



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

XVII BIEG SYLWESTROWY
Stowarzyszenie Rowerowa Brzoza
2023-12-31
Brzoza
10 km

XVII 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	WIĄCEK Aleksander	413	TEAM WANDA	M-20	1	TEAM WANDA	00:00:01	00:07:27	00:14:30	00:21:32	00:28:27	00:29:46.05	00:29:47.95		2:58	20.2 (100%)
2	MEGER Maciej	497	AZS AWF GDAŃSK	M-1	1	AZS AWF GDAŃSK	00:00:01	00:07:28	00:14:30	00:21:33	00:28:46	00:30:09.05	00:30:10.65	+00:00:23 (1.3%)	3:00	19.9 (98.5%)
3	KRYZEL Daniel	444	TALEX BORZYTUCHOM	M-20	2	Talex Borzytuchom	00:00:01	00:07:29	00:14:50	00:22:06	00:29:24	00:30:44.95	00:30:46.60	+00:00:58 (3.2%)	3:04	19.5 (96.5%)
4	TULEJA Jakub	445	CWZS ZAWISZA BYDGOSZCZ	M-20	3	CWZS Zawisza Bydgoszcz	00:00:01	00:07:29	00:14:43	00:22:11	00:29:46	00:31:06.10	00:31:07.75	+00:01:20 (4.3%)	3:06	19.3 (95.5%)
5	SKALSKI Szymon	511		M-20	4	AZS AWF GDAŃSK	00:00:01	00:07:46	00:15:06	00:22:36	00:30:04	00:31:31.15	00:31:32.95	+00:01:45 (5.6%)	3:09	19 (94.1%)
6	POCZWARDOWSKI Jędrzej	442		M-20	5		00:00:01	00:08:02	00:15:35	00:23:06	00:30:32	00:31:56.70	00:31:58.35	+00:02:10 (6.8%)	3:11	18.8 (93.1%)
7	MIERECZKO Maciej	508	VECTRA WLOCLAWEK	M-40	1	Vectra Wloclawek	00:00:02	00:08:03	00:15:34	00:23:06	00:30:45	00:32:09.95	00:32:12.05	+00:02:23 (7.5%)	3:12	18.7 (92.6%)
8	RUDNIK Damian	79	TEAM RUDNIK	M-20	6	TEAM RUDNIK	00:00:02	00:08:03	00:15:42	00:23:27	00:31:07	00:32:30.05	00:32:32.25	+00:02:44 (8.4%)	3:15	18.5 (91.6%)
9	PAWŁOWSKI Patryk	512		M-30	1		00:00:02	00:08:02	00:15:36	00:23:25	00:31:12	00:32:39.90	00:32:42.25	+00:02:53 (8.9%)	3:15	18.4 (91.1%)
10	TOMASZEWSKI Miłosz	262		M-30	2		00:00:02	00:08:02	00:15:32	00:23:27	00:31:51	00:33:28.35	00:33:30.40	+00:03:42 (11.1%)	3:20	17.9 (88.6%)
11	SITARZ Damian	407		M-20	7		00:00:02	00:08:44	00:16:49	00:24:53	00:33:00	00:34:30.95	00:34:33.35	+00:04:44 (13.8%)	3:27	17.4 (86.1%)
12	KORALEWSKA Julia	496	AZS AWF GDAŃSK	K-20	1	AZS AWF GDAŃSK	00:00:02	00:08:44	00:16:46	00:24:53	00:33:04	00:34:33.10	00:34:35.10	+00:04:47 (13.8%)	3:27	17.4 (86.1%)
13	TUCZYŃSKI Sylwester Leon	83	BYDGOSKIE OKONIE	M-30	3	Bydgoskie Okonie	00:00:02	00:08:44	00:16:45	00:24:57	00:33:21	00:34:54.95	00:34:57.75	+00:05:08 (14.7%)	3:29	17.2 (85.1%)
14	OCHAL Pawel	453	TEAMOCHAL	M-40	2	TEAMOCHAL	00:00:02	00:08:58	00:17:12	00:25:24	00:33:31	00:35:04.90	00:35:07.50	+00:05:18 (15.1%)	3:30	17.1 (84.7%)
15	DUBIELLA Monika	470		K-20	2		00:00:02	00:08:44	00:16:55	00:25:12	00:33:41	00:35:17.10	00:35:19.45	+00:05:31 (15.6%)	3:31	17 (84.2%)
16	SAWIEŁAJC Jakub	255	TM IRON TEAM	M-20	8	TM Iron Team	00:00:03	00:08:43	00:16:53	00:25:13	00:33:44	00:35:18.10	00:35:21.45	+00:05:32 (15.7%)	3:31	17 (84.2%)
17	ŚLUSARSKI Przemysław	192		M-30	4		00:00:03	00:08:57	00:17:11	00:25:24	00:33:43	00:35:20.15	00:35:23.30	+00:05:34 (15.8%)	3:32	17 (84.2%)
18	SULKOWSKI Zdzisław	513		M-50	1	TKKF Kolejarz Bydgoszcz	00:00:03	00:09:01	00:17:18	00:25:33	00:33:52	00:35:24.95	00:35:28.05	+00:05:38 (15.9%)	3:32	16.9 (83.7%)
19	JANUSZEWSKI Radosław	211	TEAM RUDNIK	M-20	9	TEAM RUDNIK	00:00:03	00:09:00	00:17:19	00:25:43	00:34:13	00:35:46.40	00:35:49.50	+00:06:00 (16.8%)	3:34	16.8 (83.2%)

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
20	KUŁAKOWSKI Krzysztof	321	TKKF KOLEJARZ BYDGOSZCZ	M-30	5	TKKF Kolejarz Bydgoszcz	00:00:04	00:09:08	00:17:27	00:25:52	00:34:28	00:36:01.35	00:36:05.70	+00:06:15 (17.4%)	3:36	16.7 (82.7%)
21	ROGOZIŃSKI Dawid	479	TEAMOCHAL	M-30	6	TEAMOCHAL	00:00:04	00:09:02	00:17:32	00:26:10	00:34:32	00:36:04.30	00:36:08.30	+00:06:18 (17.5%)	3:36	16.6 (82.2%)
22	KRAWCZAK Adrian	460	TEAMOCHAL	M-20	10	TEAMOCHAL	00:00:02	00:09:04	00:17:32	00:26:06	00:34:47	00:36:23.35	00:36:26.25	+00:06:37 (18.2%)	3:38	16.5 (81.7%)
23	GONDEK Rafał	6		M-30	7		00:00:05	00:09:20	00:17:46	00:26:14	00:34:49	00:36:26.25	00:36:31.60	+00:06:40 (18.3%)	3:38	16.5 (81.7%)
24	SZLINGER Jakub	118	BYDGOSKIE OKONIE	M-30	8	Bydgoskie Okonie	00:00:02	00:09:02	00:17:32	00:26:16	00:35:04	00:36:41.00	00:36:43.90	+00:06:54 (18.9%)	3:40	16.4 (81.2%)
25	MARCHEL Tomasz	155		M-30	9		00:00:05	00:08:59	00:17:34	00:26:18	00:35:05	00:36:41.10	00:36:46.60	+00:06:55 (18.9%)	3:40	16.4 (81.2%)
26	POLAŃSKI Tomasz	516		M-40	3	The Rychters	00:00:02	00:09:05	00:17:38	00:26:27	00:35:16	00:36:51.10	00:36:53.40	+00:07:05 (19.2%)	3:41	16.3 (80.7%)
27	MAJEWSKI Robert	130	TEAMOCHAL	M-40	4	TEAMOCHAL	00:00:04	00:09:01	00:17:37	00:26:24	00:35:14	00:36:53.45	00:36:58.35	+00:07:07 (19.3%)	3:41	16.3 (80.7%)
28	JAGODZIŃSKI Krzysztof	239		M-20	11		00:00:02	00:09:20	00:17:56	00:26:35	00:35:18	00:36:58.40	00:37:01.30	+00:07:12 (19.5%)	3:41	16.2 (80.2%)
29	MAĆKOWSKI Maciej	97	UPSBYDGOSZCZ/BYDGOSKIEOKONIE	M-30	10	UpsBydgoszcz/BydgoskieOkonie	00:00:03	00:09:02	00:17:44	00:26:45	00:35:45	00:37:22.00	00:37:25.65	+00:07:35 (20.3%)	3:44	16.1 (79.7%)
30	SUDZIŃSKI Hubert	480	TEAMOCHAL	M-1	2	TEAMOCHAL	00:00:02	00:09:28	00:18:25	00:27:12	00:35:53	00:37:22.75	00:37:25.25	+00:07:36 (20.4%)	3:44	16.1 (79.7%)
31	KOLMAJER Rafał	477	TEAMOCHAL	M-40	5	TEAMOCHAL	00:00:02	00:09:07	00:17:52	00:26:50	00:35:53	00:37:31.45	00:37:34.10	+00:07:45 (20.7%)	3:45	16 (79.2%)
32	SENGER Michał	144		M-40	6		00:00:05	00:09:26	00:18:10	00:27:03	00:36:01	00:37:39.25	00:37:45.20	+00:07:53 (20.9%)	3:45	15.9 (78.7%)
33	WIWATOWSKI Michał	348		M-40	7		00:00:03	00:09:14	00:17:57	00:26:54	00:36:00	00:37:40.50	00:37:43.55	+00:07:54 (21.0%)	3:46	15.9 (78.7%)
34	ABRAMOWSKI Damian	165	TT SODA	M-30	11	TT SODA	00:00:02	00:09:23	00:18:14	00:27:17	00:36:07	00:37:40.80	00:37:43.00	+00:07:54 (21.0%)	3:46	15.9 (78.7%)
35	PRZYBYTKOWSKI Marek	458	TEAMOCHAL	M-30	12	TEAMOCHAL	00:00:03	00:09:28	00:18:26	00:27:24	00:36:18	00:37:57.10	00:38:00.30	+00:08:11 (21.6%)	3:47	15.8 (78.2%)
36	ZIĘTAK Andrzej	420		M-50	2		00:00:04	00:09:08	00:18:04	00:27:08	00:36:19	00:37:58.80	00:38:03.20	+00:08:12 (21.6%)	3:47	15.8 (78.2%)
37	KALACZYŃSKI Miłosz	51	POLONIA BYDGOSZCZ SLA	M-20	12	Polonia Bydgoszcz SLA	00:00:08	00:09:44	00:18:45	00:27:42	00:36:38	00:38:06.60	00:38:14.90	+00:08:20 (21.9%)	3:48	15.7 (77.7%)
38	ŁOPUSZYŃSKI Krzysztof	241	ŁAPA_TRI_RUN_CREW	M-40	8	Łapa_TRI_Run_Crew	00:00:05	00:09:43	00:18:43	00:27:41	00:36:41	00:38:16.70	00:38:22.00	+00:08:30 (22.2%)	3:49	15.7 (77.7%)
39	KWAPIŃSKI Damian	510		M-40	9	Łapa_TRI_Run_Crew	00:00:05	00:09:43	00:18:44	00:27:45	00:36:41	00:38:19.20	00:38:24.40	+00:08:33 (22.3%)	3:49	15.7 (77.7%)
40	SAWICKI Marcin	123		M-40	10		00:00:04	00:09:43	00:18:43	00:27:43	00:36:42	00:38:19.40	00:38:24.30	+00:08:33 (22.3%)	3:49	15.7 (77.7%)
41	ŚWIERCZYŃSKI Julian	98	KS ZRYW RADZIEJÓW	M-20	13	KS Zryw Radziejów	00:00:06	00:09:43	00:18:42	00:27:40	00:36:44	00:38:19.55	00:38:25.80	+00:08:33 (22.3%)	3:49	15.7 (77.7%)
42	PAWLACZYK Szymon	86		M-30	13		00:00:05	00:09:40	00:18:43	00:27:44	00:36:51	00:38:31.65	00:38:37.15	+00:08:45 (22.7%)	3:51	15.6 (77.2%)
43	KANNENBERG Maciej	340	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	14	RUN TEAM SĘPÓLNO KRAJEŃSKIE	00:00:07	00:09:49	00:18:46	00:27:51	00:37:00	00:38:42.15	00:38:49.65	+00:08:56 (23.1%)	3:52	15.5 (76.7%)
44	CHRZĄSZCZ Bartosz	121		M-20	15		00:00:03	00:09:26	00:18:27	00:27:46	00:37:12	00:38:53.05	00:38:56.50	+00:09:07 (23.4%)	3:53	15.4 (76.2%)
44	DONARSKI Franciszek	361		M-1	3		00:00:05	00:09:43	00:18:55	00:28:09	00:37:21	00:38:53.05	00:38:58.55	+00:09:07 (23.4%)	3:53	15.4 (76.2%)
46	KUBANEK Łukasz	122	ŁAPA_TRI_RUN_CREW	M-40	11	Łapa_TRI_Run_Crew	00:00:04	00:09:44	00:18:45	00:27:54	00:37:16	00:38:56.30	00:39:00.65	+00:09:10 (23.6%)	3:53	15.4 (76.2%)

