



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

**XVI BIEG SYLWESTROWY**  
Stowarzyszenie Rowerowa Brzoza  
2022-12-31  
Brzoza  
10 km

## XVI BIEG SYLWESTROWY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BEDNAREK Adrian</b>	<b>242</b>	ADRIANBEDNAREK.PL	M-30	1	adrianbednarek.pl	00:00:01	00:08:13	00:15:38	00:22:53	00:30:17	<b>00:31:44.10</b>	<b>00:31:45.10</b>		3:10	18.9 (100%)
2	<b>GUMKOWSKI Szymon</b>	<b>464</b>		M-20	1		00:00:00	00:08:14	00:16:01	00:23:45	00:31:11	<b>00:32:37.80</b>	<b>00:32:38.50</b>	+00:00:53 (2.7%)	3:15	18.4 (97.4%)
3	<b>TOMASZEWSKI Miłosz</b>	<b>395</b>		M-30	2		00:00:01	00:08:13	00:15:38	00:23:22	00:31:13	<b>00:32:48.50</b>	<b>00:32:49.75</b>	+00:01:04 (3.3%)	3:16	18.3 (96.8%)
4	<b>TOMASZEWSKI Maciej</b>	<b>396</b>		M-30	3		00:00:01	00:08:14	00:16:01	00:23:44	00:31:26	<b>00:33:02.40</b>	<b>00:33:03.80</b>	+00:01:18 (3.9%)	3:18	18.2 (96.3%)
5	<b>PAWŁOWSKI Tomasz</b>	<b>142</b>	HABUBI SZMEH	M-20	2	Habubi Szmeh	00:00:01	00:08:28	00:16:20	00:24:12	00:32:10	<b>00:33:38.95</b>	<b>00:33:40.05</b>	+00:01:54 (5.7%)	3:21	17.8 (94.2%)
6	<b>POLANSKI Tomasz</b>	<b>457</b>	THEO RYCHTERS	M-40	1	The Rychters	00:00:00	00:08:32	00:16:32	00:24:37	00:32:42	<b>00:34:13.65</b>	<b>00:34:14.50</b>	+00:02:29 (7.3%)	3:25	17.5 (92.6%)
7	<b>KICZIŃSKI Bartosz</b>	<b>326</b>	CBR BIEGA	M-30	4	CBR BIEGA	00:00:01	00:09:03	00:17:36	00:26:05	00:34:20	<b>00:35:46.05</b>	<b>00:35:47.60</b>	+00:04:01 (11.3%)	3:34	16.8 (88.9%)
8	<b>TUCZYŃSKI Sylwester Leon</b>	<b>43</b>	BYDGOSKIE OKONIE	M-30	5	Bydgoskie Okonie	00:00:03	00:08:52	00:17:13	00:25:42	00:34:16	<b>00:35:49.10</b>	<b>00:35:52.15</b>	+00:04:05 (11.4%)	3:34	16.8 (88.9%)
9	<b>ŚWIĄTKOWSKI Paweł</b>	<b>333</b>		M-40	2		00:00:01	00:08:56	00:17:26	00:25:56	00:34:29	<b>00:36:01.45</b>	<b>00:36:03.00</b>	+00:04:17 (11.9%)	3:36	16.7 (88.4%)
10	<b>WOJDYŁO Mariusz</b>	<b>305</b>	CBR BIEGA	M-30	6	CBR BIEGA	00:00:01	00:09:03	00:17:37	00:26:22	00:34:55	<b>00:36:30.55</b>	<b>00:36:32.30</b>	+00:04:46 (13.1%)	3:39	16.4 (86.8%)
11	<b>KOLMAJER Rafał</b>	<b>363</b>	TEAMOCHAL	M-40	3	TEAMOCHAL	00:00:02	00:09:15	00:17:49	00:26:26	00:35:03	<b>00:36:36.05</b>	<b>00:36:38.45</b>	+00:04:51 (13.3%)	3:39	16.4 (86.8%)
12	<b>BRZEZIŃSKI Rafał</b>	<b>262</b>		M-30	7		00:00:01	00:09:10	00:17:47	00:26:27	00:35:04	<b>00:36:40.10</b>	<b>00:36:41.90</b>	+00:04:56 (13.5%)	3:40	16.4 (86.8%)
13	<b>GÓRNY Karol</b>	<b>280</b>	ROGIEWICZ RUNNING TEAM	M-40	4	Rogiewicz Running Team	00:00:01	00:09:00	00:17:34	00:26:23	00:35:14	<b>00:36:45.70</b>	<b>00:36:46.85</b>	+00:05:01 (13.7%)	3:40	16.3 (86.2%)
14	<b>MAĆKOWSKI Maciej</b>	<b>82</b>	ADRIANBEDNAREK.PL	M-30	8	adrianbednarek.pl	00:00:02	00:09:11	00:17:45	00:26:32	00:35:25	<b>00:36:58.45</b>	<b>00:37:00.50</b>	+00:05:14 (14.2%)	3:41	16.2 (85.7%)
15	<b>GONDEK Rafał</b>	<b>251</b>		M-30	9		00:00:02	00:09:24	00:18:00	00:26:43	00:35:31	<b>00:37:11.00</b>	<b>00:37:13.70</b>	+00:05:26 (14.7%)	3:43	16.1 (85.2%)
16	<b>SZLINGER Jakub</b>	<b>12</b>	BYDGOSKIE OKONIE	M-30	10	Bydgoskie Okonie	00:00:02	00:09:20	00:18:03	00:26:53	00:35:43	<b>00:37:17.60</b>	<b>00:37:20.30</b>	+00:05:33 (14.9%)	3:43	16.1 (85.2%)
17	<b>WIWATOWSKI Michał</b>	<b>252</b>		M-40	5		00:00:01	00:09:15	00:17:59	00:26:48	00:35:41	<b>00:37:18.35</b>	<b>00:37:19.85</b>	+00:05:34 (14.9%)	3:43	16.1 (85.2%)
18	<b>SZOT Bartosz</b>	<b>412</b>		M-30	11		00:00:02	00:09:22	00:18:04	00:26:53	00:35:38	<b>00:37:20.50</b>	<b>00:37:23.10</b>	+00:05:36 (15.0%)	3:44	16.1 (85.2%)
19	<b>DONARSKI Franciszek</b>	<b>361</b>	SISU-OWB ROWERTOUR.COM	M-1	1	SISU-OWB rowertour.com	00:00:02	00:09:16	00:18:02	00:26:55	00:35:50	<b>00:37:27.20</b>	<b>00:37:29.35</b>	+00:05:43 (15.3%)	3:44	16 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
20	<b>ŚLUSARSKI Przemysław</b>	<b>104</b>		M-30	12		00:00:02	00:09:21	00:18:02	00:26:49	00:35:49	<b>00:37:28.30</b>	<b>00:37:30.75</b>	+00:05:44 (15.3%)	3:44	16 (84.7%)
21	<b>RYCHTER Karol</b>	<b>497</b>		M-40	6	The Rychters	00:00:02	00:09:18	00:18:07	00:27:11	00:36:18	<b>00:37:55.40</b>	<b>00:37:57.50</b>	+00:06:11 (16.3%)	3:47	15.8 (83.6%)
22	<b>SAWIEŁAJC Jakub</b>	<b>226</b>	TM IRON TEAM	M-20	3	TM Iron Team	00:00:01	00:09:05	00:17:48	00:26:51	00:36:16	<b>00:37:59.10</b>	<b>00:38:01.05</b>	+00:06:15 (16.5%)	3:47	15.8 (83.6%)
23	<b>SKRZECZEWSKI Bartosz</b>	<b>198</b>		M-30	13		00:00:02	00:09:39	00:18:49	00:28:03	00:37:20	<b>00:39:04.10</b>	<b>00:39:06.45</b>	+00:07:20 (18.8%)	3:54	15.4 (81.5%)
24	<b>KOWALSKI Dariusz</b>	<b>244</b>		M-50	1		00:00:01	00:09:35	00:18:50	00:28:10	00:37:33	<b>00:39:08.90</b>	<b>00:39:10.45</b>	+00:07:24 (18.9%)	3:54	15.3 (81.0%)
25	<b>GACKA Rafal</b>	<b>58</b>	LUPUS TEAM	M-40	7	Lupus Team	00:00:03	00:09:48	00:19:00	00:28:16	00:37:31	<b>00:39:12.80</b>	<b>00:39:16.30</b>	+00:07:28 (19.1%)	3:55	15.3 (81.0%)
26	<b>MAJEWSKI Robert</b>	<b>41</b>		M-40	8		00:00:02	00:09:50	00:19:03	00:28:19	00:37:35	<b>00:39:15.20</b>	<b>00:39:18.15</b>	+00:07:31 (19.2%)	3:55	15.3 (81.0%)
27	<b>MUDZIEJEWSKI Jarek</b>	<b>445</b>	TKKF KOLEJARZ BYDGOSZCZ	M-40	9	TKKF Kolejarz Bydgoszcz	00:00:05	00:10:02	00:19:16	00:28:30	00:37:38	<b>00:39:18.25</b>	<b>00:39:24.05</b>	+00:07:34 (19.3%)	3:55	15.3 (81.0%)
28	<b>GRZEGOCKI Piotr</b>	<b>306</b>	CHMIELARZ TEAM	M-30	14	CHMIELARZ TEAM	00:00:02	00:09:31	00:18:46	00:28:11	00:37:44	<b>00:39:27.55</b>	<b>00:39:29.65</b>	+00:07:43 (19.6%)	3:56	15.2 (80.4%)
29	<b>MROTEK Anna</b>	<b>264</b>		K-20	1		00:00:02	00:09:54	00:19:11	00:28:27	00:37:45	<b>00:39:27.85</b>	<b>00:39:30.65</b>	+00:07:43 (19.6%)	3:56	15.2 (80.4%)
30	<b>KOWALCZYK Marek</b>	<b>458</b>	BRZOZA BIEGA	M-40	10	Brzoza Biega	00:00:02	00:09:48	00:19:03	00:28:22	00:37:52	<b>00:39:39.40</b>	<b>00:39:42.30</b>	+00:07:55 (20.0%)	3:57	15.1 (79.9%)
31	<b>CHRZĄSZCZ Bartosz</b>	<b>456</b>		M-20	4		00:00:02	00:09:31	00:18:52	00:28:30	00:38:08	<b>00:39:50.15</b>	<b>00:39:53.05</b>	+00:08:06 (20.3%)	3:59	15.1 (79.9%)
32	<b>MENDEL Patryk</b>	<b>18</b>	TM IRON TEAM	M-20	5	TM Iron Team	00:00:03	00:09:42	00:19:04	00:28:41	00:38:31	<b>00:40:11.60</b>	<b>00:40:14.80</b>	+00:08:27 (21.0%)	4:01	14.9 (78.8%)
33	<b>KARCZMARCZYK Mateusz</b>	<b>308</b>		M-30	15		00:00:03	00:09:43	00:19:15	00:28:57	00:38:31	<b>00:40:12.15</b>	<b>00:40:15.35</b>	+00:08:28 (21.1%)	4:01	14.9 (78.8%)
34	<b>CHMURZYŃSKI Tomasz</b>	<b>354</b>		M-50	2		00:00:01	00:09:48	00:19:21	00:28:59	00:38:37	<b>00:40:19.95</b>	<b>00:40:21.90</b>	+00:08:35 (21.3%)	4:01	14.9 (78.8%)
35	<b>CHMIELEWSKI Tomasz</b>	<b>210</b>	TEAMOCHAL	M-50	3	TEAMOCHAL	00:00:05	00:10:01	00:19:24	00:29:00	00:38:39	<b>00:40:21.85</b>	<b>00:40:27.50</b>	+00:08:37 (21.4%)	4:02	14.9 (78.8%)
36	<b>GRALIK Jędrzej</b>	<b>35</b>	BYDGOSKIE OKONIE	M-30	16	Bydgoskie Okonie	00:00:03	00:10:04	00:19:27	00:29:02	00:38:45	<b>00:40:25.75</b>	<b>00:40:29.10</b>	+00:08:41 (21.5%)	4:02	14.8 (78.3%)
37	<b>KRUBER Karolina</b>	<b>243</b>	ADRIANBEDNAREK.PL	K-30	1	adrianbednarek.pl	00:00:02	00:09:53	00:19:16	00:28:58	00:38:47	<b>00:40:29.50</b>	<b>00:40:32.10</b>	+00:08:45 (21.6%)	4:02	14.8 (78.3%)
38	<b>RYCHTER Marcin</b>	<b>495</b>		M-50	4	The Rychters	00:00:05	00:10:04	00:19:35	00:29:14	00:38:56	<b>00:40:40.95</b>	<b>00:40:46.60</b>	+00:08:56 (22.0%)	4:04	14.8 (78.3%)
39	<b>MYSIAK Arkadiusz</b>	<b>81</b>		M-40	11		00:00:04	00:10:05	00:19:36	00:29:17	00:39:02	<b>00:40:42.30</b>	<b>00:40:46.30</b>	+00:08:58 (22.0%)	4:04	14.7 (77.8%)
40	<b>PIOTROWSKA Katarzyna</b>	<b>179</b>	TEAMOCHAL	K-30	2	TEAMOCHAL	00:00:01	00:09:48	00:19:31	00:29:18	00:39:02	<b>00:40:45.10</b>	<b>00:40:46.65</b>	+00:09:01 (22.1%)	4:04	14.7 (77.8%)
41	<b>NIEMCZYK Robert</b>	<b>403</b>	RUN TEAM SĘPÓLNO KRRAJEŃSKIE	M-40	12	Run Team Sępólno Krrajeńskie	00:00:03	00:09:56	00:19:24	00:29:08	00:38:57	<b>00:40:46.95</b>	<b>00:40:50.75</b>	+00:09:02 (22.2%)	4:04	14.7 (77.8%)
42	<b>GAŁKA Piotr</b>	<b>455</b>		M-40	13		00:00:03	00:10:05	00:19:57	00:29:43	00:39:16	<b>00:41:00.65</b>	<b>00:41:04.20</b>	+00:09:16 (22.6%)	4:06	14.6 (77.2%)
43	<b>STACHOWICZ Wiesław</b>	<b>422</b>	BRZOZA BIEGA	M-50	5	Brzoza Biega	00:00:04	00:10:25	00:20:07	00:29:55	00:39:28	<b>00:41:06.10</b>	<b>00:41:10.90</b>	+00:09:22 (22.8%)	4:06	14.6 (77.2%)
44	<b>SAWICKI Marcin</b>	<b>406</b>		M-30	17		00:00:05	00:10:28	00:20:13	00:29:57	00:39:25	<b>00:41:07.10</b>	<b>00:41:12.55</b>	+00:09:23 (22.8%)	4:06	14.6 (77.2%)
45	<b>KWAPIŃSKI Damian</b>	<b>203</b>		M-40	14		00:00:05	00:10:30	00:20:17	00:29:58	00:39:36	<b>00:41:22.85</b>	<b>00:41:28.75</b>	+00:09:38 (23.3%)	4:08	14.5 (76.7%)
