00:23:03    | 00:48:08    | <b>00:48:25.30</b> | <b>00:48:34.20</b> | +00:15:02<br>(31.0%) | 5:05       | 11.8<br>(69.4%) |
| 96  | <b>URBANSKA</b> Ewa             | <b>242</b> |      | K-40      | 2    | TM Iron Team             | TM Iron Team             |           |           |             | 00:23:03    | 00:48:21    | <b>00:48:36.90</b> | <b>00:48:43.45</b> | +00:15:11<br>(31.2%) | 5:06       | 11.7<br>(68.8%) |
| 97  | <b>LEWANDOWSKI</b><br>Rafał     | <b>121</b> |      | M-40      | 44   | SPC                      |                          |           |           |             | 00:23:20    | 00:48:15    | <b>00:48:31.20</b> | <b>00:48:45.00</b> | +00:15:13<br>(31.2%) | 5:06       | 11.7<br>(68.8%) |
| 98  | <b>WIDŹGOWSKI</b><br>Przemysław | <b>232</b> |      | M-40      | 45   |                          |                          |           |           |             | 00:24:07    | 00:48:18    | <b>00:48:32.25</b> | <b>00:48:45.15</b> | +00:15:13<br>(31.2%) | 5:06       | 11.7<br>(68.8%) |
| 99  | <b>ŚWIĘCICKI</b><br>Andrzej     | <b>64</b>  |      | M-40      | 46   |                          |                          |           |           |             | 00:24:12    | 00:48:23    | <b>00:48:40.15</b> | <b>00:48:54.30</b> | +00:15:22<br>(31.4%) | 5:07       | 11.7<br>(68.8%) |
| 100 | <b>PODKÓWKA</b><br>Zbigniew     | <b>49</b>  |      | M-60      | 3    | Podgórz Toruń            |                          |           |           |             | 00:23:32    | 00:48:32    | <b>00:48:48.45</b> | <b>00:48:55.40</b> | +00:15:23<br>(31.5%) | 5:08       | 11.7<br>(68.8%) |
| 101 | <b>MROTEK</b><br>Katarzyna      | <b>226</b> |      | K-40      | 3    | Akademia Mistrzów Sportu | Akademia Mistrzów Sportu |           |           |             | 00:24:02    | 00:48:32    | <b>00:48:48.35</b> | <b>00:48:56.35</b> | +00:15:24<br>(31.5%) | 5:08       | 11.7<br>(68.8%) |
| 102 | <b>MAZERSKI</b><br>Jarosław     | <b>260</b> |      | M-30      | 23   |                          |                          |           |           |             | 00:23:47    | 00:48:39    | <b>00:48:57.05</b> | <b>00:49:05.55</b> | +00:15:33<br>(31.7%) | 5:09       | 11.6<br>(68.2%) |
| 103 | <b>REPKA</b> Anna               | <b>138</b> |      | K-40      | 4    | Lupus Team               | Lupus Team               |           |           |             | 00:23:50    | 00:48:55    | <b>00:49:08.75</b> | <b>00:49:16.95</b> | +00:15:44<br>(32.0%) | 5:10       | 11.6<br>(68.2%) |
| 104 | <b>ROHDE</b> Piotr              | <b>91</b>  |      | M-1       | 3    | Brzoza Biega             |                          |           |           |             | 00:23:33    | 00:49:02    | <b>00:49:17.65</b> | <b>00:49:22.60</b> | +00:15:50<br>(32.1%) | 5:11       | 11.6<br>(68.2%) |
| 105 | <b>STEMPNIAK</b><br>Krzysztof   | <b>112</b> |      | M-50      | 8    |                          |                          |           |           |             | 00:24:10    | 00:49:01    | <b>00:49:19.65</b> | <b>00:49:29.20</b> | +00:15:57<br>(32.2%) | 5:11       | 11.6<br>(68.2%) |

| Msc | Zawodnik                      | Numer      | Klub | Kategoria | Mkat | Drużyna                     | Klub                    | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn                 | Tempo min/km | Tempo km/h      |
|-----|-------------------------------|------------|------|-----------|------|-----------------------------|-------------------------|-----------|-----------|-------------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 106 | <b>OLSZEWSKI Rafał</b>        | <b>200</b> |      | M-40      | 47   | TG SOKÓŁ<br>GNIEWKOWO       |                         |           |           | 00:24:24    | 00:49:35    | <b>00:49:50.40</b> | <b>00:49:56.95</b> | +00:16:24<br>(32.9%) | 5:14         | 11.4<br>(67.1%) |
| 107 | <b>SZEWCZYKOWSKI Grzegorz</b> | <b>180</b> |      | M-40      | 48   | Bydgoskie<br>Żółwie         | Bydgoskie Żółwie        |           |           | 00:24:12    | 00:49:27    | <b>00:49:44.85</b> | <b>00:49:58.95</b> | +00:16:26<br>(32.9%) | 5:14         | 11.5<br>(67.6%) |
| 108 | <b>GÓRSKI Marian</b>          | <b>127</b> |      | M-60      | 4    |                             |                         |           |           | 00:24:28    | 00:49:42    | <b>00:49:57.50</b> | <b>00:50:01.60</b> | +00:16:29<br>(33.0%) | 5:15         | 11.4<br>(67.1%) |
| 109 | <b>GRYCZKA Piotr</b>          | <b>38</b>  |      | M-50      | 9    |                             |                         |           |           | 00:24:13    | 00:49:39    | <b>00:49:53.70</b> | <b>00:50:03.45</b> | +00:16:31<br>(33.0%) | 5:15         | 11.4<br>(67.1%) |
| 110 | <b>UGOREK Mirek</b>           | <b>204</b> |      | M-40      | 49   |                             |                         |           |           | 00:24:44    | 00:49:38    | <b>00:49:53.70</b> | <b>00:50:03.55</b> | +00:16:31<br>(33.0%) | 5:15         | 11.4<br>(67.1%) |
| 111 | <b>WIŚNIEWSKI Jakub</b>       | <b>107</b> |      | M-20      | 12   |                             |                         |           |           | 00:24:15    | 00:49:38    | <b>00:49:57.75</b> | <b>00:50:10.95</b> | +00:16:38<br>(33.2%) | 5:15         | 11.4<br>(67.1%) |