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47	KARCZMARCZYK Mateusz	424		M-30	14		00:00:04	00:09:43	00:18:51	00:28:04	00:37:16	00:38:57.95	00:39:02.30	+00:09:11 (23.6%)	3:53	15.4 (76.2%)
48	KARWECKI Patryk	430	BRZEZIŃSKI RUN CLUB	M-30	15	BRZEZIŃSKI RUN CLUB	00:00:03	00:09:45	00:18:52	00:28:03	00:37:18	00:39:02.50	00:39:06.35	+00:09:16 (23.8%)	3:54	15.4 (76.2%)
49	DEKA Przemysław	405		M-30	16		00:00:04	00:09:53	00:19:00	00:28:09	00:37:22	00:39:04.20	00:39:08.75	+00:09:18 (23.8%)	3:54	15.4 (76.2%)
50	RYCHTER Karol	518		M-40	12	The Rychters	00:00:05	00:09:36	00:18:45	00:28:04	00:37:25	00:39:08.95	00:39:14.45	+00:09:22 (24.0%)	3:54	15.3 (75.7%)
51	SOBIERALSKI Rafał	187	TRISPACE/TREK	M-40	13	TRISPACE/TREK	00:00:04	00:09:47	00:18:55	00:28:11	00:37:33	00:39:15.05	00:39:19.95	+00:09:29 (24.2%)	3:55	15.3 (75.7%)
52	PIC Dawid	1		M-30	17		00:00:05	00:09:56	00:19:09	00:28:20	00:37:37	00:39:21.45	00:39:27.05	+00:09:35 (24.4%)	3:56	15.2 (75.2%)
53	POPA Mariusz	257		M-30	18		00:00:05	00:09:29	00:18:43	00:28:11	00:37:43	00:39:29.30	00:39:35.10	+00:09:43 (24.6%)	3:56	15.2 (75.2%)
54	LEŚNY Mateusz	431	SLA POLONIA BYDGOSZCZ	M-20	16	SLA POLONIA BYDGOSZCZ	00:00:03	00:09:43	00:19:01	00:28:25	00:37:49	00:39:31.80	00:39:35.55	+00:09:45 (24.7%)	3:57	15.2 (75.2%)
55	MAGDZIARZ Jakub	347		M-40	14		00:00:04	00:09:45	00:19:00	00:28:27	00:37:49	00:39:34.80	00:39:38.80	+00:09:48 (24.8%)	3:57	15.2 (75.2%)
56	TOMCZYK Agata	19	SLA POLONIA BYDGOSZCZ	K-30	1	SLA POLONIA BYDGOSZCZ	00:00:02	00:09:45	00:19:03	00:28:28	00:37:55	00:39:41.50	00:39:43.50	+00:09:55 (25.0%)	3:58	15.1 (74.8%)
57	PŁOCHARSKI Sebastian	133	ZABIEGANI ŁUBIANKA	M-30	19	Zabiegani Łubianka	00:00:04	00:10:11	00:19:34	00:28:54	00:38:02	00:39:43.85	00:39:48.75	+00:09:57 (25.1%)	3:58	15.1 (74.8%)
58	POLIWODZIŃSKI Mateusz	274	TEAMOCHAL	M-1	4	TEAMOCHAL	00:00:09	00:10:13	00:19:33	00:29:02	00:38:10	00:39:45.70	00:39:54.95	+00:09:59 (25.1%)	3:58	15.1 (74.8%)
59	RUCIŃSKI Tymon	466	TEAMOCHAL	M-30	20	TEAMOCHAL	00:00:08	00:10:13	00:19:33	00:29:04	00:38:18	00:39:59.55	00:40:07.65	+00:10:13 (25.6%)	3:59	15 (74.3%)
60	MATYSZEWSKI Amadeusz	225	TEAM RUDNIK	M-30	21	TEAM RUDNIK	00:00:05	00:09:50	00:19:10	00:28:49	00:38:27	00:40:05.00	00:40:10.30	+00:10:18 (25.7%)	4:00	15 (74.3%)
61	ZIENKIEWICZ Janusz	483	TRISPACE/TREK	M-50	3	TRISPACE/TREK	00:00:06	00:10:16	00:19:47	00:29:16	00:38:44	00:40:18.50	00:40:24.70	+00:10:32 (26.2%)	4:01	14.9 (73.8%)
62	WARSZAWSKI Przemysław	491		M-30	22		00:00:06	00:10:16	00:19:37	00:29:08	00:38:38	00:40:23.25	00:40:29.70	+00:10:37 (26.3%)	4:02	14.9 (73.8%)
63	RYCHTER Marcin	519		M-50	4	The Rychters	00:00:09	00:10:14	00:19:42	00:29:13	00:38:38	00:40:23.60	00:40:33.30	+00:10:37 (26.3%)	4:02	14.9 (73.8%)
64	CHMURZYŃSKI Tomasz	421		M-50	5		00:00:03	00:09:52	00:19:24	00:29:06	00:38:46	00:40:26.75	00:40:30.00	+00:10:40 (26.4%)	4:02	14.8 (73.3%)
65	ZIELINSKI Nicolas	472		M-30	23		00:00:06	00:10:18	00:19:47	00:29:16	00:38:43	00:40:26.80	00:40:33.60	+00:10:40 (26.4%)	4:02	14.8 (73.3%)
66	PIEKARSKI Marek	461	TEAMOCHAL	M-50	6	TEAMOCHAL	00:00:03	00:09:57	00:19:34	00:29:10	00:38:44	00:40:28.30	00:40:31.40	+00:10:42 (26.4%)	4:02	14.8 (73.3%)
67	LUTY Tomasz	419	FUNDACJA CZAS NA BYDGOSZCZ	M-1	5	fundacja czas na bydgoszcz	00:00:08	00:10:14	00:19:34	00:29:06	00:38:51	00:40:31.45	00:40:39.55	+00:10:45 (26.5%)	4:03	14.8 (73.3%)
68	MENDEL Patryk	373	SLA POLONIA BYDGOSZCZ	M-20	17	SLA POLONIA BYDGOSZCZ	00:00:05	00:10:16	00:19:48	00:29:17	00:38:45	00:40:32.85	00:40:37.90	+00:10:46 (26.6%)	4:03	14.8 (73.3%)
69	KONIECZNY Zenon	221	T.S. OPATRUNKI TORUŃ	M-50	7	T.S. Opatrunki Toruń	00:00:18	00:10:19	00:19:49	00:29:22	00:38:55	00:40:41.40	00:40:59.45	+00:10:55 (26.8%)	4:04	14.7 (72.8%)
70	RACZYŃSKI Krzysztof	173	PASSION FIRST	M-60	1	Passion First	00:00:05	00:10:17	00:19:45	00:29:16	00:38:57	00:40:46.00	00:40:51.80	+00:10:59 (27.0%)	4:04	14.7 (72.8%)
71	CZAJKOWSKI Bartosz	415	TM IRON TEAM	M-30	24	TM Iron Team	00:00:05	00:10:04	00:19:43	00:29:24	00:39:10	00:40:54.30	00:40:59.80	+00:11:08 (27.2%)	4:05	14.7 (72.8%)
72	KOWALCZYK Maciej	259	BUDZYŃSKIE DZIKI	M-40	15	Budzyńskie Dzikie	00:00:05	00:10:22	00:19:53	00:29:29	00:39:06	00:40:58.45	00:41:03.50	+00:11:12 (27.4%)	4:05	14.6 (72.3%)
73	KOTUŁA Sebastian	374		M-40	16		00:00:06	00:10:23	00:20:02	00:29:39	00:39:18	00:41:01.45	00:41:08.40	+00:11:15 (27.4%)	4:06	14.6 (72.3%)

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
74	KAPSA Dawid	501	TEAMOCHAL	M-40	17	TEAMOCHAL	00:00:11	00:10:25	00:20:01	00:29:44	00:39:16	00:41:01.60	00:41:12.75	+00:11:15 (27.4%)	4:06	14.6 (72.3%)
75	GREJCZYK Alan	507	CORTEZ TRIATHLON TEAM	M-20	18	Cortez Triathlon Team	00:00:05	00:10:18	00:20:00	00:29:47	00:39:29	00:41:15.60	00:41:21.40	+00:11:29 (27.9%)	4:07	14.5 (71.8%)
76	FOJUTOWSKI Jan	381	MKS 63 BYDGOSZCZ	M-1	6	MKS 63 BYDGOSZCZ	00:00:06	00:10:20	00:19:58	00:29:43	00:39:31	00:41:15.75	00:41:21.90	+00:11:29 (27.9%)	4:07	14.5 (71.8%)
77	SIELECKI Arkadiusz	270		M-30	25		00:00:06	00:10:22	00:20:01	00:29:41	00:39:24	00:41:15.90	00:41:22.35	+00:11:29 (27.9%)	4:07	14.5 (71.8%)
78	RYBAK Remigiusz	205	TRISPACE/TREK	M-40	18	TRISPACE/TREK	00:00:07	00:10:19	00:19:57	00:29:42	00:39:29	00:41:16.15	00:41:23.80	+00:11:30 (27.9%)	4:07	14.5 (71.8%)
79	KOWALSKA Angelika	313	TRISPACE/TREK	K-40	1	TRISPACE/TREK	00:00:06	00:10:20	00:19:57	00:29:43	00:39:30	00:41:16.30	00:41:22.55	+00:11:30 (27.9%)	4:07	14.5 (71.8%)
80	BEJGER Edek	494	DĘBY OSIELSKO	M-50	8	Dęby Osielsko	00:00:04	00:09:46	00:19:46	00:29:35	00:39:31	00:41:20.25	00:41:24.30	+00:11:34 (28.0%)	4:08	14.5 (71.8%)
81	DAŃCZUK Jerzy	308		M-60	2		00:00:06	00:10:17	00:19:45	00:29:21	00:39:27	00:41:23.15	00:41:30.10	+00:11:37 (28.1%)	4:08	14.5 (71.8%)
82	PRĄDZYŃSKI Marcin	103	TM IRON TEAM	M-40	19	TM Iron Team	00:00:04	00:10:04	00:19:51	00:29:48	00:39:39	00:41:30.70	00:41:35.60	+00:11:44 (28.3%)	4:09	14.5 (71.8%)
83	LUTOWSKI Wojciech	176		M-30	26		00:00:08	00:11:02	00:20:12	00:29:52	00:39:39	00:41:33.95	00:41:42.55	+00:11:47 (28.4%)	4:09	14.4 (71.3%)
84	KRZYWDZIŃSKI Dominik	315		M-1	7		00:00:07	00:10:15	00:19:55	00:29:54	00:39:50	00:41:38.55	00:41:46.50	+00:11:52 (28.5%)	4:09	14.4 (71.3%)
85	DEJA Michał	146		M-30	27		00:00:05	00:10:32	00:20:20	00:30:07	00:39:55	00:41:41.85	00:41:47.80	+00:11:55 (28.6%)	4:10	14.4 (71.3%)
86	HENDRZAK Sylwester	212	ZABIEGANI ŁUBIANKA	M-30	28	Zabiegani Łubianka	00:00:04	00:10:35	00:20:18	00:30:13	00:40:07	00:41:53.10	00:41:57.20	+00:12:07 (28.9%)	4:11	14.3 (70.8%)
87	STELMACH Patrycja	455	TEAMOCHAL	K-30	2	TEAMOCHAL	00:00:08	00:10:42	00:20:37	00:30:34	00:40:18	00:41:54.90	00:42:03.20	+00:12:08 (29.0%)	4:11	14.3 (70.8%)
88	TOCZKIEWICZ Fabian	93		M-1	8		00:00:10	00:10:29	00:20:16	00:30:16	00:40:15	00:41:58.00	00:42:08.00	+00:12:11 (29.1%)	4:11	14.3 (70.8%)
89	BALCEREK Mateusz	222		M-30	29		00:00:05	00:10:03	00:19:59	00:30:20	00:40:22	00:42:01.70	00:42:06.70	+00:12:15 (29.2%)	4:12	14.3 (70.8%)
90	RADKIEWICZ Oskar	447	TEAMOCHAL	M-1	9	TEAMOCHAL	00:00:08	00:10:42	00:20:38	00:30:34	00:40:19	00:42:02.70	00:42:11.30	+00:12:16 (29.2%)	4:12	14.3 (70.8%)
91	DAROŃ Mateusz	500		M-20	19		00:00:09	00:10:42	00:20:40	00:30:38	00:40:26	00:42:05.80	00:42:15.05	+00:12:19 (29.3%)	4:12	14.3 (70.8%)
92	OCHAL Olga	452	TEAMOCHAL	K-30	3	TEAMOCHAL	00:00:02	00:10:48	00:20:43	00:30:39	00:40:24	00:42:09.35	00:42:11.95	+00:12:23 (29.4%)	4:12	14.2 (70.3%)
93	LEWANDOWSKI Kamil	208		M-40	20		00:00:10	00:10:42	00:20:35	00:30:33	00:40:36	00:42:24.20	00:42:34.80	+00:12:38 (29.8%)	4:14	14.2 (70.3%)
94	PAWLAK Wojciech	13		M-50	9		00:00:17	00:11:04	00:20:55	00:30:46	00:40:36	00:42:24.85	00:42:42.60	+00:12:38 (29.8%)	4:14	14.2 (70.3%)
95	BAGIŃSKI Marcin	127		M-30	30		00:00:03	00:11:03	00:20:57	00:30:49	00:40:40	00:42:29.00	00:42:32.25	+00:12:42 (29.9%)	4:14	14.1 (69.8%)
96	ŚWITAL Leszek	132		M-40	21		00:00:08	00:10:41	00:20:36	00:30:38	00:40:41	00:42:30.05	00:42:38.90	+00:12:44 (30.0%)	4:15	14.1 (69.8%)
97	STACHOWICZ Wiesław	393		M-50	10		00:00:06	00:10:57	00:21:00	00:30:57	00:40:54	00:42:37.20	00:42:43.35	+00:12:51 (30.2%)	4:15	14.1 (69.8%)
98	JANUSZKIEWICZ Piotr	117		M-40	22		00:00:06	00:10:45	00:20:39	00:30:45	00:40:57	00:42:46.40	00:42:53.10	+00:13:00 (30.4%)	4:16	14 (69.3%)
99	STASIEWICZ Filip	181	SPÓJNIA BIAŁE BŁOTA	M-30	31	Spójnia Białe Błota	00:00:09	00:10:20	00:20:18	00:30:38	00:40:56	00:42:46.70	00:42:55.70	+00:13:00 (30.4%)	4:16	14 (69.3%)
100	GROBELNY Szymon	38		M-30	32		00:00:11	00:10:39	00:20:35	00:30:38	00:40:56	00:42:48.00	00:42:59.30	+00:13:01 (30.4%)	4:16	14 (69.3%)

