



Ludowy Klub Sportowy  
OSTROMECKO

# XXXVI BIEG ULICZNY DĄBROWA CHEŁMIŃSKA - OSTROMECKO

B4SPORT

**Wydarzenie:** Weekend sportowy - Ostromecko, Dąbrowa  
Chełmińska  
**Organizator:** Ludowy Klub Sportowy Ostromecko  
**Data:** 2023-10-01  
**Miejsce:** Ostromecko  
**Dystans:** 7.5 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZYBYŁA Adrian</b>	<b>157</b>	RUN GOKU TEAM	M30	1		<b>00:23:24.70</b>	<b>00:23:24.70</b>		3:07	19.2 (100%)
2	<b>TULEJA Jakub</b>	<b>333</b>		M20	1		<b>00:23:39.10</b>	<b>00:23:39.10</b>	+00:00:14 (1.0%)	3:09	19 (99.0%)
3	<b>SANKO Aliaksandr</b>	<b>339</b>	PARKRUN GRUDZIĄDZ	M30	2		<b>00:23:56.85</b>	<b>00:23:56.85</b>	+00:00:32 (2.2%)	3:11	18.8 (97.9%)
4	<b>RUDNIK Damian</b>	<b>238</b>	TEAM RUDNIK	M20	2		<b>00:24:10.10</b>	<b>00:24:10.10</b>	+00:00:45 (3.1%)	3:13	18.6 (96.9%)
5	<b>KOPYCIŃSKI Wojciech</b>	<b>295</b>		M20	3		<b>00:24:33.00</b>	<b>00:24:33.00</b>	+00:01:08 (4.6%)	3:16	18.3 (95.3%)
6	<b>KOTŁOWSKI Bartosz</b>	<b>539</b>	LKS OSTROMECKO	M30	3	Tak	<b>00:24:38.00</b>	<b>00:24:38.00</b>	+00:01:13 (5.0%)	3:17	18.3 (95.3%)
7	<b>PADUCH Paweł</b>	<b>316</b>	CWZS ZAWISZA BYDGOSZCZ SL	M20	4		<b>00:24:44.20</b>	<b>00:24:44.20</b>	+00:01:19 (5.4%)	3:17	18.2 (94.8%)
8	<b>PAWŁOWSKI Tomasz</b>	<b>324</b>		M30	4		<b>00:24:47.25</b>	<b>00:24:47.25</b>	+00:01:22 (5.6%)	3:18	18.2 (94.8%)
9	<b>CICHOWSKI Kamil</b>	<b>342</b>		M19	1		<b>00:25:10.80</b>	<b>00:25:10.80</b>	+00:01:46 (7.0%)	3:21	17.9 (93.2%)
10	<b>POLAŃSKI Tomasz</b>	<b>344</b>	B4SPORT	M40	1		<b>00:25:38.80</b>	<b>00:25:38.80</b>	+00:02:14 (8.7%)	3:25	17.6 (91.7%)
11	<b>KOLMAJER Rafał</b>	<b>290</b>	TEAMOCHAL	M40	2		<b>00:25:47.30</b>	<b>00:25:47.30</b>	+00:02:22 (9.2%)	3:26	17.5 (91.1%)
12	<b>SULKOWSKI Zdzisław</b>	<b>336</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	1		<b>00:25:53.90</b>	<b>00:25:53.90</b>	+00:02:29 (9.6%)	3:27	17.4 (90.6%)
13	<b>MARCHEL Tomasz</b>	<b>195</b>		M30	5		<b>00:27:04.60</b>	<b>00:27:04.60</b>	+00:03:39 (13.5%)	3:36	16.6 (86.5%)
14	<b>GLUGLA Mariusz</b>	<b>47</b>	THE RUNNERS ŚWIECIE	M40	3		<b>00:27:09.70</b>	<b>00:27:09.70</b>	+00:03:45 (13.8%)	3:37	16.6 (86.5%)
15	<b>SPYCHAŁSKI Tomasz</b>	<b>102</b>	ANWILTEAM	M40	4		<b>00:27:16.75</b>	<b>00:27:16.75</b>	+00:03:52 (14.2%)	3:38	16.5 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
16	<b>ŚLIWIŃSKI Łukasz</b>	<b>540</b>	LKS OSTROMECKO	M40	5	Tak	<b>00:27:22.55</b>	<b>00:27:22.55</b>	+00:03:57 (14.5%)	3:38	16.4 (85.4%)