46	<b>KUBANEK Łukasz</b>	<b>193</b>		M-30	18		00:00:05	00:10:30	00:20:17	00:29:57	00:39:36	<b>00:41:23.25</b>	<b>00:41:28.90</b>	+00:09:39 (23.3%)	4:08	14.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
47	<b>SMOCZYK Wojciech</b>	<b>485</b>	BRZOZA BIEGA	M-30	19	Brzoza Biega	00:00:00	00:10:13	00:20:12	00:29:54	00:40:13	<b>00:41:24.00</b>	<b>00:41:24.00</b>	+00:09:39 (23.3%)	4:08	14.5 (76.7%)
48	<b>GUBAŃSKI Szymon</b>	<b>452</b>		M-30	20		00:00:12	00:10:32	00:20:03	00:29:51	00:39:47	<b>00:41:32.75</b>	<b>00:41:44.80</b>	+00:09:48 (23.6%)	4:09	14.4 (76.2%)
49	<b>POLIWODZIŃSKI Mateusz</b>	<b>118</b>	FKS WISŁA FORDON	M-1	2	FKS WISŁA FORDON	00:00:02	00:09:54	00:19:55	00:30:06	00:39:58	<b>00:41:41.55</b>	<b>00:41:44.20</b>	+00:09:57 (23.9%)	4:10	14.4 (76.2%)
50	<b>KRZYWDZIŃSKI Dominik</b>	<b>194</b>	UKB SZUBIN	M-1	3	UKB Szubin	00:00:03	00:09:44	00:19:37	00:29:46	00:39:54	<b>00:41:47.35</b>	<b>00:41:51.25</b>	+00:10:03 (24.1%)	4:10	14.4 (76.2%)
51	<b>DAŃCZUK Jerzy</b>	<b>238</b>		M-60	1		00:00:06	00:10:43	00:20:37	00:30:24	00:40:01	<b>00:41:48.45</b>	<b>00:41:54.90</b>	+00:10:04 (24.1%)	4:10	14.4 (76.2%)
52	<b>GIERACH Wojciech</b>	<b>266</b>	TRISPACE/TREK	M-1	4	TRISPACE/TREK	00:00:05	00:10:27	00:20:16	00:30:25	00:40:19	<b>00:41:56.35</b>	<b>00:42:01.90</b>	+00:10:12 (24.3%)	4:11	14.3 (75.7%)
53	<b>ŻAROŃ Sławomir</b>	<b>91</b>		M-60	2		00:00:05	00:10:31	00:20:30	00:30:25	00:40:16	<b>00:42:03.80</b>	<b>00:42:08.95</b>	+00:10:19 (24.6%)	4:12	14.3 (75.7%)
54	<b>KOWALSKA Angelika</b>	<b>367</b>	TRISPACE/TREK	K-40	1	TRISPACE/TREK	00:00:08	00:10:39	00:20:35	00:30:30	00:40:17	<b>00:42:05.75</b>	<b>00:42:14.05</b>	+00:10:21 (24.6%)	4:12	14.3 (75.7%)
55	<b>TUCHOLSKI Krzysztof Tucholski</b>	<b>475</b>		M-30	21		00:00:03	00:10:51	00:20:42	00:30:38	00:40:20	<b>00:42:08.55</b>	<b>00:42:11.75</b>	+00:10:24 (24.7%)	4:12	14.2 (75.1%)
56	<b>LEWANDOWSKI Tomasz</b>	<b>390</b>		M-40	15		00:00:07	00:10:25	00:20:14	00:30:22	00:40:24	<b>00:42:09.65</b>	<b>00:42:17.20</b>	+00:10:25 (24.7%)	4:12	14.2 (75.1%)
57	<b>KLECHA Krzysztof</b>	<b>113</b>	BASIATEAM	M-40	16	BasiaTEAM	00:00:04	00:10:19	00:20:17	00:30:25	00:40:27	<b>00:42:21.05</b>	<b>00:42:26.00</b>	+00:10:36 (25.1%)	4:14	14.2 (75.1%)
58	<b>NAWROCKI Dariusz</b>	<b>207</b>	ŁABISZYN RUNNERS	M-40	17	Łabiszyn runners	00:00:07	00:10:35	00:20:32	00:30:32	00:40:32	<b>00:42:21.95</b>	<b>00:42:29.25</b>	+00:10:37 (25.1%)	4:14	14.2 (75.1%)
59	<b>ŁUKOMSKI Marcin</b>	<b>101</b>		M-30	22		00:00:14	00:10:40	00:20:39	00:30:37	00:40:41	<b>00:42:25.85</b>	<b>00:42:39.85</b>	+00:10:41 (25.2%)	4:14	14.1 (74.6%)
60	<b>WŁODARSKI Przemysław</b>	<b>66</b>	POLONIA BYDGOSZCZ SLA	M-30	23	Polonia Bydgoszcz SLA	00:00:03	00:10:17	00:20:19	00:30:17	00:40:35	<b>00:42:30.35</b>	<b>00:42:33.45</b>	+00:10:46 (25.3%)	4:15	14.1 (74.6%)
61	<b>ZAKURZEWSKI Tomasz</b>	<b>116</b>	TRISPACE/TREK	M-40	18	TRISPACE/TREK	00:00:05	00:10:13	00:20:12	00:30:20	00:40:21	<b>00:42:30.60</b>	<b>00:42:36.35</b>	+00:10:46 (25.3%)	4:15	14.1 (74.6%)
62	<b>MARCHEL Tomasz</b>	<b>164</b>		M-30	24		00:00:04	00:09:40	00:19:31	00:30:06	00:40:41	<b>00:42:35.15</b>	<b>00:42:39.65</b>	+00:10:51 (25.5%)	4:15	14.1 (74.6%)
63	<b>KRYGOWSKI Tomasz</b>	<b>134</b>		M-50	6		00:00:03	00:10:33	00:20:23	00:30:31	00:40:49	<b>00:42:35.90</b>	<b>00:42:39.70</b>	+00:10:51 (25.5%)	4:15	14.1 (74.6%)
64	<b>BUDNIK Bartosz</b>	<b>192</b>		M-20	6		00:00:04	00:10:15	00:20:21	00:30:28	00:40:58	<b>00:42:49.60</b>	<b>00:42:53.90</b>	+00:11:05 (25.9%)	4:16	14 (74.1%)
65	<b>STASIEWICZ Filip</b>	<b>74</b>	SPÓJNIA BIAŁE BŁOTA	M-30	25	Spójnia Białe Błota	00:00:04	00:10:05	00:19:59	00:30:30	00:41:00	<b>00:42:50.95</b>	<b>00:42:55.05</b>	+00:11:06 (25.9%)	4:17	14 (74.1%)
66	<b>KĄLEK Artur</b>	<b>369</b>	TM IRON TEAM	M-40	19	TM Iron Team	00:00:13	00:10:41	00:20:52	00:31:11	00:41:06	<b>00:42:55.05</b>	<b>00:43:08.20</b>	+00:11:10 (26.1%)	4:17	14 (74.1%)
67	<b>TOMKIEWICZ Rafał</b>	<b>170</b>		M-40	20		00:00:10	00:10:26	00:20:21	00:31:04	00:41:13	<b>00:42:55.40</b>	<b>00:43:06.05</b>	+00:11:11 (26.1%)	4:17	14 (74.1%)
68	<b>MAGDZIARZ Jakub</b>	<b>52</b>	KANCELARIA - HMM	M-40	21	Kancelaria - HMM	00:00:05	00:10:01	00:20:11	00:30:27	00:41:04	<b>00:42:58.40</b>	<b>00:43:03.65</b>	+00:11:14 (26.2%)	4:17	14 (74.1%)
69	<b>ŚWITAL Leszek</b>	<b>172</b>		M-40	22		00:00:05	00:10:40	00:20:52	00:31:18	00:41:18	<b>00:42:59.15</b>	<b>00:43:04.70</b>	+00:11:15 (26.2%)	4:17	14 (74.1%)
70	<b>KOSTAŃSKI Adam</b>	<b>330</b>	CBR BIEGA	M-30	26	CBR BIEGA	00:00:07	00:10:58	00:21:13	00:31:21	00:41:10	<b>00:43:00.90</b>	<b>00:43:08.20</b>	+00:11:16 (26.2%)	4:18	14 (74.1%)
71	<b>MARTYNOWICZ Michał</b>	<b>70</b>	TRISPACE/TREK	M-50	7	TRISPACE/TREK	00:00:07	00:10:57	00:21:10	00:31:21	00:41:22	<b>00:43:14.50</b>	<b>00:43:22.10</b>	+00:11:30 (26.6%)	4:19	13.9 (73.5%)
72	<b>BARCZAK Piotr</b>	<b>424</b>	BRZOZA BIEGA	M-50	8	Brzoza Biega	00:00:04	00:10:39	00:20:46	00:31:06	00:41:21	<b>00:43:20.45</b>	<b>00:43:25.20</b>	+00:11:36 (26.8%)	4:20	13.8 (73.0%)
73	<b>KUPRACZ Andrzej</b>	<b>184</b>	SĄSIEDZI BRZOZA TEAM	M-50	9	Sąsiedzi Brzoza Team	00:00:08	00:10:29	00:20:32	00:31:05	00:41:37	<b>00:43:28.15</b>	<b>00:43:36.95</b>	+00:11:44 (27.0%)	4:20	13.8 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	<b>BYRTEK Marcin</b>	<b>46</b>		M-40	23		00:00:11	00:10:26	00:20:29	00:30:52	00:41:28	<b>00:43:29.10</b>	<b>00:43:40.20</b>	+00:11:45 (27.0%)	4:20	13.8 (73.0%)
75	<b>SOBIERALSKI Rafał</b>	<b>183</b>	SĄSIEDZI BRZOZA TEAM	M-40	24	Sąsiedzi Brzoza Team	00:00:07	00:10:57	00:21:13	00:31:31	00:41:43	<b>00:43:34.50</b>	<b>00:43:42.25</b>	+00:11:50 (27.2%)	4:21	13.8 (73.0%)
76	<b>ZBIRANEK Remigiusz</b>	<b>379</b>	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M-40	25	1 Pomorska Brygada Logistyczna Bydgoszcz	00:00:06	00:10:36	00:20:54	00:31:31	00:41:58	<b>00:43:50.35</b>	<b>00:43:56.50</b>	+00:12:06 (27.6%)	4:23	13.7 (72.5%)
77	<b>JARNOT Oskar</b>	<b>469</b>	TMT	M-30	27	TMT	00:00:16	00:11:15	00:21:37	00:31:59	00:42:06	<b>00:43:55.10</b>	<b>00:44:11.40</b>	+00:12:11 (27.7%)	4:23	13.7 (72.5%)
78	<b>WIERZBOWSKI Piotr</b>	<b>139</b>	TEAM KOPEĆ	M-40	26	TEAM KOPEĆ	00:00:08	00:10:42	00:20:56	00:31:24	00:42:04	<b>00:43:56.70</b>	<b>00:44:04.95</b>	+00:12:12 (27.8%)	4:23	13.7 (72.5%)
79	<b>KŁOSOWSKI Marcin</b>	<b>22</b>	CSM POLSKA	M-40	27	CSM Polska	00:00:07	00:11:22	00:21:36	00:31:46	00:42:03	<b>00:43:59.15</b>	<b>00:44:06.60</b>	+00:12:15 (27.9%)	4:23	13.6 (72.0%)
80	<b>KOWALSKI Jacek</b>	<b>156</b>		M-40	28		00:00:06	00:10:25	00:20:43	00:31:28	00:42:06	<b>00:44:03.75</b>	<b>00:44:10.25</b>	+00:12:19 (28.0%)	4:24	13.6 (72.0%)
81	<b>WOŹNIAKOWSKA Agata</b>	<b>411</b>	WTLENIE	K-30	3	wTLENIE	00:00:04	00:10:57	00:21:08	00:31:34	00:42:13	<b>00:44:06.90</b>	<b>00:44:11.75</b>	+00:12:22 (28.1%)	4:24	13.6 (72.0%)
82	<b>LEWANDOWSKI Bartłomiej</b>	<b>283</b>		M-20	7		00:00:02	00:09:59	00:20:03	00:30:54	00:42:07	<b>00:44:07.70</b>	<b>00:44:10.05</b>	+00:12:23 (28.1%)	4:24	13.6 (72.0%)
83	<b>GROBELNY Szymon</b>	<b>126</b>		M-30	28		00:00:15	00:10:57	00:21:07	00:31:39	00:42:16	<b>00:44:08.45</b>	<b>00:44:23.65</b>	+00:12:24 (28.1%)	4:24	13.6 (72.0%)
84	<b>STRZAŁKA Robert</b>	<b>427</b>	BRZOZA BIEGA	M-40	29	Brzoza Biega	00:00:07	00:10:57	00:21:14	00:31:35	00:42:08	<b>00:44:11.95</b>	<b>00:44:19.70</b>	+00:12:27 (28.2%)	4:25	13.6 (72.0%)
85	<b>WIĘCKOWSKI Dariusz</b>	<b>166</b>	AKADEMIA MISTRZÓW SPORTU	M-40	30	Akademia Mistrzów Sportu	00:00:19	00:11:43	00:22:04	00:32:34	00:42:31	<b>00:44:20.60</b>	<b>00:44:40.00</b>	+00:12:36 (28.4%)	4:26	13.5 (71.4%)
86	<b>NARTOWSKI Łukasz</b>	<b>171</b>		M-30	29		00:00:10	00:11:12	00:21:38	00:32:05	00:42:29	<b>00:44:22.75</b>	<b>00:44:33.00</b>	+00:12:38 (28.5%)	4:26	13.5 (71.4%)
87	<b>MACIEJEWSKA Kamila</b>	<b>36</b>	#SLIMAKIBARCIN	K-40	2	#slimakibarcin	00:00:04	00:11:18	00:21:49	00:32:12	00:42:30	<b>00:44:24.20</b>	<b>00:44:28.65</b>	+00:12:40 (28.5%)	4:26	13.5 (71.4%)
88	<b>WIŚNIEWSKI Maciej</b>	<b>383</b>		M-40	31		00:00:04	00:10:57	00:21:29	00:32:06	00:42:31	<b>00:44:25.80</b>	<b>00:44:30.10</b>	+00:12:41 (28.6%)	4:26	13.5 (71.4%)
89	<b>SAWICKI Michał</b>	<b>437</b>		M-30	30		00:00:10	00:11:01	00:21:25	00:32:00	00:42:36	<b>00:44:32.00</b>	<b>00:44:42.65</b>	+00:12:47 (28.7%)	4:27	13.5 (71.4%)
90	<b>BONIKOWSKI Jakub</b>	<b>423</b>	TRISPACE/TREK	M-50	10	TRISPACE/TREK	00:00:09	00:10:49	00:21:20	00:32:08	00:42:43	<b>00:44:32.05</b>	<b>00:44:41.45</b>	+00:12:47 (28.7%)	4:27	13.5 (71.4%)