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
101	KOSZOWSKI Rafał	236	TRITRYSZCZYNTTEAM	M-50	11	TriTryszczynTeam	00:00:05	00:10:37	00:20:34	00:30:38	00:40:55	00:42:48.55	00:42:54.45	+00:13:02 (30.5%)	4:16	14 (69.3%)
102	RZESZOTARSKA Aleksandra	266	TEAM RUDNIK	K-20	3	TEAM RUDNIK	00:00:05	00:10:43	00:20:56	00:31:05	00:41:05	00:42:50.60	00:42:55.80	+00:13:04 (30.5%)	4:17	14 (69.3%)
103	GRALIK Jędrzej	89	BYDGOSKIE OKONIE	M-30	33	Bydgoskie Okonie	00:00:07	00:10:35	00:20:42	00:30:59	00:41:13	00:42:57.00	00:43:04.35	+00:13:10 (30.7%)	4:17	14 (69.3%)
104	JÓZEFOWICZ Michał	363		M-30	34		00:00:12	00:10:53	00:20:54	00:30:59	00:41:05	00:43:00.35	00:43:12.80	+00:13:14 (30.8%)	4:18	14 (69.3%)
105	KRYGOWSKI Tomasz	107		M-50	12		00:00:06	00:10:34	00:20:33	00:30:52	00:41:12	00:43:01.05	00:43:07.20	+00:13:15 (30.8%)	4:18	13.9 (68.8%)
106	TOMASZEWSKI Wojciech	327		M-50	13		00:00:07	00:10:10	00:20:06	00:30:30	00:41:04	00:43:03.65	00:43:10.70	+00:13:17 (30.9%)	4:18	13.9 (68.8%)
107	KĄTNIK Jacek	226		M-50	14		00:00:07	00:10:59	00:21:07	00:31:19	00:41:29	00:43:03.95	00:43:11.30	+00:13:17 (30.9%)	4:18	13.9 (68.8%)
108	MARTYNOWICZ Michał	189	TRISPACE/TREK	M-50	15	TRISPACE/TREK	00:00:07	00:10:33	00:20:41	00:31:01	00:41:21	00:43:10.35	00:43:17.45	+00:13:24 (31.0%)	4:19	13.9 (68.8%)
109	SOBCZAK Monika	126		K-30	4		00:00:14	00:10:59	00:21:07	00:31:17	00:41:21	00:43:11.30	00:43:25.80	+00:13:25 (31.1%)	4:19	13.9 (68.8%)
110	KUPRACZ Andrzej	188	TRISPACE/TREK	M-50	16	TRISPACE/TREK	00:00:08	00:10:40	00:20:41	00:31:10	00:41:25	00:43:12.80	00:43:20.85	+00:13:26 (31.1%)	4:19	13.9 (68.8%)
111	KŁOSOWSKI Marcin	302	CSM TEAM	M-40	23	CSM Team	00:00:13	00:11:02	00:21:17	00:31:19	00:41:22	00:43:15.75	00:43:29.05	+00:13:29 (31.2%)	4:19	13.9 (68.8%)
112	KĄŁEK Artur	416	TM IRON TEAM	M-40	24	TM Iron Team	00:00:11	00:10:56	00:21:04	00:31:29	00:41:44	00:43:26.55	00:43:38.15	+00:13:40 (31.5%)	4:20	13.8 (68.3%)
113	WIĘCKOWSKI Dariusz	74	AKADEMIA MISTRZÓW SPORTU	M-40	25	Akademia Mistrzów Sportu	00:00:14	00:11:19	00:21:29	00:31:44	00:41:40	00:43:27.45	00:43:41.95	+00:13:41 (31.5%)	4:20	13.8 (68.3%)
114	PAWŁOWSKI Radosław	35	HABUBI SZMEH	M-50	17	Habubi Szmeh	00:00:11	00:11:01	00:21:09	00:31:22	00:41:40	00:43:34.35	00:43:45.45	+00:13:48 (31.7%)	4:21	13.8 (68.3%)
115	WIŚNIEWSKI Maciej	311		M-40	26		00:00:13	00:10:54	00:21:07	00:31:27	00:41:45	00:43:36.70	00:43:49.90	+00:13:50 (31.7%)	4:21	13.8 (68.3%)
116	NAPIERAŁA Mikołaj	231	TEAMOCHAL	M-30	35	TEAMOCHAL	00:00:12	00:11:16	00:21:40	00:31:53	00:41:57	00:43:39.95	00:43:51.95	+00:13:53 (31.8%)	4:21	13.7 (67.8%)
117	BORCZYŃSKI Grzegorz	375		M-40	27		00:00:10	00:11:08	00:21:20	00:31:37	00:41:47	00:43:43.05	00:43:53.95	+00:13:57 (31.9%)	4:22	13.7 (67.8%)
118	ZIENTARA Marcin	408	BSPK TEAM	M-30	36	BSPK TEAM	00:00:10	00:11:09	00:21:21	00:31:37	00:41:47	00:43:44.70	00:43:55.00	+00:13:58 (32.0%)	4:22	13.7 (67.8%)
119	BYRTEK Marcin	63		M-40	28		00:00:03	00:10:21	00:20:44	00:31:13	00:41:54	00:43:44.90	00:43:48.40	+00:13:58 (32.0%)	4:22	13.7 (67.8%)
120	PISARSKI Igor	417		M-30	37		00:00:17	00:11:13	00:21:42	00:32:03	00:41:58	00:43:46.60	00:44:03.90	+00:14:00 (32.0%)	4:22	13.7 (67.8%)
121	DRZEWIECKI Rafał	276	AKADEMIA MISTRZÓW SPORTU	M-40	29	Akademia Mistrzów Sportu	00:00:06	00:10:59	00:21:36	00:32:01	00:42:17	00:44:06.25	00:44:12.70	+00:14:20 (32.5%)	4:24	13.6 (67.3%)
122	ZAKURZEWSKI Tomasz	293	TRISPACE/TREK	M-40	30	TRISPACE/TREK	00:00:08	00:11:16	00:21:41	00:31:59	00:42:15	00:44:08.00	00:44:16.95	+00:14:21 (32.6%)	4:24	13.6 (67.3%)
123	LUBISZEWSKA Karolina	291	ŁAPA_TRI_RUN_CREW	K-30	5	Łapa_TRI_Run_Crew	00:00:11	00:10:57	00:21:19	00:31:54	00:42:21	00:44:12.25	00:44:23.25	+00:14:26 (32.7%)	4:25	13.6 (67.3%)
124	WŁODARSKI Przemysław	33	POLONIA BYDGOSZCZ SLA	M-40	31	Polonia Bydgoszcz SLA	00:00:08	00:11:08	00:21:38	00:31:57	00:42:23	00:44:14.60	00:44:23.45	+00:14:28 (32.7%)	4:25	13.6 (67.3%)
125	TYMA Krzysztof	495		M-30	38		00:00:18	00:11:23	00:21:48	00:32:03	00:42:26	00:44:23.30	00:44:41.55	+00:14:37 (32.9%)	4:26	13.5 (66.8%)
126	SZULC Jacek	385		M-50	18		00:00:07	00:11:03	00:21:24	00:31:46	00:42:26	00:44:24.75	00:44:32.10	+00:14:38 (33.0%)	4:26	13.5 (66.8%)
127	LEWANDOWSKI Tomasz	216		M-40	32		00:00:03	00:10:17	00:20:40	00:31:25	00:42:27	00:44:36.20	00:44:39.90	+00:14:50 (33.3%)	4:27	13.5 (66.8%)

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
128	MOROSZCZAK Bogumił	502	BYDGOSKIE OKONIE	M-40	33	Bydgoskie Okonie	00:00:06	00:10:52	00:21:17	00:32:02	00:42:48	00:44:45.15	00:44:51.60	+00:14:59 (33.5%)	4:28	13.4 (66.3%)
129	KOWALSKI Jacek	204	BYDGOSKIE OKONIE	M-40	34	Bydgoskie Okonie	00:00:11	00:11:12	00:21:36	00:32:10	00:42:51	00:44:46.70	00:44:57.70	+00:15:00 (33.5%)	4:28	13.4 (66.3%)
130	ZIELIŃSKI Marek	162	ZABIEGANI ŁUBIANKA	M-30	39	Zabiegani Łubianka	00:00:19	00:10:54	00:21:13	00:31:59	00:42:59	00:44:49.20	00:45:09.05	+00:15:03 (33.6%)	4:28	13.4 (66.3%)
131	CZARNECKI Piotr	245	BRZOZA BIEGA	M-40	35	Brzoza Biega	00:00:12	00:11:12	00:21:36	00:32:15	00:42:58	00:44:49.85	00:45:01.85	+00:15:03 (33.6%)	4:28	13.4 (66.3%)
132	KLAWIŃSKA Bernadeta	297		K-40	2		00:00:19	00:11:39	00:21:59	00:32:26	00:42:56	00:44:50.50	00:45:09.70	+00:15:04 (33.6%)	4:29	13.4 (66.3%)
133	KOTUŁA Paweł	379		M-40	36		00:00:18	00:11:27	00:21:53	00:32:28	00:42:58	00:44:53.35	00:45:12.30	+00:15:07 (33.7%)	4:29	13.4 (66.3%)
134	RYDLEWSKI Marek	167	TEAM RUDNIK	M-50	19	TEAM RUDNIK	00:00:12	00:11:25	00:21:59	00:32:31	00:43:03	00:44:54.15	00:45:07.05	+00:15:08 (33.7%)	4:29	13.4 (66.3%)
135	WINOWIECKI Paweł	136		M-30	40		00:00:16	00:11:30	00:21:58	00:32:32	00:43:03	00:44:54.30	00:45:10.85	+00:15:08 (33.7%)	4:29	13.4 (66.3%)
136	WIŚNIEWSKI Grzegorz	150		M-20	20		00:00:07	00:10:59	00:21:36	00:32:16	00:42:59	00:44:58.65	00:45:06.50	+00:15:12 (33.8%)	4:29	13.3 (65.8%)
137	BARTOSZ Marek	84		M-40	37		00:00:08	00:10:53	00:21:25	00:32:19	00:43:09	00:45:02.20	00:45:10.20	+00:15:16 (33.9%)	4:30	13.3 (65.8%)
138	WIŚNIEWSKI Leszek	331	SĄSIEDZI BRZOZA TEAM	M-50	20	Sąsiedzi Brzoza Team	00:00:08	00:11:16	00:21:41	00:32:16	00:43:11	00:45:05.80	00:45:14.45	+00:15:19 (34.0%)	4:30	13.3 (65.8%)
139	LASKOWSKI Daniel	465	TEAMOCHAL	M-40	38	TEAMOCHAL	00:00:19	00:11:25	00:22:02	00:32:43	00:43:19	00:45:08.95	00:45:28.75	+00:15:22 (34.1%)	4:30	13.3 (65.8%)
140	SENGER Robert	232	TRIZARZA	M-40	39	Trizarza	00:00:06	00:11:04	00:21:41	00:32:31	00:43:12	00:45:11.70	00:45:18.50	+00:15:25 (34.1%)	4:31	13.3 (65.8%)
141	SZULC Angelika	435	TEAMOCHAL	K-40	3	TEAMOCHAL	00:00:19	00:11:19	00:21:51	00:32:30	00:43:17	00:45:13.25	00:45:32.65	+00:15:27 (34.2%)	4:31	13.3 (65.8%)
142	BARSZCZEWSKI Sebastian	288		M-40	40		00:00:05	00:11:23	00:22:02	00:32:52	00:43:34	00:45:14.75	00:45:20.25	+00:15:28 (34.2%)	4:31	13.3 (65.8%)
143	BARCZAK Piotr	344	BRZOZA BIEGA	M-50	21	Brzoza Biega	00:00:13	00:11:23	00:21:53	00:32:30	00:43:16	00:45:15.80	00:45:28.90	+00:15:29 (34.2%)	4:31	13.3 (65.8%)
144	LECH Mikołaj	463	TEAMOCHAL	M-30	41	TEAMOCHAL	00:00:18	00:11:20	00:21:53	00:32:31	00:43:17	00:45:18.05	00:45:36.75	+00:15:32 (34.3%)	4:31	13.2 (65.3%)
145	TORGOWSKI Krzysztof	179		M-30	42		00:00:05	00:11:28	00:22:06	00:32:46	00:43:27	00:45:18.20	00:45:23.30	+00:15:32 (34.3%)	4:31	13.2 (65.3%)
146	GLIWKA Artur	299	1. BLWL	M-40	41	1. BLWL	00:00:18	00:11:16	00:21:46	00:32:33	00:43:27	00:45:19.80	00:45:38.55	+00:15:33 (34.3%)	4:31	13.2 (65.3%)
147	CHOLEWCZYŃSKI Damian	170		M-30	43		00:00:09	00:11:14	00:21:57	00:32:49	00:43:27	00:45:22.20	00:45:31.75	+00:15:36 (34.4%)	4:32	13.2 (65.3%)
148	WITEK Magdalena	450		K-30	6		00:00:14	00:11:08	00:21:51	00:32:38	00:43:32	00:45:24.90	00:45:38.90	+00:15:38 (34.5%)	4:32	13.2 (65.3%)
149	STASZKIEWICZ Lucyna	249		K-50	1		00:00:08	00:11:15	00:21:49	00:32:36	00:43:28	00:45:25.35	00:45:33.95	+00:15:39 (34.5%)	4:32	13.2 (65.3%)
150	GACKA Rafał	428	LUPUS TEAM	M-40	42	Lupus Team	00:00:19	00:11:35	00:22:07	00:32:42	00:43:22	00:45:26.40	00:45:46.05	+00:15:40 (34.5%)	4:32	13.2 (65.3%)
151	GACKA Anna	499	LUPUS TEAM	K-40	4	Lupus Team	00:00:19	00:11:36	00:22:07	00:32:42	00:43:23	00:45:27.55	00:45:46.90	+00:15:41 (34.5%)	4:32	13.2 (65.3%)
152	TRZASKOWSKI Tomasz	157	ŁAPA_TRI_RUN_CREW	M-40	43	Łapa_TRI_Run_Crew	00:00:11	00:11:06	00:21:47	00:32:46	00:43:34	00:45:32.40	00:45:44.00	+00:15:46 (34.6%)	4:33	13.2 (65.3%)
153	NAMIEŚNIK Krzysztof	116	QSZYSHTOFF	M-40	44	QszyshtOff	00:00:19	00:11:41	00:22:26	00:33:09	00:43:40	00:45:34.50	00:45:53.90	+00:15:48 (34.7%)	4:33	13.2 (65.3%)
154	WITUCKI Tomasz	357		M-40	45		00:00:07	00:11:11	00:21:36	00:32:16	00:43:32	00:45:38.50	00:45:46.30	+00:15:52 (34.8%)	4:33	13.1 (64.9%)