17	<b>SUDZIŃSKI Hubert</b>	<b>331</b>		M20	5		<b>00:27:22.75</b>	<b>00:27:22.75</b>	+00:03:58 (14.5%)	3:38	16.4 (85.4%)
18	<b>SKRZECZEWSKI Bartosz</b>	<b>302</b>	EKOGRÓD SPORT TEAM	M30	6		<b>00:27:29.00</b>	<b>00:27:29.00</b>	+00:04:04 (14.8%)	3:39	16.4 (85.4%)
19	<b>DONARSKI Franciszek</b>	<b>551</b>	POLARFOX ROWERTOUR.COM	M19	2		<b>00:27:35.40</b>	<b>00:27:35.40</b>	+00:04:10 (15.1%)	3:40	16.3 (84.9%)
20	<b>ZIĘBA Adam</b>	<b>556</b>	TRISPACE/TREK	M50	2		<b>00:27:37.20</b>	<b>00:27:37.20</b>	+00:04:12 (15.2%)	3:40	16.3 (84.9%)
21	<b>PARTYKA Rafał</b>	<b>274</b>		M40	6		<b>00:27:42.55</b>	<b>00:27:42.55</b>	+00:04:17 (15.5%)	3:41	16.2 (84.4%)
22	<b>BARTKOWSKI Sławomir</b>	<b>523</b>		M40	7		<b>00:27:48.85</b>	<b>00:27:48.85</b>	+00:04:24 (15.8%)	3:42	16.2 (84.4%)
23	<b>RETECKI Krzysztof</b>	<b>506</b>	LKS / BOGMAR / GINTER-EKOTECHNIKA / PRESTO	M40	8	Tak	<b>00:27:54.10</b>	<b>00:27:54.10</b>	+00:04:29 (16.1%)	3:43	16.1 (83.9%)
24	<b>GIERACH Wojciech</b>	<b>532</b>		M19	3		<b>00:28:13.30</b>	<b>00:28:13.30</b>	+00:04:48 (17.0%)	3:45	15.9 (82.8%)
25	<b>KARCZMARCZYK Mateusz</b>	<b>34</b>		M30	7		<b>00:28:21.40</b>	<b>00:28:21.40</b>	+00:04:56 (17.4%)	3:46	15.9 (82.8%)
26	<b>NOWICKI Wojciech</b>	<b>326</b>		M40	9		<b>00:28:22.30</b>	<b>00:28:22.30</b>	+00:04:57 (17.5%)	3:46	15.9 (82.8%)
27	<b>CIMACHOWSKI Jakub</b>	<b>525</b>		M40	10		<b>00:28:41.10</b>	<b>00:28:41.10</b>	+00:05:16 (18.4%)	3:49	15.7 (81.8%)
28	<b>KAPSA Dawid</b>	<b>171</b>	TRISPACE/TREK	M40	11		<b>00:28:43.60</b>	<b>00:28:43.60</b>	+00:05:18 (18.5%)	3:49	15.7 (81.8%)
29	<b>ŚLEFARSKI Jacek</b>	<b>552</b>		M30	8		<b>00:28:43.70</b>	<b>00:28:43.70</b>	+00:05:19 (18.5%)	3:49	15.7 (81.8%)
30	<b>WOJTAS Stefan</b>	<b>553</b>	TRIPAKA PRZECHLEWO	M40	12		<b>00:28:46.20</b>	<b>00:28:46.20</b>	+00:05:21 (18.6%)	3:50	15.6 (81.3%)
31	<b>GOŁATA Wojciech</b>	<b>510</b>	LKS OSTROMECKO	M40	13	Tak	<b>00:28:47.85</b>	<b>00:28:47.85</b>	+00:05:23 (18.7%)	3:50	15.6 (81.3%)
32	<b>TACZKOWSKI Jarosław</b>	<b>276</b>	JKG	M40	14		<b>00:28:50.05</b>	<b>00:28:50.05</b>	+00:05:25 (18.8%)	3:50	15.6 (81.3%)
33	<b>PRĄDZYŃSKI Marcin</b>	<b>50</b>	TM IRONTEAM	M40	15		<b>00:28:51.70</b>	<b>00:28:51.70</b>	+00:05:27 (18.9%)	3:50	15.6 (81.3%)
34	<b>MALICKI Łukasz</b>	<b>205</b>		M30	9		<b>00:28:54.25</b>	<b>00:28:54.25</b>	+00:05:29 (19.0%)	3:51	15.6 (81.3%)
35	<b>HORDYNIEC Jan</b>	<b>296</b>	ENDURE TEAM	M19	4		<b>00:28:56.20</b>	<b>00:28:56.20</b>	+00:05:31 (19.1%)	3:51	15.6 (81.3%)
36	<b>MENDEL Patryk</b>	<b>5</b>	TM IRON TEAM	M20	6		<b>00:29:02.50</b>	<b>00:29:02.50</b>	+00:05:37 (19.4%)	3:52	15.5 (80.7%)