91	<b>RACZYŃSKI Krzysztof</b>	<b>48</b>	BIEGAJĄCY FILOZOF TEAM	M-60	3	Biegający Filozof Team	00:00:06	00:10:59	00:21:18	00:31:50	00:42:34	<b>00:44:32.85</b>	<b>00:44:39.05</b>	+00:12:48 (28.8%)	4:27	13.5 (71.4%)
92	<b>KRUSZYNA Adam</b>	<b>127</b>		M-50	11		00:00:04	00:10:45	00:21:09	00:31:57	00:42:42	<b>00:44:37.70</b>	<b>00:44:41.80</b>	+00:12:53 (28.9%)	4:27	13.4 (70.9%)
93	<b>ANDRZEJEWSKA Sylwia</b>	<b>240</b>	TEAMOCHAL	K-30	4	TEAMOCHAL	00:00:01	00:10:45	00:21:16	00:32:01	00:42:46	<b>00:44:39.85</b>	<b>00:44:41.80</b>	+00:12:55 (28.9%)	4:27	13.4 (70.9%)
94	<b>WIŚNIEWSKI Mikołaj</b>	<b>317</b>	BRZOZA BIEGA	M-30	31	Brzoza Biega	00:00:10	00:10:55	00:21:14	00:32:02	00:42:42	<b>00:44:41.80</b>	<b>00:44:52.55</b>	+00:12:57 (29.0%)	4:28	13.4 (70.9%)
95	<b>RATZ Marcjanna</b>	<b>14</b>		K-30	5		00:00:10	00:11:14	00:21:46	00:32:28	00:42:56	<b>00:44:42.15</b>	<b>00:44:52.15</b>	+00:12:58 (29.0%)	4:28	13.4 (70.9%)
96	<b>NOWACZYK Bartosz</b>	<b>428</b>		M-30	32		00:00:06	00:10:47	00:21:18	00:32:05	00:42:43	<b>00:44:43.55</b>	<b>00:44:50.05</b>	+00:12:59 (29.0%)	4:28	13.4 (70.9%)
97	<b>ZAJDLEWICZ Daniel</b>	<b>2</b>		M-40	32		00:00:11	00:11:02	00:21:39	00:32:12	00:42:49	<b>00:44:46.95</b>	<b>00:44:57.95</b>	+00:13:02 (29.1%)	4:28	13.4 (70.9%)
98	<b>SZTEJKA Damian</b>	<b>94</b>		M-40	33		00:00:13	00:10:54	00:21:24	00:32:12	00:42:53	<b>00:44:50.40</b>	<b>00:45:04.20</b>	+00:13:06 (29.2%)	4:29	13.4 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
99	<b>WASILEWSKA Martyna</b>	<b>398</b>	AKADEMIA MISTRZÓW SPORTU	K-30	6	Akademia Mistrzów Sportu	00:00:15	00:11:14	00:21:40	00:32:17	00:42:57	<b>00:44:53.30</b>	<b>00:45:08.50</b>	+00:13:09 (29.3%)	4:29	13.4 (70.9%)
100	<b>TOMASZEWSKI Marcin</b>	<b>381</b>		M-40	34		00:00:07	00:11:09	00:21:47	00:32:34	00:43:07	<b>00:45:00.45</b>	<b>00:45:08.30</b>	+00:13:16 (29.5%)	4:30	13.3 (70.4%)
101	<b>NAMIEŚNIK Krzysztof</b>	<b>110</b>	QSZYSHTOFF	M-40	35	QszyshtOff	00:00:25	00:11:26	00:21:54	00:32:30	00:43:04	<b>00:45:01.35</b>	<b>00:45:26.55</b>	+00:13:17 (29.5%)	4:30	13.3 (70.4%)
102	<b>PACZKOWSKI Mirosław</b>	<b>248</b>	TRIDROPSY	M-50	12	TRIDROPSY	00:00:11	00:11:09	00:21:45	00:32:32	00:43:15	<b>00:45:03.50</b>	<b>00:45:15.15</b>	+00:13:19 (29.6%)	4:30	13.3 (70.4%)
103	<b>STASZKIEWICZ Lucyna</b>	<b>71</b>	STASHKY TEAM	K-50	1	STASHKY TEAM	00:00:07	00:11:10	00:21:41	00:32:22	00:43:09	<b>00:45:07.75</b>	<b>00:45:14.75</b>	+00:13:23 (29.7%)	4:30	13.3 (70.4%)
104	<b>KOCZĄB Marta</b>	<b>432</b>		K-20	2		00:00:08	00:11:20	00:21:46	00:32:25	00:43:09	<b>00:45:11.45</b>	<b>00:45:20.25</b>	+00:13:27 (29.8%)	4:31	13.3 (70.4%)
105	<b>JAKUBIK Wojciech</b>	<b>281</b>	ROGIEWICZ RUNNING TEAM	M-40	36	Rogiewicz Running Team	00:00:14	00:11:22	00:22:02	00:32:53	00:43:27	<b>00:45:14.85</b>	<b>00:45:29.15</b>	+00:13:30 (29.9%)	4:31	13.3 (70.4%)
106	<b>BORCZYŃSKI Grzegorz</b>	<b>385</b>	BS PIOTRKÓW KUJAWSKI	M-40	37	BS Piotrków Kujawski	00:00:04	00:11:07	00:21:40	00:32:25	00:43:22	<b>00:45:26.50</b>	<b>00:45:31.25</b>	+00:13:42 (30.2%)	4:32	13.2 (69.8%)
107	<b>PILARSKI Marcin</b>	<b>401</b>		M-30	33		00:00:15	00:11:17	00:22:07	00:33:05	00:43:37	<b>00:45:34.10</b>	<b>00:45:49.75</b>	+00:13:50 (30.4%)	4:33	13.2 (69.8%)
108	<b>BUDZIK Ireneusz</b>	<b>334</b>		M-50	13		00:00:05	00:11:25	00:22:06	00:32:50	00:43:36	<b>00:45:34.70</b>	<b>00:45:40.05</b>	+00:13:50 (30.4%)	4:33	13.2 (69.8%)
109	<b>GLIWKA Artur</b>	<b>351</b>		M-40	38		00:00:12	00:11:05	00:21:42	00:32:36	00:43:41	<b>00:45:40.70</b>	<b>00:45:53.30</b>	+00:13:56 (30.5%)	4:34	13.1 (69.3%)
110	<b>LEŚNY Mateusz</b>	<b>436</b>		M-20	8		00:00:09	00:10:55	00:21:45	00:32:55	00:43:45	<b>00:45:41.50</b>	<b>00:45:51.20</b>	+00:13:57 (30.5%)	4:34	13.1 (69.3%)
111	<b>STARZYŃSKI Piotr</b>	<b>254</b>		M-40	39		00:00:18	00:11:57	00:22:35	00:33:20	00:43:51	<b>00:45:42.60</b>	<b>00:46:01.55</b>	+00:13:58 (30.6%)	4:34	13.1 (69.3%)
112	<b>BARSZCZEWSKI Sebastian</b>	<b>286</b>		M-40	40		00:00:12	00:11:21	00:22:02	00:32:58	00:43:54	<b>00:45:46.30</b>	<b>00:45:58.70</b>	+00:14:02 (30.7%)	4:34	13.1 (69.3%)
113	<b>CZARNECKI Piotr</b>	<b>488</b>		M-40	41	Brzoza Biega	00:00:16	00:11:32	00:22:16	00:33:07	00:44:00	<b>00:45:52.60</b>	<b>00:46:09.45</b>	+00:14:08 (30.8%)	4:35	13.1 (69.3%)
114	<b>KALACZYŃSKI Miłosz</b>	<b>410</b>	POLONIA BYDGOSZCZ SLA	M-20	9	Polonia Bydgoszcz SLA	00:00:25	00:12:14	00:23:09	00:33:48	00:44:06	<b>00:45:53.10</b>	<b>00:46:18.60</b>	+00:14:09 (30.8%)	4:35	13.1 (69.3%)
115	<b>SZYCHOWSKI Jarosław</b>	<b>296</b>	TKKF KOLEJARZ BYDGOSZCZ	M-30	34	TKKF Kolejarz Bydgoszcz	00:00:17	00:11:36	00:22:17	00:33:10	00:44:01	<b>00:45:56.85</b>	<b>00:46:14.10</b>	+00:14:12 (30.9%)	4:35	13.1 (69.3%)
116	<b>TRAWCZYŃSKI Jacek</b>	<b>476</b>	TRISPACE/TREK	M-50	14	TRISPACE/TREK	00:00:07	00:11:19	00:22:01	00:32:55	00:44:00	<b>00:45:58.30</b>	<b>00:46:06.00</b>	+00:14:14 (31.0%)	4:35	13.1 (69.3%)
117	<b>BAGIŃSKI Marcin</b>	<b>332</b>		M-30	35		00:00:29	00:11:37	00:22:21	00:33:08	00:44:01	<b>00:45:58.55</b>	<b>00:46:27.85</b>	+00:14:14 (31.0%)	4:35	13.1 (69.3%)
118	<b>PŁOCHARSKI Sebastian</b>	<b>460</b>		M-30	36		00:00:09	00:11:14	00:21:57	00:33:09	00:44:10	<b>00:46:02.70</b>	<b>00:46:12.10</b>	+00:14:18 (31.1%)	4:36	13 (68.8%)
119	<b>WIŚNIEWSKA Żaneta</b>	<b>291</b>		K-20	3		00:00:12	00:11:21	00:22:01	00:32:56	00:44:05	<b>00:46:04.20</b>	<b>00:46:17.15</b>	+00:14:20 (31.1%)	4:36	13 (68.8%)
120	<b>NAPIERAŁA Mikołaj</b>	<b>84</b>	TEAMOCHAL	M-20	10	TEAMOCHAL	00:00:26	00:12:22	00:23:32	00:34:07	00:44:22	<b>00:46:08.20</b>	<b>00:46:34.55</b>	+00:14:24 (31.2%)	4:36	13 (68.8%)
121	<b>VON PRADZYŃSKI Maciej</b>	<b>493</b>		M-30	37		00:00:08	00:11:10	00:21:54	00:33:07	00:44:12	<b>00:46:09.65</b>	<b>00:46:18.50</b>	+00:14:25 (31.3%)	4:36	13 (68.8%)
122	<b>MONDRY Waldemar</b>	<b>155</b>		M-50	15		00:00:06	00:11:26	00:22:10	00:33:11	00:44:14	<b>00:46:10.65</b>	<b>00:46:16.85</b>	+00:14:26 (31.3%)	4:37	13 (68.8%)
123	<b>ORLIKOWSKI Tadeusz</b>	<b>430</b>		M-70	1		00:00:09	00:11:23	00:22:17	00:33:18	00:44:16	<b>00:46:15.80</b>	<b>00:46:25.65</b>	+00:14:31 (31.4%)	4:37	13 (68.8%)
124	<b>WITUCKI Tomasz</b>	<b>462</b>	OSP BRZOZA	M-40	42	OSP Brzoza	00:00:25	00:11:22	00:22:03	00:33:06	00:44:25	<b>00:46:36.30</b>	<b>00:47:02.10</b>	+00:14:52 (31.9%)	4:39	12.9 (68.3%)
125	<b>KUBARSKI Julian</b>	<b>165</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	16	TKKF Kolejarz Bydgoszcz	00:00:09	00:11:24	00:22:13	00:33:29	00:44:33	<b>00:46:36.95</b>	<b>00:46:46.65</b>	+00:14:52 (31.9%)	4:39	12.9 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
126	DEJA Michał	219		M-30	38		00:00:06	00:11:22	00:22:06	00:33:09	00:44:33	<b>00:46:39.25</b>	<b>00:46:45.75</b>	+00:14:55 (32.0%)	4:39	12.9 (68.3%)
127	ŁUKAWSKI Tomek	483	B4SPORT	M-30	39	B4SPORT	00:00:03	00:10:56	00:21:55	00:33:17	00:44:45	<b>00:46:45.65</b>	<b>00:46:49.50</b>	+00:15:01 (32.1%)	4:40	12.8 (67.7%)
128	BUZALSKI Robert	88	ORANGE POLSKA	M-40	43	Orange Polska	00:00:05	00:10:58	00:21:43	00:33:05	00:44:42	<b>00:46:45.95</b>	<b>00:46:51.85</b>	+00:15:01 (32.1%)	4:40	12.8 (67.7%)
129	WIŚNIEWSKI Leszek	196	SĄSIEDZI BRZOZA TEAM	M-50	17	Sąsiedzi Brzoza Team	00:00:08	00:10:57	00:21:35	00:32:56	00:44:33	<b>00:46:46.35</b>	<b>00:46:54.80</b>	+00:15:02 (32.2%)	4:40	12.8 (67.7%)
130	SZAR Szymon	490		M-40	44	Rogiewicz Running Team	00:00:14	00:11:21	00:22:02	00:33:19	00:44:44	<b>00:46:48.05</b>	<b>00:47:02.50</b>	+00:15:03 (32.2%)	4:40	12.8 (67.7%)
131	MAŁKOWSKI Iwo	261	ANTIDOTUM	M-30	40	Antidotum	00:00:19	00:11:31	00:22:22	00:33:31	00:44:48	<b>00:46:49.35</b>	<b>00:47:09.25</b>	+00:15:05 (32.2%)	4:40	12.8 (67.7%)
132	TOMTAS Konrad	466	56. BAZA LOTNICZA	M-40	45	56. Baza Lotnicza	00:00:12	00:11:27	00:22:19	00:33:31	00:44:49	<b>00:46:53.35</b>	<b>00:47:06.00</b>	+00:15:09 (32.3%)	4:41	12.8 (67.7%)
133	BARTOSZ Marek	79		M-40	46		00:00:04	00:11:13	00:22:14	00:33:30	00:44:57	<b>00:46:59.75</b>	<b>00:47:04.60</b>	+00:15:15 (32.5%)	4:41	12.8 (67.7%)
134	BŁAŻEJAK Krzysia	241	WTLENIE	K-40	3	wTLENIE	00:00:03	00:11:31	00:22:25	00:33:42	00:45:05	<b>00:47:05.10</b>	<b>00:47:08.45</b>	+00:15:21 (32.6%)	4:42	12.7 (67.2%)
135	RENC Patryk	387		M-30	41		00:00:14	00:12:06	00:23:17	00:34:24	00:45:17	<b>00:47:07.30</b>	<b>00:47:21.70</b>	+00:15:23 (32.7%)	4:42	12.7 (67.2%)
136	ŁAZ Kamil	23	WTLENIE	M-30	42	wTLENIE	00:00:02	00:11:31	00:22:25	00:33:42	00:45:05	<b>00:47:16.70</b>	<b>00:47:19.35</b>	+00:15:32 (32.9%)	4:43	12.7 (67.2%)
137	KOTLIŃSKI Tomasz	161	KB SZAMOTUŁY	M-50	18	KB Szamotuły	00:00:18	00:11:32	00:22:30	00:33:55	00:45:21	<b>00:47:17.95</b>	<b>00:47:36.05</b>	+00:15:33 (32.9%)	4:43	12.7 (67.2%)