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
155	SZYSZKA Radosław	314	TKKF KOLEJARZ BYDGOSZCZ	M-40	46	TKKF Kolejarz Bydgoszcz	00:00:06	00:11:00	00:21:34	00:32:37	00:43:41	00:45:38.75	00:45:45.55	+00:15:52 (34.8%)	4:33	13.1 (64.9%)
156	SZOPIŃSKI Wojtek	376		M-40	47		00:00:41	00:11:17	00:22:04	00:33:05	00:43:52	00:45:51.85	00:46:32.95	+00:16:05 (35.1%)	4:35	13.1 (64.9%)
157	TOMASZEWSKI Marcin	120		M-40	48		00:00:06	00:11:08	00:21:50	00:32:47	00:43:52	00:45:53.70	00:46:00.40	+00:16:07 (35.1%)	4:35	13.1 (64.9%)
158	SZYCHOWSKI Jarosław	290		M-30	44		00:00:16	00:11:27	00:22:18	00:33:24	00:44:13	00:46:07.20	00:46:23.70	+00:16:21 (35.5%)	4:36	13 (64.4%)
159	WĘSIERSKI Jarosław	119		M-50	22		00:00:17	00:11:32	00:22:09	00:33:11	00:44:10	00:46:09.05	00:46:26.05	+00:16:23 (35.5%)	4:36	13 (64.4%)
160	KRUSZYNA Adam	334		M-50	23		00:00:05	00:11:11	00:22:01	00:33:02	00:44:11	00:46:11.30	00:46:16.50	+00:16:25 (35.6%)	4:37	13 (64.4%)
161	IGNACZAK Piotr	451	TRISPACE/TREK	M-50	24	TRISPACE/TREK	00:00:08	00:11:16	00:22:14	00:33:30	00:44:27	00:46:13.80	00:46:22.05	+00:16:27 (35.6%)	4:37	13 (64.4%)
162	KAWKA Sławomir	409		M-50	25		00:00:08	00:11:07	00:22:01	00:33:05	00:44:14	00:46:17.20	00:46:25.50	+00:16:31 (35.7%)	4:37	13 (64.4%)
163	STEMPNIAK Krzysztof	82		M-50	26		00:00:08	00:11:32	00:22:20	00:33:18	00:44:18	00:46:18.75	00:46:27.70	+00:16:32 (35.7%)	4:37	13 (64.4%)
164	RYMARKIEWICZ Małgorzata	345	TM IRON TEAM	K-40	5	TM Iron Team	00:00:09	00:11:36	00:22:24	00:33:22	00:44:23	00:46:21.95	00:46:31.90	+00:16:35 (35.8%)	4:38	12.9 (63.9%)
165	MACIEJEWSKA Kamila	485		K-40	6		00:00:02	00:11:19	00:22:08	00:33:10	00:44:28	00:46:27.20	00:46:29.80	+00:16:41 (35.9%)	4:38	12.9 (63.9%)
166	BARANOWSKA Joanna	92	RUN TEAM SĘPÓLNO KRAJEŃSKIE	K-40	7	RUN TEAM SĘPÓLNO KRAJEŃSKIE	00:00:11	00:11:09	00:22:01	00:33:16	00:44:25	00:46:29.20	00:46:40.60	+00:16:43 (36.0%)	4:38	12.9 (63.9%)
167	NIEMCZYK Robert	147	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-40	49	RUN TEAM SĘPÓLNO KRAJEŃSKIE	00:00:11	00:11:09	00:22:00	00:33:16	00:44:24	00:46:29.90	00:46:41.60	+00:16:43 (36.0%)	4:38	12.9 (63.9%)
168	ZAJDLEWICZ Daniel	15		M-40	50		00:00:10	00:11:21	00:22:19	00:33:25	00:44:32	00:46:34.40	00:46:44.75	+00:16:48 (36.1%)	4:39	12.9 (63.9%)
169	DOBRYCHŁOP Łukasz	230	PCH_RUN	M-30	45	PCH_RUN	00:00:27	00:11:26	00:22:22	00:33:30	00:44:40	00:46:44.20	00:47:12.00	+00:16:58 (36.3%)	4:40	12.8 (63.4%)
170	WIŚNIEWSKI Rafał	289	AKADEMIA MISTRZÓW SPORTU	M-40	51	Akademia Mistrzów Sportu	00:00:23	00:11:33	00:22:35	00:33:47	00:44:55	00:46:54.70	00:47:18.00	+00:17:08 (36.5%)	4:41	12.8 (63.4%)
171	MICHALEWSKI Bartosz	432		M-40	52		00:00:17	00:11:55	00:22:56	00:34:02	00:45:08	00:47:01.85	00:47:18.85	+00:17:15 (36.7%)	4:42	12.8 (63.4%)
172	KRZYŻANOWSKI Rober	298		M-50	27		00:00:13	00:11:42	00:22:45	00:33:55	00:45:12	00:47:09.90	00:47:23.55	+00:17:23 (36.9%)	4:42	12.7 (62.9%)
173	WIŚNIEWSKI Mikołaj	402	BRZOZA BIEGA	M-20	21	Brzoza Biega	00:00:09	00:11:07	00:22:05	00:33:45	00:45:22	00:47:17.15	00:47:26.45	+00:17:31 (37.0%)	4:43	12.7 (62.9%)
174	DĄBKOWSKI Maciej	42		M-40	53		00:00:28	00:12:25	00:23:30	00:34:35	00:45:31	00:47:25.70	00:47:53.90	+00:17:39 (37.2%)	4:44	12.7 (62.9%)
175	LEWANDOWSKI Rafał	28	SPC	M-40	54	SPC	00:00:15	00:11:39	00:22:46	00:33:59	00:45:25	00:47:26.35	00:47:42.30	+00:17:40 (37.3%)	4:44	12.6 (62.4%)
176	TOMASZEWSKI Marcin	100		M-40	55		00:00:13	00:12:05	00:23:27	00:34:40	00:45:26	00:47:28.45	00:47:42.35	+00:17:42 (37.3%)	4:44	12.6 (62.4%)
177	LUBOWIECKA Elżbieta	153	RUN TEAM SĘPÓLNO KRAJEŃSKIE	K-30	7	RUN TEAM SĘPÓLNO KRAJEŃSKIE	00:00:10	00:11:17	00:22:24	00:33:55	00:45:21	00:47:30.10	00:47:41.00	+00:17:44 (37.3%)	4:45	12.6 (62.4%)
178	JABŁOŃSKI Tomasz	11	TEAMOCHAL	M-40	56	TEAMOCHAL	00:00:30	00:12:07	00:23:12	00:34:24	00:45:32	00:47:31.15	00:48:01.90	+00:17:45 (37.4%)	4:45	12.6 (62.4%)
179	DĄBKOWSKI Wojciech	59		M-40	57		00:00:28	00:12:25	00:23:31	00:34:35	00:45:32	00:47:32.45	00:48:00.55	+00:17:46 (37.4%)	4:45	12.6 (62.4%)
180	WOŹNIAK Anna	360	TM IRON TEAM	K-40	8	TM Iron Team	00:00:11	00:12:01	00:23:23	00:34:42	00:45:40	00:47:36.15	00:47:47.15	+00:17:50 (37.5%)	4:45	12.6 (62.4%)
181	MIKULSKI Wojciech	422		M-30	46		00:00:21	00:11:42	00:22:57	00:34:12	00:45:39	00:47:38.15	00:47:59.70	+00:17:52 (37.5%)	4:45	12.6 (62.4%)

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
182	LISEWICZ Kacper	99		M-20	22		00:00:36	00:12:46	00:23:49	00:35:00	00:46:01	00:47:41.65	00:48:18.50	+00:17:55 (37.6%)	4:46	12.6 (62.4%)
183	LASKOWSKA Monika	195	TEAMOCHAL	K-40	9	TEAMOCHAL	00:00:20	00:12:13	00:23:20	00:34:34	00:45:43	00:47:42.50	00:48:02.75	+00:17:56 (37.6%)	4:46	12.6 (62.4%)
184	MICHAŁ Mandosik	482	TEAMOCHAL	M-40	58	TEAMOCHAL	00:00:22	00:12:10	00:23:21	00:34:33	00:45:41	00:47:44.00	00:48:06.00	+00:17:57 (37.6%)	4:46	12.6 (62.4%)
185	KRUSZYNA Robert	404		M-40	59		00:00:09	00:11:42	00:22:50	00:34:14	00:45:49	00:47:48.50	00:47:58.10	+00:18:02 (37.7%)	4:46	12.6 (62.4%)
186	DAWIDOWICZ Maciej	197	TRISPACE/TREK	M-40	60	TRISPACE/TREK	00:00:10	00:11:41	00:22:56	00:34:31	00:45:48	00:47:50.95	00:48:01.00	+00:18:04 (37.8%)	4:47	12.5 (61.9%)
187	WŁODARSKA Karolina	34	POLONIA BYDGOSZCZ SLA	K-40	10	Polonia Bydgoszcz SLA	00:00:13	00:12:00	00:23:12	00:34:31	00:45:59	00:48:00.35	00:48:13.65	+00:18:14 (38.0%)	4:48	12.5 (61.9%)
188	WIŚNIEWSKA Zaneta	149	KIJKOWE TRZEMESZNO	K-20	4	Kijkowe Trzemeszno	00:00:08	00:11:39	00:22:53	00:34:22	00:45:56	00:48:01.20	00:48:09.25	+00:18:15 (38.0%)	4:48	12.5 (61.9%)
189	BOGACZ Mariusz	273	TRISPACE/TREK	M-40	61	TRISPACE/TREK	00:00:25	00:12:43	00:24:11	00:35:28	00:46:15	00:48:09.85	00:48:35.70	+00:18:23 (38.2%)	4:48	12.5 (61.9%)
190	KOSSMANN Franciszek	476		M-20	23		00:00:39	00:12:48	00:24:09	00:35:23	00:46:26	00:48:14.65	00:48:53.75	+00:18:28 (38.3%)	4:49	12.4 (61.4%)
191	MAJEWSKA Agnieszka	517		K-40	11	RUN BYDGOSZCZ	00:00:19	00:12:17	00:23:38	00:35:02	00:46:19	00:48:17.35	00:48:36.55	+00:18:31 (38.4%)	4:49	12.4 (61.4%)
192	MIRASZEWSKA Marta	394	START TEAM WĄBRZEŻNO	K-30	8	Start Team Wąbrzeżno	00:00:06	00:11:31	00:23:18	00:35:16	00:46:10	00:48:19.30	00:48:26.10	+00:18:33 (38.4%)	4:49	12.4 (61.4%)
193	KOSOWSKI Janusz	343		M-70	1		00:00:01	00:11:56	00:23:19	00:34:47	00:46:21	00:48:30.25	00:48:31.85	+00:18:44 (38.6%)	4:51	12.4 (61.4%)
194	MONDRY Waldemar	439		M-50	28		00:00:03	00:11:40	00:22:59	00:34:41	00:46:25	00:48:30.40	00:48:34.10	+00:18:44 (38.6%)	4:51	12.4 (61.4%)
195	PASTWA Donata	464	TEAMOCHAL	K-50	2	TEAMOCHAL	00:00:19	00:12:15	00:23:25	00:34:49	00:46:25	00:48:31.95	00:48:51.90	+00:18:45 (38.7%)	4:51	12.4 (61.4%)
196	RADKIEWICZ Eugeniusz	449	TEAMOCHAL	M-50	29	TEAMOCHAL	00:00:18	00:12:05	00:23:36	00:35:14	00:46:42	00:48:32.85	00:48:50.90	+00:18:46 (38.7%)	4:51	12.4 (61.4%)
197	SZUKALSKI Michał	223	TEAM RUDNIK	M-40	62	TEAM RUDNIK	00:00:13	00:11:55	00:23:14	00:34:48	00:46:24	00:48:33.95	00:48:47.65	+00:18:47 (38.7%)	4:51	12.4 (61.4%)
198	GRABOWSKA Maria	140	FUNDACJA AKTYWNE TRZEMESZNO	K-50	3	Fundacja Aktywne Trzemeszno	00:00:07	00:11:48	00:23:13	00:34:55	00:46:35	00:48:42.65	00:48:49.85	+00:18:56 (38.9%)	4:52	12.3 (60.9%)
199	BAK Oskar	269	TEAMOCHAL	M-40	63	TEAMOCHAL	00:00:13	00:12:09	00:23:37	00:35:16	00:46:44	00:48:48.25	00:49:01.30	+00:19:02 (39.0%)	4:52	12.3 (60.9%)
199	JAWORSKI Krzysztof	418		M-50	30		00:00:17	00:12:15	00:23:38	00:35:12	00:46:44	00:48:48.25	00:49:05.70	+00:19:02 (39.0%)	4:52	12.3 (60.9%)
201	GAWRYSIAK Mariusz	217		M-50	31		00:00:20	00:11:53	00:23:31	00:35:09	00:46:45	00:48:49.30	00:49:09.65	+00:19:03 (39.0%)	4:52	12.3 (60.9%)
202	POLIWODZIŃSKI Michał	141	TEAMOCHAL	M-40	64	TEAMOCHAL	00:00:12	00:12:10	00:23:38	00:35:18	00:46:46	00:48:50.35	00:49:02.80	+00:19:04 (39.0%)	4:53	12.3 (60.9%)
203	KOPACZEWSKI Marcin	515		M-40	65		00:00:09	00:11:44	00:23:14	00:34:56	00:46:42	00:48:51.05	00:49:00.15	+00:19:05 (39.1%)	4:53	12.3 (60.9%)
204	ROHDE Łukasz	279	TM IRON TEAM	M-1	10	TM Iron Team	00:00:12	00:12:33	00:23:46	00:35:19	00:46:57	00:48:57.55	00:49:09.95	+00:19:11 (39.2%)	4:53	12.3 (60.9%)
205	URBAŃSKA Ewa	414	TM IRON TEAM	K-40	12	TM Iron Team	00:00:09	00:12:03	00:23:26	00:35:07	00:46:50	00:48:59.35	00:49:09.30	+00:19:13 (39.2%)	4:53	12.2 (60.4%)
206	BUZALSKI Robert	37		M-40	66		00:00:07	00:11:51	00:23:07	00:34:44	00:46:45	00:49:01.20	00:49:08.55	+00:19:15 (39.3%)	4:54	12.2 (60.4%)
207	STAFIEJ Wojciech	112		M-50	32		00:00:12	00:12:05	00:23:28	00:35:08	00:46:54	00:49:03.90	00:49:16.05	+00:19:17 (39.3%)	4:54	12.2 (60.4%)
208	AUGUSTYNOWICZ Andrzej	237		M-50	33		00:00:10	00:12:21	00:23:57	00:35:40	00:47:09	00:49:09.65	00:49:20.45	+00:19:23 (39.4%)	4:54	12.2 (60.4%)