37	<b>LEŚNY Mateusz</b>	<b>118</b>	LEŚNE DZIKI PGB	M20	7		<b>00:29:06.90</b>	<b>00:29:06.90</b>	+00:05:42 (19.6%)	3:52	15.5 (80.7%)
38	<b>POPKO Przemysław</b>	<b>98</b>		M30	10		<b>00:29:36.20</b>	<b>00:29:36.20</b>	+00:06:11 (20.9%)	3:56	15.2 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
39	<b>HENDRZAK Sylwester</b>	<b>140</b>	RUN CROSS ROZGARTY	M30	11		<b>00:29:38.60</b>	<b>00:29:38.60</b>	+00:06:13 (21.0%)	3:57	15.2 (79.2%)
40	<b>PŁOCHARSKI Sebastian</b>	<b>152</b>		M30	12		<b>00:29:45.75</b>	<b>00:29:45.75</b>	+00:06:21 (21.3%)	3:58	15.1 (78.6%)
41	<b>TELEJKO Łukasz</b>	<b>263</b>	RUN BYDGOSZCZ	M20	8		<b>00:29:46.70</b>	<b>00:29:46.70</b>	+00:06:22 (21.4%)	3:58	15.1 (78.6%)
42	<b>WITKOWSKI Łukasz</b>	<b>86</b>	RUN BYDGOSZCZ	M30	13		<b>00:29:50.40</b>	<b>00:29:50.40</b>	+00:06:25 (21.5%)	3:58	15.1 (78.6%)
43	<b>PAWLAK Wojciech</b>	<b>46</b>		M50	3		<b>00:29:56.10</b>	<b>00:29:56.10</b>	+00:06:31 (21.8%)	3:59	15 (78.1%)
44	<b>RACZYŃSKI Krzysztof</b>	<b>21</b>	BIEGAJĄCY FILOZOF TEAM	M60	1		<b>00:29:58.30</b>	<b>00:29:58.30</b>	+00:06:33 (21.9%)	3:59	15 (78.1%)
45	<b>GIERACH Jakub</b>	<b>533</b>		M19	5		<b>00:30:02.65</b>	<b>00:30:02.65</b>	+00:06:37 (22.1%)	4:00	15 (78.1%)
46	<b>MELLER Wojciech</b>	<b>68</b>	BIEGAM BO LUBIĘ	M50	4	Tak	<b>00:30:08.15</b>	<b>00:30:08.15</b>	+00:06:43 (22.3%)	4:01	14.9 (77.6%)
47	<b>PRONDZINSKI Maciej</b>	<b>2</b>		M30	14		<b>00:30:13.45</b>	<b>00:30:13.45</b>	+00:06:48 (22.5%)	4:01	14.9 (77.6%)
48	<b>SUDOŁ Jacek</b>	<b>125</b>	PARKRUN BYDGOSZCZ	M40	16		<b>00:30:28.15</b>	<b>00:30:28.15</b>	+00:07:03 (23.2%)	4:03	14.8 (77.1%)
49	<b>BUŚ Szymon</b>	<b>304</b>		M30	15		<b>00:30:37.30</b>	<b>00:30:37.30</b>	+00:07:12 (23.5%)	4:04	14.7 (76.6%)
50	<b>OZIMKIEWICZ Robert</b>	<b>515</b>		M30	16	Tak	<b>00:30:50.80</b>	<b>00:30:50.80</b>	+00:07:26 (24.1%)	4:06	14.6 (76.0%)
51	<b>ŁUCZAK Paweł</b>	<b>519</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	5		<b>00:30:52.10</b>	<b>00:30:52.10</b>	+00:07:27 (24.2%)	4:06	14.6 (76.0%)
52	<b>GIL Daniel</b>	<b>559</b>	LKS OSTROMECKO	M40	17		<b>00:30:52.60</b>	<b>00:30:52.60</b>	+00:07:27 (24.2%)	4:06	14.6 (76.0%)
53	<b>WIĘCKOWSKI Dariusz</b>	<b>159</b>	AKADEMIA MISTRZÓW SPORTU	M40	18		<b>00:30:53.95</b>	<b>00:30:53.95</b>	+00:07:29 (24.2%)	4:07	14.6 (76.0%)
54	<b>SZTEJKA Damian</b>	<b>166</b>		M40	19		<b>00:30:54.75</b>	<b>00:30:54.75</b>	+00:07:30 (24.3%)	4:07	14.6 (76.0%)