138	PAWŁOWSKI Radosław	83		M-50	19		00:00:04	00:11:46	00:22:47	00:33:55	00:45:20	<b>00:47:25.00</b>	<b>00:47:29.00</b>	+00:15:40 (33.1%)	4:44	12.7 (67.2%)
139	GRYCZKA Piotr	138		M-50	20		00:00:04	00:11:14	00:22:15	00:33:44	00:45:31	<b>00:47:29.80</b>	<b>00:47:34.25</b>	+00:15:45 (33.2%)	4:44	12.6 (66.7%)
140	GACKOWSKI Krzysztof	108		M-40	47		00:00:11	00:11:25	00:22:37	00:34:02	00:45:29	<b>00:47:31.60</b>	<b>00:47:43.40</b>	+00:15:47 (33.2%)	4:45	12.6 (66.7%)
141	DROBYSZEWSKI Krzysztof	182		M-40	48		00:00:09	00:11:33	00:22:23	00:33:39	00:45:19	<b>00:47:32.05</b>	<b>00:47:41.15</b>	+00:15:47 (33.2%)	4:45	12.6 (66.7%)
142	MARTYNOWICZ Krystian	181	TRISPACE/TREK	M-20	11	TRISPACE/TREK	00:00:07	00:11:20	00:22:38	00:34:05	00:45:32	<b>00:47:36.60</b>	<b>00:47:44.55</b>	+00:15:52 (33.3%)	4:45	12.6 (66.7%)
143	RYMARKIEWICZ Małgorzata	267	TM IRON TEAM	K-30	7	TM Iron Team	00:00:13	00:11:45	00:22:57	00:34:19	00:45:45	<b>00:47:49.65</b>	<b>00:48:03.10</b>	+00:16:05 (33.6%)	4:46	12.5 (66.1%)
144	KRZYŻANOWSKI Robert	185	ANDRO	M-50	21	Andro	00:00:11	00:11:22	00:22:27	00:34:02	00:45:47	<b>00:47:50.80</b>	<b>00:48:02.15</b>	+00:16:06 (33.7%)	4:47	12.5 (66.1%)
145	GABARKIEWICZ Łukasz	273		M-30	43		00:00:03	00:11:33	00:22:52	00:34:21	00:46:01	<b>00:47:56.95</b>	<b>00:48:00.65</b>	+00:16:12 (33.8%)	4:47	12.5 (66.1%)
146	NURKIEWICZ Jarosław	144	KUNG FU PANDY 3	M-50	22	Kung fu Pandy 3	00:00:09	00:11:17	00:22:39	00:34:22	00:46:02	<b>00:47:58.20</b>	<b>00:48:07.30</b>	+00:16:14 (33.8%)	4:47	12.5 (66.1%)
147	ZYLA Magdalena	249		K-40	4		00:00:14	00:12:10	00:23:33	00:34:59	00:46:17	<b>00:48:04.50</b>	<b>00:48:19.40</b>	+00:16:20 (34.0%)	4:48	12.5 (66.1%)
148	WASILEWSKA Agata	413	AKADEMIA MISTRZÓW SPORTU	K-40	5	Akademia Mistrzów Sportu	00:00:16	00:11:46	00:23:15	00:34:40	00:46:03	<b>00:48:04.75</b>	<b>00:48:21.05</b>	+00:16:20 (34.0%)	4:48	12.5 (66.1%)
149	PIERZGALSKI Damian	78		M-20	12		00:00:06	00:10:57	00:23:11	00:34:44	00:46:12	<b>00:48:08.55</b>	<b>00:48:15.50</b>	+00:16:24 (34.1%)	4:48	12.5 (66.1%)
150	KOZAK Krzysztof	15	BBACTIVE TEAM	M-30	44	BBACTIVE TEAM	00:00:19	00:12:12	00:23:33	00:34:53	00:46:16	<b>00:48:21.75</b>	<b>00:48:40.75</b>	+00:16:37 (34.4%)	4:50	12.4 (65.6%)
151	GIERACH Marcin	265	TRISPACE/TREK	M-40	49	TRISPACE/TREK	00:00:06	00:12:24	00:23:54	00:35:14	00:46:40	<b>00:48:34.90</b>	<b>00:48:41.85</b>	+00:16:50 (34.7%)	4:51	12.4 (65.6%)
152	RUDNIK Damian	461		M-20	13		00:00:06	00:12:24	00:23:54	00:35:14	00:46:40	<b>00:48:44.40</b>	<b>00:48:51.25</b>	+00:17:00 (34.9%)	4:52	12.3 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	<b>KOPACZEWSKI Marcin</b>	<b>218</b>	SZKOŁA JAZDY KOPACZEWSKI	M-40	50	Szkoła jazdy Kopaczewski	00:00:11	00:11:29	00:22:57	00:34:53	00:46:43	<b>00:48:55.15</b>	<b>00:49:06.20</b>	+00:17:11 (35.1%)	4:53	12.3 (65.1%)
154	<b>FULARA Nadia</b>	<b>49</b>		K-30	8		00:00:19	00:12:11	00:23:36	00:35:10	00:46:52	<b>00:48:57.10</b>	<b>00:49:16.70</b>	+00:17:13 (35.2%)	4:53	12.3 (65.1%)
155	<b>KRYSKE Mariusz</b>	<b>235</b>	SPÓJNIA BIAŁE BŁOTA	M-40	51	SPÓJNIA BIAŁE BŁOTA	00:00:31	00:12:18	00:23:33	00:35:08	00:46:59	<b>00:49:03.45</b>	<b>00:49:35.35</b>	+00:17:19 (35.3%)	4:54	12.2 (64.6%)
156	<b>KOMISARCZYK Iwona</b>	<b>177</b>	INOWROCŁAW BIEGA	K-50	2	Inowrocław biega	00:00:02	00:11:34	00:23:08	00:35:02	00:46:52	<b>00:49:03.95</b>	<b>00:49:06.25</b>	+00:17:19 (35.3%)	4:54	12.2 (64.6%)
157	<b>CHOLEWCZYŃSKI Damian</b>	<b>417</b>		M-30	45		00:00:08	00:11:54	00:23:28	00:35:07	00:47:02	<b>00:49:07.15</b>	<b>00:49:15.40</b>	+00:17:23 (35.4%)	4:54	12.2 (64.6%)
158	<b>WIDŹGOWSKI Przemysław</b>	<b>228</b>		M-40	52		00:00:15	00:12:25	00:24:12	00:35:54	00:47:08	<b>00:49:07.70</b>	<b>00:49:23.05</b>	+00:17:23 (35.4%)	4:54	12.2 (64.6%)
159	<b>MICHOŃSKI Krzysztof</b>	<b>472</b>		M-40	53		00:00:29	00:12:30	00:23:49	00:35:25	00:47:02	<b>00:49:14.15</b>	<b>00:49:43.80</b>	+00:17:30 (35.5%)	4:55	12.2 (64.6%)
160	<b>LEWANDOWSKI Rafał</b>	<b>31</b>	SPC	M-40	54	SPC	00:00:30	00:12:07	00:23:37	00:35:18	00:47:13	<b>00:49:18.20</b>	<b>00:49:48.35</b>	+00:17:34 (35.6%)	4:55	12.2 (64.6%)
161	<b>BIERNACKA Magdalena</b>	<b>380</b>	1 BRYGADA LOGISTYCZNA	K-30	9	1 Brygada Logistyczna	00:00:14	00:12:19	00:24:13	00:36:06	00:47:40	<b>00:49:32.60</b>	<b>00:49:46.90</b>	+00:17:48 (35.9%)	4:57	12.1 (64.0%)
162	<b>KOZIOŁ Łukasz</b>	<b>300</b>		M-30	46		00:00:24	00:12:06	00:23:39	00:35:32	00:47:34	<b>00:49:36.10</b>	<b>00:50:00.65</b>	+00:17:52 (36.0%)	4:57	12.1 (64.0%)
163	<b>JABŁOŃSKI Tomek</b>	<b>69</b>		M-40	55		00:00:25	00:12:39	00:24:11	00:35:48	00:47:29	<b>00:49:36.45</b>	<b>00:50:01.45</b>	+00:17:52 (36.0%)	4:57	12.1 (64.0%)
164	<b>JAWORSKI Krzysztof</b>	<b>370</b>		M-40	56		00:00:13	00:12:22	00:23:53	00:35:42	00:47:31	<b>00:49:44.65</b>	<b>00:49:57.90</b>	+00:18:00 (36.2%)	4:58	12.1 (64.0%)
165	<b>URBANIAK Sławomir</b>	<b>152</b>		M-50	23		00:00:11	00:12:04	00:23:36	00:35:23	00:47:33	<b>00:49:45.05</b>	<b>00:49:56.40</b>	+00:18:00 (36.2%)	4:58	12.1 (64.0%)
166	<b>OSIŃSKI Adam</b>	<b>205</b>	CHŁOPAKI TO MY	M-50	24	Chłopaki to My	00:00:15	00:12:48	00:24:26	00:36:08	00:47:38	<b>00:49:46.00</b>	<b>00:50:01.75</b>	+00:18:01 (36.2%)	4:58	12.1 (64.0%)
167	<b>GALICKI Jakub</b>	<b>64</b>	AKADEMIA MISTRZÓW SPORTU	M-40	57	Akademia Mistrzów Sportu	00:00:13	00:12:11	00:23:44	00:35:44	00:47:40	<b>00:49:46.80</b>	<b>00:50:00.05</b>	+00:18:02 (36.2%)	4:58	12.1 (64.0%)
168	<b>DRZEWIECKI Rafał</b>	<b>86</b>	AKADEMIA MISTRZÓW SPORTU	M-40	58	Akademia Mistrzów Sportu	00:00:17	00:12:44	00:24:23	00:36:07	00:47:44	<b>00:49:50.45</b>	<b>00:50:07.75</b>	+00:18:06 (36.3%)	4:59	12 (63.5%)
169	<b>DROŹDŹ Małgorzata</b>	<b>42</b>	AKADEMIA MISTRZÓW SPORTU	K-40	6	Akademia Mistrzów Sportu	00:00:17	00:12:44	00:24:23	00:36:07	00:47:44	<b>00:49:50.55</b>	<b>00:50:08.15</b>	+00:18:06 (36.3%)	4:59	12 (63.5%)
170	<b>ZAPARUCHA Mikołaj</b>	<b>371</b>		M-50	25		00:00:09	00:12:16	00:23:52	00:35:47	00:47:51	<b>00:49:52.30</b>	<b>00:50:01.55</b>	+00:18:08 (36.4%)	4:59	12 (63.5%)
171	<b>PRZYBYŁA Agnieszka</b>	<b>442</b>		K-40	7		00:00:20	00:12:39	00:24:05	00:35:47	00:47:45	<b>00:49:59.80</b>	<b>00:50:19.95</b>	+00:18:15 (36.5%)	4:59	12 (63.5%)
172	<b>KOWALSKI Wojciech</b>	<b>431</b>		M-40	59		00:00:06	00:12:24	00:24:24	00:36:19	00:47:54	<b>00:50:02.55</b>	<b>00:50:08.60</b>	+00:18:18 (36.6%)	5:00	12 (63.5%)
173	<b>LASKOWSKI Daniel</b>	<b>188</b>		M-40	60		00:00:21	00:12:15	00:23:52	00:35:45	00:47:53	<b>00:50:04.10</b>	<b>00:50:25.25</b>	+00:18:20 (36.6%)	5:00	12 (63.5%)
174	<b>ŚWIDER Dariusz</b>	<b>408</b>		M-40	61		00:00:05	00:12:57	00:24:36	00:36:19	00:47:57	<b>00:50:05.60</b>	<b>00:50:11.00</b>	+00:18:21 (36.6%)	5:00	12 (63.5%)
175	<b>STĘPIEŃ Tomasz</b>	<b>222</b>		M-40	62		00:00:10	00:11:44	00:23:26	00:35:27	00:47:50	<b>00:50:07.00</b>	<b>00:50:17.00</b>	+00:18:22 (36.7%)	5:00	12 (63.5%)
176	<b>SZCZERBA Maciej</b>	<b>298</b>		M-50	26		00:00:12	00:12:14	00:24:02	00:35:58	00:47:54	<b>00:50:07.20</b>	<b>00:50:20.15</b>	+00:18:23 (36.7%)	5:00	12 (63.5%)
177	<b>TOMCZAK Zbigniew</b>	<b>32</b>		M-60	4		00:00:08	00:12:10	00:23:45	00:35:46	00:47:56	<b>00:50:15.00</b>	<b>00:50:23.35</b>	+00:18:30 (36.8%)	5:01	11.9 (63.0%)
178	<b>LUZAK Magdalena</b>	<b>415</b>		K-30	10		00:00:08	00:11:48	00:23:35	00:35:44	00:48:03	<b>00:50:16.50</b>	<b>00:50:25.30</b>	+00:18:32 (36.9%)	5:01	11.9 (63.0%)
179	<b>RYDLEWSKI Marek</b>	<b>67</b>	RUN BYDGOSZCZ	M-50	27	RUN BYDGOSZCZ	00:00:12	00:12:12	00:23:51	00:35:49	00:48:06	<b>00:50:19.40</b>	<b>00:50:31.45</b>	+00:18:35 (36.9%)	5:01	11.9 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
180	<b>BARANOWSKA Joanna</b>	<b>372</b>		K-40	8		00:00:07	00:12:56	00:24:57	00:36:58	00:48:27	<b>00:50:23.90</b>	<b>00:50:31.85</b>	+00:18:39 (37.0%)	5:02	11.9 (63.0%)
181	<b>ŚWIĘCICKI Andrzej</b>	<b>72</b>		M-40	63		00:00:10	00:12:22	00:24:16	00:36:12	00:48:16	<b>00:50:24.30</b>	<b>00:50:34.45</b>	+00:18:40 (37.0%)	5:02	11.9 (63.0%)
182	<b>KRUSZYNA Renata</b>	<b>307</b>		K-30	11		00:00:15	00:12:09	00:23:48	00:35:51	00:48:11	<b>00:50:30.90</b>	<b>00:50:46.55</b>	+00:18:46 (37.2%)	5:03	11.9 (63.0%)
183	<b>GRUDA Mirosław</b>	<b>62</b>		M-60	5		00:00:13	00:12:16	00:24:07	00:36:23	00:48:26	<b>00:50:39.95</b>	<b>00:50:53.75</b>	+00:18:55 (37.4%)	5:03	11.8 (62.4%)
184	<b>GRALIK Kacper</b>	<b>44</b>	BYDGOSKIE OKONIE	M-20	14	Bydgoskie Okonie	00:00:23	00:12:44	00:24:27	00:36:34	00:48:37	<b>00:50:48.80</b>	<b>00:51:12.25</b>	+00:19:04 (37.5%)	5:04	11.8 (62.4%)
