



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

XVI BIEG SYLWESTROWY

B4SPORT

B4SPORT
INTELEKTNE 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	BEDNAREK Adrian	242	ADRIANBEDNAREK.PL	M-30	1	adrianbednarek.pl	00:00:01	00:08:13	00:15:38	00:22:53	00:30:17	00:31:44.10	00:31:45.10		3:10	18.9 (100%)
2	GUMKOWSKI Szymon	464		M-20	1		00:00:00	00:08:14	00:16:01	00:23:45	00:31:11	00:32:37.80	00:32:38.50	+00:00:53 (2.7%)	3:15	18.4 (97.4%)
3	TOMASZEWSKI Miłosz	395		M-30	2		00:00:01	00:08:13	00:15:38	00:23:22	00:31:13	00:32:48.50	00:32:49.75	+00:01:04 (3.3%)	3:16	18.3 (96.8%)
4	TOMASZEWSKI Maciej	396		M-30	3		00:00:01	00:08:14	00:16:01	00:23:44	00:31:26	00:33:02.40	00:33:03.80	+00:01:18 (3.9%)	3:18	18.2 (96.3%)
5	PAWŁOWSKI Tomasz	142	HABUBI SZMEH	M-20	2	Habubi Szmeh	00:00:01	00:08:28	00:16:20	00:24:12	00:32:10	00:33:38.95	00:33:40.05	+00:01:54 (5.7%)	3:21	17.8 (94.2%)
6	POLANSKI Tomasz	457	THEO RYCHTERS	M-40	1	The Rychters	00:00:00	00:08:32	00:16:32	00:24:37	00:32:42	00:34:13.65	00:34:14.50	+00:02:29 (7.3%)	3:25	17.5 (92.6%)
7	KICZIŃSKI Bartosz	326	CBR BIEGA	M-30	4	CBR BIEGA	00:00:01	00:09:03	00:17:36	00:26:05	00:34:20	00:35:46.05	00:35:47.60	+00:04:01 (11.3%)	3:34	16.8 (88.9%)
8	TUCZYŃSKI Sylwester Leon	43	BYDGOSKIE OKONIE	M-30	5	Bydgoskie Okonie	00:00:03	00:08:52	00:17:13	00:25:42	00:34:16	00:35:49.10	00:35:52.15	+00:04:05 (11.4%)	3:34	16.8 (88.9%)
9	ŚWIĄTKOWSKI Paweł	333		M-40	2		00:00:01	00:08:56	00:17:26	00:25:56	00:34:29	00:36:01.45	00:36:03.00	+00:04:17 (11.9%)	3:36	16.7 (88.4%)
10	WOJDYŁO Mariusz	305	CBR BIEGA	M-30	6	CBR BIEGA	00:00:01	00:09:03	00:17:37	00:26:22	00:34:55	00:36:30.55	00:36:32.30	+00:04:46 (13.1%)	3:39	16.4 (86.8%)
11	KOLMAJER Rafał	363	TEAMOCHAL	M-40	3	TEAMOCHAL	00:00:02	00:09:15	00:17:49	00:26:26	00:35:03	00:36:36.05	00:36:38.45	+00:04:51 (13.3%)	3:39	16.4 (86.8%)
12	BRZEZIŃSKI Rafał	262		M-30	7		00:00:01	00:09:10	00:17:47	00:26:27	00:35:04	00:36:40.10	00:36:41.90	+00:04:56 (13.5%)	3:40	16.4 (86.8%)
13	GÓRNY Karol	280	ROGIEWICZ RUNNING TEAM	M-40	4	Rogiewicz Running Team	00:00:01	00:09:00	00:17:34	00:26:23	00:35:14	00:36:45.70	00:36:46.85	+00:05:01 (13.7%)	3:40	16.3 (86.2%)
14	MAĆKOWSKI Maciej	82	ADRIANBEDNAREK.PL	M-30	8	adrianbednarek.pl	00:00:02	00:09:11	00:17:45	00:26:32	00:35:25	00:36:58.45	00:37:00.50	+00:05:14 (14.2%)	3:41	16.2 (85.7%)
15	GONDEK Rafał	251		M-30	9		00:00:02	00:09:24	00:18:00	00:26:43	00:35:31	00:37:11.00	00:37:13.70	+00:05:26 (14.7%)	3:43	16.1 (85.2%)
16	SZLINGER Jakub	12	BYDGOSKIE OKONIE	M-30	10	Bydgoskie Okonie	00:00:02	00:09:20	00:18:03	00:26:53	00:35:43	00:37:17.60	00:37:20.30	+00:05:33 (14.9%)	3:43	16.1 (85.2%)
17	WIWATOWSKI Michał	252		M-40	5		00:00:01	00:09:15	00:17:59	00:26:48	00:35:41	00:37:18.35	00:37:19.85	+00:05:34 (14.9%)	3:43	16.1 (85.2%)
18	SZOT Bartosz	412		M-30	11		00:00:02	00:09:22	00:18:04	00:26:53	00:35:38	00:37:20.50	00:37:23.10	+00:05:36 (15.0%)	3:44	16.1 (85.2%)
19	DONARSKI Franciszek	361	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	00:37:27.20	00:37:29.35	+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	ŚLUSARSKI Przemysław	104		M-30	12		00:00:02	00:09:21	00:18:02	00:26:49	00:35:49	00:37:28.30	00:37:30.75	+00:05:44 (15.3%)	3:44	16 (84.7%)
21	RYCHTER Karol	497		M-40	6	The Rychters	00:00:02	00:09:18	00:18:07	00:27:11	00:36:18	00:37:55.40	00:37:57.50	+00:06:11 (16.3%)	3:47	15.8 (83.6%)
22	SAWIEŁAJC Jakub	226	TM IRON TEAM	M-20	3	TM Iron Team	00:00:01	00:09:05	00:17:48	00:26:51	00:36:16	00:37:59.10	00:38:01.05	+00:06:15 (16.5%)	3:47	15.8 (83.6%)
23	SKRZECZEWSKI Bartosz	198		M-30	13		00:00:02	00:09:39	00:18:49	00:28:03	00:37:20	00:39:04.10	00:39:06.45	+00:07:20 (18.8%)	3:54	15.4 (81.5%)
24	KOWALSKI Dariusz	244		M-50	1		00:00:01	00:09:35	00:18:50	00:28:10	00:37:33	00:39:08.90	00:39:10.45	+00:07:24 (18.9%)	3:54	15.3 (81.0%)
25	GACKA Rafal	58	LUPUS TEAM	M-40	7	Lupus Team	00:00:03	00:09:48	00:19:00	00:28:16	00:37:31	00:39:12.80	00:39:16.30	+00:07:28 (19.1%)	3:55	15.3 (81.0%)
26	MAJEWSKI Robert	41		M-40	8		00:00:02	00:09:50	00:19:03	00:28:19	00:37:35	00:39:15.20	00:39:18.15	+00:07:31 (19.2%)	3:55	15.3 (81.0%)
27	MUDZIEJEWSKI Jarek	445	TKKF KOLEJARZ BYDGOSZCZ	M-40	9	TKKF Kolejarz Bydgoszcz	00:00:05	00:10:02	00:19:16	00:28:30	00:37:38	00:39:18.25	00:39:24.05	+00:07:34 (19.3%)	3:55	15.3 (81.0%)
28	GRZEGOCKI Piotr	306	CHMIELARZ TEAM	M-30	14	CHMIELARZ TEAM	00:00:02	00:09:31	00:18:46	00:28:11	00:37:44	00:39:27.55	00:39:29.65	+00:07:43 (19.6%)	3:56	15.2 (80.4%)
29	MROTEK Anna	264		K-20	1		00:00:02	00:09:54	00:19:11	00:28:27	00:37:45	00:39:27.85	00:39:30.65	+00:07:43 (19.6%)	3:56	15.2 (80.4%)
30	KOWALCZYK Marek	458	BRZOZA BIEGA	M-40	10	Brzoza Biega	00:00:02	00:09:48	00:19:03	00:28:22	00:37:52	00:39:39.40	00:39:42.30	+00:07:55 (20.0%)	3:57	15.1 (79.9%)
31	CHRZĄSZCZ Bartosz	456		M-20	4		00:00:02	00:09:31	00:18:52	00:28:30	00:38:08	00:39:50.15	00:39:53.05	+00:08:06 (20.3%)	3:59	15.1 (79.9%)
32	MENDEL Patryk	18	TM IRON TEAM	M-20	5	TM Iron Team	00:00:03	00:09:42	00:19:04	00:28:41	00:38:31	00:40:11.60	00:40:14.80	+00:08:27 (21.0%)	4:01	14.9 (78.8%)
33	KARCZMARCZYK Mateusz	308		M-30	15		00:00:03	00:09:43	00:19:15	00:28:57	00:38:31	00:40:12.15	00:40:15.35	+00:08:28 (21.1%)	4:01	14.9 (78.8%)
34	CHMURZYŃSKI Tomasz	354		M-50	2		00:00:01	00:09:48	00:19:21	00:28:59	00:38:37	00:40:19.95	00:40:21.90	+00:08:35 (21.3%)	4:01	14.9 (78.8%)
35	CHMIELEWSKI Tomasz	210	TEAMOCHAL	M-50	3	TEAMOCHAL	00:00:05	00:10:01	00:19:24	00:29:00	00:38:39	00:40:21.85	00:40:27.50	+00:08:37 (21.4%)	4:02	14.9 (78.8%)
36	GRALIK Jędrzej	35	BYDGOSKIE OKONIE	M-30	16	Bydgoskie Okonie	00:00:03	00:10:04	00:19:27	00:29:02	00:38:45	00:40:25.75	00:40:29.10	+00:08:41 (21.5%)	4:02	14.8 (78.3%)
37	KRUBER Karolina	243	ADRIANBEDNAREK.PL	K-30	1	adrianbednarek.pl	00:00:02	00:09:53	00:19:16	00:28:58	00:38:47	00:40:29.50	00:40:32.10	+00:08:45 (21.6%)	4:02	14.8 (78.3%)
38	RYCHTER Marcin	495		M-50	4	The Rychters	00:00:05	00:10:04	00:19:35	00:29:14	00:38:56	00:40:40.95	00:40:46.60	+00:08:56 (22.0%)	4:04	14.8 (78.3%)
39	MYSIAK Arkadiusz	81		M-40	11		00:00:04	00:10:05	00:19:36	00:29:17	00:39:02	00:40:42.30	00:40:46.30	+00:08:58 (22.0%)	4:04	14.7 (77.8%)
40	PIOTROWSKA Katarzyna	179	TEAMOCHAL	K-30	2	TEAMOCHAL	00:00:01	00:09:48	00:19:31	00:29:18	00:39:02	00:40:45.10	00:40:46.65	+00:09:01 (22.1%)	4:04	14.7 (77.8%)
41	NIEMCZYK Robert	403	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	00:40:46.95	00:40:50.75	+00:09:02 (22.2%)	4:04	14.7 (77.8%)
42	GAŁKA Piotr	455		M-40	13		00:00:03	00:10:05	00:19:57	00:29:43	00:39:16	00:41:00.65	00:41:04.20	+00:09:16 (22.6%)	4:06	14.6 (77.2%)
43	STACHOWICZ Wiesław	422	BRZOZA BIEGA	M-50	5	Brzoza Biega	00:00:04	00:10:25	00:20:07	00:29:55	00:39:28	00:41:06.10	00:41:10.90	+00:09:22 (22.8%)	4:06	14.6 (77.2%)
44	SAWICKI Marcin	406		M-30	17		00:00:05	00:10:28	00:20:13	00:29:57	00:39:25	00:41:07.10	00:41:12.55	+00:09:23 (22.8%)	4:06	14.6 (77.2%)