55	<b>MROTEK Michał</b>	<b>541</b>	AKADEMIA MISTRZÓW SPORTU	M40	20		<b>00:30:58.20</b>	<b>00:30:58.20</b>	+00:07:33 (24.4%)	4:07	14.5 (75.5%)
56	<b>SKARBEK Marek</b>	<b>264</b>	RUN BYDGOSZCZ	M50	6		<b>00:31:03.30</b>	<b>00:31:03.30</b>	+00:07:38 (24.6%)	4:08	14.5 (75.5%)
57	<b>GRZENKOWITZ Dariusz</b>	<b>212</b>		M50	7		<b>00:31:06.80</b>	<b>00:31:06.80</b>	+00:07:42 (24.8%)	4:08	14.5 (75.5%)
58	<b>KUPRACZ Andrzej</b>	<b>42</b>		M50	8		<b>00:31:10.60</b>	<b>00:31:10.60</b>	+00:07:45 (24.9%)	4:09	14.4 (75.0%)
59	<b>KRZYWDZIŃSKI Dominik</b>	<b>312</b>	UKB SZUBIN	M20	9		<b>00:31:20.70</b>	<b>00:31:20.70</b>	+00:07:56 (25.3%)	4:10	14.4 (75.0%)
60	<b>SKONIECZNY Marcin</b>	<b>7</b>	BIEGIEM PO MARZENIA-NESSI TEAM	M40	21		<b>00:31:32.45</b>	<b>00:31:32.45</b>	+00:08:07 (25.8%)	4:12	14.3 (74.5%)
61	<b>BOROWSKI Radosław</b>	<b>524</b>		M30	17		<b>00:31:33.55</b>	<b>00:31:33.55</b>	+00:08:08 (25.8%)	4:12	14.3 (74.5%)

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62	MACIŃSKI Waldek	218		M40	22		00:31:53.70	00:31:53.70	+00:08:29 (26.6%)	4:15	14.1 (73.4%)
63	ZAKRZEWSKI Paweł	329		M19	6		00:31:56.25	00:31:56.25	+00:08:31 (26.7%)	4:15	14.1 (73.4%)
64	MATERN Andrzej	61		M50	9		00:31:57.75	00:31:57.75	+00:08:33 (26.8%)	4:15	14.1 (73.4%)
65	KOCINIEWSKI Bartłomiej	322	LKS JANOWO	M30	18	Tak	00:31:57.90	00:31:57.90	+00:08:33 (26.8%)	4:15	14.1 (73.4%)
66	KACZYŃSKI Daniel	240	MORSY ZBLEWO	M30	19		00:32:13.70	00:32:13.70	+00:08:49 (27.4%)	4:17	14 (72.9%)
67	MOROSZCZAK Bogumił	538	PGB SPORTOWA PACZKA	M40	23		00:32:17.00	00:32:17.00	+00:08:52 (27.5%)	4:18	13.9 (72.4%)
68	KOWALSKI Jacek	97	BYDGOSKIE OKONIE	M40	24		00:32:22.15	00:32:22.15	+00:08:57 (27.7%)	4:18	13.9 (72.4%)
69	GÓRA Krystian	148		M40	25		00:32:24.90	00:32:24.90	+00:09:00 (27.8%)	4:19	13.9 (72.4%)
70	LASKOWSKI Bartosz	548		M30	20		00:32:25.70	00:32:25.70	+00:09:01 (27.8%)	4:19	13.9 (72.4%)
71	DRZEWIECKI Rafał	173		M40	26		00:32:31.70	00:32:31.70	+00:09:07 (28.0%)	4:20	13.8 (71.9%)
72	CIUPA Jarosław	520		M50	10		00:32:39.45	00:32:39.45	+00:09:14 (28.3%)	4:21	13.8 (71.9%)
73	JANKOWSKI Daniel	255	GREENYARD	M20	10		00:32:39.95	00:32:39.95	+00:09:15 (28.3%)	4:21	13.8 (71.9%)
74	WŁODARCZYK Adam	249	1 BLOG.	M30	21		00:32:44.60	00:32:44.60	+00:09:19 (28.5%)	4:21	13.7 (71.4%)
75	USTRZYCKI Przemysław	340		M30	22	Tak	00:32:45.90	00:32:45.90	+00:09:21 (28.5%)	4:22	13.7 (71.4%)
76	PAWŁOWSKI Radosław	127		M50	11		00:32:47.55	00:32:47.55	+00:09:22 (28.6%)	4:22	13.7 (71.4%)
77	URBANSKI Andrzej	511		M50	12	Tak	00:32:54.25	00:32:54.25	+00:09:29 (28.8%)	4:23	13.7 (71.4%)