| 112 | <b>WIŚNIEWSKI Leszek</b>      | <b>108</b> |      | M-50      | 10   |                             |                         |           |           | 00:24:14    | 00:49:38    | <b>00:49:57.20</b> | <b>00:50:11.05</b> | +00:16:39<br>(33.2%) | 5:15         | 11.4<br>(67.1%) |
| 113 | <b>CZYŻEWSKA Justyna</b>      | <b>43</b>  |      | K-30      | 4    |                             |                         |           |           | 00:24:19    | 00:49:46    | <b>00:50:04.40</b> | <b>00:50:14.55</b> | +00:16:42<br>(33.3%) | 5:16         | 11.4<br>(67.1%) |
| 114 | <b>MAŚLIŃSKI Mirosław</b>     | <b>210</b> |      | M-50      | 11   |                             |                         |           |           | 00:24:28    | 00:49:59    | <b>00:50:16.50</b> | <b>00:50:24.65</b> | +00:16:52<br>(33.5%) | 5:17         | 11.3<br>(66.5%) |
| 115 | <b>WINKLEWSKI Krzysztof</b>   | <b>72</b>  |      | M-40      | 50   |                             |                         |           |           | 00:24:09    | 00:50:10    | <b>00:50:24.40</b> | <b>00:50:31.20</b> | +00:16:59<br>(33.6%) | 5:18         | 11.3<br>(66.5%) |
| 116 | <b>FULARA Nadia</b>           | <b>55</b>  |      | K-30      | 5    |                             |                         |           |           | 00:25:20    | 00:50:03    | <b>00:50:20.95</b> | <b>00:50:34.15</b> | +00:17:02<br>(33.7%) | 5:17         | 11.3<br>(66.5%) |
| 117 | <b>ZAPARUCHA Mikołaj</b>      | <b>288</b> |      | M-40      | 51   |                             |                         |           |           | 00:24:43    | 00:50:07    | <b>00:50:23.25</b> | <b>00:50:38.40</b> | +00:17:06<br>(33.8%) | 5:18         | 11.3<br>(66.5%) |
| 118 | <b>STRZAŁKA Robert</b>        | <b>284</b> |      | M-30      | 24   |                             | MUKS Piętnastka         |           |           | 00:25:08    | 00:50:15    | <b>00:50:34.70</b> | <b>00:50:59.00</b> | +00:17:27<br>(34.2%) | 5:19         | 11.3<br>(66.5%) |
| 119 | <b>TOCZKIEWICZ Kaja</b>       | <b>110</b> |      | K-1       | 1    |                             |                         |           |           | 00:25:17    | 00:50:40    | <b>00:50:57.20</b> | <b>00:51:08.45</b> | +00:17:36<br>(34.4%) | 5:21         | 11.2<br>(65.9%) |
| 120 | <b>KOZIOŁ Łukasz</b>          | <b>240</b> |      | M-30      | 25   |                             |                         |           |           | 00:24:35    | 00:50:32    | <b>00:50:48.55</b> | <b>00:51:09.40</b> | +00:17:37<br>(34.4%) | 5:20         | 11.2<br>(65.9%) |
| 121 | <b>SKUCIŃSKA Karolina</b>     | <b>167</b> |      | K-30      | 6    | Polonia<br>Bydgoszcz<br>SLA | Polonia Bydgoszcz SLA   |           |           | 00:25:21    | 00:50:39    | <b>00:50:58.00</b> | <b>00:51:09.45</b> | +00:17:37<br>(34.5%) | 5:21         | 11.2<br>(65.9%) |
| 122 | <b>JAGODZIŃSKI Mateusz</b>    | <b>60</b>  |      | M-30      | 26   | Bydgoskie<br>Okonie         | Bydgoskie Okonie        |           |           | 00:25:21    | 00:50:40    | <b>00:50:59.25</b> | <b>00:51:10.70</b> | +00:17:38<br>(34.5%) | 5:22         | 11.2<br>(65.9%) |
| 123 | <b>PODLASZEWSKI Jacek</b>     | <b>215</b> |      | M-50      | 12   |                             | SPC                     |           |           | 00:24:53    | 00:50:41    | <b>00:50:57.20</b> | <b>00:51:11.45</b> | +00:17:39<br>(34.5%) | 5:21         | 11.2<br>(65.9%) |
| 124 | <b>KWIATKOWSKI Piotr</b>      | <b>30</b>  |      | M-30      | 27   |                             |                         |           |           | 00:24:59    | 00:50:47    | <b>00:51:04.25</b> | <b>00:51:13.85</b> | +00:17:41<br>(34.5%) | 5:22         | 11.2<br>(65.9%) |
| 125 | <b>PAWŁOWSKI Radosław</b>     | <b>114</b> |      | M-50      | 13   |                             |                         |           |           | 00:25:22    | 00:50:33    | <b>00:50:49.05</b> | <b>00:51:15.40</b> | +00:17:43<br>(34.6%) | 5:20         | 11.2<br>(65.9%) |
| 126 | <b>KRZYŻANOWSKI Robert</b>    | <b>165</b> |      | M-50      | 14   |                             |                         |           |           | 00:24:14    | 00:51:14    | <b>00:51:33.10</b> | <b>00:51:46.45</b> | +00:18:14<br>(35.2%) | 5:25         | 11.1<br>(65.3%) |
| 127 | <b>CHOLEWCZYŃSKI Damian</b>   | <b>236</b> |      | M-30      | 28   |                             |                         |           |           | 00:25:04    | 00:51:17    | <b>00:51:37.75</b> | <b>00:51:52.05</b> | +00:18:20<br>(35.3%) | 5:26         | 11<br>(64.7%)   |
| 128 | <b>BRATEK Andrzej</b>         | <b>44</b>  |      | M-60      | 5    | TKKF Kolejarz<br>Bydgoszcz  | TKKF Kolejarz Bydgoszcz |           |           | 00:25:03    | 00:51:28    | <b>00:51:42.85</b> | <b>00:51:52.15</b> | +00:18:20<br>(35.4%) | 5:26         | 11<br>(64.7%)   |

| Msc | Zawodnik                    | Numer      | Klub | Kategoria | Mkat | Drużyna            | Klub                    | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn                 | Tempo min/km | Tempo km/h      |