45	KWAPIŃSKI Damian	203		M-40	14		00:00:05	00:10:30	00:20:17	00:29:58	00:39:36	00:41:22.85	00:41:28.75	+00:09:38 (23.3%)	4:08	14.5 (76.7%)
46	KUBANEK Łukasz	193		M-30	18		00:00:05	00:10:30	00:20:17	00:29:57	00:39:36	00:41:23.25	00:41:28.90	+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	SMOCZYK Wojciech	485	BRZOZA BIEGA	M-30	19	Brzoza Biega	00:00:00	00:10:13	00:20:12	00:29:54	00:40:13	00:41:24.00	00:41:24.00	+00:09:39 (23.3%)	4:08	14.5 (76.7%)
48	GUBAŃSKI Szymon	452		M-30	20		00:00:12	00:10:32	00:20:03	00:29:51	00:39:47	00:41:32.75	00:41:44.80	+00:09:48 (23.6%)	4:09	14.4 (76.2%)
49	POLIWODZIŃSKI Mateusz	118	FKS WISŁA FORDON	M-1	2	FKS WISŁA FORDON	00:00:02	00:09:54	00:19:55	00:30:06	00:39:58	00:41:41.55	00:41:44.20	+00:09:57 (23.9%)	4:10	14.4 (76.2%)
50	KRZYWDZIŃSKI Dominik	194	UKB SZUBIN	M-1	3	UKB Szubin	00:00:03	00:09:44	00:19:37	00:29:46	00:39:54	00:41:47.35	00:41:51.25	+00:10:03 (24.1%)	4:10	14.4 (76.2%)
51	DAŃCZUK Jerzy	238		M-60	1		00:00:06	00:10:43	00:20:37	00:30:24	00:40:01	00:41:48.45	00:41:54.90	+00:10:04 (24.1%)	4:10	14.4 (76.2%)
52	GIERACH Wojciech	266	TRISPACE/TREK	M-1	4	TRISPACE/TREK	00:00:05	00:10:27	00:20:16	00:30:25	00:40:19	00:41:56.35	00:42:01.90	+00:10:12 (24.3%)	4:11	14.3 (75.7%)
53	ŻAROŃ Sławomir	91		M-60	2		00:00:05	00:10:31	00:20:30	00:30:25	00:40:16	00:42:03.80	00:42:08.95	+00:10:19 (24.6%)	4:12	14.3 (75.7%)
54	KOWALSKA Angelika	367	TRISPACE/TREK	K-40	1	TRISPACE/TREK	00:00:08	00:10:39	00:20:35	00:30:30	00:40:17	00:42:05.75	00:42:14.05	+00:10:21 (24.6%)	4:12	14.3 (75.7%)
55	TUCHOLSKI Krzysztof Tucholski	475		M-30	21		00:00:03	00:10:51	00:20:42	00:30:38	00:40:20	00:42:08.55	00:42:11.75	+00:10:24 (24.7%)	4:12	14.2 (75.1%)
56	LEWANDOWSKI Tomasz	390		M-40	15		00:00:07	00:10:25	00:20:14	00:30:22	00:40:24	00:42:09.65	00:42:17.20	+00:10:25 (24.7%)	4:12	14.2 (75.1%)
57	KLECHA Krzysztof	113	BASIATEAM	M-40	16	BasiaTEAM	00:00:04	00:10:19	00:20:17	00:30:25	00:40:27	00:42:21.05	00:42:26.00	+00:10:36 (25.1%)	4:14	14.2 (75.1%)
58	NAWROCKI Dariusz	207	ŁABISZYN RUNNERS	M-40	17	Łabiszyn runners	00:00:07	00:10:35	00:20:32	00:30:32	00:40:32	00:42:21.95	00:42:29.25	+00:10:37 (25.1%)	4:14	14.2 (75.1%)
59	ŁUKOMSKI Marcin	101		M-30	22		00:00:14	00:10:40	00:20:39	00:30:37	00:40:41	00:42:25.85	00:42:39.85	+00:10:41 (25.2%)	4:14	14.1 (74.6%)
60	WŁODARSKI Przemysław	66	POLONIA BYDGOSZCZ SLA	M-30	23	Polonia Bydgoszcz SLA	00:00:03	00:10:17	00:20:19	00:30:17	00:40:35	00:42:30.35	00:42:33.45	+00:10:46 (25.3%)	4:15	14.1 (74.6%)
61	ZAKURZEWSKI Tomasz	116	TRISPACE/TREK	M-40	18	TRISPACE/TREK	00:00:05	00:10:13	00:20:12	00:30:20	00:40:21	00:42:30.60	00:42:36.35	+00:10:46 (25.3%)	4:15	14.1 (74.6%)
62	MARCHEL Tomasz	164		M-30	24		00:00:04	00:09:40	00:19:31	00:30:06	00:40:41	00:42:35.15	00:42:39.65	+00:10:51 (25.5%)	4:15	14.1 (74.6%)
63	KRYGOWSKI Tomasz	134		M-50	6		00:00:03	00:10:33	00:20:23	00:30:31	00:40:49	00:42:35.90	00:42:39.70	+00:10:51 (25.5%)	4:15	14.1 (74.6%)
64	BUDNIK Bartosz	192		M-20	6		00:00:04	00:10:15	00:20:21	00:30:28	00:40:58	00:42:49.60	00:42:53.90	+00:11:05 (25.9%)	4:16	14 (74.1%)
65	STASIEWICZ Filip	74	SPÓJNIA BIAŁE BŁOTA	M-30	25	Spójnia Białe Błota	00:00:04	00:10:05	00:19:59	00:30:30	00:41:00	00:42:50.95	00:42:55.05	+00:11:06 (25.9%)	4:17	14 (74.1%)
66	KĄLEK Artur	369	TM IRON TEAM	M-40	19	TM Iron Team	00:00:13	00:10:41	00:20:52	00:31:11	00:41:06	00:42:55.05	00:43:08.20	+00:11:10 (26.1%)	4:17	14 (74.1%)
67	TOMKIEWICZ Rafał	170		M-40	20		00:00:10	00:10:26	00:20:21	00:31:04	00:41:13	00:42:55.40	00:43:06.05	+00:11:11 (26.1%)	4:17	14 (74.1%)
68	MAGDZIARZ Jakub	52	KANCELARIA - HMM	M-40	21	Kancelaria - HMM	00:00:05	00:10:01	00:20:11	00:30:27	00:41:04	00:42:58.40	00:43:03.65	+00:11:14 (26.2%)	4:17	14 (74.1%)
69	ŚWITAL Leszek	172		M-40	22		00:00:05	00:10:40	00:20:52	00:31:18	00:41:18	00:42:59.15	00:43:04.70	+00:11:15 (26.2%)	4:17	14 (74.1%)
70	KOSTAŃSKI Adam	330	CBR BIEGA	M-30	26	CBR BIEGA	00:00:07	00:10:58	00:21:13	00:31:21	00:41:10	00:43:00.90	00:43:08.20	+00:11:16 (26.2%)	4:18	14 (74.1%)
71	MARTYNOWICZ Michał	70	TRISPACE/TREK	M-50	7	TRISPACE/TREK	00:00:07	00:10:57	00:21:10	00:31:21	00:41:22	00:43:14.50	00:43:22.10	+00:11:30 (26.6%)	4:19	13.9 (73.5%)
72	BARCZAK Piotr	424	BRZOZA BIEGA	M-50	8	Brzoza Biega	00:00:04	00:10:39	00:20:46	00:31:06	00:41:21	00:43:20.45	00:43:25.20	+00:11:36 (26.8%)	4:20	13.8 (73.0%)
73	KUPRACZ Andrzej	184	SĄSIEDZI BRZOZA TEAM	M-50	9	Sąsiedzi Brzoza Team	00:00:08	00:10:29	00:20:32	00:31:05	00:41:37	00:43:28.15	00:43:36.95	+00:11:44 (27.0%)	4:20	13.8 (73.0%)

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74	BYRTEK Marcin	46		M-40	23		00:00:11	00:10:26	00:20:29	00:30:52	00:41:28	00:43:29.10	00:43:40.20	+00:11:45 (27.0%)	4:20	13.8 (73.0%)
75	SOBIERALSKI Rafał	183	SĄSIEDZI BRZOZA TEAM	M-40	24	Sąsiedzi Brzoza Team	00:00:07	00:10:57	00:21:13	00:31:31	00:41:43	00:43:34.50	00:43:42.25	+00:11:50 (27.2%)	4:21	13.8 (73.0%)
76	ZBIRANEK Remigiusz	379	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	00:43:50.35	00:43:56.50	+00:12:06 (27.6%)	4:23	13.7 (72.5%)
77	JARNOT Oskar	469	TMT	M-30	27	TMT	00:00:16	00:11:15	00:21:37	00:31:59	00:42:06	00:43:55.10	00:44:11.40	+00:12:11 (27.7%)	4:23	13.7 (72.5%)
78	WIERZBOWSKI Piotr	139	TEAM KOPEĆ	M-40	26	TEAM KOPEĆ	00:00:08	00:10:42	00:20:56	00:31:24	00:42:04	00:43:56.70	00:44:04.95	+00:12:12 (27.8%)	4:23	13.7 (72.5%)
79	KŁOSOWSKI Marcin	22	CSM POLSKA	M-40	27	CSM Polska	00:00:07	00:11:22	00:21:36	00:31:46	00:42:03	00:43:59.15	00:44:06.60	+00:12:15 (27.9%)	4:23	13.6 (72.0%)
80	KOWALSKI Jacek	156		M-40	28		00:00:06	00:10:25	00:20:43	00:31:28	00:42:06	00:44:03.75	00:44:10.25	+00:12:19 (28.0%)	4:24	13.6 (72.0%)
81	WOŹNIAKOWSKA Agata	411	WTLENIE	K-30	3	wTLENIE	00:00:04	00:10:57	00:21:08	00:31:34	00:42:13	00:44:06.90	00:44:11.75	+00:12:22 (28.1%)	4:24	13.6 (72.0%)
82	LEWANDOWSKI Bartłomiej	283		M-20	7		00:00:02	00:09:59	00:20:03	00:30:54	00:42:07	00:44:07.70	00:44:10.05	+00:12:23 (28.1%)	4:24	13.6 (72.0%)
83	GROBELNY Szymon	126		M-30	28		00:00:15	00:10:57	00:21:07	00:31:39	00:42:16	00:44:08.45	00:44:23.65	+00:12:24 (28.1%)	4:24	13.6 (72.0%)
84	STRZAŁKA Robert	427	BRZOZA BIEGA	M-40	29	Brzoza Biega	00:00:07	00:10:57	00:21:14	00:31:35	00:42:08	00:44:11.95	00:44:19.70	+00:12:27 (28.2%)	4:25	13.6 (72.0%)
85	WIĘCKOWSKI Dariusz	166	AKADEMIA MISTRZÓW SPORTU	M-40	30	Akademia Mistrzów Sportu	00:00:19	00:11:43	00:22:04	00:32:34	00:42:31	00:44:20.60	00:44:40.00	+00:12:36 (28.4%)	4:26	13.5 (71.4%)
86	NARTOWSKI Łukasz	171		M-30	29		00:00:10	00:11:12	00:21:38	00:32:05	00:42:29	00:44:22.75	00:44:33.00	+00:12:38 (28.5%)	4:26	13.5 (71.4%)
87	MACIEJEWSKA Kamila	36	#SLIMAKIBARCIN	K-40	2	#slimakibarcin	00:00:04	00:11:18	00:21:49	00:32:12	00:42:30	00:44:24.20	00:44:28.65	+00:12:40 (28.5%)	4:26	13.5 (71.4%)
88	WIŚNIEWSKI Maciej	383		M-40	31		00:00:04	00:10:57	00:21:29	00:32:06	00:42:31	00:44:25.80	00:44:30.10	+00:12:41 (28.6%)	4:26	13.5 (71.4%)