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
209	NURKIEWICZ Jarosław	91	KUNG FU PANDY 3	M-50	34	Kung fu Pandy 3	00:00:10	00:11:46	00:23:22	00:35:17	00:47:07	00:49:11.75	00:49:22.35	+00:19:25 (39.5%)	4:55	12.2 (60.4%)
210	ŻEGLICZ Marek	14	SPÓJNIA BIAŁE BŁOTA	M-20	24	Spójnia Białe Błota	00:00:14	00:12:06	00:23:31	00:35:12	00:47:01	00:49:13.85	00:49:28.50	+00:19:27 (39.5%)	4:55	12.2 (60.4%)
211	BRYMORA Andrzej	503		M-40	67		00:00:11	00:12:12	00:23:44	00:35:28	00:47:14	00:49:21.05	00:49:32.95	+00:19:35 (39.7%)	4:56	12.2 (60.4%)
212	LEWANDOWSKI Jacek	295	AKADEMIA MISTRZÓW SPORTU	M-40	68	Akademia Mistrzów Sportu	00:00:52	00:12:38	00:24:30	00:35:56	00:47:20	00:49:22.75	00:50:15.55	+00:19:36 (39.7%)	4:56	12.2 (60.4%)
213	WASILEWSKA Agata	71	AKADEMIA MISTRZÓW SPORTU	K-40	13	Akademia Mistrzów Sportu	00:00:52	00:12:39	00:24:31	00:35:57	00:47:21	00:49:23.25	00:50:15.50	+00:19:37 (39.7%)	4:56	12.1 (59.9%)
214	WASILEWSKA Martyna	70	AKADEMIA MISTRZÓW SPORTU	K-40	14	Akademia Mistrzów Sportu	00:00:51	00:12:42	00:24:32	00:35:58	00:47:21	00:49:24.05	00:50:15.20	+00:19:38 (39.7%)	4:56	12.1 (59.9%)
215	WINIECKA Paulina	145	RUN TEAM SĘPÓLNO KRAJEŃSKIE	K-30	9	RUN TEAM SĘPÓLNO KRAJEŃSKIE	00:00:12	00:12:14	00:24:07	00:35:59	00:47:19	00:49:24.10	00:49:36.25	+00:19:38 (39.7%)	4:56	12.1 (59.9%)
216	GACKOWSKI Krzysztof	177		M-50	35		00:00:16	00:11:52	00:23:31	00:35:30	00:47:35	00:49:42.25	00:49:58.75	+00:19:56 (40.1%)	4:58	12.1 (59.9%)
217	KRYSKE Mariusz	174	TKKF KOLEJARZ BYDGOSZCZ	M-40	69	TKKF Kolejarz Bydgoszcz	00:00:34	00:12:11	00:23:47	00:36:16	00:47:50	00:49:53.00	00:50:27.25	+00:20:06 (40.3%)	4:59	12 (59.4%)
218	KAZUBOWSKI Jacek	41	KAZUBKI TEAM/TRIDARKO	M-50	36	Kazubki Team/TriDarKo	00:00:12	00:12:05	00:23:46	00:35:47	00:47:45	00:49:54.20	00:50:07.00	+00:20:08 (40.3%)	4:59	12 (59.4%)
219	LEWANDOWSKI Paweł	292		M-30	47		00:00:17	00:12:44	00:24:37	00:36:26	00:47:55	00:49:54.85	00:50:12.70	+00:20:08 (40.4%)	4:59	12 (59.4%)
220	WARCZAK Katarzyna	306	TEAMOCHAL	K-40	15	TEAMOCHAL	00:00:27	00:12:21	00:24:06	00:35:54	00:47:47	00:49:56.85	00:50:24.05	+00:20:10 (40.4%)	4:59	12 (59.4%)
221	SZULC Andrzej	434		M-50	37		00:00:20	00:13:05	00:24:48	00:36:26	00:47:58	00:50:06.30	00:50:27.00	+00:20:20 (40.6%)	5:00	12 (59.4%)
222	WNUCZYŃSKI Andrzej	242	ORANGE POLSKA	M-50	38	Orange Polska	00:00:07	00:11:52	00:23:22	00:35:13	00:47:45	00:50:07.95	00:50:15.15	+00:20:21 (40.6%)	5:00	12 (59.4%)
223	MANDOSIK Jerzy	469	TEAMOCHAL	M-70	2	TEAMOCHAL	00:00:23	00:12:32	00:24:21	00:36:07	00:47:56	00:50:10.95	00:50:34.30	+00:20:24 (40.7%)	5:01	12 (59.4%)
223	KOZAK Krzysztof	215	BBACTIVE TEAM	M-30	48	BBACTIVE TEAM	00:00:31	00:12:17	00:23:53	00:35:48	00:47:57	00:50:10.95	00:50:42.00	+00:20:24 (40.7%)	5:01	12 (59.4%)
225	PODKÓWKA Zbigniew	101	PODGÓRZ TORUŃ	M-60	3	Podgórz Toruń	00:00:10	00:11:54	00:23:03	00:35:09	00:48:13	00:50:21.55	00:50:32.10	+00:20:35 (40.9%)	5:02	11.9 (58.9%)
226	CZERWIAKOWSKI Sebastian	180		M-40	70		00:00:11	00:12:42	00:24:31	00:36:27	00:48:20	00:50:24.25	00:50:35.75	+00:20:38 (40.9%)	5:02	11.9 (58.9%)
227	PILARSKI Radosław	342		M-40	71		00:00:10	00:11:40	00:23:21	00:35:38	00:48:10	00:50:25.80	00:50:36.40	+00:20:39 (41.0%)	5:02	11.9 (58.9%)
228	LUZAK Magdalena	81		K-30	10		00:00:16	00:12:02	00:23:41	00:35:44	00:48:11	00:50:27.05	00:50:43.55	+00:20:41 (41.0%)	5:02	11.9 (58.9%)
229	RATAJ Maciej	169		M-40	72		00:00:27	00:11:20	00:22:49	00:35:16	00:48:12	00:50:27.80	00:50:55.30	+00:20:41 (41.0%)	5:02	11.9 (58.9%)
230	APPEL Oskar	378		M-20	25		00:00:39	00:12:53	00:24:36	00:36:33	00:48:28	00:50:28.55	00:51:08.30	+00:20:42 (41.0%)	5:02	11.9 (58.9%)
231	TOMCZAK Zbigniew	53	ALTOM GNIEZNO	M-60	4	Altom Gniezno	00:00:12	00:12:35	00:24:21	00:36:22	00:48:22	00:50:33.70	00:50:45.70	+00:20:47 (41.1%)	5:03	11.9 (58.9%)
232	MAJKOWSKA Jagoda	456	TEAMOCHAL	K-30	11	TEAMOCHAL	00:00:25	00:12:38	00:24:30	00:36:27	00:48:30	00:50:34.50	00:51:00.40	+00:20:48 (41.1%)	5:03	11.9 (58.9%)
233	RUSZKIEWICZ Łukasz	87		M-40	73		00:00:18	00:12:35	00:24:26	00:36:33	00:48:46	00:50:50.25	00:51:08.70	+00:21:04 (41.4%)	5:05	11.8 (58.4%)
234	BYRTEK Grzegorz	235	TRIDROPSY	M-40	74	TRIDROPSY	00:00:14	00:12:49	00:24:51	00:36:39	00:48:52	00:50:58.70	00:51:13.20	+00:21:12 (41.6%)	5:05	11.8 (58.4%)
235	GRABOWSKI Grzegorz	139	FUNDACJA AKTYWNE TRZEMESZNO	M-50	39	Fundacja Aktywne Trzemeszno	00:00:16	00:12:35	00:24:29	00:36:35	00:48:44	00:51:00.75	00:51:17.15	+00:21:14 (41.6%)	5:06	11.8 (58.4%)

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
236	MALEC Karol	253		M-40	75		00:00:24	00:12:53	00:24:41	00:36:53	00:48:53	00:51:02.00	00:51:26.75	+00:21:15 (41.7%)	5:06	11.8 (58.4%)
237	MISUN-NOWAK Katarzyna	72	AKADEMIA MISTRZÓW SPORTU	K-40	16	Akademia Mistrzów Sportu	00:00:22	00:13:10	00:25:07	00:36:53	00:48:56	00:51:02.65	00:51:25.25	+00:21:16 (41.7%)	5:06	11.8 (58.4%)
238	RÓŻYCKI Waldemar	166		M-50	40		00:00:16	00:13:03	00:25:22	00:37:31	00:49:04	00:51:07.45	00:51:23.85	+00:21:21 (41.8%)	5:06	11.7 (57.9%)
239	STĘPIEŃ Tomek	183		M-40	76		00:00:34	00:12:30	00:24:20	00:36:28	00:48:56	00:51:14.65	00:51:49.45	+00:21:28 (41.9%)	5:07	11.7 (57.9%)
240	TYMA Katarzyna	489		K-40	17		00:00:19	00:13:23	00:25:20	00:37:21	00:49:13	00:51:18.85	00:51:37.90	+00:21:32 (42.0%)	5:07	11.7 (57.9%)
241	KONIEC Krzysztof	22		M-50	41		00:00:13	00:12:35	00:24:33	00:36:45	00:49:17	00:51:22.60	00:51:35.70	+00:21:36 (42.1%)	5:08	11.7 (57.9%)
242	WISNIEWSKI Jakub	440		M-20	26		00:00:10	00:12:52	00:24:59	00:37:11	00:49:17	00:51:23.35	00:51:33.60	+00:21:37 (42.1%)	5:08	11.7 (57.9%)
243	OKOŃSKA Emilia	370		K-40	18		00:00:15	00:12:47	00:24:51	00:37:03	00:49:13	00:51:23.60	00:51:39.20	+00:21:37 (42.1%)	5:08	11.7 (57.9%)
244	KOŁUDKIEWICZ Jakub	436		M-20	27		00:00:09	00:12:52	00:24:59	00:37:11	00:49:18	00:51:24.05	00:51:33.80	+00:21:38 (42.1%)	5:08	11.7 (57.9%)
245	GEHRKE Robert	240		M-30	49		00:00:27	00:12:56	00:24:52	00:37:04	00:49:09	00:51:28.20	00:51:55.70	+00:21:42 (42.2%)	5:08	11.7 (57.9%)
246	ŚWIĘCICKI Andrzej	143	BYDGOSKIE ŻÓŁWIE	M-50	42	Bydgoskie Żółwie	00:00:14	00:12:49	00:24:50	00:37:03	00:49:30	00:51:48.30	00:52:03.20	+00:22:02 (42.5%)	5:10	11.6 (57.4%)
247	CZYŻEWSKA Justyna	7		K-40	19		00:00:24	00:12:44	00:24:46	00:37:04	00:49:46	00:52:01.80	00:52:26.55	+00:22:15 (42.8%)	5:12	11.5 (56.9%)
248	JAKUBIEC Adrianna	55		K-30	12		00:00:03	00:12:27	00:24:50	00:37:23	00:49:51	00:52:07.35	00:52:10.90	+00:22:21 (42.9%)	5:12	11.5 (56.9%)
249	WIDEROWSKI Kamil	356		M-20	28		00:00:34	00:13:56	00:26:20	00:38:43	00:50:11	00:52:15.80	00:52:50.20	+00:22:29 (43.0%)	5:13	11.5 (56.9%)
250	DAWGUL Hanna	73	AKADEMIA MISTRZÓW SPORTU	K-40	20	Akademia Mistrzów Sportu	00:00:21	00:13:13	00:25:21	00:37:44	00:50:05	00:52:15.85	00:52:37.75	+00:22:29 (43.0%)	5:13	11.5 (56.9%)
251	DULIŃSKA Dorota	191	TRISPACE/TREK	K-40	21	TRISPACE/TREK	00:00:12	00:12:52	00:25:00	00:37:21	00:49:59	00:52:18.60	00:52:31.35	+00:22:32 (43.1%)	5:13	11.5 (56.9%)
252	WŁÓDARCZAK Witold	227		M-60	5		00:00:00					00:52:20.00	00:52:20.00	+00:22:33 (43.1%)	5:14	11.5 (56.9%)
253	SENGER Natalia	233	TRIZARZA	K-40	22	Trizarza	00:00:09	00:12:33	00:24:52	00:37:34	00:50:10	00:52:27.15	00:52:36.75	+00:22:41 (43.2%)	5:14	11.4 (56.4%)
254	WASIELEWSKA Anetta	105		K-40	23		00:00:12	00:12:38	00:24:59	00:37:34	00:50:19	00:52:34.95	00:52:47.40	+00:22:48 (43.4%)	5:15	11.4 (56.4%)
255	FULARA Nadia	246		K-40	24		00:00:36	00:13:17	00:25:25	00:38:14	00:50:23	00:52:37.05	00:53:13.40	+00:22:51 (43.4%)	5:15	11.4 (56.4%)
256	WARCZAK Alicja	305		K-1	1		00:00:26	00:50:20				00:52:37.35	00:53:03.90	+00:22:51 (43.4%)	5:15	11.4 (56.4%)
257	KOZŁOWSKI Krzysztof	397	RUNCROSS ROZGARTY	M-30	50	RunCross Rozgarty	00:00:24	00:13:35	00:26:01	00:38:16	00:50:31	00:52:49.10	00:53:13.70	+00:23:03 (43.6%)	5:16	11.4 (56.4%)
258	AUGUSTYNOWICZ Aurelia	238		K-40	25		00:00:12	00:12:49	00:25:04	00:37:38	00:50:28	00:52:50.85	00:53:03.45	+00:23:04 (43.7%)	5:17	11.4 (56.4%)
259	KOZIOŁ Łukasz	403		M-30	51		00:00:16	00:12:28	00:24:48	00:37:36	00:50:35	00:52:52.05	00:53:08.15	+00:23:06 (43.7%)	5:17	11.3 (55.9%)
260	ŻBIKOWSKA Małgorzata	64	SPC	K-50	4	SPC	00:00:13	00:12:59	00:25:23	00:37:57	00:50:43	00:53:00.30	00:53:13.70	+00:23:14 (43.8%)	5:18	11.3 (55.9%)
261	DRÓŻDŹ-OPRAWA Małgorzata	423		K-30	13		00:00:26	00:13:09	00:25:46	00:38:39	00:50:55	00:53:04.10	00:53:30.70	+00:23:18 (43.9%)	5:18	11.3 (55.9%)
262	ŁATKA Marcin	252		M-40	77		00:00:23	00:13:02	00:25:30	00:38:18	00:50:43	00:53:06.25	00:53:30.20	+00:23:20 (43.9%)	5:18	11.3 (55.9%)