|-----|-----------------------------|------------|------|-----------|------|--------------------|-------------------------|-----------|-----------|-------------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 129 | <b>GRUDA Mirosław</b>       | <b>63</b>  |      | M-60      | 6    |                    |                         |           |           | 00:25:10    | 00:51:30    | <b>00:51:46.30</b> | <b>00:51:52.35</b> | +00:18:20<br>(35.4%) | 5:26         | 11<br>(64.7%)   |
| 130 | <b>NURKIEWICZ Jarosław</b>  | <b>94</b>  |      | M-50      | 15   |                    | Kung fu Pandy 3         |           |           | 00:25:06    | 00:51:42    | <b>00:51:59.50</b> | <b>00:52:10.10</b> | +00:18:38<br>(35.7%) | 5:28         | 11<br>(64.7%)   |
| 131 | <b>TOMCZAK Zbigniew</b>     | <b>73</b>  |      | M-60      | 7    |                    | Altom Gniezno           |           |           | 00:25:45    | 00:51:39    | <b>00:51:57.70</b> | <b>00:52:16.25</b> | +00:18:44<br>(35.8%) | 5:28         | 11<br>(64.7%)   |
| 132 | <b>MROZIK Andrzej</b>       | <b>234</b> |      | M-40      | 52   |                    |                         |           |           | 00:25:42    | 00:51:34    | <b>00:51:51.95</b> | <b>00:52:19.25</b> | +00:18:47<br>(35.9%) | 5:27         | 11<br>(64.7%)   |
| 133 | <b>PIWEK Adrian</b>         | <b>281</b> |      | M-20      | 13   | Solankowi Biegacze | Solankowi Biegacze      |           |           | 00:24:53    | 00:51:45    | <b>00:52:01.40</b> | <b>00:52:24.55</b> | +00:18:52<br>(36.0%) | 5:28         | 11<br>(64.7%)   |
| 134 | <b>ĆWIK Łukasz</b>          | <b>259</b> |      | M-40      | 53   |                    |                         |           |           | 00:25:07    | 00:52:11    | <b>00:52:28.90</b> | <b>00:52:37.35</b> | +00:19:05<br>(36.3%) | 5:31         | 10.9<br>(64.1%) |
| 135 | <b>GOLINOWSKI Dariusz</b>   | <b>198</b> |      | M-40      | 54   |                    |                         |           |           | 00:25:48    | 00:52:18    | <b>00:52:38.95</b> | <b>00:52:57.80</b> | +00:19:25<br>(36.7%) | 5:32         | 10.8<br>(63.5%) |
| 136 | <b>CIESIELSKA Agnieszka</b> | <b>264</b> |      | K-40      | 5    |                    | Rebel Cross Sport       |           |           | 00:26:04    | 00:52:50    | <b>00:53:08.70</b> | <b>00:53:21.15</b> | +00:19:49<br>(37.1%) | 5:35         | 10.7<br>(62.9%) |
| 137 | <b>OSZUBSKI Kazimierz</b>   | <b>254</b> |      | M-40      | 55   |                    |                         |           |           | 00:26:14    | 00:52:57    | <b>00:53:14.00</b> | <b>00:53:27.20</b> | +00:19:55<br>(37.3%) | 5:36         | 10.7<br>(62.9%) |
| 138 | <b>ANDRZEJEWSKI Ryszard</b> | <b>32</b>  |      | M-70      | 1    |                    | Żółtokrólewscy          |           |           | 00:25:37    | 00:53:03    | <b>00:53:21.20</b> | <b>00:53:27.25</b> | +00:19:55<br>(37.3%) | 5:36         | 10.7<br>(62.9%) |
| 139 | <b>KLOSKOWSKI Adam</b>      | <b>93</b>  |      | M-30      | 29   |                    | JW1515 Bydgoszcz        |           |           | 00:26:15    | 00:53:03    | <b>00:53:21.00</b> | <b>00:53:30.05</b> | +00:19:58<br>(37.3%) | 5:36         | 10.7<br>(62.9%) |
| 140 | <b>BRAŃKA Mateusz</b>       | <b>279</b> |      | M-20      | 14   |                    |                         |           |           | 00:26:27    | 00:52:58    | <b>00:53:14.20</b> | <b>00:53:32.30</b> | +00:20:00<br>(37.4%) | 5:36         | 10.7<br>(62.9%) |
| 141 | <b>CHROBAK Tomasz</b>       | <b>291</b> |      | M-40      | 56   |                    |                         |           |           | 00:26:30    | 00:52:58    | <b>00:53:14.75</b> | <b>00:53:33.45</b> | +00:20:01<br>(37.4%) | 5:36         | 10.7<br>(62.9%) |
| 142 | <b>KOZAK Krzysztof</b>      | <b>98</b>  |      | M-30      | 30   |                    | Niezzeszony             |           |           | 00:26:01    | 00:53:10    | <b>00:53:27.05</b> | <b>00:53:39.05</b> | +00:20:07<br>(37.5%) | 5:37         | 10.7<br>(62.9%) |
| 143 | <b>WIŚNIEWSKI Zbigniew</b>  | <b>4</b>   |      | M-50      | 16   |                    | Brzoza Biega            |           |           | 00:24:14    | 00:53:23    | <b>00:53:43.30</b> | <b>00:53:45.30</b> | +00:20:13<br>(37.6%) | 5:39         | 10.6<br>(62.4%) |
| 144 | <b>SCHMIDT Marcin</b>       | <b>52</b>  |      | M-40      | 57   |                    |                         |           |           | 00:26:01    | 00:53:16    | <b>00:53:35.00</b> | <b>00:53:45.75</b> | +00:20:13<br>(37.6%) | 5:38         | 10.6<br>(62.4%) |
| 145 | <b>KRÓL Karol</b>           | <b>250</b> |      | M-40      | 58   |                    | TKKF Kolejarz Bydgoszcz |           |           | 00:26:04    | 00:53:25    | <b>00:53:41.50</b> | <b>00:53:51.10</b> | +00:20:19<br>(37.7%) | 5:39         | 10.6<br>(62.4%) |
| 146 | <b>DOMAN Janusz</b>         | <b>25</b>  |      | M-60      | 8    |                    | UKS Szabla Brzoza       |           |           | 00:26:05    | 00:53:47    | <b>00:54:05.50</b> | <b>00:54:09.20</b> | +00:20:37<br>(38.1%) | 5:41         | 10.5<br>(61.8%) |