89	SAWICKI Michał	437		M-30	30		00:00:10	00:11:01	00:21:25	00:32:00	00:42:36	00:44:32.00	00:44:42.65	+00:12:47 (28.7%)	4:27	13.5 (71.4%)
90	BONIKOWSKI Jakub	423	TRISPACE/TREK	M-50	10	TRISPACE/TREK	00:00:09	00:10:49	00:21:20	00:32:08	00:42:43	00:44:32.05	00:44:41.45	+00:12:47 (28.7%)	4:27	13.5 (71.4%)
91	RACZYŃSKI Krzysztof	48	BIEGAJĄCY FILOZOF TEAM	M-60	3	Biegający Filozof Team	00:00:06	00:10:59	00:21:18	00:31:50	00:42:34	00:44:32.85	00:44:39.05	+00:12:48 (28.8%)	4:27	13.5 (71.4%)
92	KRUSZYNA Adam	127		M-50	11		00:00:04	00:10:45	00:21:09	00:31:57	00:42:42	00:44:37.70	00:44:41.80	+00:12:53 (28.9%)	4:27	13.4 (70.9%)
93	ANDRZEJEWSKA Sylwia	240	TEAMOCHAL	K-30	4	TEAMOCHAL	00:00:01	00:10:45	00:21:16	00:32:01	00:42:46	00:44:39.85	00:44:41.80	+00:12:55 (28.9%)	4:27	13.4 (70.9%)
94	WIŚNIEWSKI Mikołaj	317	BRZOZA BIEGA	M-30	31	Brzoza Biega	00:00:10	00:10:55	00:21:14	00:32:02	00:42:42	00:44:41.80	00:44:52.55	+00:12:57 (29.0%)	4:28	13.4 (70.9%)
95	RATZ Marcjanna	14		K-30	5		00:00:10	00:11:14	00:21:46	00:32:28	00:42:56	00:44:42.15	00:44:52.15	+00:12:58 (29.0%)	4:28	13.4 (70.9%)
96	NOWACZYK Bartosz	428		M-30	32		00:00:06	00:10:47	00:21:18	00:32:05	00:42:43	00:44:43.55	00:44:50.05	+00:12:59 (29.0%)	4:28	13.4 (70.9%)
97	ZAJDLEWICZ Daniel	2		M-40	32		00:00:11	00:11:02	00:21:39	00:32:12	00:42:49	00:44:46.95	00:44:57.95	+00:13:02 (29.1%)	4:28	13.4 (70.9%)
98	SZTEJKA Damian	94		M-40	33		00:00:13	00:10:54	00:21:24	00:32:12	00:42:53	00:44:50.40	00:45:04.20	+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	WASILEWSKA Martyna	398	AKADEMIA MISTRZÓW SPORTU	K-30	6	Akademia Mistrzów Sportu	00:00:15	00:11:14	00:21:40	00:32:17	00:42:57	00:44:53.30	00:45:08.50	+00:13:09 (29.3%)	4:29	13.4 (70.9%)
100	TOMASZEWSKI Marcin	381		M-40	34		00:00:07	00:11:09	00:21:47	00:32:34	00:43:07	00:45:00.45	00:45:08.30	+00:13:16 (29.5%)	4:30	13.3 (70.4%)
101	NAMIEŚNIK Krzysztof	110	QSZYSHTOFF	M-40	35	QszyshtOff	00:00:25	00:11:26	00:21:54	00:32:30	00:43:04	00:45:01.35	00:45:26.55	+00:13:17 (29.5%)	4:30	13.3 (70.4%)
102	PACZKOWSKI Mirosław	248	TRIDROPSY	M-50	12	TRIDROPSY	00:00:11	00:11:09	00:21:45	00:32:32	00:43:15	00:45:03.50	00:45:15.15	+00:13:19 (29.6%)	4:30	13.3 (70.4%)
103	STASZKIEWICZ Lucyna	71	STASHKY TEAM	K-50	1	STASHKY TEAM	00:00:07	00:11:10	00:21:41	00:32:22	00:43:09	00:45:07.75	00:45:14.75	+00:13:23 (29.7%)	4:30	13.3 (70.4%)
104	KOCZĄB Marta	432		K-20	2		00:00:08	00:11:20	00:21:46	00:32:25	00:43:09	00:45:11.45	00:45:20.25	+00:13:27 (29.8%)	4:31	13.3 (70.4%)
105	JAKUBIK Wojciech	281	ROGIEWICZ RUNNING TEAM	M-40	36	Rogiewicz Running Team	00:00:14	00:11:22	00:22:02	00:32:53	00:43:27	00:45:14.85	00:45:29.15	+00:13:30 (29.9%)	4:31	13.3 (70.4%)
106	BORCZYŃSKI Grzegorz	385	BS PIOTRKÓW KUJAWSKI	M-40	37	BS Piotrków Kujawski	00:00:04	00:11:07	00:21:40	00:32:25	00:43:22	00:45:26.50	00:45:31.25	+00:13:42 (30.2%)	4:32	13.2 (69.8%)
107	PILARSKI Marcin	401		M-30	33		00:00:15	00:11:17	00:22:07	00:33:05	00:43:37	00:45:34.10	00:45:49.75	+00:13:50 (30.4%)	4:33	13.2 (69.8%)
108	BUDZIK Ireneusz	334		M-50	13		00:00:05	00:11:25	00:22:06	00:32:50	00:43:36	00:45:34.70	00:45:40.05	+00:13:50 (30.4%)	4:33	13.2 (69.8%)
109	GLIWKA Artur	351		M-40	38		00:00:12	00:11:05	00:21:42	00:32:36	00:43:41	00:45:40.70	00:45:53.30	+00:13:56 (30.5%)	4:34	13.1 (69.3%)
110	LEŚNY Mateusz	436		M-20	8		00:00:09	00:10:55	00:21:45	00:32:55	00:43:45	00:45:41.50	00:45:51.20	+00:13:57 (30.5%)	4:34	13.1 (69.3%)
111	STARZYŃSKI Piotr	254		M-40	39		00:00:18	00:11:57	00:22:35	00:33:20	00:43:51	00:45:42.60	00:46:01.55	+00:13:58 (30.6%)	4:34	13.1 (69.3%)
112	BARSZCZEWSKI Sebastian	286		M-40	40		00:00:12	00:11:21	00:22:02	00:32:58	00:43:54	00:45:46.30	00:45:58.70	+00:14:02 (30.7%)	4:34	13.1 (69.3%)
113	CZARNECKI Piotr	488		M-40	41	Brzoza Biega	00:00:16	00:11:32	00:22:16	00:33:07	00:44:00	00:45:52.60	00:46:09.45	+00:14:08 (30.8%)	4:35	13.1 (69.3%)
114	KALACZYŃSKI Miłosz	410	POLONIA BYDGOSZCZ SLA	M-20	9	Polonia Bydgoszcz SLA	00:00:25	00:12:14	00:23:09	00:33:48	00:44:06	00:45:53.10	00:46:18.60	+00:14:09 (30.8%)	4:35	13.1 (69.3%)
115	SZYCHOWSKI Jarosław	296	TKKF KOLEJARZ BYDGOSZCZ	M-30	34	TKKF Kolejarz Bydgoszcz	00:00:17	00:11:36	00:22:17	00:33:10	00:44:01	00:45:56.85	00:46:14.10	+00:14:12 (30.9%)	4:35	13.1 (69.3%)
116	TRAWCZYŃSKI Jacek	476	TRISPACE/TREK	M-50	14	TRISPACE/TREK	00:00:07	00:11:19	00:22:01	00:32:55	00:44:00	00:45:58.30	00:46:06.00	+00:14:14 (31.0%)	4:35	13.1 (69.3%)
117	BAGIŃSKI Marcin	332		M-30	35		00:00:29	00:11:37	00:22:21	00:33:08	00:44:01	00:45:58.55	00:46:27.85	+00:14:14 (31.0%)	4:35	13.1 (69.3%)
118	PŁOCHARSKI Sebastian	460		M-30	36		00:00:09	00:11:14	00:21:57	00:33:09	00:44:10	00:46:02.70	00:46:12.10	+00:14:18 (31.1%)	4:36	13 (68.8%)
119	WIŚNIEWSKA Żaneta	291		K-20	3		00:00:12	00:11:21	00:22:01	00:32:56	00:44:05	00:46:04.20	00:46:17.15	+00:14:20 (31.1%)	4:36	13 (68.8%)
120	NAPIERAŁA Mikołaj	84	TEAMOCHAL	M-20	10	TEAMOCHAL	00:00:26	00:12:22	00:23:32	00:34:07	00:44:22	00:46:08.20	00:46:34.55	+00:14:24 (31.2%)	4:36	13 (68.8%)
121	VON PRADZYŃSKI Maciej	493		M-30	37		00:00:08	00:11:10	00:21:54	00:33:07	00:44:12	00:46:09.65	00:46:18.50	+00:14:25 (31.3%)	4:36	13 (68.8%)
122	MONDRY Waldemar	155		M-50	15		00:00:06	00:11:26	00:22:10	00:33:11	00:44:14	00:46:10.65	00:46:16.85	+00:14:26 (31.3%)	4:37	13 (68.8%)
123	ORLIKOWSKI Tadeusz	430		M-70	1		00:00:09	00:11:23	00:22:17	00:33:18	00:44:16	00:46:15.80	00:46:25.65	+00:14:31 (31.4%)	4:37	13 (68.8%)
124	WITUCKI Tomasz	462	OSP BRZOZA	M-40	42	OSP Brzoza	00:00:25	00:11:22	00:22:03	00:33:06	00:44:25	00:46:36.30	00:47:02.10	+00:14:52 (31.9%)	4:39	12.9 (68.3%)
125	KUBARSKI Julian	165	TKKF KOLEJARZ BYDGOSZCZ	M-50	16	TKKF Kolejarz Bydgoszcz	00:00:09	00:11:24	00:22:13	00:33:29	00:44:33	00:46:36.95	00:46:46.65	+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	00:46:39.25	00:46:45.75	+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	00:46:45.65	00:46:49.50	+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	00:46:45.95	00:46:51.85	+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	00:46:46.35	00:46:54.80	+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	00:46:48.05	00:47:02.50	+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	00:46:49.35	00:47:09.25	+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	00:46:53.35	00:47:06.00	+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	00:46:59.75	00:47:04.60	+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	00:47:05.10	00:47:08.45	+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	00:47:07.30	00:47:21.70	+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	00:47:16.70	00:47:19.35	+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	00:47:17.95	00:47:36.05	+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	00:47:25.00	00:47:29.00	+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	