78	MIĘKCZYŃSKI Miłosz	279	LUPUS TEAM	M40	27		00:32:55.90	00:32:55.90	+00:09:31 (28.9%)	4:23	13.7 (71.4%)
79	BERNACKI Piotr	323		M40	28		00:33:09.55	00:33:09.55	+00:09:44 (29.4%)	4:25	13.6 (70.8%)
80	GRUBICH Arkadiusz	84		M40	29		00:33:16.70	00:33:16.70	+00:09:52 (29.6%)	4:26	13.5 (70.3%)
81	JABŁOŃSKI Tomasz	513	TEAMOCHAL	M40	30		00:33:17.50	00:33:17.50	+00:09:52 (29.7%)	4:26	13.5 (70.3%)
82	WISNIEWSKI Rafał	522		M40	31		00:33:17.80	00:33:17.80	+00:09:53 (29.7%)	4:26	13.5 (70.3%)
83	PUCHACZ Marcin	509		M30	23		00:33:22.20	00:33:22.20	+00:09:57 (29.8%)	4:26	13.5 (70.3%)
84	SIĘBOR Andrzej	141	RUN BYDGOSZCZ	M40	32		00:33:25.15	00:33:25.15	+00:10:00 (29.9%)	4:27	13.5 (70.3%)

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85	BUSZEK Bartosz	258	BSK	M30	24		00:33:28.10	00:33:28.10	+00:10:03 (30.0%)	4:27	13.4 (69.8%)
86	DOBRZYKOWSKI Szymon	335		M19	7	Tak	00:33:31.55	00:33:31.55	+00:10:06 (30.2%)	4:28	13.4 (69.8%)
87	BAZAK Cezary	27		M50	13		00:33:36.20	00:33:36.20	+00:10:11 (30.3%)	4:28	13.4 (69.8%)
88	SZALA Wojciech	554		M20	11		00:33:38.50	00:33:38.50	+00:10:13 (30.4%)	4:29	13.4 (69.8%)
89	KARNOWSKI Sebastian	147		M30	25	Tak	00:33:40.55	00:33:40.55	+00:10:15 (30.5%)	4:29	13.4 (69.8%)
90	WITUCKI Tomasz	65		M19	8		00:33:43.20	00:33:43.20	+00:10:18 (30.6%)	4:29	13.3 (69.3%)
91	RACIBORSKI Grzegorz	210	ASSECO ACTIVE TEAM	M40	33		00:33:47.15	00:33:47.15	+00:10:22 (30.7%)	4:30	13.3 (69.3%)
92	MAJCHRZAK Łukasz	24		M40	34		00:33:49.30	00:33:49.30	+00:10:24 (30.8%)	4:30	13.3 (69.3%)
93	NOWAKOWSKI Grzegorz	239	DEAF_GARMIN_TREK	M30	26		00:33:55.85	00:33:55.85	+00:10:31 (31.0%)	4:31	13.3 (69.3%)
94	ZABROCKI Adam	179	SHUGO	M40	35		00:34:00.30	00:34:00.30	+00:10:35 (31.2%)	4:32	13.2 (68.8%)
95	GRACZ Adam	224		M40	36		00:34:02.55	00:34:02.55	+00:10:37 (31.2%)	4:32	13.2 (68.8%)
96	GIERACH Marcin	531	GIERACH-TEAM	M40	37		00:34:05.55	00:34:05.55	+00:10:40 (31.3%)	4:32	13.2 (68.8%)
97	KOCINIEWSKI Wojciech	232	LKS JANOWO	M19	9	Tak	00:34:06.50	00:34:06.50	+00:10:41 (31.4%)	4:32	13.2 (68.8%)
98	PUDO Wojciech	204		M20	12	Tak	00:34:07.20	00:34:07.20	+00:10:42 (31.4%)	4:32	13.2 (68.8%)
99	RUNNER Andrzej	164	RUN BYDGOSZCZ	M50	14		00:34:09.35	00:34:09.35	+00:10:44 (31.5%)	4:33	13.2 (68.8%)
100	SYROCKI Michał	126		M30	27		00:34:15.45	00:34:15.45	+00:10:50 (31.7%)	4:34	13.1 (68.2%)
101	PRIETZ Bartosz	18	SUPRAVIS	M40	38		00:34:15.90	00:34:15.90	+00:10:51 (31.7%)	4:34	13.1 (68.2%)
102	PERLINSKI Damian	536	AVIAF TEAM	M30	28	Tak	00:34:16.30	00:34:16.30	+00:10:51 (31.7%)	4:34	13.1 (68.2%)