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
263	SOBOLEWSKA Aleksandra	90	BRZEZIŃSKIRUNCLUB	K-20	5	BrzezińskiRunClub	00:00:17	00:12:45	00:24:57	00:38:21	00:51:02	00:53:10.70	00:53:28.15	+00:23:24 (44.0%)	5:19	11.3 (55.9%)
264	GACKOWSKA Daria	218	SLODZIAKI	K-30	14	SLODZIAKI	00:00:08	00:13:18	00:25:38	00:38:30	00:50:49	00:53:11.00	00:53:19.75	+00:23:24 (44.0%)	5:19	11.3 (55.9%)
265	ANDRZEJEWSKA Sylwia	459	TEAMOCHAL	K-30	15	TEAMOCHAL	00:00:19	00:11:35	00:22:53	00:38:47	00:51:02	00:53:11.75	00:53:31.00	+00:23:25 (44.0%)	5:19	11.3 (55.9%)
266	KOSEK Mariusz	203	RCI	M-50	43	RCI	00:00:10	00:12:37	00:24:54	00:37:41	00:50:48	00:53:14.00	00:53:24.30	+00:23:27 (44.1%)	5:19	11.3 (55.9%)
267	JANYSKA Adam	47	UKS KOPERNIK BYDGOSZCZ	M-20	29	Uks Kopernik Bydgoszcz	00:00:16	00:12:05	00:24:16	00:37:29	00:51:05	00:53:14.90	00:53:31.75	+00:23:28 (44.1%)	5:19	11.3 (55.9%)
268	RYDLEWSKI Andrzej	261	TEAM RUDNIK	M-40	78	TEAM RUDNIK	00:00:13	00:13:24	00:26:13	00:39:07	00:51:11	00:53:25.80	00:53:39.40	+00:23:39 (44.3%)	5:20	11.2 (55.4%)
269	SOBAŃSKI Michał	247	SISU TEAM	M-30	52	SISU Team	00:00:38	00:13:32	00:26:01	00:38:54	00:51:18	00:53:26.65	00:54:05.30	+00:23:40 (44.3%)	5:20	11.2 (55.4%)
270	RUDOL Magdalena	390		K-40	26		00:00:19	00:13:44	00:26:17	00:38:50	00:51:19	00:53:38.00	00:53:57.70	+00:23:51 (44.5%)	5:21	11.2 (55.4%)
271	OELRICH Henryk	85		M-50	44		00:00:24	00:13:05	00:25:38	00:38:27	00:51:15	00:53:38.40	00:54:02.40	+00:23:52 (44.5%)	5:21	11.2 (55.4%)
272	MAŚLIŃSKI Mirosław	251		M-50	45		00:00:14	00:12:54	00:25:24	00:38:21	00:51:11	00:53:40.15	00:53:54.35	+00:23:54 (44.5%)	5:22	11.2 (55.4%)
273	SZCZĘSNY Arkadiusz	154	DYNAMO SKARPA	M-40	79	Dynamo Skarpa	00:00:22	00:13:01	00:25:18	00:37:54	00:51:12	00:53:43.05	00:54:05.95	+00:23:57 (44.6%)	5:22	11.2 (55.4%)
274	FILIPEK Małgorzata	277	TEAM RUDNIK	K-30	16	TEAM RUDNIK	00:00:09	00:12:45	00:25:21	00:38:21	00:51:25	00:53:44.95	00:53:54.25	+00:23:58 (44.6%)	5:22	11.2 (55.4%)
275	PISKORSKA Marta	31	KOLOROWE GACIE	K-40	27	Kolorowe Gacie	00:00:31	00:14:00	00:26:50	00:39:40	00:51:44	00:53:49.90	00:54:21.55	+00:24:03 (44.7%)	5:22	11.1 (55.0%)
276	BASIŃSKI Paweł	68		M-40	80		00:00:24	00:13:26	00:25:49	00:38:47	00:51:38	00:53:54.55	00:54:18.80	+00:24:08 (44.8%)	5:23	11.1 (55.0%)
277	BOROWIEC Michał	182		M-30	53		00:00:33	00:13:49	00:26:30	00:39:30	00:51:49	00:54:00.25	00:54:33.50	+00:24:14 (44.9%)	5:24	11.1 (55.0%)
278	KANARKOWSKI Stanisław	131		M-60	6		00:00:25	00:13:48	00:26:28	00:39:10	00:51:45	00:54:03.15	00:54:28.50	+00:24:17 (44.9%)	5:24	11.1 (55.0%)
279	SZYMAŃSKI Bartosz	20		M-30	54		00:00:31	00:14:02	00:26:51	00:39:40	00:52:03	00:54:14.55	00:54:46.10	+00:24:28 (45.1%)	5:25	11.1 (55.0%)
280	GÓRSKI Marian	159		M-60	7		00:00:04	00:13:44	00:26:31	00:39:16	00:52:00	00:54:16.20	00:54:20.40	+00:24:30 (45.1%)	5:25	11.1 (55.0%)
281	GAC Monika	359		K-40	28		00:00:06	00:12:53	00:25:13	00:37:48	00:52:15	00:54:26.40	00:54:32.90	+00:24:40 (45.3%)	5:26	11 (54.5%)
282	OSZUBSKI Kazimierz	244		M-50	46		00:00:10	00:14:00	00:27:06	00:39:57	00:52:24	00:54:30.55	00:54:40.75	+00:24:44 (45.4%)	5:27	11 (54.5%)
283	GRUBA Jacek	506	TRISPACE/TREK	M-60	8	TRISPACE/TREK	00:00:19	00:13:05	00:25:42	00:38:52	00:52:12	00:54:31.75	00:54:51.10	+00:24:45 (45.4%)	5:27	11 (54.5%)
284	RUDOL Sebastian	391		M-40	81		00:00:20	00:13:43	00:26:24	00:39:16	00:52:23	00:54:33.85	00:54:54.70	+00:24:47 (45.4%)	5:27	11 (54.5%)
285	MAZUR Jarosław	490	CYKLON SWIMING TEAM	M-30	55	Cyklon Swiming Team	00:00:17	00:12:46	00:25:20	00:38:37	00:52:02	00:54:34.00	00:54:51.15	+00:24:47 (45.4%)	5:27	11 (54.5%)
286	KRÓL Krystyna	224		K-20	6		00:00:07	00:13:01	00:25:30	00:38:41	00:52:12	00:54:36.20	00:54:43.75	+00:24:50 (45.5%)	5:27	11 (54.5%)
287	LUZAK Mirosław	234	TKKF KOLEJARZ BYDGOSZCZ	M-60	9	TKKF Kolejarz Bydgoszcz	00:00:18	00:13:43	00:26:22	00:39:15	00:52:17	00:54:38.85	00:54:57.10	+00:24:52 (45.5%)	5:27	11 (54.5%)
288	SZATTEN Dawid	353		M-40	82		00:00:31	00:13:23	00:26:00	00:38:54	00:52:11	00:54:42.10	00:55:13.50	+00:24:56 (45.6%)	5:28	11 (54.5%)
289	KUŹMIŃSKA Maryla	401	BRZOZA BIEGA	K-40	29	Brzoza Biega	00:00:15	00:13:56	00:26:59	00:39:49	00:52:30	00:54:44.00	00:54:59.25	+00:24:57 (45.6%)	5:28	11 (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
290	SCHMELTER Wiktoria	366		K-1	2		00:00:16	00:15:49	00:32:46	00:51:45		00:54:44.50	00:55:00.80	+00:24:58 (45.6%)	5:28	11 (54.5%)
291	ZAGOŹDŻON Wioleta	158		K-30	17		00:00:28	00:13:36	00:26:19	00:39:30	00:52:23	00:54:46.35	00:55:15.15	+00:25:00 (45.7%)	5:28	11 (54.5%)
292	BRACICHOWICZ Bogumiła	364		K-50	5		00:00:18	00:13:51	00:26:45	00:39:40	00:52:31	00:54:52.90	00:55:11.35	+00:25:06 (45.8%)	5:29	10.9 (54.0%)
293	GIERSZEWSKA Grażyna	128		K-50	6		00:00:15	00:13:43	00:26:40	00:39:50	00:52:59	00:55:12.15	00:55:27.85	+00:25:26 (46.1%)	5:31	10.9 (54.0%)
294	PŁOCHARSKA Barbara	202		K-30	18		00:00:09	00:13:15	00:26:04	00:39:14	00:52:37	00:55:15.40	00:55:25.15	+00:25:29 (46.1%)	5:31	10.9 (54.0%)
295	GARBARCZYK Adam	287		M-30	56		00:00:22	00:14:49	00:27:58	00:40:50	00:53:15	00:55:25.75	00:55:48.15	+00:25:39 (46.3%)	5:32	10.8 (53.5%)
296	LUDWINIAK Bogdan	17		M-50	47		00:00:15	00:14:01	00:27:04	00:40:10	00:53:16	00:55:34.05	00:55:49.05	+00:25:48 (46.4%)	5:33	10.8 (53.5%)
297	ZIELIŃSKI Radosław	3		M-30	57		00:00:29	00:13:59	00:27:03	00:40:21	00:53:24	00:55:37.15	00:56:06.95	+00:25:51 (46.5%)	5:33	10.8 (53.5%)
298	SZUBERT Dawid	520		M-40	83		00:00:29	00:14:12	00:27:30	00:40:42	00:53:28	00:55:41.90	00:56:11.25	+00:25:55 (46.6%)	5:34	10.8 (53.5%)
299	FABROWSKI Dawid	282	TRITATA TEAMOCHAL	M-40	84	TriTata TEAMOCHAL	00:00:25	00:13:22	00:26:35	00:39:58	00:53:28	00:55:42.35	00:56:07.90	+00:25:56 (46.6%)	5:34	10.8 (53.5%)
300	RADKIEWICZ Wiktor	462	TEAMOCHAL	M-20	30	TEAMOCHAL	00:00:35	00:13:15	00:25:43	00:39:36	00:53:28	00:55:43.55	00:56:19.00	+00:25:57 (46.6%)	5:34	10.8 (53.5%)
301	SZTEJKA Damian	5	KULAWA RODZINA	M-40	85	KULAWA RODZINA	00:00:34	00:14:12	00:27:19	00:40:33	00:53:36	00:55:44.65	00:56:18.80	+00:25:58 (46.6%)	5:34	10.8 (53.5%)
302	ŁUKOMSKI Marcin	160		M-30	58		00:00:34	00:14:13	00:27:20	00:40:34	00:53:38	00:55:45.00	00:56:19.60	+00:25:58 (46.6%)	5:34	10.8 (53.5%)
303	SZTEJKA Jolanta	4	KULAWA RODZINA	K-40	30	KULAWA RODZINA	00:00:33	00:14:15	00:27:21	00:40:36	00:53:40	00:55:46.25	00:56:19.60	+00:26:00 (46.6%)	5:34	10.8 (53.5%)
304	ŻYWICA Adam	171	BRZOZA BIEGA	M-40	86	Brzoza Biega	00:00:15	00:13:56	00:26:58	00:39:49	00:53:15	00:55:50.40	00:56:06.10	+00:26:04 (46.7%)	5:35	10.7 (53.0%)
305	GAŚIOREK Tomasz	400	BRZOZA BIEGA	M-60	10	Brzoza Biega	00:00:15	00:13:57	00:26:59	00:39:52	00:53:17	00:55:51.95	00:56:06.95	+00:26:05 (46.7%)	5:35	10.7 (53.0%)
306	BADOWSKI Krzysztof	412		M-60	11		00:00:33	00:14:45	00:27:54	00:40:53	00:53:32	00:55:52.10	00:56:25.60	+00:26:06 (46.7%)	5:35	10.7 (53.0%)
307	SKRZĄTEK Anna	185		K-50	7		00:00:15	00:14:02	00:27:21	00:40:52	00:53:40	00:55:54.15	00:56:09.35	+00:26:08 (46.8%)	5:35	10.7 (53.0%)
308	KLESSA Krystian	352	TEAMOCHAL	M-30	59	TEAMOCHAL	00:00:33	00:14:26	00:27:50	00:40:59	00:53:48	00:55:55.95	00:56:29.50	+00:26:09 (46.8%)	5:35	10.7 (53.0%)
309	KLAFETKA Mateusz	286		M-30	60		00:00:45	00:14:00	00:27:03	00:40:17	00:53:34	00:55:58.50	00:56:43.60	+00:26:12 (46.8%)	5:35	10.7 (53.0%)
310	PIETRASZAK Tomasz	285	RUN BYDGOSZCZ	M-50	48	RUN BYDGOSZCZ	00:00:25	00:13:59	00:26:48	00:39:54	00:53:26	00:55:58.60	00:56:24.30	+00:26:12 (46.8%)	5:35	10.7 (53.0%)
311	PIECZKA Maciej	398		M-30	61		00:00:19	00:13:39	00:27:00	00:40:43	00:53:41	00:56:03.30	00:56:22.85	+00:26:17 (46.9%)	5:36	10.7 (53.0%)
312	KLIMCZAK Justyna	78		K-40	31		00:00:25	00:14:09	00:27:18	00:40:32	00:53:46	00:56:03.60	00:56:29.50	+00:26:17 (46.9%)	5:36	10.7 (53.0%)
313	PASZKIET Witold	433		M-60	12	TKKF Kolejarz Bydgoszcz	00:00:27	00:13:46	00:26:40	00:39:56	00:53:29	00:56:03.80	00:56:31.30	+00:26:17 (46.9%)	5:36	10.7 (53.0%)
314	WILLMA Jarosław	309	BRZOZA BIEGA	M-50	49	Brzoza Biega	00:00:00	00:14:12	00:27:14	00:40:05	00:53:32	00:56:06.35	00:56:06.35	+00:26:20 (46.9%)	5:36	10.7 (53.0%)
315	BARWIKOWSKA Bogusia	335	KOLOROWE GACIE	K-40	32	Kolorowe Gacie	00:00:26	00:14:13	00:27:15	00:40:33	00:53:46	00:56:09.70	00:56:36.10	+00:26:23 (47.0%)	5:36	10.7 (53.0%)
316	DĘBSKI Jan	316		M-70	3		00:00:14	00:13:17	00:26:17	00:39:43	00:53:41	00:56:12.20	00:56:26.20	+00:26:26 (47.0%)	5:37	10.7 (53.0%)