| 147 | <b>GROBELNA Monika</b>      | <b>61</b>  |      | K-30      | 7    |                    |                         |           |           | 00:26:34    | 00:53:50    | <b>00:54:04.75</b> | <b>00:54:10.30</b> | +00:20:38<br>(38.1%) | 5:41         | 10.5<br>(61.8%) |
| 148 | <b>SZARMACH Stanisław</b>   | <b>123</b> |      | M-60      | 9    |                    | Diabelskie Pioruny      |           |           | 00:26:31    | 00:53:53    | <b>00:54:08.70</b> | <b>00:54:16.10</b> | +00:20:44<br>(38.2%) | 5:41         | 10.5<br>(61.8%) |
| 149 | <b>LICA Krzysztof</b>       | <b>155</b> |      | M-50      | 17   |                    | SISU-OWB rowertour.com  |           |           | 00:25:11    | 00:54:08    | <b>00:54:29.00</b> | <b>00:54:46.30</b> | +00:21:14<br>(38.8%) | 5:44         | 10.5<br>(61.8%) |
| 150 | <b>JURSKI Robert</b>        | <b>31</b>  |      | M-40      | 59   |                    |                         |           |           | 00:25:52    | 00:54:16    | <b>00:54:37.30</b> | <b>00:54:47.50</b> | +00:21:15<br>(38.8%) | 5:44         | 10.4<br>(61.2%) |
| 151 | <b>TKACZUK Jolanta</b>      | <b>118</b> |      | K-50      | 1    |                    | TG SOKÓŁ GNIEWKOWO      |           |           | 00:26:18    | 00:54:28    | <b>00:54:48.60</b> | <b>00:54:48.60</b> | +00:21:16<br>(38.8%) | 5:46         | 10.4<br>(61.2%) |

| Msc | Zawodnik                      | Numer      | Klub | Kategoria | Mkat | Drużyna                | Klub                        | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|------|-----------|------|------------------------|-----------------------------|-----------|-----------|-------------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 152 | <b>WASIELEWSKA Anetta</b>     | <b>230</b> |      | K-40      | 6    |                        |                             |           |           | 00:26:35    | 00:54:28    | <b>00:54:46.70</b> | <b>00:54:59.45</b> | +00:21:27 (39.0%) | 5:45         | 10.4 (61.2%) |
| 153 | <b>PASZKIET Witold</b>        | <b>90</b>  |      | M-60      | 10   |                        | TKKF Kolejarz Bydgoszcz     |           |           | 00:26:46    | 00:54:29    | <b>00:54:50.40</b> | <b>00:55:04.40</b> | +00:21:32 (39.1%) | 5:46         | 10.4 (61.2%) |
| 154 | <b>ZUPA Wojciech</b>          | <b>157</b> |      | M-50      | 18   | SISU-OWB rowertour.com | SISU-OWB rowertour.com      |           |           | 00:26:30    | 00:54:45    | <b>00:55:00.35</b> | <b>00:55:16.60</b> | +00:21:44 (39.3%) | 5:47         | 10.4 (61.2%) |
| 155 | <b>AUGUSTYNOWICZ Andrzej</b>  | <b>262</b> |      | M-40      | 60   |                        |                             |           |           | 00:27:01    | 00:54:50    | <b>00:55:09.10</b> | <b>00:55:20.55</b> | +00:21:48 (39.4%) | 5:48         | 10.3 (60.6%) |
| 156 | <b>AUGUSTYNOWICZ Aurelia</b>  | <b>263</b> |      | K-40      | 7    |                        |                             |           |           | 00:27:03    | 00:54:51    | <b>00:55:11.25</b> | <b>00:55:22.65</b> | +00:21:50 (39.4%) | 5:48         | 10.3 (60.6%) |
| 157 | <b>STANKOWSKA Justyna</b>     | <b>137</b> |      | K-40      | 8    |                        | Kijkowe Trzemeszno          |           |           | 00:26:55    | 00:54:58    | <b>00:55:18.55</b> | <b>00:55:37.95</b> | +00:22:05 (39.7%) | 5:49         | 10.3 (60.6%) |
| 158 | <b>RATAJ Maciej</b>           | <b>8</b>   |      | M-40      | 61   |                        |                             |           |           | 00:25:37    | 00:55:06    | <b>00:55:26.00</b> | <b>00:55:40.55</b> | +00:22:08 (39.8%) | 5:50         | 10.3 (60.6%) |
| 159 | <b>TOCZKIEWICZ Piotr</b>      | <b>68</b>  |      | M-40      | 62   |                        |                             |           |           | 00:27:27    | 00:55:06    | <b>00:55:24.35</b> | <b>00:55:41.30</b> | +00:22:09 (39.8%) | 5:49         | 10.3 (60.6%) |
| 160 | <b>OLSZEWSKA Ewa</b>          | <b>201</b> |      | K-40      | 9    | TG SOKÓŁ GNIEWKOWO     |                             |           |           | 00:27:21    | 00:55:28    | <b>00:55:45.90</b> | <b>00:55:53.00</b> | +00:22:21 (40.0%) | 5:52         | 10.2 (60.0%) |
| 161 | <b>RÓŻYCZKA Joanna</b>        | <b>83</b>  |      | K-30      | 8    |                        |                             |           |           | 00:28:08    | 00:55:26    | <b>00:55:44.00</b> | <b>00:56:00.25</b> | +00:22:28 (40.1%) | 5:52         | 10.2 (60.0%) |
| 162 | <b>KALACZYŃSKI Grzegorz</b>   | <b>34</b>  |      | M-50      | 19   |                        |                             |           |           | 00:28:04    | 00:55:23    | <b>00:55:41.05</b> | <b>00:56:01.00</b> | +00:22:29 (40.1%) | 5:51         | 10.2 (60.0%) |
| 163 | <b>BASIŃSKI Paweł</b>         | <b>178</b> |      | M-40      | 63   |                        |                             |           |           | 00:27:20    | 00:55:23    | <b>00:55:42.65</b> | <b>00:56:07.35</b> | +00:22:35 (40.2%) | 5:51         | 10.2 (60.0%) |