00:47:29.80	00:47:34.25	+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	00:47:31.60	00:47:43.40	+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	00:47:32.05	00:47:41.15	+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	00:47:36.60	00:47:44.55	+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	00:47:49.65	00:48:03.10	+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	00:47:50.80	00:48:02.15	+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	00:47:56.95	00:48:00.65	+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	00:47:58.20	00:48:07.30	+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	00:48:04.50	00:48:19.40	+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	00:48:04.75	00:48:21.05	+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	00:48:08.55	00:48:15.50	+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	00:48:21.75	00:48:40.75	+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	00:48:34.90	00:48:41.85	+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	00:48:44.40	00:48:51.25	+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	KOPACZEWSKI Marcin	218	SZKOŁA JAZDY KOPACZEWSKI	M-40	50	Szkoła jazdy Kopaczewski	00:00:11	00:11:29	00:22:57	00:34:53	00:46:43	00:48:55.15	00:49:06.20	+00:17:11 (35.1%)	4:53	12.3 (65.1%)
154	FULARA Nadia	49		K-30	8		00:00:19	00:12:11	00:23:36	00:35:10	00:46:52	00:48:57.10	00:49:16.70	+00:17:13 (35.2%)	4:53	12.3 (65.1%)
155	KRYSKE Mariusz	235	SPÓJNIA BIAŁE BŁOTA	M-40	51	SPÓJNIA BIAŁE BŁOTA	00:00:31	00:12:18	00:23:33	00:35:08	00:46:59	00:49:03.45	00:49:35.35	+00:17:19 (35.3%)	4:54	12.2 (64.6%)
156	KOMISARCZYK Iwona	177	INOWROCŁAW BIEGA	K-50	2	Inowrocław biega	00:00:02	00:11:34	00:23:08	00:35:02	00:46:52	00:49:03.95	00:49:06.25	+00:17:19 (35.3%)	4:54	12.2 (64.6%)
157	CHOLEWCZYŃSKI Damian	417		M-30	45		00:00:08	00:11:54	00:23:28	00:35:07	00:47:02	00:49:07.15	00:49:15.40	+00:17:23 (35.4%)	4:54	12.2 (64.6%)
158	WIDŹGOWSKI Przemysław	228		M-40	52		00:00:15	00:12:25	00:24:12	00:35:54	00:47:08	00:49:07.70	00:49:23.05	+00:17:23 (35.4%)	4:54	12.2 (64.6%)
159	MICHOŃSKI Krzysztof	472		M-40	53		00:00:29	00:12:30	00:23:49	00:35:25	00:47:02	00:49:14.15	00:49:43.80	+00:17:30 (35.5%)	4:55	12.2 (64.6%)
160	LEWANDOWSKI Rafał	31	SPC	M-40	54	SPC	00:00:30	00:12:07	00:23:37	00:35:18	00:47:13	00:49:18.20	00:49:48.35	+00:17:34 (35.6%)	4:55	12.2 (64.6%)
161	BIERNACKA Magdalena	380	1 BRYGADA LOGISTYCZNA	K-30	9	1 Brygada Logistyczna	00:00:14	00:12:19	00:24:13	00:36:06	00:47:40	00:49:32.60	00:49:46.90	+00:17:48 (35.9%)	4:57	12.1 (64.0%)
162	KOZIOŁ Łukasz	300		M-30	46		00:00:24	00:12:06	00:23:39	00:35:32	00:47:34	00:49:36.10	00:50:00.65	+00:17:52 (36.0%)	4:57	12.1 (64.0%)
163	JABŁOŃSKI Tomek	69		M-40	55		00:00:25	00:12:39	00:24:11	00:35:48	00:47:29	00:49:36.45	00:50:01.45	+00:17:52 (36.0%)	4:57	12.1 (64.0%)
164	JAWORSKI Krzysztof	370		M-40	56		00:00:13	00:12:22	00:23:53	00:35:42	00:47:31	00:49:44.65	00:49:57.90	+00:18:00 (36.2%)	4:58	12.1 (64.0%)
165	URBANIAK Sławomir	152		M-50	23		00:00:11	00:12:04	00:23:36	00:35:23	00:47:33	00:49:45.05	00:49:56.40	+00:18:00 (36.2%)	4:58	12.1 (64.0%)
166	OSIŃSKI Adam	205	CHŁOPAKI TO MY	M-50	24	Chłopaki to My	00:00:15	00:12:48	00:24:26	00:36:08	00:47:38	00:49:46.00	00:50:01.75	+00:18:01 (36.2%)	4:58	12.1 (64.0%)
167	GALICKI Jakub	64	AKADEMIA MISTRZÓW SPORTU	M-40	57	Akademia Mistrzów Sportu	00:00:13	00:12:11	00:23:44	00:35:44	00:47:40	00:49:46.80	00:50:00.05	+00:18:02 (36.2%)	4:58	12.1 (64.0%)
168	DRZEWIECKI Rafał	86	AKADEMIA MISTRZÓW SPORTU	M-40	58	Akademia Mistrzów Sportu	00:00:17	00:12:44	00:24:23	00:36:07	00:47:44	00:49:50.45	00:50:07.75	+00:18:06 (36.3%)	4:59	12 (63.5%)
169	DROŹDŹ Małgorzata	42	AKADEMIA MISTRZÓW SPORTU	K-40	6	Akademia Mistrzów Sportu	00:00:17	00:12:44	00:24:23	00:36:07	00:47:44	00:49:50.55	00:50:08.15	+00:18:06 (36.3%)	4:59	12 (63.5%)
170	ZAPARUCHA Mikołaj	371		M-50	25		00:00:09	00:12:16	00:23:52	00:35:47	00:47:51	00:49:52.30	00:50:01.55	+00:18:08 (36.4%)	4:59	12 (63.5%)
171	PRZYBYŁA Agnieszka	442		K-40	7		00:00:20	00:12:39	00:24:05	00:35:47	00:47:45	00:49:59.80	00:50:19.95	+00:18:15 (36.5%)	4:59	12 (63.5%)
172	KOWALSKI Wojciech	431		M-40	59		00:00:06	00:12:24	00:24:24	00:36:19	00:47:54	00:50:02.55	00:50:08.60	+00:18:18 (36.6%)	5:00	12 (63.5%)
173	LASKOWSKI Daniel	188		M-40	60		00:00:21	00:12:15	00:23:52	00:35:45	00:47:53	00:50:04.10	00:50:25.25	+00:18:20 (36.6%)	5:00	12 (63.5%)
174	ŚWIDER Dariusz	408		M-40	61		00:00:05	00:12:57	00:24:36	00:36:19	00:47:57	00:50:05.60	00:50:11.00	+00:18:21 (36.6%)	5:00	12 (63.5%)
175	STĘPIEŃ Tomasz	222		M-40	62		00:00:10	00:11:44	00:23:26	00:35:27	00:47:50	00:50:07.00	00:50:17.00	+00:18:22 (36.7%)	5:00	12 (63.5%)
176	SZCZERBA Maciej	298		M-50	26		00:00:12	00:12:14	00:24:02	00:35:58	00:47:54	00:50:07.20	00:50:20.15	+00:18:23 (36.7%)	5:00	12 (63.5%)
177	TOMCZAK Zbigniew	32		M-60	4		00:00:08	00:12:10	00:23:45	00:35:46	00:47:56	00:50:15.00	00:50:23.35	+00:18:30 (36.8%)	5:01	11.9 (63.0%)
178	LUZAK Magdalena	415		K-30	10		00:00:08	00:11:48	00:23:35	00:35:44	00:48:03	00:50:16.50	00:50:25.30	+00:18:32 (36.9%)	5:01	11.9 (63.0%)
179	RYDLEWSKI Marek	67	RUN BYDGOSZCZ	M-50	27	RUN BYDGOSZCZ	00:00:12	00:12:12	00:23:51	00:35:49	00:48:06	00:50:19.40	00:50:31.45	+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	BARANOWSKA Joanna	372		K-40	8		00:00:07	00:12:56	00:24:57	00:36:58	00:48:27	00:50:23.90	00:50:31.85	+00:18:39 (37.0%)	5:02	11.9 (63.0%)
181	ŚWIĘCICKI Andrzej	72		M-40	63		00:00:10	00:12:22	00:24:16	00:36:12	00:48:16	00:50:24.30	00:50:34.45	+00:18:40 (37.0%)	5:02	11.9 (63.0%)
182	KRUSZYNA Renata	307		K-30	11		00:00:15	00:12:09	00:23:48	00:35:51	00:48:11	00:50:30.90	00:50:46.55	+00:18:46 (37.2%)	5:03	11.9 (63.0%)
183	GRUDA Mirosław	62		M-60	5		00:00:13	00:12:16	00:24:07	00:36:23	00:48:26	00:50:39.95	00:50:53.75	+00:18:55 (37.4%)	5:03	11.8 (62.4%)
184	GRALIK Kacper	44	BYDGOSKIE OKONIE	M-20	14	Bydgoskie Okonie	00:00:23	00:12:44	00:24:27	00:36:34	00:48:37	00:50:48.80	00:51:12.25	+00:19:04 (37.5%)	5:04	11.8 (62.4%)
185	REPKA Marek	57	LUPUS TEAM	M-40	64	Lupus Team	00:00:07	00:12:21	00:23:54	00:35:42	00:48:33	00:50:50.50	00:50:57.75	+00:19:06 (37.6%)	5:05	11.8 (62.4%)
186	MILEWSKI Arkadiusz	245		M-40	65		00:00:16	00:13:08	00:25:06	00:36:50	00:48:36	00:50:50.80	00:51:07.05	+00:19:06 (37.6%)	5:05	11.8 (62.4%)
187	REPKA Anna	55	LUPUS TEAM	K-40	9	Lupus Team	00:00:07	00:12:22	00:24:07	00:36:26	00:48:42	00:50:51.60	00:50:58.65	+00:19:07 (37.6%)	5:05	11.8 (62.4%)
188	PAŚ Michał	95	CHARTY SZELEJEWO	M-40	66	Charty Szelejewo	00:00:10	00:13:11	00:25:11	00:36:56	00:48:41	00:50:51.65	00:51:01.80	+00:19:07 (37.6%)	5:05	11.8 (62.4%)
189	ĆWIK Łukasz	446	ESTEBAN	M-40	67	Esteban	00:00:11	00:12:13	00:23:58	00:36:16	00:48:43	00:50:57.85	00:51:09.55	+00:19:13 (37.7%)	5:05	11.8 (62.4%)