103	KOCINIEWSKI Dariusz	231	LKS JANOWO	M50	15	Tak	00:34:22.75	00:34:22.75	+00:10:58 (31.9%)	4:34	13.1 (68.2%)
104	RYDLEWSKI Marek	288	TEAM RUDNIK	M50	16		00:34:25.10	00:34:25.10	+00:11:00 (32.0%)	4:35	13.1 (68.2%)
105	ROSZAK Zbigniew	3		M30	29		00:34:25.75	00:34:25.75	+00:11:01 (32.0%)	4:35	13.1 (68.2%)
106	ZIMMERMANN Tomasz	123	KMPSP GRUDZIĄDZ	M40	39		00:34:28.40	00:34:28.40	+00:11:03 (32.1%)	4:35	13.1 (68.2%)
107	AFFELSKI Mateusz	313		M19	10		00:34:28.50	00:34:28.50	+00:11:03 (32.1%)	4:35	13.1 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
108	<b>WESTFALEWSKI Tomek</b>	<b>193</b>	LKS BOGMAR OSTROMECKO	M30	30	Tak	<b>00:34:30.30</b>	<b>00:34:30.30</b>	+00:11:05 (32.1%)	4:36	13 (67.7%)
109	<b>BOROWICZ Ireneusz</b>	<b>137</b>	RUNMORS	M40	40		<b>00:34:34.55</b>	<b>00:34:34.55</b>	+00:11:09 (32.3%)	4:36	13 (67.7%)
110	<b>WINIECKI Paweł</b>	<b>285</b>	AKADEMIA MISTRZÓW SPORTU	M30	31		<b>00:34:36.70</b>	<b>00:34:36.70</b>	+00:11:12 (32.4%)	4:36	13 (67.7%)
111	<b>ŁADNIAK Dariusz</b>	<b>120</b>	RUNMORS	M40	41		<b>00:34:42.35</b>	<b>00:34:42.35</b>	+00:11:17 (32.5%)	4:37	13 (67.7%)
112	<b>BARSZCZ Tomasz</b>	<b>66</b>		M40	42		<b>00:34:49.80</b>	<b>00:34:49.80</b>	+00:11:25 (32.8%)	4:38	12.9 (67.2%)
113	<b>BARSZCZ Krzysztof</b>	<b>69</b>		M30	32		<b>00:34:56.75</b>	<b>00:34:56.75</b>	+00:11:32 (33.0%)	4:39	12.9 (67.2%)
114	<b>KOWALSKI Krzysztof</b>	<b>33</b>	OCELOTY KRUSZYZN KRAJEŃSKI	M40	43		<b>00:35:03.95</b>	<b>00:35:03.95</b>	+00:11:39 (33.2%)	4:40	12.8 (66.7%)
115	<b>GROCHALA Michał</b>	<b>31</b>	DĄBROWSKI TEAM	M30	33		<b>00:35:17.20</b>	<b>00:35:17.20</b>	+00:11:52 (33.7%)	4:42	12.8 (66.7%)
116	<b>OLSZÓWKA Michał</b>	<b>502</b>		M40	44	Tak	<b>00:35:23.95</b>	<b>00:35:23.95</b>	+00:11:59 (33.9%)	4:43	12.7 (66.1%)
117	<b>BERNACKI Dominik</b>	<b>93</b>		M40	45		<b>00:35:25.70</b>	<b>00:35:25.70</b>	+00:12:01 (33.9%)	4:43	12.7 (66.1%)
118	<b>GALICKI Jakub</b>	<b>514</b>	AKADEMIA MISTRZÓW SPORTU	M40	46		<b>00:35:27.25</b>	<b>00:35:27.25</b>	+00:12:02 (34.0%)	4:43	12.7 (66.1%)
119	<b>SZAŁCZYŃSKI Sławomir</b>	<b>261</b>		M50	17		<b>00:35:28.40</b>	<b>00:35:28.40</b>	+00:12:03 (34.0%)	4:43	12.7 (66.1%)
120	<b>SMARZ Karol</b>	<b>207</b>	OSP DĄBROWA CHEŁMIŃSKA	M30	34	Tak	<b>00:35:30.60</b>	<b>00:35:30.60</b>	+00:12:05 (34.1%)	4:44	12.7 (66.1%)
121	<b>SURMA Krzysztof</b>	<b>62</b>		M30	35		<b>00:35:42.40</b>	<b>00:35:42.40</b>	+00:12:17 (34.4%)	4:45	12.6 (65.6%)
122	<b>GROSKOP Michał</b>	<b>250</b>		M30	36		<b>00:35:42.70</b>	<b>00:35:42.70</b>	+00:12:18 (34.4%)	4:45	12.6 (65.6%)