185	<b>REPKA Marek</b>	<b>57</b>	LUPUS TEAM	M-40	64	Lupus Team	00:00:07	00:12:21	00:23:54	00:35:42	00:48:33	<b>00:50:50.50</b>	<b>00:50:57.75</b>	+00:19:06 (37.6%)	5:05	11.8 (62.4%)
186	<b>MILEWSKI Arkadiusz</b>	<b>245</b>		M-40	65		00:00:16	00:13:08	00:25:06	00:36:50	00:48:36	<b>00:50:50.80</b>	<b>00:51:07.05</b>	+00:19:06 (37.6%)	5:05	11.8 (62.4%)
187	<b>REPKA Anna</b>	<b>55</b>	LUPUS TEAM	K-40	9	Lupus Team	00:00:07	00:12:22	00:24:07	00:36:26	00:48:42	<b>00:50:51.60</b>	<b>00:50:58.65</b>	+00:19:07 (37.6%)	5:05	11.8 (62.4%)
188	<b>PAŚ Michał</b>	<b>95</b>	CHARTY SZELEJEWO	M-40	66	Charty Szelejewo	00:00:10	00:13:11	00:25:11	00:36:56	00:48:41	<b>00:50:51.65</b>	<b>00:51:01.80</b>	+00:19:07 (37.6%)	5:05	11.8 (62.4%)
189	<b>ĆWIK Łukasz</b>	<b>446</b>	ESTEBAN	M-40	67	Esteban	00:00:11	00:12:13	00:23:58	00:36:16	00:48:43	<b>00:50:57.85</b>	<b>00:51:09.55</b>	+00:19:13 (37.7%)	5:05	11.8 (62.4%)
190	<b>STEMPNIAK Krzysztof</b>	<b>111</b>		M-50	28		00:00:12	00:12:14	00:24:08	00:36:24	00:48:49	<b>00:50:59.30</b>	<b>00:51:11.35</b>	+00:19:15 (37.8%)	5:05	11.8 (62.4%)
191	<b>LASKOWSKA Monika</b>	<b>189</b>		K-30	12		00:00:23	00:12:44	00:24:36	00:36:42	00:48:54	<b>00:51:09.00</b>	<b>00:51:32.10</b>	+00:19:24 (38.0%)	5:06	11.7 (61.9%)
192	<b>MISUN-NOWAK Katarzyna</b>	<b>30</b>	AKADEMIA MISTRZÓW SPORTU	K-40	10	Akademia Mistrzów Sportu	00:00:14	00:12:56	00:25:06	00:37:08	00:48:59	<b>00:51:09.80</b>	<b>00:51:24.70</b>	+00:19:25 (38.0%)	5:06	11.7 (61.9%)
193	<b>HENSIK Szymon</b>	<b>478</b>	OSP BRZOZA	M-30	47	OSP Brzoza	00:00:14	00:12:23	00:24:12	00:36:29	00:48:49	<b>00:51:10.60</b>	<b>00:51:25.50</b>	+00:19:26 (38.0%)	5:07	11.7 (61.9%)
194	<b>SZYMAŃSKI Michał</b>	<b>397</b>		M-30	48		00:00:06	00:12:17	00:23:54	00:35:55	00:48:48	<b>00:51:19.35</b>	<b>00:51:25.40</b>	+00:19:35 (38.2%)	5:07	11.7 (61.9%)
195	<b>KICZIŃSKI Izabela</b>	<b>327</b>	CBR BIEGA	K-40	11	CBR BIEGA	00:00:14	00:13:09	00:25:13	00:37:27	00:49:17	<b>00:51:24.30</b>	<b>00:51:39.25</b>	+00:19:40 (38.3%)	5:08	11.7 (61.9%)
196	<b>ŻEGLICZ Marek</b>	<b>216</b>	SPÓJNIA BIAŁE BŁOTA	M-20	15	Spójnia Białe Błota	00:00:24	00:12:27	00:24:08	00:36:22	00:49:09	<b>00:51:30.10</b>	<b>00:51:54.90</b>	+00:19:46 (38.4%)	5:09	11.7 (61.9%)
197	<b>MALEC Karol</b>	<b>376</b>		M-40	68		00:00:15	00:12:52	00:24:35	00:36:50	00:49:21	<b>00:51:36.15</b>	<b>00:51:51.65</b>	+00:19:52 (38.5%)	5:09	11.6 (61.4%)
198	<b>WŁODARSKA Karolina</b>	<b>130</b>	POLONIA BYDGOSZCZ SLA	K-40	12	Polonia Bydgoszcz SLA	00:00:26	00:13:08	00:25:12	00:37:28	00:49:34	<b>00:51:45.30</b>	<b>00:52:11.65</b>	+00:20:01 (38.7%)	5:10	11.6 (61.4%)
199	<b>GÓRSKI Marian</b>	<b>435</b>		M-60	6		00:00:02	00:12:43	00:24:53	00:37:09	00:49:32	<b>00:51:47.75</b>	<b>00:51:50.05</b>	+00:20:03 (38.7%)	5:10	11.6 (61.4%)
200	<b>KOSIARSKI Tomasz</b>	<b>340</b>		M-40	69		00:00:19	00:12:48	00:24:40	00:37:23	00:49:49	<b>00:51:54.55</b>	<b>00:52:14.00</b>	+00:20:10 (38.9%)	5:11	11.6 (61.4%)
201	<b>STAFIEJ Wojciech</b>	<b>136</b>		M-50	29		00:00:13	00:12:21	00:23:51	00:35:33	00:49:45	<b>00:51:56.25</b>	<b>00:52:09.60</b>	+00:20:12 (38.9%)	5:11	11.6 (61.4%)
202	<b>DAWIDOWICZ Maciej</b>	<b>158</b>	TRISPACE/TREK	M-40	70	TRISPACE/TREK	00:00:19	00:12:33	00:25:26	00:37:56	00:49:48	<b>00:51:57.10</b>	<b>00:52:16.30</b>	+00:20:13 (38.9%)	5:11	11.5 (60.8%)
203	<b>OLIWKOWSKI Łukasz</b>	<b>438</b>		M-40	71		00:00:21	00:12:09	00:24:13	00:37:09	00:49:43	<b>00:51:57.30</b>	<b>00:52:18.55</b>	+00:20:13 (38.9%)	5:11	11.5 (60.8%)
204	<b>KAZUBOWSKI Jacek</b>	<b>100</b>	KAZUBKI TEAM/TRIDARKO	M-50	30	Kazubki Team/TriDarKo	00:00:07	00:12:33	00:24:44	00:37:13	00:49:50	<b>00:51:57.90</b>	<b>00:52:05.35</b>	+00:20:13 (38.9%)	5:11	11.5 (60.8%)
205	<b>CZYŻEWSKA Justyna</b>	<b>26</b>		K-30	13		00:00:14	00:12:24	00:24:25	00:37:01	00:49:47	<b>00:52:05.10</b>	<b>00:52:19.20</b>	+00:20:21 (39.1%)	5:12	11.5 (60.8%)
206	<b>PODLASZEWSKI Jacek</b>	<b>294</b>		M-50	31		00:00:29	00:12:53	00:25:08	00:37:33	00:49:58	<b>00:52:08.95</b>	<b>00:52:38.50</b>	+00:20:24 (39.1%)	5:12	11.5 (60.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
207	<b>KOSEK Mariusz</b>	<b>154</b>	RCI	M-50	32	RCI	00:00:13	00:12:46	00:24:42	00:36:58	00:49:52	<b>00:52:13.65</b>	<b>00:52:27.20</b>	+00:20:29 (39.2%)	5:13	11.5 (60.8%)
208	<b>GIL Jarosław</b>	<b>209</b>		M-30	49		00:00:27	00:12:45	00:25:07	00:37:39	00:50:05	<b>00:52:19.40</b>	<b>00:52:46.40</b>	+00:20:35 (39.3%)	5:13	11.5 (60.8%)
209	<b>TOCZKIEWICZ Kaja</b>	<b>169</b>	TEAMOCHAL	K-1	1	TEAMOCHAL	00:00:04	00:12:35	00:24:51	00:37:32	00:50:22	<b>00:52:29.55</b>	<b>00:52:34.30</b>	+00:20:45 (39.5%)	5:14	11.4 (60.3%)
210	<b>KANADYS Jacek</b>	<b>20</b>		M-50	33		00:00:21	00:13:08	00:25:17	00:37:35	00:50:14	<b>00:52:35.40</b>	<b>00:52:56.65</b>	+00:20:51 (39.7%)	5:15	11.4 (60.3%)
211	<b>HAREMZA Mariusz</b>	<b>17</b>		M-40	72		00:00:21	00:13:06	00:25:17	00:37:48	00:50:24	<b>00:52:35.75</b>	<b>00:52:56.85</b>	+00:20:51 (39.7%)	5:15	11.4 (60.3%)
212	<b>LICA Grzegorz</b>	<b>191</b>		M-40	73		00:00:30	00:12:45	00:25:15	00:38:01	00:50:24	<b>00:52:39.65</b>	<b>00:53:09.70</b>	+00:20:55 (39.7%)	5:15	11.4 (60.3%)
213	<b>FARMAS Tomasz</b>	<b>374</b>		M-1	5		00:00:12	00:12:07	00:24:16	00:37:41	00:50:24	<b>00:52:39.80</b>	<b>00:52:52.20</b>	+00:20:55 (39.7%)	5:15	11.4 (60.3%)
214	<b>POLIWODZIŃSKI Michał</b>	<b>117</b>	FKS WISŁA FORDON	M-40	74	FKS WISŁA FORDON	00:00:08	00:12:30	00:24:51	00:37:42	00:50:47	<b>00:52:54.35</b>	<b>00:53:02.50</b>	+00:21:10 (40.0%)	5:17	11.3 (59.8%)
215	<b>SZARMACH Stanisław</b>	<b>331</b>	DIABELSKIE PIORUNY	M-70	2	Diabelskie Pioruny	00:00:24	00:13:04	00:25:25	00:38:07	00:50:47	<b>00:53:00.40</b>	<b>00:53:25.10</b>	+00:21:16 (40.1%)	5:18	11.3 (59.8%)
216	<b>SOBAŃSKI Michał</b>	<b>137</b>		M-30	50		00:00:34	00:14:05	00:26:43	00:39:00	00:50:57	<b>00:53:02.55</b>	<b>00:53:36.70</b>	+00:21:18 (40.2%)	5:18	11.3 (59.8%)
217	<b>SADOWSKI Marian</b>	<b>276</b>		M-50	34		00:00:16	00:13:08	00:25:24	00:37:54	00:50:43	<b>00:53:06.50</b>	<b>00:53:23.10</b>	+00:21:22 (40.2%)	5:18	11.3 (59.8%)
218	<b>KANARKOWSKI Stanisław</b>	<b>335</b>		M-60	7		00:00:06	00:12:58	00:25:29	00:38:16	00:51:05	<b>00:53:18.65</b>	<b>00:53:25.40</b>	+00:21:34 (40.5%)	5:19	11.3 (59.8%)
219	<b>RYCHTER Marta</b>	<b>496</b>		K-20	4	The Rychters	00:04:01	00:13:05	00:25:31	00:38:18	00:51:12	<b>00:53:25.85</b>	<b>00:57:27.00</b>	+00:21:41 (40.6%)	5:20	11.2 (59.3%)
220	<b>GIERSEWSKA Grażyna</b>	<b>350</b>		K-50	3		00:00:18	00:13:18	00:25:50	00:38:36	00:51:21	<b>00:53:27.15</b>	<b>00:53:45.65</b>	+00:21:43 (40.6%)	5:20	11.2 (59.3%)
221	<b>DULIŃSKA Dorota</b>	<b>190</b>	TRISPACE/TREK	K-40	13	TRISPACE/TREK	00:00:30	00:13:21	00:25:52	00:38:31	00:51:09	<b>00:53:29.50</b>	<b>00:54:00.15</b>	+00:21:45 (40.7%)	5:20	11.2 (59.3%)
222	<b>KONIEC Piotr</b>	<b>443</b>	TRIDROPSY	M-40	75	TRIDROPSY	00:00:11	00:13:28	00:25:49	00:38:46	00:51:29	<b>00:53:36.05</b>	<b>00:53:47.45</b>	+00:21:51 (40.8%)	5:21	11.2 (59.3%)
223	<b>MURACH Wojciech</b>	<b>471</b>		M-50	35		00:00:28	00:13:57	00:26:53	00:39:25	00:51:29	<b>00:53:36.30</b>	<b>00:54:05.05</b>	+00:21:52 (40.8%)	5:21	11.2 (59.3%)
224	<b>OLSZÓWKA Michał</b>	<b>90</b>	LKS OSTROMECKO	M-40	76	LKS Ostromecko	00:00:24	00:13:33	00:26:18	00:39:00	00:51:36	<b>00:53:41.05</b>	<b>00:54:05.75</b>	+00:21:56 (40.9%)	5:22	11.2 (59.3%)
225	<b>JAKUBIEC Adrianna</b>	<b>96</b>		K-20	5		00:00:24	00:13:33	00:26:18	00:39:00	00:51:36	<b>00:53:41.20</b>	<b>00:54:05.75</b>	+00:21:57 (40.9%)	5:22	11.2 (59.3%)
226	<b>GARBARCZYK Bartek</b>	<b>384</b>		M-1	6		00:00:20	00:14:09	00:27:16	00:40:21	00:52:54	<b>00:53:53.90</b>	<b>00:54:14.20</b>	+00:22:09 (41.1%)	5:23	11.1 (58.7%)
227	<b>RYDLEWSKI Andrzej</b>	<b>429</b>		M-40	77		00:00:18	00:13:58	00:26:53	00:39:22	00:51:39	<b>00:53:59.90</b>	<b>00:54:18.10</b>	+00:22:15 (41.2%)	5:23	11.1 (58.7%)
228	<b>MAŚLIŃSKI Mirosław</b>	<b>309</b>		M-50	36		00:00:16	00:13:23	00:26:01	00:38:44	00:51:49	<b>00:54:11.15</b>	<b>00:54:27.20</b>	+00:22:27 (41.4%)	5:25	11.1 (58.7%)
229	<b>RÓŻYCKI Waldemar</b>	<b>102</b>	KATOLIK	M-40	78	Katolik	00:00:27	00:13:34	00:26:25	00:39:27	00:52:05	<b>00:54:12.25</b>	<b>00:54:40.00</b>	+00:22:28 (41.5%)	5:25	11.1 (58.7%)
230	<b>STERNAL Tomasz</b>	<b>345</b>		M-50	37		00:00:20	00:13:34	00:26:22	00:39:05	00:51:55	<b>00:54:13.95</b>	<b>00:54:34.70</b>	+00:22:29 (41.5%)	5:25	11.1 (58.7%)
231	<b>PRZYWECKA Jadwiga</b>	<b>491</b>		K-40	14		00:00:24	00:13:48	00:26:41	00:39:17	00:51:58	<b>00:54:23.05</b>	<b>00:54:47.10</b>	+00:22:38 (41.6%)	5:26	11 (58.2%)