190	STEMPNIAK Krzysztof	111		M-50	28		00:00:12	00:12:14	00:24:08	00:36:24	00:48:49	00:50:59.30	00:51:11.35	+00:19:15 (37.8%)	5:05	11.8 (62.4%)
191	LASKOWSKA Monika	189		K-30	12		00:00:23	00:12:44	00:24:36	00:36:42	00:48:54	00:51:09.00	00:51:32.10	+00:19:24 (38.0%)	5:06	11.7 (61.9%)
192	MISUN-NOWAK Katarzyna	30	AKADEMIA MISTRZÓW SPORTU	K-40	10	Akademia Mistrzów Sportu	00:00:14	00:12:56	00:25:06	00:37:08	00:48:59	00:51:09.80	00:51:24.70	+00:19:25 (38.0%)	5:06	11.7 (61.9%)
193	HENSIK Szymon	478	OSP BRZOZA	M-30	47	OSP Brzoza	00:00:14	00:12:23	00:24:12	00:36:29	00:48:49	00:51:10.60	00:51:25.50	+00:19:26 (38.0%)	5:07	11.7 (61.9%)
194	SZYMAŃSKI Michał	397		M-30	48		00:00:06	00:12:17	00:23:54	00:35:55	00:48:48	00:51:19.35	00:51:25.40	+00:19:35 (38.2%)	5:07	11.7 (61.9%)
195	KICZIŃSKI Izabela	327	CBR BIEGA	K-40	11	CBR BIEGA	00:00:14	00:13:09	00:25:13	00:37:27	00:49:17	00:51:24.30	00:51:39.25	+00:19:40 (38.3%)	5:08	11.7 (61.9%)
196	ŻEGLICZ Marek	216	SPÓJNIA BIAŁE BŁOTA	M-20	15	Spójnia Białe Błota	00:00:24	00:12:27	00:24:08	00:36:22	00:49:09	00:51:30.10	00:51:54.90	+00:19:46 (38.4%)	5:09	11.7 (61.9%)
197	MALEC Karol	376		M-40	68		00:00:15	00:12:52	00:24:35	00:36:50	00:49:21	00:51:36.15	00:51:51.65	+00:19:52 (38.5%)	5:09	11.6 (61.4%)
198	WŁODARSKA Karolina	130	POLONIA BYDGOSZCZ SLA	K-40	12	Polonia Bydgoszcz SLA	00:00:26	00:13:08	00:25:12	00:37:28	00:49:34	00:51:45.30	00:52:11.65	+00:20:01 (38.7%)	5:10	11.6 (61.4%)
199	GÓRSKI Marian	435		M-60	6		00:00:02	00:12:43	00:24:53	00:37:09	00:49:32	00:51:47.75	00:51:50.05	+00:20:03 (38.7%)	5:10	11.6 (61.4%)
200	KOSIARSKI Tomasz	340		M-40	69		00:00:19	00:12:48	00:24:40	00:37:23	00:49:49	00:51:54.55	00:52:14.00	+00:20:10 (38.9%)	5:11	11.6 (61.4%)
201	STAFIEJ Wojciech	136		M-50	29		00:00:13	00:12:21	00:23:51	00:35:33	00:49:45	00:51:56.25	00:52:09.60	+00:20:12 (38.9%)	5:11	11.6 (61.4%)
202	DAWIDOWICZ Maciej	158	TRISPACE/TREK	M-40	70	TRISPACE/TREK	00:00:19	00:12:33	00:25:26	00:37:56	00:49:48	00:51:57.10	00:52:16.30	+00:20:13 (38.9%)	5:11	11.5 (60.8%)
203	OLIWKOWSKI Łukasz	438		M-40	71		00:00:21	00:12:09	00:24:13	00:37:09	00:49:43	00:51:57.30	00:52:18.55	+00:20:13 (38.9%)	5:11	11.5 (60.8%)
204	KAZUBOWSKI Jacek	100	KAZUBKI TEAM/TRIDARKO	M-50	30	Kazubki Team/TriDarKo	00:00:07	00:12:33	00:24:44	00:37:13	00:49:50	00:51:57.90	00:52:05.35	+00:20:13 (38.9%)	5:11	11.5 (60.8%)
205	CZYŻEWSKA Justyna	26		K-30	13		00:00:14	00:12:24	00:24:25	00:37:01	00:49:47	00:52:05.10	00:52:19.20	+00:20:21 (39.1%)	5:12	11.5 (60.8%)
206	PODLASZEWSKI Jacek	294		M-50	31		00:00:29	00:12:53	00:25:08	00:37:33	00:49:58	00:52:08.95	00:52:38.50	+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	KOSEK Mariusz	154	RCI	M-50	32	RCI	00:00:13	00:12:46	00:24:42	00:36:58	00:49:52	00:52:13.65	00:52:27.20	+00:20:29 (39.2%)	5:13	11.5 (60.8%)
208	GIL Jarosław	209		M-30	49		00:00:27	00:12:45	00:25:07	00:37:39	00:50:05	00:52:19.40	00:52:46.40	+00:20:35 (39.3%)	5:13	11.5 (60.8%)
209	TOCZKIEWICZ Kaja	169	TEAMOCHAL	K-1	1	TEAMOCHAL	00:00:04	00:12:35	00:24:51	00:37:32	00:50:22	00:52:29.55	00:52:34.30	+00:20:45 (39.5%)	5:14	11.4 (60.3%)
210	KANADYS Jacek	20		M-50	33		00:00:21	00:13:08	00:25:17	00:37:35	00:50:14	00:52:35.40	00:52:56.65	+00:20:51 (39.7%)	5:15	11.4 (60.3%)
211	HAREMZA Mariusz	17		M-40	72		00:00:21	00:13:06	00:25:17	00:37:48	00:50:24	00:52:35.75	00:52:56.85	+00:20:51 (39.7%)	5:15	11.4 (60.3%)
212	LICA Grzegorz	191		M-40	73		00:00:30	00:12:45	00:25:15	00:38:01	00:50:24	00:52:39.65	00:53:09.70	+00:20:55 (39.7%)	5:15	11.4 (60.3%)
213	FARMAS Tomasz	374		M-1	5		00:00:12	00:12:07	00:24:16	00:37:41	00:50:24	00:52:39.80	00:52:52.20	+00:20:55 (39.7%)	5:15	11.4 (60.3%)
214	POLIWODZIŃSKI Michał	117	FKS WISŁA FORDON	M-40	74	FKS WISŁA FORDON	00:00:08	00:12:30	00:24:51	00:37:42	00:50:47	00:52:54.35	00:53:02.50	+00:21:10 (40.0%)	5:17	11.3 (59.8%)
215	SZARMACH Stanisław	331	DIABELSKIE PIORUNY	M-70	2	Diabelskie Pioruny	00:00:24	00:13:04	00:25:25	00:38:07	00:50:47	00:53:00.40	00:53:25.10	+00:21:16 (40.1%)	5:18	11.3 (59.8%)
216	SOBAŃSKI Michał	137		M-30	50		00:00:34	00:14:05	00:26:43	00:39:00	00:50:57	00:53:02.55	00:53:36.70	+00:21:18 (40.2%)	5:18	11.3 (59.8%)
217	SADOWSKI Marian	276		M-50	34		00:00:16	00:13:08	00:25:24	00:37:54	00:50:43	00:53:06.50	00:53:23.10	+00:21:22 (40.2%)	5:18	11.3 (59.8%)
218	KANARKOWSKI Stanisław	335		M-60	7		00:00:06	00:12:58	00:25:29	00:38:16	00:51:05	00:53:18.65	00:53:25.40	+00:21:34 (40.5%)	5:19	11.3 (59.8%)
219	RYCHTER Marta	496		K-20	4	The Rychters	00:04:01	00:13:05	00:25:31	00:38:18	00:51:12	00:53:25.85	00:57:27.00	+00:21:41 (40.6%)	5:20	11.2 (59.3%)
220	GIERSEWSKA Grażyna	350		K-50	3		00:00:18	00:13:18	00:25:50	00:38:36	00:51:21	00:53:27.15	00:53:45.65	+00:21:43 (40.6%)	5:20	11.2 (59.3%)
221	DULIŃSKA Dorota	190	TRISPACE/TREK	K-40	13	TRISPACE/TREK	00:00:30	00:13:21	00:25:52	00:38:31	00:51:09	00:53:29.50	00:54:00.15	+00:21:45 (40.7%)	5:20	11.2 (59.3%)
222	KONIEC Piotr	443	TRIDROPSY	M-40	75	TRIDROPSY	00:00:11	00:13:28	00:25:49	00:38:46	00:51:29	00:53:36.05	00:53:47.45	+00:21:51 (40.8%)	5:21	11.2 (59.3%)
223	MURACH Wojciech	471		M-50	35		00:00:28	00:13:57	00:26:53	00:39:25	00:51:29	00:53:36.30	00:54:05.05	+00:21:52 (40.8%)	5:21	11.2 (59.3%)
224	OLSZÓWKA Michał	90	LKS OSTROMECKO	M-40	76	LKS Ostromecko	00:00:24	00:13:33	00:26:18	00:39:00	00:51:36	00:53:41.05	00:54:05.75	+00:21:56 (40.9%)	5:22	11.2 (59.3%)
225	JAKUBIEC Adrianna	96		K-20	5		00:00:24	00:13:33	00:26:18	00:39:00	00:51:36	00:53:41.20	00:54:05.75	+00:21:57 (40.9%)	5:22	11.2 (59.3%)
226	GARBARCZYK Bartek	384		M-1	6		00:00:20	00:14:09	00:27:16	00:40:21	00:52:54	00:53:53.90	00:54:14.20	+00:22:09 (41.1%)	5:23	11.1 (58.7%)
227	RYDLEWSKI Andrzej	429		M-40	77		00:00:18	00:13:58	00:26:53	00:39:22	00:51:39	00:53:59.90	00:54:18.10	+00:22:15 (41.2%)	5:23	11.1 (58.7%)
228	MAŚLIŃSKI Mirosław	309		M-50	36		00:00:16	00:13:23	00:26:01	00:38:44	00:51:49	00:54:11.15	00:54:27.20	+00:22:27 (41.4%)	5:25	11.1 (58.7%)
229	RÓŻYCKI Waldemar	102	KATOLIK	M-40	78	Katolik	00:00:27	00:13:34	00:26:25	00:39:27	00:52:05	00:54:12.25	00:54:40.00	+00:22:28 (41.5%)	5:25	11.1 (58.7%)
230	STERNAL Tomasz	345		M-50	37		00:00:20	00:13:34	00:26:22	00:39:05	00:51:55	00:54:13.95	00:54:34.70	+00:22:29 (41.5%)	5:25	11.1 (58.7%)
231	PRZYWECKA Jadwiga	491		K-40	14		00:00:24	00:13:48	00:26:41	00:39:17	00:51:58	00:54:23.05	00:54:47.10	+00:22:38 (41.6%)	5:26	11 (58.2%)
232	KURS Jarosław	388	TKKF KOLEJARZ BYDGOSZCZ	M-50	38	TKKF Kolejarz Bydgoszcz	00:00:31	00:13:23	00:26:07	00:39:10	00:52:18	00:54:37.75	00:55:09.35	+00:22:53 (41.9%)	5:27	11 (58.2%)
233	GOSIA Mał	246		K-30	14		00:00:27	00:13:50	00:26:42	00:39:54	00:52:55	00:55:08.65	00:55:36.50	+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	OKOŃSKA Emilia	227		K-40	15		00:00:28	00:13:45	00:26:48	00:40:10	00:53:05	00:55:18.20	00:55:46.85	+00:23:34 (42.6%)	5:31	10.8 (57.1%)