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
317	DYWICKI Szymon	264		M-30	62		00:00:04	00:13:06	00:26:20	00:40:14	00:53:43	00:56:12.40	00:56:16.80	+00:26:26 (47.0%)	5:37	10.7 (53.0%)
318	DYWICKA Karolina	263		K-30	19		00:00:04	00:13:06	00:26:20	00:40:14	00:53:44	00:56:12.75	00:56:17.05	+00:26:26 (47.0%)	5:37	10.7 (53.0%)
319	BARANOWSKI Bartosz	301		M-30	63		00:00:44	00:14:00	00:27:09	00:40:46	00:53:59	00:56:16.95	00:57:01.45	+00:26:30 (47.1%)	5:37	10.7 (53.0%)
320	PASZKIEWICZ Marika	505	BRZOZA BIEGA	K-30	20	Brzoza Biega	00:00:15	00:13:56	00:26:59	00:40:04	00:53:59	00:56:17.05	00:56:32.85	+00:26:31 (47.1%)	5:37	10.7 (53.0%)
321	KOPCZEWSKA Agnieszka	514		K-40	33		00:00:09	00:13:26	00:26:21	00:39:46	00:53:56	00:56:23.65	00:56:33.20	+00:26:37 (47.2%)	5:38	10.6 (52.5%)
322	LICA Krzysztof	310		M-60	13		00:00:19	00:13:58	00:26:44	00:40:01	00:53:46	00:56:25.00	00:56:44.70	+00:26:38 (47.2%)	5:38	10.6 (52.5%)
323	TOCZKIEWICZ Piotr	94		M-40	87		00:00:12	00:13:54	00:27:06	00:40:29	00:54:00	00:56:26.30	00:56:38.30	+00:26:40 (47.3%)	5:38	10.6 (52.5%)
324	ZIELIŃSKA Karolina	473		K-20	7		00:00:27	00:14:40	00:28:05	00:41:29	00:54:18	00:56:28.70	00:56:55.70	+00:26:42 (47.3%)	5:38	10.6 (52.5%)
325	KUCZYŃSKA-RATAJ Paulina	23		K-40	34		00:00:26	00:14:08	00:27:34	00:41:02	00:54:08	00:56:30.30	00:56:57.05	+00:26:44 (47.3%)	5:39	10.6 (52.5%)
326	FRĄCZKOWIAK Marta	467	TEAMOCHAL	K-30	21	TEAMOCHAL	00:00:16	00:14:23	00:27:35	00:40:50	00:54:07	00:56:36.70	00:56:53.60	+00:26:50 (47.4%)	5:39	10.6 (52.5%)
327	MAŁKIŃSKI Józef	66		M-60	14		00:00:20	00:14:08	00:27:21	00:40:42	00:54:12	00:56:48.45	00:57:08.80	+00:27:02 (47.6%)	5:40	10.6 (52.5%)
328	PIONTEK Elżbieta	56		K-60	1		00:00:18	00:14:20	00:27:32	00:40:52	00:54:19	00:56:51.30	00:57:10.10	+00:27:05 (47.6%)	5:41	10.6 (52.5%)
329	GALICKI Jakub	406	AKADEMIA MISTRZÓW SPORTU	M-40	88	Akademia Mistrzów Sportu	00:00:23	00:13:11	00:25:49	00:40:34	00:54:19	00:56:54.85	00:57:18.55	+00:27:08 (47.7%)	5:41	10.5 (52.0%)
330	BICZKOWSKA Magdalena	478		K-40	35		00:00:12	00:14:25	00:27:51	00:41:17	00:54:40	00:57:00.50	00:57:12.95	+00:27:14 (47.8%)	5:42	10.5 (52.0%)
331	RADKIEWICZ Beata	448	TEAMOCHAL	K-40	36	TEAMOCHAL	00:00:17	00:14:09	00:27:35	00:41:02	00:54:34	00:57:05.80	00:57:22.95	+00:27:19 (47.9%)	5:42	10.5 (52.0%)
332	KALACZYŃSKI Grzegorz	354		M-50	50		00:00:18	00:14:35	00:27:56	00:41:32	00:54:58	00:57:11.10	00:57:29.25	+00:27:25 (47.9%)	5:43	10.5 (52.0%)
333	WALCZAK Maciej	271	TEAM RUDNIK	M-50	51	TEAM RUDNIK	00:00:20	00:13:23	00:26:40	00:40:41	00:54:51	00:57:22.65	00:57:42.95	+00:27:36 (48.1%)	5:44	10.5 (52.0%)
334	MIROWSKI Mariusz	48		M-50	52		00:00:22	00:14:47	00:28:23	00:42:06	00:55:19	00:57:29.90	00:57:52.25	+00:27:43 (48.2%)	5:44	10.4 (51.5%)
335	JURSKI Robert	27		M-40	89		00:00:23	00:14:13	00:27:33	00:41:05	00:55:02	00:57:34.45	00:57:57.55	+00:27:48 (48.3%)	5:45	10.4 (51.5%)
336	STANKOWSKA Justyna	336	KIJKOWE TRZEMESZNO	K-40	37	Kijkowe Trzemeszno	00:00:06	00:14:17	00:27:34	00:41:20	00:55:06	00:57:35.35	00:57:42.15	+00:27:49 (48.3%)	5:45	10.4 (51.5%)
337	SYBILA Michał	184		M-30	64		00:00:33	00:13:51	00:27:17	00:41:21	00:55:22	00:57:49.55	00:58:23.30	+00:28:03 (48.5%)	5:46	10.4 (51.5%)
338	PALIWODA Wiktor	96		M-20	31		00:00:21	00:14:56	00:28:55	00:43:03	00:55:58	00:57:51.05	00:58:12.65	+00:28:05 (48.5%)	5:47	10.4 (51.5%)
339	GŁĄB Igor	410		M-1	11		00:00:20	00:14:12	00:27:22	00:41:17	00:55:36	00:57:52.50	00:58:12.95	+00:28:06 (48.6%)	5:47	10.4 (51.5%)
340	WIŚNIEWSKI Zbigniew	2	BRZOZA BIEGA	M-50	53	Brzoza Biega	00:00:03	00:13:28	00:26:48	00:40:30	00:55:28	00:57:56.65	00:58:00.10	+00:28:10 (48.6%)	5:47	10.4 (51.5%)
341	ZDYBEL Aneta	250		K-30	22		00:00:16	00:14:40	00:28:22	00:42:11	00:55:43	00:58:11.20	00:58:27.60	+00:28:25 (48.8%)	5:49	10.3 (51.0%)
342	NOWACZYK Zygmunt	337	BOLT TRZEMESZNO	M-60	15	BOLT Trzemeszno	00:00:15	00:15:01	00:28:46	00:42:18	00:55:47	00:58:12.05	00:58:27.45	+00:28:26 (48.9%)	5:49	10.3 (51.0%)
343	NOWAKOWSKI Dawid	272		M-30	65		00:00:27	00:14:22	00:27:41	00:41:04	00:55:45	00:58:19.70	00:58:46.70	+00:28:33 (49.0%)	5:49	10.3 (51.0%)

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
344	KSPROWICZ Piotr	9	JW1515 BYDGOSZCZ	M-40	90	JW1515 Bydgoszcz	00:00:16	00:14:15	00:27:47	00:41:47	00:55:59	00:58:21.95	00:58:38.85	+00:28:35 (49.0%)	5:50	10.3 (51.0%)
345	GRACZKOWSKA Mirosława	36		K-50	8		00:00:29	00:15:00	00:28:24	00:41:57	00:55:53	00:58:25.25	00:58:54.25	+00:28:39 (49.0%)	5:50	10.3 (51.0%)
346	SCHMIDT Artur	214	BBACTIVE TEAM	M-1	12	BBACTIVE TEAM	00:00:31	00:13:49	00:27:11	00:41:42	00:55:49	00:58:26.95	00:58:58.90	+00:28:40 (49.1%)	5:50	10.3 (51.0%)
347	SCHMIDT Marcin	213	BBACTIVE TEAM	M-40	91	BBACTIVE TEAM	00:00:31	00:13:49	00:26:59	00:41:43	00:55:49	00:58:27.65	00:58:59.30	+00:28:41 (49.1%)	5:50	10.3 (51.0%)
348	WANCZURA Jacek	199		M-40	92		00:00:22	00:15:08	00:29:03	00:42:46	00:56:06	00:58:28.45	00:58:50.75	+00:28:42 (49.1%)	5:50	10.3 (51.0%)
349	LUTKOWSKI Dariusz	201		M-40	93		00:00:17	00:15:12	00:29:08	00:42:43	00:56:10	00:58:33.05	00:58:50.50	+00:28:47 (49.2%)	5:51	10.2 (50.5%)
350	ZIELIŃSKA Justyna	32	KOLOROWE GACIE	K-40	38	Kolorowe Gacie	00:00:26	00:14:27	00:28:14	00:42:16	00:56:03	00:58:36.05	00:59:02.30	+00:28:50 (49.2%)	5:51	10.2 (50.5%)
351	OBRZANOWSKI Maciej	88		M-50	54		00:00:17	00:13:51	00:27:17	00:41:16	00:56:05	00:58:51.35	00:59:08.40	+00:29:05 (49.4%)	5:53	10.2 (50.5%)
352	PODLASZEWSKI Jacek	61	SPC	M-50	55	SPC	00:00:15	00:14:53	00:28:34	00:42:32	00:56:18	00:58:54.10	00:59:09.90	+00:29:08 (49.5%)	5:53	10.2 (50.5%)
353	MOCZADŁO Maria	62	SPC	K-50	9	SPC	00:00:15	00:14:55	00:28:36	00:42:33	00:56:19	00:58:54.55	00:59:09.75	+00:29:08 (49.5%)	5:53	10.2 (50.5%)
354	MICHALSKA Karolina	137		K-20	8		00:00:13	00:14:38	00:28:01	00:42:14	00:56:41	00:59:10.15	00:59:23.45	+00:29:24 (49.7%)	5:55	10.1 (50.0%)
355	MICHALSKI Maciej	138		M-30	66		00:00:13	00:14:38	00:28:01	00:42:14	00:56:41	00:59:11.10	00:59:24.80	+00:29:25 (49.7%)	5:55	10.1 (50.0%)
356	WITUCKA-KRYGIER Malwina	443		K-30	23		00:00:18	00:14:25	00:27:59	00:41:54	00:56:50	00:59:14.65	00:59:32.85	+00:29:28 (49.8%)	5:55	10.1 (50.0%)
357	SOSINSKI Marcin	219	SLODZIAKI	M-40	94	Slodziaki	00:00:09	00:14:26	00:28:24	00:42:53	00:57:04	00:59:24.80	00:59:33.95	+00:29:38 (49.9%)	5:56	10.1 (50.0%)
358	BALCEREK Marcin	481	TEAMOCHAL	M-40	95	TEAMOCHAL	00:00:36	00:14:04	00:27:46	00:42:28	00:56:49	00:59:25.60	01:00:01.70	+00:29:39 (49.9%)	5:56	10.1 (50.0%)
359	BARTOSZYŃSKA Sabina	441		K-30	24		00:00:39	00:15:43	00:29:38	00:43:36	00:57:05	00:59:30.00	01:00:09.85	+00:29:43 (50.0%)	5:57	10.1 (50.0%)
360	DONDALSKA Monika	382		K-40	39		00:00:03	00:14:59	00:29:07	00:43:18	00:57:10	00:59:30.10	00:59:33.90	+00:29:44 (50.0%)	5:57	10.1 (50.0%)
361	TOCZKIEWICZ Kaja	95		K-1	3		00:00:20	00:14:56	00:28:54	00:43:04	00:57:09	00:59:30.65	00:59:51.60	+00:29:44 (50.0%)	5:57	10.1 (50.0%)
362	CZARNECKA Monika	346	BRZOZA BIEGA	K-40	40	Brzoza Biega	00:00:27	00:14:50	00:28:49	00:42:50	00:57:00	00:59:32.30	00:59:59.50	+00:29:46 (50.0%)	5:57	10.1 (50.0%)
363	MALATYŃSKA Barbara	161	TEAM RUDNIK	K-40	41	TEAM RUDNIK	00:00:22	00:14:39	00:28:46	00:43:07	00:57:20	00:59:51.60	01:00:14.50	+00:30:05 (50.3%)	5:59	10 (49.5%)
364	RÓŻYCZKA Joanna	300		K-30	25		00:00:14	00:14:30	00:28:05	00:42:28	00:57:17	00:59:57.30	01:00:12.05	+00:30:11 (50.4%)	5:59	10 (49.5%)
365	BRYWCZYŃSKI Justyna	148	# ŚLIMAKI BARCIN	K-40	42	# Ślimaki Barcin	00:00:15	00:14:55	00:28:54	00:43:07	00:57:32	01:00:05.30	01:00:21.10	+00:30:19 (50.5%)	6:00	10 (49.5%)
366	JULLY Arkadiusz	43		M-40	96		00:00:34	00:14:53	00:28:59	00:43:11	00:57:31	01:00:07.55	01:00:42.40	+00:30:21 (50.5%)	6:00	10 (49.5%)
367	BUTOWSKI Michał	186		M-50	56		00:00:30	00:15:04	00:29:23	00:43:31	00:57:34	01:00:10.50	01:00:41.35	+00:30:24 (50.5%)	6:01	10 (49.5%)
368	GROBELNA Angelika	156		K-40	43		00:00:30	00:15:04	00:29:23	00:43:31	00:57:35	01:00:10.80	01:00:41.05	+00:30:24 (50.5%)	6:01	10 (49.5%)
368	PORAZIŃSKA Viktoria	168	BYDGOSZCZ NA START.	K-40	43	Bydgoszcz na start.	00:00:30	00:15:04	00:29:23	00:43:31	00:57:34	01:00:10.80	01:00:41.35	+00:30:24 (50.5%)	6:01	10 (49.5%)
370	NIEMCZEWSKI Mirosław	220	ŁABISZYN RUNNERS	M-40	97	Łabiszyn runners	00:00:36	00:16:09	00:29:56	00:43:54	00:57:43	01:00:19.55	01:00:55.90	+00:30:33 (50.7%)	6:01	9.9 (49.0%)