232	<b>KURS Jarosław</b>	<b>388</b>	TKKF KOLEJARZ BYDGOSZCZ	M-50	38	TKKF Kolejarz Bydgoszcz	00:00:31	00:13:23	00:26:07	00:39:10	00:52:18	<b>00:54:37.75</b>	<b>00:55:09.35</b>	+00:22:53 (41.9%)	5:27	11 (58.2%)
233	<b>GOSIA Mał</b>	<b>246</b>		K-30	14		00:00:27	00:13:50	00:26:42	00:39:54	00:52:55	<b>00:55:08.65</b>	<b>00:55:36.50</b>	+00:23:24 (42.5%)	5:30	10.9 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
234	<b>OKOŃSKA Emilia</b>	<b>227</b>		K-40	15		00:00:28	00:13:45	00:26:48	00:40:10	00:53:05	<b>00:55:18.20</b>	<b>00:55:46.85</b>	+00:23:34 (42.6%)	5:31	10.8 (57.1%)
235	<b>KOLASIŃSKI Tomasz</b>	<b>163</b>		M-50	39		00:00:14	00:13:18	00:25:58	00:38:54	00:52:59	<b>00:55:40.60</b>	<b>00:55:54.75</b>	+00:23:56 (43.0%)	5:34	10.8 (57.1%)
236	<b>STANKOWSKA Justyna</b>	<b>360</b>		K-40	16		00:00:10	00:13:14	00:25:56	00:39:14	00:53:15	<b>00:55:40.65</b>	<b>00:55:51.20</b>	+00:23:56 (43.0%)	5:34	10.8 (57.1%)
237	<b>KONIEC Krzysztof</b>	<b>34</b>	KONIEC	M-50	40	Koniec	00:00:06	00:13:00	00:25:47	00:39:33	00:53:25	<b>00:55:44.60</b>	<b>00:55:50.65</b>	+00:24:00 (43.1%)	5:34	10.8 (57.1%)
238	<b>NALEWALSKA Justyna</b>	<b>386</b>		K-30	15		00:00:18	00:13:33	00:26:50	00:40:08	00:53:35	<b>00:55:45.30</b>	<b>00:56:03.65</b>	+00:24:01 (43.1%)	5:34	10.8 (57.1%)
239	<b>KOPACZEWSKA Agnieszka</b>	<b>217</b>	SZKOŁA JAZDY KOPACZEWSKI	K-40	17	Szkoła jazdy Kopaczewski	00:00:11	00:13:40	00:26:54	00:40:31	00:53:35	<b>00:55:51.50</b>	<b>00:56:03.10</b>	+00:24:07 (43.2%)	5:35	10.7 (56.6%)
240	<b>WÓDKOWSKI Łukasz</b>	<b>467</b>		M-30	51		00:00:16	00:13:24	00:26:24	00:40:02	00:53:29	<b>00:55:54.40</b>	<b>00:56:10.55</b>	+00:24:10 (43.2%)	5:35	10.7 (56.6%)
241	<b>GROTA Artur</b>	<b>434</b>		M-40	79		00:00:16	00:13:19	00:26:19	00:39:56	00:53:33	<b>00:55:57.70</b>	<b>00:56:13.95</b>	+00:24:13 (43.3%)	5:35	10.7 (56.6%)
242	<b>KRANZ Amelia</b>	<b>151</b>	ŁABISZYN RUNNERS	K-1	2	Łabiszyn runners	00:00:17	00:13:11	00:26:21	00:39:58	00:53:40	<b>00:55:58.15</b>	<b>00:56:15.45</b>	+00:24:14 (43.3%)	5:35	10.7 (56.6%)
243	<b>GROBELNA Monika</b>	<b>61</b>		K-40	18		00:00:14	00:13:24	00:26:46	00:40:34	00:53:54	<b>00:56:00.75</b>	<b>00:56:15.40</b>	+00:24:16 (43.3%)	5:36	10.7 (56.6%)
244	<b>FABROWSKI Dawid</b>	<b>202</b>	TRITATA/OCHALTEAM	M-40	80	TriTata/OCHALteam	00:00:22	00:13:31	00:26:44	00:40:09	00:53:40	<b>00:56:01.60</b>	<b>00:56:24.50</b>	+00:24:17 (43.4%)	5:36	10.7 (56.6%)
245	<b>MAŁKIŃSKI Józef</b>	<b>123</b>		M-60	8		00:00:13	00:13:48	00:26:41	00:40:02	00:53:28	<b>00:56:06.45</b>	<b>00:56:20.10</b>	+00:24:22 (43.4%)	5:36	10.7 (56.6%)
246	<b>ROŚ Adam</b>	<b>373</b>		M-50	41		00:00:34	00:14:48	00:27:54	00:40:55	00:53:46	<b>00:56:06.95</b>	<b>00:56:41.60</b>	+00:24:22 (43.4%)	5:36	10.7 (56.6%)
247	<b>STEJUK Aleksandra</b>	<b>9</b>	AKADEMIA MISTRZÓW SPORTU	K-40	19	Akademia Mistrzów Sportu	00:00:15	00:13:33	00:26:48	00:40:31	00:53:44	<b>00:56:11.40</b>	<b>00:56:27.35</b>	+00:24:27 (43.5%)	5:37	10.7 (56.6%)
248	<b>OLIWKOWSKA Eliza</b>	<b>439</b>		K-40	20		00:00:20	00:13:52	00:26:58	00:40:43	00:53:47	<b>00:56:16.20</b>	<b>00:56:36.95</b>	+00:24:32 (43.6%)	5:37	10.7 (56.6%)
249	<b>LEWANDOWSKI Jacek</b>	<b>51</b>	AKADEMIA MISTRZÓW SPORTU	M-40	81	Akademia Mistrzów Sportu	00:00:16	00:13:33	00:26:48	00:40:31	00:53:44	<b>00:56:17.55</b>	<b>00:56:33.60</b>	+00:24:33 (43.6%)	5:37	10.7 (56.6%)
250	<b>PASZKIEWICZ Marika</b>	<b>477</b>	BRZOZA BIEGA	K-30	16		00:00:13	00:14:00	00:27:05	00:40:32	00:54:02	<b>00:56:18.25</b>	<b>00:56:31.30</b>	+00:24:34 (43.6%)	5:37	10.7 (56.6%)
251	<b>DAWGUL Hanna</b>	<b>404</b>	AKADEMIA MISTRZÓW SPORTU	K-40	21	Akademia Mistrzów Sportu	00:00:15	00:13:34	00:26:41	00:40:12	00:53:53	<b>00:56:18.35</b>	<b>00:56:33.85</b>	+00:24:34 (43.6%)	5:37	10.7 (56.6%)
252	<b>PIONTEK Elżbieta</b>	<b>255</b>		K-60	1		00:00:29	00:13:59	00:27:12	00:40:21	00:53:56	<b>00:56:19.80</b>	<b>00:56:48.85</b>	+00:24:35 (43.7%)	5:37	10.7 (56.6%)
253	<b>MAGDZIARZ Katarzyna</b>	<b>419</b>	KANCELARIA - HMM	K-40	22	Kancelaria - HMM	00:00:23	00:13:56	00:27:08	00:40:28	00:53:58	<b>00:56:20.10</b>	<b>00:56:43.95</b>	+00:24:36 (43.7%)	5:38	10.7 (56.6%)
254	<b>SZUKALSKI Michał</b>	<b>290</b>		M-40	82		00:00:18	00:13:17	00:26:23	00:40:27	00:54:00	<b>00:56:28.00</b>	<b>00:56:46.80</b>	+00:24:43 (43.8%)	5:38	10.6 (56.1%)
255	<b>BARWIKOWSKA Bogusia</b>	<b>229</b>		K-40	23		00:00:22	00:14:07	00:27:22	00:40:45	00:54:09	<b>00:56:31.90</b>	<b>00:56:54.70</b>	+00:24:47 (43.9%)	5:39	10.6 (56.1%)
256	<b>JURSKI Robert</b>	<b>54</b>		M-40	83		00:00:29	00:13:37	00:26:43	00:40:15	00:54:06	<b>00:56:35.50</b>	<b>00:57:04.85</b>	+00:24:51 (43.9%)	5:39	10.6 (56.1%)
257	<b>SZYMAŃSKI Bartosz</b>	<b>319</b>		M-30	52		00:00:25	00:14:36	00:27:52	00:41:21	00:54:23	<b>00:56:37.95</b>	<b>00:57:02.95</b>	+00:24:53 (44.0%)	5:39	10.6 (56.1%)
258	<b>PIETRASZAK Tomasz</b>	<b>10</b>	RUN BYDGOSZCZ	M-50	42	RUN BYDGOSZCZ	00:00:27	00:13:51	00:26:48	00:40:03	00:54:20	<b>00:56:50.95</b>	<b>00:57:18.35</b>	+00:25:06 (44.2%)	5:41	10.6 (56.1%)
259	<b>KLAFETKA Mateusz</b>	<b>448</b>		M-30	53		00:00:34	00:14:02	00:27:22	00:41:06	00:54:41	<b>00:57:01.65</b>	<b>00:57:35.95</b>	+00:25:17 (44.4%)	5:42	10.5 (55.6%)
260	<b>KOWALSKA Anna</b>	<b>470</b>		K-30	17		00:00:28	00:13:57	00:27:10	00:41:16	00:54:48	<b>00:57:02.05</b>	<b>00:57:30.95</b>	+00:25:17 (44.4%)	5:42	10.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
261	<b>NOWACZYK Zygmunt</b>	<b>339</b>		M-50	43		00:00:12	00:13:39	00:27:28	00:41:26	00:54:36	<b>00:57:03.05</b>	<b>00:57:15.05</b>	+00:25:18 (44.4%)	5:42	10.5 (55.6%)
262	<b>KASPROWICZ Piotr</b>	<b>8</b>	JW1515 BYDGOSZCZ	M-40	84	JW1515 Bydgoszcz	00:00:22	00:13:53	00:27:25	00:41:14	00:54:42	<b>00:57:05.55</b>	<b>00:57:27.55</b>	+00:25:21 (44.4%)	5:42	10.5 (55.6%)
263	<b>BASIŃSKI Paweł</b>	<b>357</b>		M-40	85		00:00:30	00:14:16	00:27:42	00:41:14	00:54:49	<b>00:57:14.85</b>	<b>00:57:45.40</b>	+00:25:30 (44.6%)	5:43	10.5 (55.6%)
264	<b>DROBYSZEWSKA Anna</b>	<b>180</b>		K-40	24		00:00:08	00:13:32	00:26:55	00:40:34	00:54:42	<b>00:57:23.25</b>	<b>00:57:31.90</b>	+00:25:39 (44.7%)	5:44	10.5 (55.6%)
265	<b>ANDRZEJEWSKI Ryszard</b>	<b>53</b>		M-70	3		00:00:16	00:13:23	00:26:46	00:40:37	00:54:47	<b>00:57:27.65</b>	<b>00:57:44.25</b>	+00:25:43 (44.8%)	5:44	10.4 (55.0%)
266	<b>ZUPA Wojciech</b>	<b>285</b>		M-60	9		00:00:19	00:14:00	00:27:32	00:41:17	00:55:00	<b>00:57:29.00</b>	<b>00:57:48.90</b>	+00:25:44 (44.8%)	5:44	10.4 (55.0%)
267	<b>STERNAL Elżbieta</b>	<b>344</b>		K-50	4		00:00:18	00:13:37	00:26:58	00:40:37	00:54:58	<b>00:57:32.90</b>	<b>00:57:51.70</b>	+00:25:48 (44.9%)	5:45	10.4 (55.0%)
268	<b>ŻEHALUK Paweł</b>	<b>348</b>		M-30	54		00:00:32	00:14:34	00:27:57	00:41:40	00:55:08	<b>00:57:34.80</b>	<b>00:58:07.75</b>	+00:25:50 (44.9%)	5:45	10.4 (55.0%)
269	<b>MAZALON Arkadiusz</b>	<b>349</b>		M-30	55		00:00:32	00:14:35	00:27:57	00:41:41	00:55:09	<b>00:57:35.35</b>	<b>00:58:07.85</b>	+00:25:51 (44.9%)	5:45	10.4 (55.0%)
270	<b>TOCZKIEWICZ Piotr</b>	<b>141</b>		M-40	86		00:00:16	00:14:04	00:27:34	00:41:28	00:55:11	<b>00:57:38.15</b>	<b>00:57:55.00</b>	+00:25:54 (44.9%)	5:45	10.4 (55.0%)
271	<b>SZMIDT-SZYPURA Agnieszka</b>	<b>131</b>		K-30	18		00:00:30	00:14:26	00:28:09	00:41:54	00:55:15	<b>00:57:47.10</b>	<b>00:58:17.15</b>	+00:26:03 (45.1%)	5:46	10.4 (55.0%)
272	<b>BYRTEK Grzegorz</b>	<b>47</b>		M-40	87		00:00:10	00:12:59	00:26:15	00:40:22	00:55:12	<b>00:57:47.65</b>	<b>00:57:58.45</b>	+00:26:03 (45.1%)	5:46	10.4 (55.0%)
273	<b>GODZIUK Roman</b>	<b>213</b>		M-60	10		00:00:11	00:13:20	00:26:50	00:41:04	00:55:31	<b>00:57:59.00</b>	<b>00:58:10.40</b>	+00:26:14 (45.3%)	5:47	10.3 (54.5%)
274	<b>TOMASZEWSKI Krzysztof</b>	<b>284</b>	SPC	M-40	88	SPC	00:00:31	00:14:34	00:28:15	00:41:55	00:55:40	<b>00:58:00.55</b>	<b>00:58:32.20</b>	+00:26:16 (45.3%)	5:48	10.3 (54.5%)
275	<b>GRACZKOWSKA Mirosława</b>	<b>259</b>		K-50	5		00:00:21	00:13:50	00:27:15	00:41:17	00:55:27	<b>00:58:02.15</b>	<b>00:58:23.80</b>	+00:26:18 (45.3%)	5:48	10.3 (54.5%)
276	<b>PÓŁGĘSEK Rafał</b>	<b>24</b>		M-50	44		00:00:24	00:14:57	00:28:38	00:42:18	00:55:39	<b>00:58:03.85</b>	<b>00:58:28.55</b>	+00:26:19 (45.3%)	5:48	10.3 (54.5%)
277	<b>BADOWSKI Krzysztof</b>	<b>352</b>		M-60	11		00:00:22	00:14:37	00:27:49	00:41:31	00:55:21	<b>00:58:06.65</b>	<b>00:58:28.95</b>	+00:26:22 (45.4%)	5:48	10.3 (54.5%)
278	<b>ANDRYSZAK Vanessa</b>	<b>459</b>	ROWEROWA BRZOZA	K-20	6	Rowerowa Brzoza	00:00:17	00:13:26	00:26:51	00:40:43	00:55:12	<b>00:58:09.85</b>	<b>00:58:27.50</b>	+00:26:25 (45.4%)	5:48	10.3 (54.5%)