235	KOLASIŃSKI Tomasz	163		M-50	39		00:00:14	00:13:18	00:25:58	00:38:54	00:52:59	00:55:40.60	00:55:54.75	+00:23:56 (43.0%)	5:34	10.8 (57.1%)
236	STANKOWSKA Justyna	360		K-40	16		00:00:10	00:13:14	00:25:56	00:39:14	00:53:15	00:55:40.65	00:55:51.20	+00:23:56 (43.0%)	5:34	10.8 (57.1%)
237	KONIEC Krzysztof	34	KONIEC	M-50	40	Koniec	00:00:06	00:13:00	00:25:47	00:39:33	00:53:25	00:55:44.60	00:55:50.65	+00:24:00 (43.1%)	5:34	10.8 (57.1%)
238	NALEWALSKA Justyna	386		K-30	15		00:00:18	00:13:33	00:26:50	00:40:08	00:53:35	00:55:45.30	00:56:03.65	+00:24:01 (43.1%)	5:34	10.8 (57.1%)
239	KOPACZEWSKA Agnieszka	217	SZKOŁA JAZDY KOPACZEWSKI	K-40	17	Szkoła jazdy Kopaczewski	00:00:11	00:13:40	00:26:54	00:40:31	00:53:35	00:55:51.50	00:56:03.10	+00:24:07 (43.2%)	5:35	10.7 (56.6%)
240	WÓDKOWSKI Łukasz	467		M-30	51		00:00:16	00:13:24	00:26:24	00:40:02	00:53:29	00:55:54.40	00:56:10.55	+00:24:10 (43.2%)	5:35	10.7 (56.6%)
241	GROTA Artur	434		M-40	79		00:00:16	00:13:19	00:26:19	00:39:56	00:53:33	00:55:57.70	00:56:13.95	+00:24:13 (43.3%)	5:35	10.7 (56.6%)
242	KRANZ Amelia	151	ŁABISZYN RUNNERS	K-1	2	Łabiszyn runners	00:00:17	00:13:11	00:26:21	00:39:58	00:53:40	00:55:58.15	00:56:15.45	+00:24:14 (43.3%)	5:35	10.7 (56.6%)
243	GROBELNA Monika	61		K-40	18		00:00:14	00:13:24	00:26:46	00:40:34	00:53:54	00:56:00.75	00:56:15.40	+00:24:16 (43.3%)	5:36	10.7 (56.6%)
244	FABROWSKI Dawid	202	TRITATA/OCHALTEAM	M-40	80	TriTata/OCHALteam	00:00:22	00:13:31	00:26:44	00:40:09	00:53:40	00:56:01.60	00:56:24.50	+00:24:17 (43.4%)	5:36	10.7 (56.6%)
245	MAŁKIŃSKI Józef	123		M-60	8		00:00:13	00:13:48	00:26:41	00:40:02	00:53:28	00:56:06.45	00:56:20.10	+00:24:22 (43.4%)	5:36	10.7 (56.6%)
246	ROŚ Adam	373		M-50	41		00:00:34	00:14:48	00:27:54	00:40:55	00:53:46	00:56:06.95	00:56:41.60	+00:24:22 (43.4%)	5:36	10.7 (56.6%)
247	STEJUK Aleksandra	9	AKADEMIA MISTRZÓW SPORTU	K-40	19	Akademia Mistrzów Sportu	00:00:15	00:13:33	00:26:48	00:40:31	00:53:44	00:56:11.40	00:56:27.35	+00:24:27 (43.5%)	5:37	10.7 (56.6%)
248	OLIWKOWSKA Eliza	439		K-40	20		00:00:20	00:13:52	00:26:58	00:40:43	00:53:47	00:56:16.20	00:56:36.95	+00:24:32 (43.6%)	5:37	10.7 (56.6%)
249	LEWANDOWSKI Jacek	51	AKADEMIA MISTRZÓW SPORTU	M-40	81	Akademia Mistrzów Sportu	00:00:16	00:13:33	00:26:48	00:40:31	00:53:44	00:56:17.55	00:56:33.60	+00:24:33 (43.6%)	5:37	10.7 (56.6%)
250	PASZKIEWICZ Marika	477	BRZOZA BIEGA	K-30	16		00:00:13	00:14:00	00:27:05	00:40:32	00:54:02	00:56:18.25	00:56:31.30	+00:24:34 (43.6%)	5:37	10.7 (56.6%)
251	DAWGUL Hanna	404	AKADEMIA MISTRZÓW SPORTU	K-40	21	Akademia Mistrzów Sportu	00:00:15	00:13:34	00:26:41	00:40:12	00:53:53	00:56:18.35	00:56:33.85	+00:24:34 (43.6%)	5:37	10.7 (56.6%)
252	PIONTEK Elżbieta	255		K-60	1		00:00:29	00:13:59	00:27:12	00:40:21	00:53:56	00:56:19.80	00:56:48.85	+00:24:35 (43.7%)	5:37	10.7 (56.6%)
253	MAGDZIARZ Katarzyna	419	KANCELARIA - HMM	K-40	22	Kancelaria - HMM	00:00:23	00:13:56	00:27:08	00:40:28	00:53:58	00:56:20.10	00:56:43.95	+00:24:36 (43.7%)	5:38	10.7 (56.6%)
254	SZUKALSKI Michał	290		M-40	82		00:00:18	00:13:17	00:26:23	00:40:27	00:54:00	00:56:28.00	00:56:46.80	+00:24:43 (43.8%)	5:38	10.6 (56.1%)
255	BARWIKOWSKA Bogusia	229		K-40	23		00:00:22	00:14:07	00:27:22	00:40:45	00:54:09	00:56:31.90	00:56:54.70	+00:24:47 (43.9%)	5:39	10.6 (56.1%)
256	JURSKI Robert	54		M-40	83		00:00:29	00:13:37	00:26:43	00:40:15	00:54:06	00:56:35.50	00:57:04.85	+00:24:51 (43.9%)	5:39	10.6 (56.1%)
257	SZYMAŃSKI Bartosz	319		M-30	52		00:00:25	00:14:36	00:27:52	00:41:21	00:54:23	00:56:37.95	00:57:02.95	+00:24:53 (44.0%)	5:39	10.6 (56.1%)
258	PIETRASZAK Tomasz	10	RUN BYDGOSZCZ	M-50	42	RUN BYDGOSZCZ	00:00:27	00:13:51	00:26:48	00:40:03	00:54:20	00:56:50.95	00:57:18.35	+00:25:06 (44.2%)	5:41	10.6 (56.1%)
259	KLAFETKA Mateusz	448		M-30	53		00:00:34	00:14:02	00:27:22	00:41:06	00:54:41	00:57:01.65	00:57:35.95	+00:25:17 (44.4%)	5:42	10.5 (55.6%)
260	KOWALSKA Anna	470		K-30	17		00:00:28	00:13:57	00:27:10	00:41:16	00:54:48	00:57:02.05	00:57:30.95	+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	NOWACZYK Zygmunt	339		M-50	43		00:00:12	00:13:39	00:27:28	00:41:26	00:54:36	00:57:03.05	00:57:15.05	+00:25:18 (44.4%)	5:42	10.5 (55.6%)
262	KASPROWICZ Piotr	8	JW1515 BYDGOSZCZ	M-40	84	JW1515 Bydgoszcz	00:00:22	00:13:53	00:27:25	00:41:14	00:54:42	00:57:05.55	00:57:27.55	+00:25:21 (44.4%)	5:42	10.5 (55.6%)
263	BASIŃSKI Paweł	357		M-40	85		00:00:30	00:14:16	00:27:42	00:41:14	00:54:49	00:57:14.85	00:57:45.40	+00:25:30 (44.6%)	5:43	10.5 (55.6%)
264	DROBYSZEWSKA Anna	180		K-40	24		00:00:08	00:13:32	00:26:55	00:40:34	00:54:42	00:57:23.25	00:57:31.90	+00:25:39 (44.7%)	5:44	10.5 (55.6%)
265	ANDRZEJEWSKI Ryszard	53		M-70	3		00:00:16	00:13:23	00:26:46	00:40:37	00:54:47	00:57:27.65	00:57:44.25	+00:25:43 (44.8%)	5:44	10.4 (55.0%)
266	ZUPA Wojciech	285		M-60	9		00:00:19	00:14:00	00:27:32	00:41:17	00:55:00	00:57:29.00	00:57:48.90	+00:25:44 (44.8%)	5:44	10.4 (55.0%)
267	STERNAL Elżbieta	344		K-50	4		00:00:18	00:13:37	00:26:58	00:40:37	00:54:58	00:57:32.90	00:57:51.70	+00:25:48 (44.9%)	5:45	10.4 (55.0%)
268	ŻEHALUK Paweł	348		M-30	54		00:00:32	00:14:34	00:27:57	00:41:40	00:55:08	00:57:34.80	00:58:07.75	+00:25:50 (44.9%)	5:45	10.4 (55.0%)
269	MAZALON Arkadiusz	349		M-30	55		00:00:32	00:14:35	00:27:57	00:41:41	00:55:09	00:57:35.35	00:58:07.85	+00:25:51 (44.9%)	5:45	10.4 (55.0%)
270	TOCZKIEWICZ Piotr	141		M-40	86		00:00:16	00:14:04	00:27:34	00:41:28	00:55:11	00:57:38.15	00:57:55.00	+00:25:54 (44.9%)	5:45	10.4 (55.0%)
271	SZMIDT-SZYPURA Agnieszka	131		K-30	18		00:00:30	00:14:26	00:28:09	00:41:54	00:55:15	00:57:47.10	00:58:17.15	+00:26:03 (45.1%)	5:46	10.4 (55.0%)
272	BYRTEK Grzegorz	47		M-40	87		00:00:10	00:12:59	00:26:15	00:40:22	00:55:12	00:57:47.65	00:57:58.45	+00:26:03 (45.1%)	5:46	10.4 (55.0%)
273	GODZIUK Roman	213		M-60	10		00:00:11	00:13:20	00:26:50	00:41:04	00:55:31	00:57:59.00	00:58:10.40	+00:26:14 (45.3%)	5:47	10.3 (54.5%)
274	TOMASZEWSKI Krzysztof	284	SPC	M-40	88	SPC	00:00:31	00:14:34	00:28:15	00:41:55	00:55:40	00:58:00.55	00:58:32.20	+00:26:16 (45.3%)	5:48	10.3 (54.5%)
275	GRACZKOWSKA Mirosława	259		K-50	5		00:00:21	00:13:50	00:27:15	00:41:17	00:55:27	00:58:02.15	00:58:23.80	+00:26:18 (45.3%)	5:48	10.3 (54.5%)
276	PÓŁGĘSEK Rafał	24		M-50	44		00:00:24	00:14:57	00:28:38	00:42:18	00:55:39	00:58:03.85	00:58:28.55	+00:26:19 (45.3%)	5:48	10.3 (54.5%)
277	BADOWSKI Krzysztof	352		M-60	11		00:00:22	00:14:37	00:27:49	00:41:31	00:55:21	00:58:06.65	00:58:28.95	+00:26:22 (45.4%)	5:48	10.3 (54.5%)
278	ANDRYSZAK Vanessa	459	ROWEROWA BRZOZA	K-20	6	Rowerowa Brzoza	00:00:17	00:13:26	00:26:51	00:40:43	00:55:12	00:58:09.85	00:58:27.50	+00:26:25 (45.4%)	5:48	10.3 (54.5%)
279	RUDZKI Hubert	453		M-40	89		00:00:21	00:14:02	00:27:32	00:41:26	00:55:37	00:58:13.65	00:58:34.75	+00:26:29 (45.5%)	5:49	10.3 (54.5%)
280	PASZKIET Witold	433	TKKF KOLEJARZ BYDGOSZCZ	M-60	12	TKKF Kolejarz Bydgoszcz	00:00:28	00:14:00	00:27:18	00:41:15	00:55:26	00:58:14.30	00:58:42.30	+00:26:30 (45.5%)	5:49	10.3 (54.5%)