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
371	KOSIŃSKI Michał	163		M-40	98		00:00:29	00:14:29	00:28:46	00:43:28	00:57:59	01:00:32.15	01:01:01.75	+00:30:46 (50.8%)	6:03	9.9 (49.0%)
372	KOSIŃSKA Michalina	164		K-1	4		00:00:29	00:14:29	00:28:46	00:43:28	00:57:59	01:00:32.45	01:01:01.95	+00:30:46 (50.8%)	6:03	9.9 (49.0%)
373	BŁAŻEK-KOJRO Kasia	296		K-40	45		00:00:14	00:15:17	00:29:37	00:44:04	00:58:41	01:01:20.90	01:01:35.25	+00:31:34 (51.5%)	6:08	9.8 (48.5%)
374	LEWANDOWSKA Sylwia	284		K-40	46		00:00:14	00:15:18	00:29:37	00:44:05	00:58:40	01:01:21.35	01:01:35.45	+00:31:35 (51.5%)	6:08	9.8 (48.5%)
375	MANDOSIK Benia	468	TEAMOCHAL	K-60	2	TEAMOCHAL	00:00:22	00:14:38	00:29:20	00:44:09	00:58:43	01:01:31.15	01:01:54.05	+00:31:45 (51.6%)	6:09	9.8 (48.5%)
376	FARBICKA-ŻYWICA Paulina	172	BRZOZA BIEGA	K-40	47	Brzoza Biega	00:00:16	00:14:51	00:29:05	00:43:39	00:58:49	01:01:40.65	01:01:56.95	+00:31:54 (51.7%)	6:10	9.7 (48.0%)
377	PAWŁOWSKI Piotr	384	PAST RUN	M-30	67	PAST RUN	00:00:37	00:14:37	00:29:07	00:44:17	01:00:32	01:03:22.70	01:04:00.10	+00:33:36 (53.0%)	6:20	9.5 (47.0%)
378	PIK Aleksandra	383		K-20	9		00:00:38	00:15:43	00:30:31	00:45:44	01:00:55	01:03:24.95	01:04:03.90	+00:33:38 (53.1%)	6:20	9.5 (47.0%)
379	DOMAN Janusz	333		M-70	4		00:00:09	00:14:41	00:29:29	00:44:44	01:00:43	01:03:34.40	01:03:44.00	+00:33:48 (53.2%)	6:21	9.4 (46.5%)
380	SZOPIŃSKA Justyna	115	LUKS SEROCK	K-30	26	LUKS Serock	00:00:41	00:15:41	00:30:29	00:45:42	01:00:54	01:03:39.55	01:04:20.65	+00:33:53 (53.2%)	6:21	9.4 (46.5%)
381	PIK Dorota	114		K-20	10		00:00:38	00:15:44	00:30:32	00:45:44	01:00:57	01:03:42.00	01:04:20.40	+00:33:55 (53.3%)	6:22	9.4 (46.5%)
382	SZCZERBIAK Łukasz	110		M-20	32		00:00:21	00:14:50	00:29:33	00:45:18	01:00:56	01:03:44.90	01:04:06.75	+00:33:58 (53.3%)	6:22	9.4 (46.5%)
383	DUDZIAK Wiktoria	111		K-20	11		00:00:22	00:14:50	00:29:33	00:45:18	01:00:57	01:03:44.95	01:04:07.10	+00:33:58 (53.3%)	6:22	9.4 (46.5%)
384	WALENTYN Katarzyna	396	RUNCROSS ROZGARTY	K-40	48	RunCross Rozgarty	00:00:24	00:15:53	00:30:54	00:46:02	01:01:03	01:03:52.10	01:04:16.25	+00:34:06 (53.4%)	6:23	9.4 (46.5%)
385	WOJTYSIAK Dorota	278		K-40	49		00:00:25	00:15:23	00:30:29	00:45:59	01:02:05	01:04:59.45	01:05:24.75	+00:35:13 (54.2%)	6:29	9.2 (45.5%)
386	TKACZUK Jolanta	358	TG SOKÓŁ GNIEWKOWO	K-50	10	TG SOKÓŁ GNIEWKOWO	00:00:05	00:15:50	00:31:29	00:47:14	01:02:36	01:05:30.20	01:05:35.80	+00:35:44 (54.6%)	6:33	9.2 (45.5%)
387	CZYŻEWSKI Piotr	210		M-40	99		00:00:42	00:16:27	00:32:22	00:48:30	01:03:30	01:05:58.45	01:06:41.10	+00:36:12 (54.9%)	6:35	9.1 (45.0%)
388	GAJZLER Jerzy	504	BRZOZA BIEGA	M-70	5	Brzoza Biega	00:00:23	00:15:31	00:31:05	00:46:54	01:02:48	01:05:59.75	01:06:23.55	+00:36:13 (54.9%)	6:35	9.1 (45.0%)
389	KAZUBOWSKI Jeremiasz	102		M-20	33		00:00:14	00:15:51	00:31:48	00:47:53	01:03:49	01:06:40.80	01:06:54.80	+00:36:54 (55.4%)	6:40	9 (44.6%)
390	DYPOLT Julia	395		K-30	27		00:00:32	00:15:25	00:31:03	00:47:24	01:03:49	01:06:51.35	01:07:23.45	+00:37:05 (55.5%)	6:41	9 (44.6%)
391	NOWAKOWSKI Czesław	329	DUCLA ACADEMY WARSZAWA	M-70	6	Ducla Academy Warszawa	00:00:23	00:15:51	00:31:27	00:47:39	01:03:59	01:06:53.35	01:07:16.95	+00:37:07 (55.5%)	6:41	9 (44.6%)
392	WIKTOROWICZ Dominika	365	ŁABISZYN RUNNERS	K-30	28	Łabiszyn runners	00:00:36	00:16:09	00:32:26	00:48:37	01:04:43	01:07:38.15	01:08:14.75	+00:37:52 (56.0%)	6:45	8.9 (44.1%)
393	PÓŁGĘSEK Rafał	44		M-50	57		00:00:40	00:17:27	00:33:12	00:49:11	01:04:55	01:07:48.90	01:08:29.80	+00:38:02 (56.1%)	6:46	8.8 (43.6%)
394	SALITA Lech	77		M-60	16		00:00:30	00:16:53	00:32:46	00:48:46	01:05:01	01:08:02.95	01:08:33.20	+00:38:16 (56.3%)	6:48	8.8 (43.6%)
395	KRZYWDZIŃSKA Lidia	411		K-40	50		00:00:25	00:15:54	00:31:36	00:47:59	01:04:58	01:08:16.40	01:08:41.45	+00:38:30 (56.4%)	6:49	8.8 (43.6%)
396	PIOTROWSKA-RADZIEJEWSKA Marzena	135	TEAMOCHAL	K-40	51	TEAMOCHAL	00:00:24	00:17:00	00:33:07	00:49:24	01:05:40	01:08:37.50	01:09:01.95	+00:38:51 (56.6%)	6:51	8.7 (43.1%)

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
397	MIROWSKA Anna	341		K-40	52		00:00:22	00:16:53	00:33:08	00:49:26	01:05:42	01:08:39.45	01:09:02.10	+00:38:53 (56.6%)	6:51	8.7 (43.1%)
398	LUTKOWSKA Katarzyna	200		K-40	53		00:00:21	00:17:03	00:33:10	00:49:27	01:05:43	01:08:40.25	01:09:01.80	+00:38:54 (56.7%)	6:52	8.7 (43.1%)
399	ZAREMBA WANCZURA Joanna	198		K-40	54		00:00:21	00:17:03	00:33:09	00:49:27	01:05:43	01:08:40.40	01:09:01.80	+00:38:54 (56.7%)	6:52	8.7 (43.1%)
400	WIZNEROWICZ Martyna	429		K-20	12		00:00:39	00:16:19	00:32:16	00:49:36	01:06:05	01:09:05.40	01:09:45.35	+00:39:19 (56.9%)	6:54	8.7 (43.1%)
401	RADKOWSKI Tomasz	474	AZS UMK TORUŃ	M-40	100	AZS UMK Toruń	00:00:30	00:15:58	00:31:25	00:48:05	01:06:43	01:09:54.60	01:10:25.35	+00:40:08 (57.4%)	6:59	8.6 (42.6%)
402	WIŚNIEWSKI Krzysztof	50		M-50	58		00:00:32	00:17:21	00:33:38	00:50:33	01:08:14	01:11:38.30	01:12:11.15	+00:41:52 (58.4%)	7:09	8.4 (41.6%)
403	WIŚNIEWSKA Lucyna	49		K-50	11		00:00:32	00:17:21	00:33:38	00:50:32	01:08:14	01:11:38.35	01:12:11.05	+00:41:52 (58.4%)	7:09	8.4 (41.6%)
404	LENC Janusz	45	TKKF KOLEJARZ BYDGOSZCZ	M-70	7	TKKF Kolejarz Bydgoszcz	00:00:28	00:18:15	00:35:00	00:52:58	01:11:35	01:14:57.60	01:15:25.90	+00:45:11 (60.3%)	7:29	8 (39.6%)
405	KUBIAK Małgorzata	294		K-40	55		00:00:28	00:18:37	00:36:52	00:55:35	01:14:33	01:17:51.40	01:18:20.20	+00:48:05 (61.8%)	7:47	7.7 (38.1%)
406	ANGIEL Władysław	46	TKKF KOLEJARZ BYDGOSZCZ	M-80	1	TKKF Kolejarz Bydgoszcz	00:00:07	00:24:11	00:49:28	01:14:17		01:18:54.65	01:19:02.45	+00:49:08 (62.3%)	7:53	7.6 (37.6%)
407	FUDAŁA Marek	39		M-60	17		00:00:36	00:19:45	00:39:08	00:58:22	01:17:10	01:20:29.50	01:21:06.00	+00:50:43 (63.0%)	8:02	7.5 (37.1%)
408	FUDAŁA Marek Krzysztof	40		M-40	101		00:00:35	00:19:46	00:39:08	00:58:23	01:17:11	01:20:30.75	01:21:05.95	+00:50:44 (63.0%)	8:03	7.5 (37.1%)
	WAWROŃ Wojciech	377		M-20			DNF	00:14:29 DNF	00:29:21 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KURS Jarosław	207	TKKF KOLEJARZ BYDGOSZCZ	M-50		TKKF Kolejarz Bydgoszcz	DNF	00:13:26 DNF	00:37:29 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 410 wynik(ów)