279	<b>RUDZKI Hubert</b>	<b>453</b>		M-40	89		00:00:21	00:14:02	00:27:32	00:41:26	00:55:37	<b>00:58:13.65</b>	<b>00:58:34.75</b>	+00:26:29 (45.5%)	5:49	10.3 (54.5%)
280	<b>PASZKIET Witold</b>	<b>433</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60	12	TKKF Kolejarz Bydgoszcz	00:00:28	00:14:00	00:27:18	00:41:15	00:55:26	<b>00:58:14.30</b>	<b>00:58:42.30</b>	+00:26:30 (45.5%)	5:49	10.3 (54.5%)
281	<b>PORAZINSKA Viktoria</b>	<b>220</b>		K-40	25		00:00:25	00:14:34	00:28:10	00:41:55	00:55:52	<b>00:58:21.20</b>	<b>00:58:47.00</b>	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
282	<b>MICHAŁ Butowski</b>	<b>271</b>		M-40	90		00:00:26	00:14:34	00:28:10	00:41:55	00:55:52	<b>00:58:21.35</b>	<b>00:58:47.55</b>	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
283	<b>GROBELNA Angelika</b>	<b>250</b>		K-40	26		00:00:25	00:14:34	00:28:10	00:41:55	00:55:53	<b>00:58:21.40</b>	<b>00:58:46.95</b>	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
284	<b>SKRZĄTEK Anna</b>	<b>214</b>		K-40	27		00:00:28	00:14:26	00:28:19	00:42:21	00:56:02	<b>00:58:21.80</b>	<b>00:58:50.55</b>	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
285	<b>SZUBARTOWSKA Pola</b>	<b>50</b>		K-20	7		00:00:08	00:14:37	00:28:10	00:42:11	00:55:59	<b>00:58:22.40</b>	<b>00:58:31.30</b>	+00:26:38 (45.6%)	5:50	10.3 (54.5%)
286	<b>WIŚNIEWSKI Zbigniew</b>	<b>56</b>	BRZOZA BIEGA	M-50	45	Brzoza Biega	00:00:04	00:13:40	00:27:09	00:40:56	00:55:26	<b>00:58:22.75</b>	<b>00:58:27.50</b>	+00:26:38 (45.6%)	5:50	10.3 (54.5%)
287	<b>KABATTEK Bartłomiej</b>	<b>282</b>	TILIA LIPKA	M-40	91	TILIA Lipka	00:00:03	00:13:41	00:27:10	00:40:57	00:55:26	<b>00:58:23.60</b>	<b>00:58:27.15</b>	+00:26:39 (45.7%)	5:50	10.3 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
288	<b>ANASZEWICZ Marzena</b>	<b>416</b>		K-40	28		00:00:27	00:14:20	00:27:51	00:41:27	00:55:46	<b>00:58:25.85</b>	<b>00:58:53.05</b>	+00:26:41 (45.7%)	5:50	10.3 (54.5%)
289	<b>CHOJECKI Dariusz</b>	<b>450</b>		M-50	46		00:00:11	00:14:48	00:28:34	00:42:38	00:55:55	<b>00:58:33.85</b>	<b>00:58:44.85</b>	+00:26:49 (45.8%)	5:51	10.2 (54.0%)
290	<b>ŻYWICA Adam</b>	<b>312</b>	BRZOZA BIEGA	M-40	92	Brzoza Biega	00:00:10	00:14:35	00:28:06	00:41:35	00:55:59	<b>00:58:34.55</b>	<b>00:58:45.00</b>	+00:26:50 (45.8%)	5:51	10.2 (54.0%)
291	<b>KALACZYŃSKI Grzegorz</b>	<b>38</b>		M-50	47		00:00:24	00:14:28	00:28:13	00:42:04	00:56:02	<b>00:58:35.20</b>	<b>00:58:59.25</b>	+00:26:51 (45.8%)	5:51	10.2 (54.0%)
292	<b>GAŚIOREK Tomasz</b>	<b>420</b>	BRZOZA BIEGA	M-60	13	Brzoza Biega	00:00:09	00:14:36	00:28:07	00:41:36	00:55:59	<b>00:58:35.40</b>	<b>00:58:45.25</b>	+00:26:51 (45.8%)	5:51	10.2 (54.0%)
293	<b>LUDWINIAK Bogdan</b>	<b>33</b>		M-50	48		00:00:17	00:14:36	00:28:21	00:42:17	00:56:13	<b>00:58:36.35</b>	<b>00:58:53.35</b>	+00:26:52 (45.9%)	5:51	10.2 (54.0%)
294	<b>MALATYŃSKA Barbara</b>	<b>221</b>		K-40	29		00:00:26	00:14:36	00:28:25	00:42:24	00:56:20	<b>00:58:47.20</b>	<b>00:59:13.85</b>	+00:27:03 (46.0%)	5:52	10.2 (54.0%)
295	<b>DOŁHUN Adam</b>	<b>200</b>	TRISPACE/TREK	M-40	93	TRISPACE/TREK	00:00:23	00:14:41	00:28:24	00:41:52	00:56:24	<b>00:58:55.70</b>	<b>00:59:19.15</b>	+00:27:11 (46.1%)	5:53	10.2 (54.0%)
296	<b>KUBCZAK-KOSICKA Anna</b>	<b>275</b>		K-50	6		00:00:32	00:17:54	00:36:18	00:55:31		<b>00:58:57.90</b>	<b>00:59:30.60</b>	+00:27:13 (46.2%)	5:53	10.2 (54.0%)
297	<b>LICA Krzysztof</b>	<b>304</b>	SISU-OWB ROWERTOUR.COM	M-60	14	SISU-OWB rowertour.com	00:00:20	00:12:50	00:25:16	00:40:29	00:55:42	<b>00:59:00.50</b>	<b>00:59:21.05</b>	+00:27:16 (46.2%)	5:54	10.2 (54.0%)
298	<b>BRACICHOWICZ Bogumiła</b>	<b>392</b>		K-50	7		00:00:18	00:14:25	00:28:16	00:42:27	00:56:29	<b>00:59:09.50</b>	<b>00:59:28.15</b>	+00:27:25 (46.4%)	5:54	10.1 (53.4%)
299	<b>STRABEL Piotr</b>	<b>338</b>		M-60	15		00:00:26	00:15:19	00:29:22	00:43:27	00:57:06	<b>00:59:27.15</b>	<b>00:59:53.60</b>	+00:27:43 (46.6%)	5:56	10.1 (53.4%)
300	<b>FARBICKA-ŻYWICA Paulina</b>	<b>311</b>	BRZOZA BIEGA	K-40	30	Brzoza Biega	00:00:12	00:14:46	00:28:32	00:42:39	00:56:59	<b>00:59:36.90</b>	<b>00:59:49.85</b>	+00:27:52 (46.8%)	5:57	10.1 (53.4%)
301	<b>GIERACH Jakub</b>	<b>465</b>		M-1	7		00:00:07	00:12:24	00:24:32	00:38:01	00:56:24	<b>00:59:39.05</b>	<b>00:59:46.10</b>	+00:27:54 (46.8%)	5:57	10.1 (53.4%)
302	<b>SIWAK Anna</b>	<b>268</b>		K-40	31		00:00:21	00:13:49	00:27:28	00:41:52	00:56:55	<b>00:59:44.25</b>	<b>01:00:06.05</b>	+00:28:00 (46.9%)	5:58	10 (52.9%)
303	<b>SCHMIDT Artur</b>	<b>173</b>	BBACTIVE TEAM	M-1	8	BBACTIVE TEAM	00:00:23	00:13:46	00:28:58	00:43:06	00:57:15	<b>00:59:49.70</b>	<b>01:00:13.55</b>	+00:28:05 (47.0%)	5:58	10 (52.9%)
304	<b>DĘBSKI Jan</b>	<b>6</b>		M-70	4		00:00:09	00:13:47	00:27:49	00:42:22	00:57:07	<b>00:59:49.90</b>	<b>00:59:59.30</b>	+00:28:05 (47.0%)	5:58	10 (52.9%)
305	<b>SCHMIDT Marcin</b>	<b>174</b>	BBACTIVE TEAM	M-40	94	BBACTIVE TEAM	00:00:23	00:13:46	00:28:58	00:43:06	00:57:15	<b>00:59:50.65</b>	<b>01:00:14.40</b>	+00:28:06 (47.0%)	5:59	10 (52.9%)
306	<b>BRZESKA Marta</b>	<b>199</b>		K-40	32		00:00:10	00:14:15	00:28:02	00:42:21	00:57:17	<b>00:59:52.40</b>	<b>01:00:02.95</b>	+00:28:08 (47.0%)	5:59	10 (52.9%)
307	<b>MALAK Robert</b>	<b>405</b>		M-40	95		00:00:26	00:14:47	00:28:46	00:43:24	00:57:30	<b>00:59:56.25</b>	<b>01:00:22.35</b>	+00:28:12 (47.1%)	5:59	10 (52.9%)
308	<b>BIERNAT Magdalena</b>	<b>3</b>	SOLANKOWI BIEGACZE	K-40	33	Solankowi Biegacze	00:00:31	00:15:35	00:29:50	00:43:47	00:57:26	<b>00:59:58.95</b>	<b>01:00:30.35</b>	+00:28:14 (47.1%)	5:59	10 (52.9%)
309	<b>OLSZEWSKA Beata</b>	<b>223</b>	SOLANKOWI BIEGACZE	K-30	19	Solankowi Biegacze	00:00:31	00:15:35	00:29:50	00:43:45	00:57:26	<b>00:59:59.05</b>	<b>01:00:30.35</b>	+00:28:14 (47.1%)	5:59	10 (52.9%)
310	<b>JUCHACZ Tomasz</b>	<b>224</b>	SOLANKOWI BIEGACZE	M-40	96	Solankowi Biegacze	00:00:30	00:15:35	00:29:51	00:43:46	00:57:25	<b>00:59:59.50</b>	<b>01:00:30.35</b>	+00:28:15 (47.1%)	5:59	10 (52.9%)
311	<b>NADRAJKOWSKA Joanna</b>	<b>27</b>	SOLANKOWI BIEGACZE	K-30	20	Solankowi Biegacze	00:00:30	00:15:36	00:29:51	00:43:47	00:57:27	<b>00:59:59.60</b>	<b>01:00:30.30</b>	+00:28:15 (47.1%)	5:59	10 (52.9%)
312	<b>LEWANDOWSKA Dorota</b>	<b>375</b>		K-40	34		00:00:22	00:13:54	00:27:54	00:42:27	00:57:25	<b>01:00:02.10</b>	<b>01:00:24.35</b>	+00:28:18 (47.1%)	6:00	10 (52.9%)
313	<b>ANDRZEJEWSKI Robert</b>	<b>389</b>		M-1	9		00:00:38	00:15:31	00:29:34	00:43:33	00:57:45	<b>01:00:25.90</b>	<b>01:01:04.30</b>	+00:28:41 (47.5%)	6:02	9.9 (52.4%)
314	<b>PISKORSKA Marta</b>	<b>19</b>		K-40	35		00:00:23	00:14:38	00:27:54	00:41:47	00:57:54	<b>01:00:36.10</b>	<b>01:00:59.20</b>	+00:28:52 (47.6%)	6:03	9.9 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	<b>DERING Tomasz</b>	<b>128</b>		M-40	97		00:00:45	00:15:19	00:29:22	00:43:27	00:57:53	<b>01:00:37.95</b>	<b>01:01:23.45</b>	+00:28:53 (47.7%)	6:03	9.9 (52.4%)
316	<b>KUŹNIAK Justyna</b>	<b>162</b>	KB SZAMOTUŁY	K-40	36	KB Szamotuły	00:00:20	00:14:55	00:28:51	00:43:21	00:58:10	<b>01:00:57.50</b>	<b>01:01:18.45</b>	+00:29:13 (47.9%)	6:05	9.8 (51.9%)
317	<b>GACKA Paula</b>	<b>99</b>	LUPUS TEAM	K-20	8	Lupus Team	00:00:20	00:14:42	00:28:39	00:43:12	00:58:22	<b>01:00:59.80</b>	<b>01:01:19.85</b>	+00:29:15 (48.0%)	6:05	9.8 (51.9%)
318	<b>GACKA Anna</b>	<b>59</b>	LUPUS TEAM	K-40	37	Lupus Team	00:00:19	00:14:42	00:28:38	00:43:12	00:58:21	<b>01:01:02.10</b>	<b>01:01:22.00</b>	+00:29:18 (48.0%)	6:06	9.8 (51.9%)
319	<b>JANYSKA Adam</b>	<b>197</b>	UKS KOPERNIK BYDGOSZCZ	M-20	16	Uks Kopernik Bydgoszcz	00:00:12	00:13:50	00:27:58	00:42:21	00:58:31	<b>01:01:09.25</b>	<b>01:01:22.00</b>	+00:29:25 (48.1%)	6:06	9.8 (51.9%)
320	<b>NIEMCZEWSKI Mirosław</b>	<b>147</b>	ŁABISZYN RUNNERS	M-40	98	Łabiszyn runners	00:00:18	00:14:42	00:29:00	00:43:48	00:58:36	<b>01:01:09.90</b>	<b>01:01:28.25</b>	+00:29:25 (48.1%)	6:06	9.8 (51.9%)
321	<b>LEWANDOWSKA Sylwia</b>	<b>13</b>		K-40	38		00:00:28	00:15:35	00:29:58	00:44:28	00:58:40	<b>01:01:11.95</b>	<b>01:01:40.60</b>	+00:29:27 (48.1%)	6:07	9.8 (51.9%)
322	<b>MOCZADŁO Maria</b>	<b>498</b>	SPC	K-40	39	SPC	00:00:32	00:16:21	00:30:41	00:44:58	00:58:55	<b>01:01:24.30</b>	<b>01:01:56.65</b>	+00:29:40 (48.3%)	6:08	9.8 (51.9%)
323	<b>GARBARCZYK Adam</b>	<b>195</b>	AMATOR - NIEZRZESZONY	M-30	56	amator - niezrzeszony	00:00:21	00:16:08	00:30:23	00:44:52	00:59:08	<b>01:01:39.15</b>	<b>01:02:00.95</b>	+00:29:55 (48.5%)	6:09	9.7 (51.3%)