281	PORAZINSKA Viktoria	220		K-40	25		00:00:25	00:14:34	00:28:10	00:41:55	00:55:52	00:58:21.20	00:58:47.00	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
282	MICHAŁ Butowski	271		M-40	90		00:00:26	00:14:34	00:28:10	00:41:55	00:55:52	00:58:21.35	00:58:47.55	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
283	GROBELNA Angelika	250		K-40	26		00:00:25	00:14:34	00:28:10	00:41:55	00:55:53	00:58:21.40	00:58:46.95	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
284	SKRZĄTEK Anna	214		K-40	27		00:00:28	00:14:26	00:28:19	00:42:21	00:56:02	00:58:21.80	00:58:50.55	+00:26:37 (45.6%)	5:50	10.3 (54.5%)
285	SZUBARTOWSKA Pola	50		K-20	7		00:00:08	00:14:37	00:28:10	00:42:11	00:55:59	00:58:22.40	00:58:31.30	+00:26:38 (45.6%)	5:50	10.3 (54.5%)
286	WIŚNIEWSKI Zbigniew	56	BRZOZA BIEGA	M-50	45	Brzoza Biega	00:00:04	00:13:40	00:27:09	00:40:56	00:55:26	00:58:22.75	00:58:27.50	+00:26:38 (45.6%)	5:50	10.3 (54.5%)
287	KABATTEK Bartłomiej	282	TILIA LIPKA	M-40	91	TILIA Lipka	00:00:03	00:13:41	00:27:10	00:40:57	00:55:26	00:58:23.60	00:58:27.15	+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	ANASZEWICZ Marzena	416		K-40	28		00:00:27	00:14:20	00:27:51	00:41:27	00:55:46	00:58:25.85	00:58:53.05	+00:26:41 (45.7%)	5:50	10.3 (54.5%)
289	CHOJECKI Dariusz	450		M-50	46		00:00:11	00:14:48	00:28:34	00:42:38	00:55:55	00:58:33.85	00:58:44.85	+00:26:49 (45.8%)	5:51	10.2 (54.0%)
290	ŻYWICA Adam	312	BRZOZA BIEGA	M-40	92	Brzoza Biega	00:00:10	00:14:35	00:28:06	00:41:35	00:55:59	00:58:34.55	00:58:45.00	+00:26:50 (45.8%)	5:51	10.2 (54.0%)
291	KALACZYŃSKI Grzegorz	38		M-50	47		00:00:24	00:14:28	00:28:13	00:42:04	00:56:02	00:58:35.20	00:58:59.25	+00:26:51 (45.8%)	5:51	10.2 (54.0%)
292	GAŚIOREK Tomasz	420	BRZOZA BIEGA	M-60	13	Brzoza Biega	00:00:09	00:14:36	00:28:07	00:41:36	00:55:59	00:58:35.40	00:58:45.25	+00:26:51 (45.8%)	5:51	10.2 (54.0%)
293	LUDWINIAK Bogdan	33		M-50	48		00:00:17	00:14:36	00:28:21	00:42:17	00:56:13	00:58:36.35	00:58:53.35	+00:26:52 (45.9%)	5:51	10.2 (54.0%)
294	MALATYŃSKA Barbara	221		K-40	29		00:00:26	00:14:36	00:28:25	00:42:24	00:56:20	00:58:47.20	00:59:13.85	+00:27:03 (46.0%)	5:52	10.2 (54.0%)
295	DOŁHUN Adam	200	TRISPACE/TREK	M-40	93	TRISPACE/TREK	00:00:23	00:14:41	00:28:24	00:41:52	00:56:24	00:58:55.70	00:59:19.15	+00:27:11 (46.1%)	5:53	10.2 (54.0%)
296	KUBCZAK-KOSICKA Anna	275		K-50	6		00:00:32	00:17:54	00:36:18	00:55:31		00:58:57.90	00:59:30.60	+00:27:13 (46.2%)	5:53	10.2 (54.0%)
297	LICA Krzysztof	304	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	00:59:00.50	00:59:21.05	+00:27:16 (46.2%)	5:54	10.2 (54.0%)
298	BRACICHOWICZ Bogumiła	392		K-50	7		00:00:18	00:14:25	00:28:16	00:42:27	00:56:29	00:59:09.50	00:59:28.15	+00:27:25 (46.4%)	5:54	10.1 (53.4%)
299	STRABEL Piotr	338		M-60	15		00:00:26	00:15:19	00:29:22	00:43:27	00:57:06	00:59:27.15	00:59:53.60	+00:27:43 (46.6%)	5:56	10.1 (53.4%)
300	FARBICKA-ŻYWICA Paulina	311	BRZOZA BIEGA	K-40	30	Brzoza Biega	00:00:12	00:14:46	00:28:32	00:42:39	00:56:59	00:59:36.90	00:59:49.85	+00:27:52 (46.8%)	5:57	10.1 (53.4%)
301	GIERACH Jakub	465		M-1	7		00:00:07	00:12:24	00:24:32	00:38:01	00:56:24	00:59:39.05	00:59:46.10	+00:27:54 (46.8%)	5:57	10.1 (53.4%)
302	SIWAK Anna	268		K-40	31		00:00:21	00:13:49	00:27:28	00:41:52	00:56:55	00:59:44.25	01:00:06.05	+00:28:00 (46.9%)	5:58	10 (52.9%)
303	SCHMIDT Artur	173	BBACTIVE TEAM	M-1	8	BBACTIVE TEAM	00:00:23	00:13:46	00:28:58	00:43:06	00:57:15	00:59:49.70	01:00:13.55	+00:28:05 (47.0%)	5:58	10 (52.9%)
304	DĘBSKI Jan	6		M-70	4		00:00:09	00:13:47	00:27:49	00:42:22	00:57:07	00:59:49.90	00:59:59.30	+00:28:05 (47.0%)	5:58	10 (52.9%)
305	SCHMIDT Marcin	174	BBACTIVE TEAM	M-40	94	BBACTIVE TEAM	00:00:23	00:13:46	00:28:58	00:43:06	00:57:15	00:59:50.65	01:00:14.40	+00:28:06 (47.0%)	5:59	10 (52.9%)
306	BRZESKA Marta	199		K-40	32		00:00:10	00:14:15	00:28:02	00:42:21	00:57:17	00:59:52.40	01:00:02.95	+00:28:08 (47.0%)	5:59	10 (52.9%)
307	MALAK Robert	405		M-40	95		00:00:26	00:14:47	00:28:46	00:43:24	00:57:30	00:59:56.25	01:00:22.35	+00:28:12 (47.1%)	5:59	10 (52.9%)
308	BIERNAT Magdalena	3	SOLANKOWI BIEGACZE	K-40	33	Solankowi Biegacze	00:00:31	00:15:35	00:29:50	00:43:47	00:57:26	00:59:58.95	01:00:30.35	+00:28:14 (47.1%)	5:59	10 (52.9%)
309	OLSZEWSKA Beata	223	SOLANKOWI BIEGACZE	K-30	19	Solankowi Biegacze	00:00:31	00:15:35	00:29:50	00:43:45	00:57:26	00:59:59.05	01:00:30.35	+00:28:14 (47.1%)	5:59	10 (52.9%)
310	JUCHACZ Tomasz	224	SOLANKOWI BIEGACZE	M-40	96	Solankowi Biegacze	00:00:30	00:15:35	00:29:51	00:43:46	00:57:25	00:59:59.50	01:00:30.35	+00:28:15 (47.1%)	5:59	10 (52.9%)
311	NADRAJKOWSKA Joanna	27	SOLANKOWI BIEGACZE	K-30	20	Solankowi Biegacze	00:00:30	00:15:36	00:29:51	00:43:47	00:57:27	00:59:59.60	01:00:30.30	+00:28:15 (47.1%)	5:59	10 (52.9%)
312	LEWANDOWSKA Dorota	375		K-40	34		00:00:22	00:13:54	00:27:54	00:42:27	00:57:25	01:00:02.10	01:00:24.35	+00:28:18 (47.1%)	6:00	10 (52.9%)
313	ANDRZEJEWSKI Robert	389		M-1	9		00:00:38	00:15:31	00:29:34	00:43:33	00:57:45	01:00:25.90	01:01:04.30	+00:28:41 (47.5%)	6:02	9.9 (52.4%)
314	PISKORSKA Marta	19		K-40	35		00:00:23	00:14:38	00:27:54	00:41:47	00:57:54	01:00:36.10	01:00:59.20	+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	DERING Tomasz	128		M-40	97		00:00:45	00:15:19	00:29:22	00:43:27	00:57:53	01:00:37.95	01:01:23.45	+00:28:53 (47.7%)	6:03	9.9 (52.4%)
316	KUŹNIAK Justyna	162	KB SZAMOTUŁY	K-40	36	KB Szamotuły	00:00:20	00:14:55	00:28:51	00:43:21	00:58:10	01:00:57.50	01:01:18.45	+00:29:13 (47.9%)	6:05	9.8 (51.9%)
317	GACKA Paula	99	LUPUS TEAM	K-20	8	Lupus Team	00:00:20	00:14:42	00:28:39	00:43:12	00:58:22	01:00:59.80	01:01:19.85	+00:29:15 (48.0%)	6:05	9.8 (51.9%)
318	GACKA Anna	59	LUPUS TEAM	K-40	37	Lupus Team	00:00:19	00:14:42	00:28:38	00:43:12	00:58:21	01:01:02.10	01:01:22.00	+00:29:18 (48.0%)	6:06	9.8 (51.9%)
319	JANYSKA Adam	197	UKS KOPERNIK BYDGOSZCZ	M-20	16	Uks Kopernik Bydgoszcz	00:00:12	00:13:50	00:27:58	00:42:21	00:58:31	01:01:09.25	01:01:22.00	+00:29:25 (48.1%)	6:06	9.8 (51.9%)
320	NIEMCZEWSKI Mirosław	147	ŁABISZYN RUNNERS	M-40	98	Łabiszyn runners	00:00:18	00:14:42	00:29:00	00:43:48	00:58:36	01:01:09.90	01:01:28.25	+00:29:25 (48.1%)	6:06	9.8 (51.9%)
321	LEWANDOWSKA Sylwia	13		K-40	38		00:00:28	00:15:35	00:29:58	00:44:28	00:58:40	01:01:11.95	01:01:40.60	+00:29:27 (48.1%)	6:07	9.8 (51.9%)
322	MOCZADŁO Maria	498	SPC	K-40	39	SPC	00:00:32	00:16:21	00:30:41	00:44:58	00:58:55	01:01:24.30	01:01:56.65	+00:29:40 (48.3%)	6:08	9.8 (51.9%)
323	GARBARCZYK Adam	195	AMATOR - NIEZRZESZONY	M-30	56	amator - niezrzeszony	00:00:21	00:16:08	00:30:23	00:44:52	00:59:08	01:01:39.15	01:02:00.95	+00:29:55 (48.5%)	6:09	9.7 (51.3%)
324	BARTOSZYŃSKI Marcin	145	RAW-STUDIO REKLAMY	M-40	99	RAW-studio reklamy	00:00:18	00:14:45	00:29:02	00:43:49	00:58:55	01:01:41.55	01:01:59.75	+00:29:57 (48.6%)	6:10	9.7 (51.3%)