| 164 | <b>KONIEC Krzysztof</b>       | <b>24</b>  |      | M-50      | 20   | Krissbiega             | Krissbiega                  |           |           | 00:27:09    | 00:55:50    | <b>00:56:09.35</b> | <b>00:56:21.85</b> | +00:22:49 (40.5%) | 5:54         | 10.2 (60.0%) |
| 165 | <b>BAKOWSKI Dawid</b>         | <b>79</b>  |      | M-30      | 31   |                        |                             |           |           | 00:27:56    | 00:56:23    | <b>00:56:42.85</b> | <b>00:56:58.10</b> | +00:23:26 (41.1%) | 5:58         | 10.1 (59.4%) |
| 166 | <b>MAŁKIŃSKI Józef</b>        | <b>84</b>  |      | M-60      | 11   |                        |                             |           |           | 00:27:57    | 00:56:22    | <b>00:56:44.95</b> | <b>00:57:01.85</b> | +00:23:29 (41.2%) | 5:58         | 10 (58.8%)   |
| 167 | <b>MAŁKIŃSKA-BIĘGA Dorota</b> | <b>80</b>  |      | K-30      | 9    |                        |                             |           |           | 00:27:58    | 00:56:26    | <b>00:56:47.20</b> | <b>00:57:02.15</b> | +00:23:30 (41.2%) | 5:58         | 10 (58.8%)   |
| 168 | <b>BRACICHOWICZ Bogumiła</b>  | <b>92</b>  |      | K-50      | 2    |                        |                             |           |           | 00:28:08    | 00:56:38    | <b>00:56:58.85</b> | <b>00:57:11.00</b> | +00:23:39 (41.4%) | 5:59         | 10 (58.8%)   |
| 169 | <b>BRYWCZYŃSKA Justyna</b>    | <b>50</b>  |      | K-40      | 10   |                        | #slimakibarcin / Rodos Team |           |           | 00:27:55    | 00:56:52    | <b>00:57:10.30</b> | <b>00:57:18.80</b> | +00:23:46 (41.5%) | 6:01         | 10 (58.8%)   |
| 170 | <b>WIŚNIEWSKI Janusz</b>      | <b>214</b> |      | M-50      | 21   |                        |                             |           |           | 00:27:10    | 00:56:40    | <b>00:56:57.80</b> | <b>00:57:19.70</b> | +00:23:47 (41.5%) | 5:59         | 10 (58.8%)   |
| 171 | <b>RUDOL Sebastian</b>        | <b>261</b> |      | M-40      | 64   |                        | Rudolki                     |           |           | 00:29:14    | 00:57:09    | <b>00:57:27.90</b> | <b>00:57:40.05</b> | +00:24:08 (41.9%) | 6:02         | 9.9 (58.2%)  |
| 172 | <b>ZAMIATOWSKA Kinga</b>      | <b>54</b>  |      | K-40      | 11   |                        | Bella Line, Nartorolki.pl   |           |           | 00:29:14    | 00:57:11    | <b>00:57:27.25</b> | <b>00:57:40.20</b> | +00:24:08 (41.9%) | 6:02         | 9.9 (58.2%)  |
| 172 | <b>NALEWALSKA Justyna</b>     | <b>191</b> |      | K-30      | 10   |                        |                             |           |           | 00:27:22    | 00:57:11    | <b>00:57:29.85</b> | <b>00:57:40.20</b> | +00:24:08 (41.9%) | 6:03         | 9.9 (58.2%)  |
| 174 | <b>RUDOL Magdalena</b>        | <b>211</b> |      | K-40      | 12   |                        | Rudolki                     |           |           | 00:29:13    | 00:57:08    | <b>00:57:27.35</b> | <b>00:57:40.25</b> | +00:24:08 (41.9%) | 6:02         | 9.9 (58.2%)  |



| Msc | Zawodnik                     | Numer      | Klub | Kategoria | Mkat | Drużyna   | Klub                               | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn                 | Tempo min/km | Tempo km/h     |
|-----|------------------------------|------------|------|-----------|------|-----------|------------------------------------|-----------|-----------|-------------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 175 | <b>KRYSZTOFIAK Robert</b>    | <b>152</b> |      | M-40      | 65   |           |                                    |           |           | 00:27:52    | 00:57:13    | <b>00:57:31.30</b> | <b>00:57:47.75</b> | +00:24:15<br>(42.0%) | 6:03         | 9.9<br>(58.2%) |
| 176 | <b>ZIÓŁKOWSKI Mieczysław</b> | <b>199</b> |      | M-50      | 22   |           |                                    |           |           | 00:27:51    | 00:57:32    | <b>00:57:49.65</b> | <b>00:57:56.30</b> | +00:24:24<br>(42.1%) | 6:05         | 9.9<br>(58.2%) |
| 177 | <b>BADOWSKI Krzysztof</b>    | <b>168</b> |      | M-50      | 23   |           | KSN ŁUCZNICZKA OCULUS<br>BYDGOSZCZ |           |           | 00:29:15    | 00:57:13    | <b>00:57:53.30</b> | <b>00:58:00.70</b> | +00:24:28<br>(42.2%) | 6:05         | 9.8<br>(57.6%) |
| 178 | <b>WAKUŁA-KUNZ Wanda</b>     | <b>149</b> |      | K-40      | 13   |           |                                    |           |           | 00:28:00    | 00:57:43    | <b>00:58:00.20</b> | <b>00:58:05.60</b> | +00:24:33<br>(42.3%) | 6:06         | 9.8<br>(57.6%) |
| 179 | <b>BUDNY Ewa</b>             | <b>267</b> |      | K-1       | 2    |           |                                    |           |           | 00:27:49    | 00:57:34    | <b>00:57:50.10</b> | <b>00:58:07.75</b> | +00:24:35<br>(42.3%) | 6:05         | 9.9<br>(58.2%) |
| 180 | <b>BUDNY Joanna</b>          | <b>241</b> |      | K-30      | 11   |           |                                    |           |           | 00:27:48    | 00:57:34    | <b>00:57:50.40</b> | <b>00:58:08.10</b> | +00:24:36<br>(42.3%) | 6:05         | 9.9<br>(58.2%) |