123	<b>KUCZMA Mikołaj</b>	<b>82</b>		M20	13		<b>00:35:43.70</b>	<b>00:35:43.70</b>	+00:12:19 (34.5%)	4:45	12.6 (65.6%)
124	<b>GULCZYŃSKI Aleksander</b>	<b>265</b>		M19	11	Tak	<b>00:35:44.60</b>	<b>00:35:44.60</b>	+00:12:19 (34.5%)	4:45	12.6 (65.6%)
125	<b>ŁEPEK Patryk</b>	<b>284</b>		M20	14		<b>00:35:45.45</b>	<b>00:35:45.45</b>	+00:12:20 (34.5%)	4:46	12.6 (65.6%)
126	<b>HALINIAK Jakub</b>	<b>135</b>		M19	12	Tak	<b>00:35:47.40</b>	<b>00:35:47.40</b>	+00:12:22 (34.6%)	4:46	12.6 (65.6%)
127	<b>LEWANDOWSKI Piotr</b>	<b>266</b>		M40	47		<b>00:35:48.00</b>	<b>00:35:48.00</b>	+00:12:23 (34.6%)	4:46	12.6 (65.6%)
128	<b>KRZYŻANOWSKI Robert</b>	<b>528</b>		M50	18		<b>00:35:48.50</b>	<b>00:35:48.50</b>	+00:12:23 (34.6%)	4:46	12.6 (65.6%)
129	<b>KULLIŃSKI Marcin</b>	<b>76</b>	UKS 4 NAKŁO	M40	48		<b>00:35:49.15</b>	<b>00:35:49.15</b>	+00:12:24 (34.6%)	4:46	12.6 (65.6%)
130	<b>KOPIEC Mateusz</b>	<b>90</b>		M20	15	Tak	<b>00:35:50.95</b>	<b>00:35:50.95</b>	+00:12:26 (34.7%)	4:46	12.6 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
131	<b>HŁAWNIAK Zbigniew</b>	<b>183</b>		M60	2		<b>00:36:02.10</b>	<b>00:36:02.10</b>	+00:12:37 (35.0%)	4:48	12.5 (65.1%)
132	<b>KOSEK Mariusz</b>	<b>155</b>	RCI	M50	19		<b>00:36:02.65</b>	<b>00:36:02.65</b>	+00:12:37 (35.0%)	4:48	12.5 (65.1%)
133	<b>KALINOWSKI Konrad</b>	<b>234</b>	PORANNY ŚWITANIEC	M30	37		<b>00:36:05.85</b>	<b>00:36:05.85</b>	+00:12:41 (35.1%)	4:48	12.5 (65.1%)
134	<b>KAPKA Wojciech</b>	<b>256</b>	GREENYARD	M50	20		<b>00:36:13.95</b>	<b>00:36:13.95</b>	+00:12:49 (35.4%)	4:49	12.4 (64.6%)
135	<b>NIEDBALSKI Grzegorz</b>	<b>70</b>	RUN BYDGOSZCZ	M60	3		<b>00:36:16.35</b>	<b>00:36:16.35</b>	+00:12:51 (35.5%)	4:50	12.4 (64.6%)
136	<b>ŚPICA Leszek</b>	<b>521</b>		M50	21		<b>00:36:18.50</b>	<b>00:36:18.50</b>	+00:12:53 (35.5%)	4:50	12.4 (64.6%)
137	<b>GRUDA Mirosław</b>	<b>178</b>		M60	4		<b>00:36:20.00</b>	<b>00:36:20.00</b>	+00:12:55 (35.6%)	4:50	12.4 (64.6%)
138	<b>BUDZIAK Wiesław</b>	<b>23</b>		M60	5		<b>00:36:23.35</b>	<b>00:36:23.35</b>	+00:12:58 (35.7%)	4:51	12.4 (64.6%)
139	<b>KISTOWSKI Tomasz</b>	<b>343</b>		M30	38		<b>00:36:28.60</b>	<b>00:36:28.60</b>	+00:13:03 (35.8%)	4:51	12.3 (64.1%)
140	<b>SOWIŃSKI Marcin</b>	<b>56</b>		M40	49		<b>00:36:33.15</b>	<b>00:36:33.15</b>	+00:13:08 (36.0%)	4:52	12.3 (64.1%)
141	<b>ŁAKOMSKI Paweł</b>	<b>251</b>		M30	39		<b>00:36:36.70</b>	<b>00:36:36.70</b>	+00:13:12 (36.1%)	4:52	12.3 (64.1%)
142	<b>SIUDA Marek</b>	<b>138</b>		M50	22		<b>00:36:37.50</b>	<b>00:36:37.50</b>	+00:13:12 (36.1%)	4:52	12.3 (64.1%)