324	<b>BARTOSZYŃSKI Marcin</b>	<b>145</b>	RAW-STUDIO REKLAMY	M-40	99	RAW-studio reklamy	00:00:18	00:14:45	00:29:02	00:43:49	00:58:55	<b>01:01:41.55</b>	<b>01:01:59.75</b>	+00:29:57 (48.6%)	6:10	9.7 (51.3%)
325	<b>SZCZERBA Katarzyna</b>	<b>299</b>		K-40	40		00:00:20	00:15:04	00:29:29	00:44:05	00:59:02	<b>01:01:42.50</b>	<b>01:02:03.10</b>	+00:29:58 (48.6%)	6:10	9.7 (51.3%)
326	<b>OSZUBSKI Kazimierz</b>	<b>239</b>	PGB SOPRTOWA PACZKA	M-40	100	PGB Soprtowa paczka	00:00:46	00:15:49	00:30:44	00:46:03	00:59:34	<b>01:01:50.20</b>	<b>01:02:36.95</b>	+00:30:06 (48.7%)	6:11	9.7 (51.3%)
327	<b>HŁOND Andrzej</b>	<b>208</b>	ŁABISZYN RUNNERS	M-60	16	Łabiszyn runners	00:00:18	00:14:42	00:29:00	00:43:49	00:58:59	<b>01:01:52.10</b>	<b>01:02:10.30</b>	+00:30:08 (48.7%)	6:11	9.7 (51.3%)
328	<b>BARCZAK Agnieszka</b>	<b>368</b>		K-40	41		00:00:25	00:15:22	00:29:47	00:44:30	00:59:12	<b>01:01:57.10</b>	<b>01:02:22.25</b>	+00:30:13 (48.8%)	6:11	9.7 (51.3%)
329	<b>PIĘTA Darek</b>	<b>40</b>		M-50	49		00:00:28	00:15:36	00:30:11	00:45:13	00:59:20	<b>01:01:57.85</b>	<b>01:02:25.95</b>	+00:30:13 (48.8%)	6:11	9.7 (51.3%)
330	<b>WIŚNIEWSKI Janusz</b>	<b>16</b>		M-50	50		00:00:33	00:15:05	00:28:56	00:43:57	00:59:36	<b>01:01:59.40</b>	<b>01:02:32.45</b>	+00:30:15 (48.8%)	6:11	9.7 (51.3%)
331	<b>BŁAŻEK-KOJRO Kasia</b>	<b>60</b>		K-30	21		00:00:28	00:15:35	00:29:58	00:44:30	00:59:16	<b>01:02:03.20</b>	<b>01:02:32.05</b>	+00:30:19 (48.9%)	6:12	9.7 (51.3%)
332	<b>SZTEJKA Jolanta</b>	<b>93</b>		K-40	42		00:00:31	00:15:14	00:29:34	00:44:09	00:59:32	<b>01:02:05.30</b>	<b>01:02:36.60</b>	+00:30:21 (48.9%)	6:12	9.7 (51.3%)
333	<b>MAŁKIŃSKA-BIEGA Dorota</b>	<b>347</b>		K-30	22		00:00:26	00:15:01	00:29:29	00:44:08	00:59:24	<b>01:02:19.40</b>	<b>01:02:46.15</b>	+00:30:35 (49.1%)	6:13	9.6 (50.8%)
334	<b>BAKOWSKI Dawid</b>	<b>346</b>		M-40	101		00:00:27	00:15:01	00:29:28	00:44:07	00:59:23	<b>01:02:19.50</b>	<b>01:02:46.50</b>	+00:30:35 (49.1%)	6:13	9.6 (50.8%)
335	<b>WIKTOROWICZ Dominika</b>	<b>150</b>	ŁABISZYN RUNNERS	K-30	23	Łabiszyn runners	00:00:17	00:14:42	00:29:06	00:44:39	01:00:04	<b>01:02:48.60</b>	<b>01:03:06.55</b>	+00:31:04 (49.5%)	6:16	9.6 (50.8%)
336	<b>WOJCIECHOWSKA-BRZEZINSKA Barbara</b>	<b>329</b>		K-50	8		00:00:28	00:15:25	00:30:07	00:45:34	01:00:47	<b>01:03:23.30</b>	<b>01:03:52.20</b>	+00:31:39 (49.9%)	6:20	9.5 (50.3%)
337	<b>ZIELIŃSKA Justyna</b>	<b>21</b>		K-40	43		00:00:22	00:14:47	00:29:17	00:45:31	01:00:43	<b>01:03:23.45</b>	<b>01:03:46.05</b>	+00:31:39 (49.9%)	6:20	9.5 (50.3%)
338	<b>GAJZLER Jerzy</b>	<b>480</b>		M-70	5		00:00:23	00:14:49	00:29:45	00:44:55	01:00:35	<b>01:03:27.20</b>	<b>01:03:50.45</b>	+00:31:43 (50.0%)	6:20	9.5 (50.3%)
339	<b>MIROWSKI Mariusz</b>	<b>186</b>		M-50	51		00:00:33	00:15:18	00:29:51	00:45:06	01:00:55	<b>01:03:52.85</b>	<b>01:04:26.70</b>	+00:32:08 (50.3%)	6:23	9.4 (49.7%)
340	<b>SALITA Lech</b>	<b>85</b>	ALTOM GNIEZNO	M-60	17	ALTOM GNIEZNO	00:00:30	00:15:22	00:29:55	00:45:10	01:00:59	<b>01:03:56.30</b>	<b>01:04:26.55</b>	+00:32:12 (50.4%)	6:23	9.4 (49.7%)
341	<b>NITKA Dominika</b>	<b>447</b>		K-20	9		00:00:27	00:15:10	00:30:35	00:45:48	01:01:58	<b>01:04:48.80</b>	<b>01:05:16.35</b>	+00:33:04 (51.0%)	6:28	9.3 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
342	<b>TKACZUK Jolanta</b>	<b>149</b>	TG SOKÓŁ GNIEWKOWO	K-50	9	TG SOKÓŁ GNIEWKOWO	00:00:04	00:15:00	00:30:12	00:46:09	01:02:49	<b>01:06:00.65</b>	<b>01:06:05.50</b>	+00:34:16 (51.9%)	6:36	9.1 (48.1%)
343	<b>KARPIŃSKI Daniel Marek</b>	<b>1</b>		M-40	102		00:00:22	00:16:41	00:32:11	00:47:25	01:03:21	<b>01:06:10.95</b>	<b>01:06:32.95</b>	+00:34:26 (52.0%)	6:37	9.1 (48.1%)
344	<b>POLAŃSKA Beata</b>	<b>499</b>		K-40	44		00:00:33	00:15:48	00:31:01	00:47:03	01:03:11	<b>01:06:16.10</b>	<b>01:06:49.45</b>	+00:34:32 (52.1%)	6:37	9.1 (48.1%)
345	<b>KOSIŃSKI Michał</b>	<b>355</b>		M-40	103		00:00:30	00:15:57	00:30:19	00:46:19	01:03:30	<b>01:06:25.80</b>	<b>01:06:55.80</b>	+00:34:41 (52.2%)	6:38	9 (47.6%)
346	<b>KOSIŃSKA Michalina</b>	<b>356</b>		K-1	3		00:00:29	00:15:57	00:30:20	00:46:20	01:03:31	<b>01:06:26.45</b>	<b>01:06:55.80</b>	+00:34:42 (52.2%)	6:38	9 (47.6%)
347	<b>JANKOWSKI Tomasz</b>	<b>365</b>		M-40	104		00:00:21	00:16:43	00:32:29	00:48:27	01:03:50	<b>01:06:43.35</b>	<b>01:07:04.85</b>	+00:34:59 (52.4%)	6:40	9 (47.6%)
348	<b>ROGOZIŃSKI Melchior</b>	<b>463</b>		M-40	105		00:00:17	00:14:56	00:30:29	00:46:51	01:03:47	<b>01:06:53.00</b>	<b>01:07:10.75</b>	+00:35:08 (52.6%)	6:41	9 (47.6%)
349	<b>GIERACH Krzysztof</b>	<b>269</b>		M-70	6		00:00:17	00:16:10	00:31:49	00:47:36	01:03:47	<b>01:06:53.30</b>	<b>01:07:10.90</b>	+00:35:09 (52.6%)	6:41	9 (47.6%)
350	<b>KOŁODYŃSKA Aleksandra</b>	<b>25</b>		K-30	24		00:00:33	00:19:28	00:40:40	01:03:44		<b>01:07:58.35</b>	<b>01:08:31.50</b>	+00:36:14 (53.3%)	6:47	8.8 (46.6%)
351	<b>AUGUSTYNOWICZ Katarzyna</b>	<b>277</b>	TKKF KOLEJARZ BYDGOSZCZ	K-40	45	TKKF Kolejarz Bydgoszcz	00:00:34	00:16:53	00:32:30	00:48:55	01:05:25	<b>01:08:24.55</b>	<b>01:08:59.35</b>	+00:36:40 (53.6%)	6:50	8.8 (46.6%)
352	<b>RYCHŁY Piotr</b>	<b>353</b>		M-30	57		00:00:23	00:16:25	00:31:53	00:48:34	01:05:18	<b>01:08:29.70</b>	<b>01:08:53.35</b>	+00:36:45 (53.7%)	6:50	8.8 (46.6%)
353	<b>ŚLESINSKA Ewa</b>	<b>473</b>	AUTO SPA	K-50	10	Auto Spa	00:00:22	00:16:27	00:32:23	00:48:36	01:05:19	<b>01:08:30.90</b>	<b>01:08:53.60</b>	+00:36:46 (53.7%)	6:51	8.8 (46.6%)
354	<b>ZAWISZEWSKI Adam</b>	<b>474</b>	AUTO SPA	M-30	58	Auto Spa	00:00:22	00:16:27	00:32:23	00:48:37	01:05:20	<b>01:08:31.45</b>	<b>01:08:53.60</b>	+00:36:47 (53.7%)	6:51	8.8 (46.6%)
355	<b>CIEŚLICKI Kris</b>	<b>89</b>	SISU TEAM	M-30	59	SISU Team	00:00:34	00:16:00	00:32:09	00:49:05	01:06:43	<b>01:10:04.50</b>	<b>01:10:39.10</b>	+00:38:20 (54.7%)	7:00	8.6 (45.5%)
356	<b>WIŚNIEWSKI Krzysztof</b>	<b>212</b>	TRISPACE/TREK	M-50	52	TRISPACE/TREK	00:00:30	00:16:58	00:32:58	00:49:26	01:07:06	<b>01:10:26.80</b>	<b>01:10:57.50</b>	+00:38:42 (55.0%)	7:02	8.5 (45.0%)
357	<b>WIŚNIEWSKA Lucyna</b>	<b>211</b>	TRISPACE/TREK	K-50	11	TRISPACE/TREK	00:00:29	00:16:59	00:32:59	00:49:26	01:07:07	<b>01:10:27.40</b>	<b>01:10:57.35</b>	+00:38:43 (55.0%)	7:02	8.5 (45.0%)
358	<b>KAZUBOWSKI Jeremiasz</b>	<b>274</b>		M-20	17		00:00:24	00:17:27	00:34:07	00:51:16	01:08:44	<b>01:11:34.35</b>	<b>01:11:59.10</b>	+00:39:50 (55.7%)	7:09	8.4 (44.4%)
359	<b>KACZMAREK Wiesława</b>	<b>98</b>		K-50	12		00:00:22	00:17:47	00:34:50	00:51:41	01:09:02	<b>01:12:16.15</b>	<b>01:12:38.85</b>	+00:40:32 (56.1%)	7:13	8.3 (43.9%)
360	<b>ZAKURZEWSKI Arkadiusz</b>	<b>92</b>	NIE ZRZESZONY	M-50	53	nie zrzeszony	00:00:22	00:17:41	00:34:45	00:51:40	01:08:58	<b>01:12:16.45</b>	<b>01:12:38.95</b>	+00:40:32 (56.1%)	7:13	8.3 (43.9%)
361	<b>WAŚNIEWSKA Ewa</b>	<b>399</b>		K-30	25		00:00:27	00:17:01	00:33:47	00:51:32	01:09:35	<b>01:12:58.00</b>	<b>01:13:25.40</b>	+00:41:13 (56.5%)	7:17	8.2 (43.4%)
362	<b>PAPROCKI Rafał</b>	<b>400</b>		M-40	106		00:00:27	00:17:01	00:33:47	00:51:29	01:09:35	<b>01:12:58.20</b>	<b>01:13:25.60</b>	+00:41:14 (56.5%)	7:17	8.2 (43.4%)
363	<b>GRABOWSKA Joanna</b>	<b>295</b>		K-40	46		00:00:32	00:17:54	00:36:18	00:55:32	01:10:41	<b>01:13:19.40</b>	<b>01:13:51.60</b>	+00:41:35 (56.7%)	7:19	8.2 (43.4%)
364	<b>RADZIEJEWSKA Grażyna</b>	<b>236</b>		K-50	13		00:00:25	00:16:38	00:33:13	00:51:35	01:10:09	<b>01:13:36.70</b>	<b>01:14:02.10</b>	+00:41:52 (56.9%)	7:21	8.2 (43.4%)
365	<b>FRASZCZAK Tadeusz</b>	<b>310</b>		M-60	18		00:00:01	00:16:22	00:33:14	00:51:12	01:10:06	<b>01:13:41.65</b>	<b>01:13:43.25</b>	+00:41:57 (56.9%)	7:22	8.1 (42.9%)
366	<b>LENC Janusz</b>	<b>159</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60	19	TKKF Kolejarz Bydgoszcz	00:00:32	00:17:44	00:34:22	00:52:00	01:11:50	<b>01:15:21.00</b>	<b>01:15:53.95</b>	+00:43:36 (57.9%)	7:32	8 (42.3%)
367	<b>WIESE Grzegorz</b>	<b>378</b>	TKKF KOLEJARZ BYDGOSZCZ	M-60	20	TKKF Kolejarz Bydgoszcz	00:00:28	00:18:02	00:37:05	00:57:07	01:16:59	<b>01:20:22.75</b>	<b>01:20:51.10</b>	+00:48:38 (60.5%)	8:02	7.5 (39.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	Split 2.5km	Split 5km	Split 7.5km	Split 9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
368	<b>KUBIAK</b> <b>Małgorzata</b>	<b>237</b>		K-40	47		00:00:29	00:20:26	00:40:58	01:01:39	01:22:22	<b>01:26:14.55</b>	<b>01:26:44.40</b>	+00:54:30 (63.2%)	8:37	7 (37.0%)
369	<b>ANGIEL</b> <b>Władysław</b>	<b>160</b>	TKKF KOLEJARZ BYDGOSZCZ	M-80	1	TKKF Kolejarz Bydgoszcz	00:00:09	00:20:13	00:41:07	01:03:43	01:25:49	<b>01:29:50.95</b>	<b>01:30:00.45</b>	+00:58:06 (64.7%)	8:59	6.7 (35.4%)

Znaleziono 369 wynik(ów)