| 181 | <b>GIZA Ewa</b>              | <b>243</b> |      | K-30      | 12   |           |                                    |           |           | 00:27:57    | 00:57:43    | <b>00:58:00.45</b> | <b>00:58:12.15</b> | +00:24:40<br>(42.4%) | 6:06         | 9.8<br>(57.6%) |
| 182 | <b>MALATYNSKA Barbara</b>    | <b>174</b> |      | K-40      | 14   |           |                                    |           |           | 00:29:06    | 00:58:01    | <b>00:58:20.20</b> | <b>00:58:36.15</b> | +00:25:04<br>(42.8%) | 6:08         | 9.8<br>(57.6%) |
| 183 | <b>FABROWSKI Dawid</b>       | <b>12</b>  |      | M-40      | 66   |           | TriTata/OCHALteam                  |           |           | 00:28:13    | 00:58:02    | <b>00:58:19.60</b> | <b>00:58:45.50</b> | +00:25:13<br>(42.9%) | 6:08         | 9.8<br>(57.6%) |
| 184 | <b>NOWACZYK Zygmunt</b>      | <b>105</b> |      | M-50      | 24   |           | BOLT Trzemeszno                    |           |           | 00:27:24    | 00:58:05    | <b>00:58:27.35</b> | <b>00:58:46.65</b> | +00:25:14<br>(42.9%) | 6:09         | 9.8<br>(57.6%) |
| 185 | <b>KOLMAJER Rafał</b>        | <b>245</b> |      | M-40      | 67   | TEAMOCHAL | TEAMOCHAL                          |           |           | 00:27:42    | 00:58:17    | <b>00:58:36.35</b> | <b>00:58:51.30</b> | +00:25:19<br>(43.0%) | 6:10         | 9.7<br>(57.1%) |
| 186 | <b>BICZKOWSKA Magdalena</b>  | <b>265</b> |      | K-40      | 15   |           |                                    |           |           | 00:27:41    | 00:58:15    | <b>00:58:35.85</b> | <b>00:58:51.40</b> | +00:25:19<br>(43.0%) | 6:10         | 9.7<br>(57.1%) |
| 187 | <b>BARWIKOWSKA Bogusia</b>   | <b>6</b>   |      | K-40      | 16   |           |                                    |           |           | 00:29:00    | 00:58:14    | <b>00:58:31.65</b> | <b>00:58:52.65</b> | +00:25:20<br>(43.0%) | 6:09         | 9.7<br>(57.1%) |
| 188 | <b>SPYCHALSKA Kinga</b>      | <b>96</b>  |      | K-30      | 13   |           |                                    |           |           | 00:28:59    | 00:58:13    | <b>00:58:31.15</b> | <b>00:58:52.70</b> | +00:25:20<br>(43.0%) | 6:09         | 9.7<br>(57.1%) |
| 189 | <b>NOWAKOWSKI Czesław</b>    | <b>221</b> |      | M-70      | 2    |           | Ducla Academy Warszawa             |           |           | 00:28:25    | 00:58:19    | <b>00:58:37.35</b> | <b>00:58:54.85</b> | +00:25:22<br>(43.1%) | 6:10         | 9.7<br>(57.1%) |
| 190 | <b>PÓŁGĘSEK Rafał</b>        | <b>14</b>  |      | M-40      | 68   |           |                                    |           |           | 00:28:51    | 00:58:23    | <b>00:58:45.70</b> | <b>00:59:08.25</b> | +00:25:36<br>(43.3%) | 6:11         | 9.7<br>(57.1%) |
| 191 | <b>DĘBSKI Jan</b>            | <b>223</b> |      | M-60      | 12   |           | Sołtys                             |           |           | 00:28:49    | 00:58:38    | <b>00:59:03.75</b> | <b>00:59:21.55</b> | +00:25:49<br>(43.5%) | 6:12         | 9.7<br>(57.1%) |
| 192 | <b>STRABEL Piotr</b>         | <b>156</b> |      | M-60      | 13   |           |                                    |           |           | 00:29:22    | 00:59:04    | <b>00:59:23.15</b> | <b>00:59:37.05</b> | +00:26:05<br>(43.8%) | 6:15         | 9.6<br>(56.5%) |
| 193 | <b>LUDWINIAK Bogdan</b>      | <b>86</b>  |      | M-50      | 25   |           |                                    |           |           | 00:29:04    | 00:59:19    | <b>00:59:39.05</b> | <b>00:59:53.80</b> | +00:26:21<br>(44.0%) | 6:16         | 9.6<br>(56.5%) |
| 194 | <b>BŁĄŻEK-KOJRO Kasia</b>    | <b>81</b>  |      | K-30      | 14   |           |                                    |           |           | 00:29:52    | 00:59:45    | <b>01:00:03.20</b> | <b>01:00:19.25</b> | +00:26:47<br>(44.4%) | 6:19         | 9.5<br>(55.9%) |
| 195 | <b>LEWANDOWSKA Sylwia</b>    | <b>82</b>  |      | K-40      | 17   |           |                                    |           |           | 00:29:51    | 00:59:48    | <b>01:00:06.60</b> | <b>01:00:22.55</b> | +00:26:50<br>(44.5%) | 6:19         | 9.5<br>(55.9%) |
| 196 | <b>PORAZINSKA Viktoria</b>   | <b>246</b> |      | K-40      | 18   |           |                                    |           |           | 00:29:24    | 01:00:32    | <b>01:00:53.35</b> | <b>01:01:12.05</b> | +00:27:40<br>(45.2%) | 6:24         | 9.4<br>(55.3%) |
| 197 | <b>GROBELNA Angelika</b>     | <b>266</b> |      | K-40      | 19   |           |                                    |           |           | 00:29:25    | 01:00:32    | <b>01:00:54.00</b> | <b>01:01:12.10</b> | +00:27:40<br>(45.2%) | 6:24         | 9.4<br>(55.3%) |

| Msc | Zawodnik                      | Numer      | Klub | Kategoria | Mkat | Drużyna                 | Klub                                    | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|------|-----------|------|-------------------------|---|-----------|-----------|-------------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 198 | <b>BUTOWSKI Michał</b>        | <b>258</b> |      | M-40      | 69   |                         |   |           |           | 00:29:25    | 01:00:32    | <b>01:00:54.25</b> | <b>01:01:12.35</b> | +00:27:40 (45.2%) | 6:24         | 9.4 (55.3%) |