325	SZCZERBA Katarzyna	299		K-40	40		00:00:20	00:15:04	00:29:29	00:44:05	00:59:02	01:01:42.50	01:02:03.10	+00:29:58 (48.6%)	6:10	9.7 (51.3%)
326	OSZUBSKI Kazimierz	239	PGB SOPRTOWA PACZKA	M-40	100	PGB Soprtowa paczka	00:00:46	00:15:49	00:30:44	00:46:03	00:59:34	01:01:50.20	01:02:36.95	+00:30:06 (48.7%)	6:11	9.7 (51.3%)
327	HŁOND Andrzej	208	ŁABISZYN RUNNERS	M-60	16	Łabiszyn runners	00:00:18	00:14:42	00:29:00	00:43:49	00:58:59	01:01:52.10	01:02:10.30	+00:30:08 (48.7%)	6:11	9.7 (51.3%)
328	BARCZAK Agnieszka	368		K-40	41		00:00:25	00:15:22	00:29:47	00:44:30	00:59:12	01:01:57.10	01:02:22.25	+00:30:13 (48.8%)	6:11	9.7 (51.3%)
329	PIĘTA Darek	40		M-50	49		00:00:28	00:15:36	00:30:11	00:45:13	00:59:20	01:01:57.85	01:02:25.95	+00:30:13 (48.8%)	6:11	9.7 (51.3%)
330	WIŚNIEWSKI Janusz	16		M-50	50		00:00:33	00:15:05	00:28:56	00:43:57	00:59:36	01:01:59.40	01:02:32.45	+00:30:15 (48.8%)	6:11	9.7 (51.3%)
331	BŁAŻEK-KOJRO Kasia	60		K-30	21		00:00:28	00:15:35	00:29:58	00:44:30	00:59:16	01:02:03.20	01:02:32.05	+00:30:19 (48.9%)	6:12	9.7 (51.3%)
332	SZTEJKA Jolanta	93		K-40	42		00:00:31	00:15:14	00:29:34	00:44:09	00:59:32	01:02:05.30	01:02:36.60	+00:30:21 (48.9%)	6:12	9.7 (51.3%)
333	MAŁKIŃSKA-BIEGA Dorota	347		K-30	22		00:00:26	00:15:01	00:29:29	00:44:08	00:59:24	01:02:19.40	01:02:46.15	+00:30:35 (49.1%)	6:13	9.6 (50.8%)
334	BAKOWSKI Dawid	346		M-40	101		00:00:27	00:15:01	00:29:28	00:44:07	00:59:23	01:02:19.50	01:02:46.50	+00:30:35 (49.1%)	6:13	9.6 (50.8%)
335	WIKTOROWICZ Dominika	150	ŁABISZYN RUNNERS	K-30	23	Łabiszyn runners	00:00:17	00:14:42	00:29:06	00:44:39	01:00:04	01:02:48.60	01:03:06.55	+00:31:04 (49.5%)	6:16	9.6 (50.8%)
336	WOJCIECHOWSKA-BRZEZINSKA Barbara	329		K-50	8		00:00:28	00:15:25	00:30:07	00:45:34	01:00:47	01:03:23.30	01:03:52.20	+00:31:39 (49.9%)	6:20	9.5 (50.3%)
337	ZIELIŃSKA Justyna	21		K-40	43		00:00:22	00:14:47	00:29:17	00:45:31	01:00:43	01:03:23.45	01:03:46.05	+00:31:39 (49.9%)	6:20	9.5 (50.3%)
338	GAJZLER Jerzy	480		M-70	5		00:00:23	00:14:49	00:29:45	00:44:55	01:00:35	01:03:27.20	01:03:50.45	+00:31:43 (50.0%)	6:20	9.5 (50.3%)
339	MIROWSKI Mariusz	186		M-50	51		00:00:33	00:15:18	00:29:51	00:45:06	01:00:55	01:03:52.85	01:04:26.70	+00:32:08 (50.3%)	6:23	9.4 (49.7%)
340	SALITA Lech	85	ALTOM GNIEZNO	M-60	17	ALTOM GNIEZNO	00:00:30	00:15:22	00:29:55	00:45:10	01:00:59	01:03:56.30	01:04:26.55	+00:32:12 (50.4%)	6:23	9.4 (49.7%)
341	NITKA Dominika	447		K-20	9		00:00:27	00:15:10	00:30:35	00:45:48	01:01:58	01:04:48.80	01:05:16.35	+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	TKACZUK Jolanta	149	TG SOKÓŁ GNIEWKOWO	K-50	9	TG SOKÓŁ GNIEWKOWO	00:00:04	00:15:00	00:30:12	00:46:09	01:02:49	01:06:00.65	01:06:05.50	+00:34:16 (51.9%)	6:36	9.1 (48.1%)
343	KARPIŃSKI Daniel Marek	1		M-40	102		00:00:22	00:16:41	00:32:11	00:47:25	01:03:21	01:06:10.95	01:06:32.95	+00:34:26 (52.0%)	6:37	9.1 (48.1%)
344	POLAŃSKA Beata	499		K-40	44		00:00:33	00:15:48	00:31:01	00:47:03	01:03:11	01:06:16.10	01:06:49.45	+00:34:32 (52.1%)	6:37	9.1 (48.1%)
345	KOSIŃSKI Michał	355		M-40	103		00:00:30	00:15:57	00:30:19	00:46:19	01:03:30	01:06:25.80	01:06:55.80	+00:34:41 (52.2%)	6:38	9 (47.6%)
346	KOSIŃSKA Michalina	356		K-1	3		00:00:29	00:15:57	00:30:20	00:46:20	01:03:31	01:06:26.45	01:06:55.80	+00:34:42 (52.2%)	6:38	9 (47.6%)
347	JANKOWSKI Tomasz	365		M-40	104		00:00:21	00:16:43	00:32:29	00:48:27	01:03:50	01:06:43.35	01:07:04.85	+00:34:59 (52.4%)	6:40	9 (47.6%)
348	ROGOZIŃSKI Melchior	463		M-40	105		00:00:17	00:14:56	00:30:29	00:46:51	01:03:47	01:06:53.00	01:07:10.75	+00:35:08 (52.6%)	6:41	9 (47.6%)
349	GIERACH Krzysztof	269		M-70	6		00:00:17	00:16:10	00:31:49	00:47:36	01:03:47	01:06:53.30	01:07:10.90	+00:35:09 (52.6%)	6:41	9 (47.6%)
350	KOŁODYŃSKA Aleksandra	25		K-30	24		00:00:33	00:19:28	00:40:40	01:03:44		01:07:58.35	01:08:31.50	+00:36:14 (53.3%)	6:47	8.8 (46.6%)
351	AUGUSTYNOWICZ Katarzyna	277	TKKF KOLEJARZ BYDGOSZCZ	K-40	45	TKKF Kolejarz Bydgoszcz	00:00:34	00:16:53	00:32:30	00:48:55	01:05:25	01:08:24.55	01:08:59.35	+00:36:40 (53.6%)	6:50	8.8 (46.6%)
352	RYCHŁY Piotr	353		M-30	57		00:00:23	00:16:25	00:31:53	00:48:34	01:05:18	01:08:29.70	01:08:53.35	+00:36:45 (53.7%)	6:50	8.8 (46.6%)
353	ŚLESINSKA Ewa	473	AUTO SPA	K-50	10	Auto Spa	00:00:22	00:16:27	00:32:23	00:48:36	01:05:19	01:08:30.90	01:08:53.60	+00:36:46 (53.7%)	6:51	8.8 (46.6%)
354	ZAWISZEWSKI Adam	474	AUTO SPA	M-30	58	Auto Spa	00:00:22	00:16:27	00:32:23	00:48:37	01:05:20	01:08:31.45	01:08:53.60	+00:36:47 (53.7%)	6:51	8.8 (46.6%)
355	CIEŚLICKI Kris	89	SISU TEAM	M-30	59	SISU Team	00:00:34	00:16:00	00:32:09	00:49:05	01:06:43	01:10:04.50	01:10:39.10	+00:38:20 (54.7%)	7:00	8.6 (45.5%)
356	WIŚNIEWSKI Krzysztof	212	TRISPACE/TREK	M-50	52	TRISPACE/TREK	00:00:30	00:16:58	00:32:58	00:49:26	01:07:06	01:10:26.80	01:10:57.50	+00:38:42 (55.0%)	7:02	8.5 (45.0%)
357	WIŚNIEWSKA Lucyna	211	TRISPACE/TREK	K-50	11	TRISPACE/TREK	00:00:29	00:16:59	00:32:59	00:49:26	01:07:07	01:10:27.40	01:10:57.35	+00:38:43 (55.0%)	7:02	8.5 (45.0%)
358	KAZUBOWSKI Jeremiasz	274		M-20	17		00:00:24	00:17:27	00:34:07	00:51:16	01:08:44	01:11:34.35	01:11:59.10	+00:39:50 (55.7%)	7:09	8.4 (44.4%)
359	KACZMAREK Wiesława	98		K-50	12		00:00:22	00:17:47	00:34:50	00:51:41	01:09:02	01:12:16.15	01:12:38.85	+00:40:32 (56.1%)	7:13	8.3 (43.9%)
360	ZAKURZEWSKI Arkadiusz	92	NIE ZRZESZONY	M-50	53	nie zrzeszony	00:00:22	00:17:41	00:34:45	00:51:40	01:08:58	01:12:16.45	01:12:38.95	+00:40:32 (56.1%)	7:13	8.3 (43.9%)
361	WAŚNIEWSKA Ewa	399		K-30	25		00:00:27	00:17:01	00:33:47	00:51:32	01:09:35	01:12:58.00	01:13:25.40	+00:41:13 (56.5%)	7:17	8.2 (43.4%)
362	PAPROCKI Rafał	400		M-40	106		00:00:27	00:17:01	00:33:47	00:51:29	01:09:35	01:12:58.20	01:13:25.60	+00:41:14 (56.5%)	7:17	8.2 (43.4%)
363	GRABOWSKA Joanna	295		K-40	46		00:00:32	00:17:54	00:36:18	00:55:32	01:10:41	01:13:19.40	01:13:51.60	+00:41:35 (56.7%)	7:19	8.2 (43.4%)
364	RADZIEJEWSKA Grażyna	236		K-50	13		00:00:25	00:16:38	00:33:13	00:51:35	01:10:09	01:13:36.70	01:14:02.10	+00:41:52 (56.9%)	7:21	8.2 (43.4%)
365	FRASZCZAK Tadeusz	310		M-60	18		00:00:01	00:16:22	00:33:14	00:51:12	01:10:06	01:13:41.65	01:13:43.25	+00:41:57 (56.9%)	7:22	8.1 (42.9%)
366	LENC Janusz	159	TKKF KOLEJARZ BYDGOSZCZ	M-60	19	TKKF Kolejarz Bydgoszcz	00:00:32	00:17:44	00:34:22	00:52:00	01:11:50	01:15:21.00	01:15:53.95	+00:43:36 (57.9%)	7:32	8 (42.3%)
367	WIESE Grzegorz	378	TKKF KOLEJARZ BYDGOSZCZ	M-60	20	TKKF Kolejarz Bydgoszcz	00:00:28	00:18:02	00:37:05	00:57:07	01:16:59	01:20:22.75	01:20:51.10	+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	KUBIAK Małgorzata	237		K-40	47		00:00:29	00:20:26	00:40:58	01:01:39	01:22:22	01:26:14.55	01:26:44.40	+00:54:30 (63.2%)	8:37	7 (37.0%)
369	ANGIEL Władysław	160	TKKF KOLEJARZ BYDGOSZCZ	M-80	1	TKKF Kolejarz Bydgoszcz	00:00:09	00:20:13	00:41:07	01:03:43	01:25:49	01:29:50.95	01:30:00.45	+00:58:06 (64.7%)	8:59	6.7 (35.4%)

Znaleziono 369 wynik(ów)