| 199 | <b>BARTOSZYŃSKI Marcin</b>    | <b>219</b> |      | M-40      | 70   |                         | RAW-studio reklamy                      |           |           | 00:31:27    | 01:00:33    | <b>01:00:53.75</b> | <b>01:01:16.45</b> | +00:27:44 (45.3%) | 6:24         | 9.4 (55.3%) |
| 200 | <b>OLSZEWSKA Beata</b>        | <b>29</b>  |      | K-30      | 15   |                         |   |           |           | 00:30:00    | 01:00:36    | <b>01:00:57.90</b> | <b>01:01:21.80</b> | +00:27:49 (45.4%) | 6:24         | 9.4 (55.3%) |
| 200 | <b>JULLY Arkadiusz</b>        | <b>146</b> |      | M-40      | 71   |                         |   |           |           | 00:29:25    | 01:00:38    | <b>01:01:01.20</b> | <b>01:01:21.80</b> | +00:27:49 (45.4%) | 6:25         | 9.3 (54.7%) |
| 202 | <b>FERENS Paweł</b>           | <b>89</b>  |      | M-40      | 72   | Solankowi Biegacze      | Solankowi Biegacze                      |           |           | 00:30:00    | 01:00:36    | <b>01:00:59.05</b> | <b>01:01:24.10</b> | +00:27:52 (45.4%) | 6:25         | 9.3 (54.7%) |
| 203 | <b>NADRAJKOWSKA Joanna</b>    | <b>3</b>   |      | K-30      | 16   | Solankowi Biegacze      | Solankowi Biegacze                      |           |           | 00:30:02    | 01:00:44    | <b>01:01:06.80</b> | <b>01:01:31.30</b> | +00:27:59 (45.5%) | 6:25         | 9.3 (54.7%) |
| 204 | <b>FURYK Karol</b>            | <b>1</b>   |      | M-30      | 32   | Solankowi Biegacze      | Solankowi Biegacze                      |           |           | 00:30:03    | 01:00:45    | <b>01:01:07.25</b> | <b>01:01:31.60</b> | +00:27:59 (45.5%) | 6:26         | 9.3 (54.7%) |
| 205 | <b>SZCZĘSNY Arkadiusz</b>     | <b>85</b>  |      | M-40      | 73   |                         | Dynamo Skarpa                           |           |           | 00:29:30    | 01:01:01    | <b>01:01:23.45</b> | <b>01:01:40.65</b> | +00:28:08 (45.6%) | 6:27         | 9.3 (54.7%) |
| 206 | <b>KWAŚNIEWSKA Aldona</b>     | <b>150</b> |      | K-40      | 20   |                         |   |           |           | 00:29:37    | 01:01:24    | <b>01:01:42.65</b> | <b>01:01:47.50</b> | +00:28:15 (45.7%) | 6:29         | 9.2 (54.1%) |
| 207 | <b>NALIŃSKA Ania</b>          | <b>125</b> |      | K-20      | 4    | AA                      |   |           |           | 00:29:28    | 01:01:24    | <b>01:01:47.45</b> | <b>01:02:01.15</b> | +00:28:29 (45.9%) | 6:30         | 9.2 (54.1%) |
| 208 | <b>PIONTEK Elżbieta</b>       | <b>95</b>  |      | K-60      | 1    |                         |   |           |           | 00:30:43    | 01:02:02    | <b>01:02:24.00</b> | <b>01:02:39.05</b> | +00:29:07 (46.5%) | 6:34         | 9.1 (53.5%) |
| 209 | <b>KALINOWSKA Patrycja</b>    | <b>216</b> |      | K-30      | 17   |                         |   |           |           | 00:30:02    | 01:02:24    | <b>01:02:44.10</b> | <b>01:03:05.25</b> | +00:29:33 (46.8%) | 6:36         | 9.1 (53.5%) |
| 210 | <b>NOSKOWIAK-BAJNO Alicja</b> | <b>212</b> |      | K-40      | 21   |                         | ChotaKłóliki                            |           |           | 00:30:02    | 01:02:24    | <b>01:02:45.10</b> | <b>01:03:05.45</b> | +00:29:33 (46.8%) | 6:36         | 9.1 (53.5%) |
| 211 | <b>SKRZĄTEK Anna</b>          | <b>19</b>  |      | K-40      | 22   |                         |   |           |           | 00:30:33    | 01:02:38    | <b>01:03:07.35</b> | <b>01:03:19.80</b> | +00:29:47 (47.0%) | 6:38         | 9 (52.9%)   |
| 212 | <b>POBIEDZIŃSKA Marta</b>     | <b>16</b>  |      | K-20      | 5    |                         | Polonia Bydgoszcz SLA                   |           |           | 00:31:34    | 01:05:38    | <b>01:05:58.35</b> | <b>01:06:14.15</b> | +00:32:42 (49.4%) | 6:56         | 8.6 (50.6%) |
| 213 | <b>WYKRZYKOWSKI Andrzej</b>   | <b>185</b> |      | M-60      | 14   |                         |   |           |           | 00:30:42    | 01:05:39    | <b>01:06:03.60</b> | <b>01:06:23.60</b> | +00:32:51 (49.5%) | 6:57         | 8.6 (50.6%) |
| 214 | <b>LENC Janusz</b>            | <b>13</b>  |      | M-60      | 15   | TKKF Kolejarz Bydgoszcz | TKKF Kolejarz Bydgoszcz                 |           |           | 00:32:20    | 01:06:56    | <b>01:07:18.25</b> | <b>01:07:34.85</b> | +00:34:02 (50.4%) | 7:05         | 8.5 (50.0%) |
| 215 | <b>ZAGOŹDŻON Wioleta</b>      | <b>28</b>  |      | K-30      | 18   |                         | Soleccy biegacze                        |           |           | 00:31:46    | 01:08:02    | <b>01:08:21.85</b> | <b>01:08:21.85</b> | +00:34:49 (50.9%) | 7:11         | 8.3 (48.8%) |
| 216 | <b>ZIELIŃSKA Justyna</b>      | <b>15</b>  |      | K-40      | 23   |                         |   |           |           | 00:31:23    | 01:07:40    | <b>01:08:00.15</b> | <b>01:08:23.75</b> | +00:34:51 (51.0%) | 7:09         | 8.4 (49.4%) |
| 217 | <b>KOZŁOWSKA Karolina</b>     | <b>26</b>  |      | K-40      | 24   |                         | IX Liceum ogólnokształcące w Bydgoszczy |           |           | 00:31:28    | 01:08:04    | <b>01:08:25.80</b> | <b>01:08:51.65</b> | +00:35:19 (51.3%) | 7:12         | 8.3 (48.8%) |
| 218 | <b>PISKORSKA Marta</b>        | <b>5</b>   |      | K-40      | 25   |                         |   |           |           | 00:31:24    | 01:08:10    | <b>01:08:31.10</b> | <b>01:08:52.10</b> | +00:35:20 (51.3%) | 7:12         | 8.3 (48.8%) |
| 219 | <b>GUŹDZIÓŁ Jarek</b>         | <b>10</b>  |      | M-40      | 74   |                         | TBKM WILK Solec Kujawski                |           |           | 00:31:28    | 01:08:04    | <b>01:08:26.50</b> | <b>01:08:52.15</b> | +00:35:20 (51.3%) | 7:12         | 8.3 (48.8%) |
| 220 | <b>ORZECHOWSKA Kasia</b>      | <b>101</b> |      | K-30      | 19   |                         |   |           |           | 00:31:18    | 01:08:04    | <b>01:08:26.05</b> | <b>01:08:52.40</b> | +00:35:20 (51.3%) | 7:12         | 8.3 (48.8%) |

| Msc | Zawodnik                       | Numer      | Klub | Kategoria | Mkat | Drużyna                 | Klub                         | Drużyna 1 | Drużyna 2 | Split 4.9km | Split 9.4km | Czas netto 9.5km   | Czas brutto 9.5km  | Różn                 | Tempo min/km | Tempo km/h      |
|-----|--------------------------------|------------|------|-----------|------|-------------------------|------------------------------|-----------|-----------|-------------|-------------|--------------------|--------------------|----------------------|--------------|-----------------|
| 221 | <b>AUGUSTYNOWICZ Katarzyna</b> | <b>158</b> |      | K-40      | 26   |                         | TKKF Kolejarz Bydgoszcz      |           |           | 00:32:50    | 01:09:56    | <b>01:10:18.30</b> | <b>01:10:36.45</b> | +00:37:04<br>(52.5%) | 7:24         | 8.1<br>(47.6%)  |
| 222 | <b>MAZUREK Dorota</b>          | <b>143</b> |      | K-30      | 20   |                         |                              |           |           | 00:33:46    | 01:11:27    | <b>01:11:48.20</b> | <b>01:11:56.85</b> | +00:38:24<br>(53.4%) | 7:33         | 7.9<br>(46.5%)  |
| 223 | <b>WARSZAWSKI Przemysław</b>   | <b>142</b> |      | M-30      | 33   |                         |                              |           |           | 00:33:46    | 01:11:27    | <b>01:11:48.85</b> | <b>01:11:57.15</b> | +00:38:25<br>(53.4%) | 7:33         | 7.9<br>(46.5%)  |
| 224 | <b>RADZIEJEWSKA Grażyna</b>    | <b>269</b> |      | K-50      | 3    |                         |                              |           |           | 00:33:48    | 01:12:10    | <b>01:12:33.80</b> | <b>01:12:39.25</b> | +00:39:07<br>(53.8%) | 7:38         | 7.9<br>(46.5%)  |
| 225 | <b>KAPELIŃSKI Stanisław</b>    | <b>51</b>  |      | M-50      | 26   | RODOS Team              | RODOS Team                   |           |           | 00:34:26    | 01:12:28    | <b>01:12:51.70</b> | <b>01:12:51.70</b> | +00:39:19<br>(54.0%) | 7:40         | 7.8<br>(45.9%)  |
| 226 | <b>WIESE Grzegorz</b>          | <b>131</b> |      | M-60      | 16   | TKKF Kolejarz Bydgoszcz | TKKF Kolejarz Bydgoszcz      |           |           | 00:34:40    | 01:12:36    | <b>01:12:53.45</b> | <b>01:13:07.90</b> | +00:39:35<br>(54.1%) | 7:40         | 7.8<br>(45.9%)  |
| 227 | <b>JURECKA Ewa</b>             | <b>119</b> |      | K-50      | 4    |                         |                              |           |           | 00:34:36    | 01:15:23    | <b>01:15:49.30</b> | <b>01:16:06.50</b> | +00:42:34<br>(55.9%) | 7:58         | 7.5<br>(44.1%)  |
| 228 | <b>PILECKI Gustaw</b>          | <b>189</b> |      | M-70      | 3    |                         | Brzoza Biega/Rowerowa Brzoza |           |           | 00:37:28    | 01:17:44    | <b>01:18:13.60</b> | <b>01:18:28.75</b> | +00:44:56<br>(57.3%) | 8:14         | 7.3<br>(42.9%)  |
| 229 | <b>GOLA Grzegorz</b>           | <b>117</b> |      | M-50      | 27   |                         | TG SOKÓŁ GNIEWKOWO           |           |           | 00:40:34    | 01:24:38    | <b>01:25:04.75</b> | <b>01:25:24.40</b> | +00:51:52<br>(60.7%) | 8:57         | 6.7<br>(39.4%)  |
| 230 | <b>KOŁODYŃSKA Aleksandra</b>   | <b>213</b> |      | K-30      | 21   |                         |                              |           |           | 00:41:23    | 01:25:05    | <b>01:25:29.40</b> | <b>01:25:50.45</b> | +00:52:18<br>(60.9%) | 8:59         | 6.7<br>(39.4%)  |
| 231 | <b>ANGIEL Władysław</b>        | <b>41</b>  |      | M-70      | 4    |                         | TKKF Kolejarz Bydgoszcz      |           |           | 00:41:56    | 01:27:00    | <b>01:27:33.95</b> | <b>01:27:36.45</b> | +00:54:04<br>(61.7%) | 9:12         | 6.5<br>(38.2%)  |
| DNC | <b>GRABOWSKA Lucyna</b>        | <b>247</b> |      | K-50      |      |                         | Brzoza Biega                 |           |           | 00:34:07    |             | <b>00:38:46.20</b> | <b>00:38:46.20</b> |                      | 0:00         | 14.7<br>(86.5%) |

Znaleziono 232 wynik(ów)