143	<b>BANDOSZ Wojciech</b>	<b>209</b>		M20	16		<b>00:36:40.30</b>	<b>00:36:40.30</b>	+00:13:15 (36.2%)	4:53	12.3 (64.1%)
144	<b>RYBAK Łukasz</b>	<b>208</b>		M20	17		<b>00:36:42.30</b>	<b>00:36:42.30</b>	+00:13:17 (36.2%)	4:53	12.3 (64.1%)
145	<b>BULIŃSKI Jędrzej</b>	<b>45</b>	TUPOBIEGASZ.PL	M20	18	Tak	<b>00:36:46.90</b>	<b>00:36:46.90</b>	+00:13:22 (36.3%)	4:54	12.2 (63.5%)
146	<b>BURYTA Szymon</b>	<b>220</b>		M19	13		<b>00:36:47.35</b>	<b>00:36:47.35</b>	+00:13:22 (36.4%)	4:54	12.2 (63.5%)
147	<b>KOHUTEK Artur</b>	<b>314</b>		M50	23	Tak	<b>00:36:47.60</b>	<b>00:36:47.60</b>	+00:13:22 (36.4%)	4:54	12.2 (63.5%)
148	<b>SIEKIERKOWSKI Jakub</b>	<b>345</b>		M19	14		<b>00:36:47.85</b>	<b>00:36:47.85</b>	+00:13:23 (36.4%)	4:54	12.2 (63.5%)
149	<b>SZUBIŃSKI Ireneusz</b>	<b>162</b>	KOMPLETNY AMATOR	M40	50		<b>00:36:51.50</b>	<b>00:36:51.50</b>	+00:13:26 (36.5%)	4:54	12.2 (63.5%)
150	<b>MODRAKOWSKI Roland</b>	<b>79</b>	DYSTRYBUCJA-REKLAM.PL	M40	51		<b>00:36:55.85</b>	<b>00:36:55.85</b>	+00:13:31 (36.6%)	4:55	12.2 (63.5%)
151	<b>NURKIEWICZ Jarosław</b>	<b>1</b>	KUNG FU PANDY 3	M50	24		<b>00:36:59.75</b>	<b>00:36:59.75</b>	+00:13:35 (36.7%)	4:55	12.2 (63.5%)
152	<b>MARKOWSKI Sebastian</b>	<b>546</b>	ASSECO ACTIVE TEAM	M40	52		<b>00:37:05.10</b>	<b>00:37:05.10</b>	+00:13:40 (36.9%)	4:56	12.1 (63.0%)
153	<b>KALISZ Andrzej</b>	<b>557</b>	TKT TORUŃSKI KLUB TRIATLONOWY	M50	25		<b>00:37:10.35</b>	<b>00:37:10.35</b>	+00:13:45 (37.0%)	4:57	12.1 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
154	<b>KRÓL Karol</b>	<b>78</b>	TKKF KOLEJARZ BYDGOSZCZ	M40	53		<b>00:37:14.45</b>	<b>00:37:14.45</b>	+00:13:49 (37.1%)	4:57	12.1 (63.0%)
155	<b>JESKE Marek</b>	<b>71</b>	RUN BYDGOSZCZ	M50	26		<b>00:37:14.50</b>	<b>00:37:14.50</b>	+00:13:49 (37.1%)	4:57	12.1 (63.0%)
156	<b>BANACH Edward</b>	<b>215</b>		M50	27		<b>00:37:14.80</b>	<b>00:37:14.80</b>	+00:13:50 (37.1%)	4:57	12.1 (63.0%)
157	<b>SIEKIERKOWSKI Bartłomiej</b>	<b>160</b>		M30	40	Tak	<b>00:37:23.10</b>	<b>00:37:23.10</b>	+00:13:58 (37.4%)	4:59	12 (62.5%)
158	<b>ŚLÓSAREK Piotr Leszek</b>	<b>38</b>	TORUŃSKI KLUB TRIATHLONOWY	M60	6		<b>00:37:24.80</b>	<b>00:37:24.80</b>	+00:14:00 (37.4%)	4:59	12 (62.5%)
159	<b>SZERWIŃSKI Mateusz</b>	<b>101</b>	AZS PBŚ	M20	19		<b>00:37:25.55</b>	<b>00:37:25.55</b>	+00:14:00 (37.4%)	4:59	12 (62.5%)
160	<b>DUDZIC Sławek</b>	<b>143</b>	BIEGAM BO LUBIĘ	M50	28		<b>00:37:26.35</b>	<b>00:37:26.35</b>	+00:14:01 (37.5%)	4:59	12 (62.5%)
161	<b>ŁADIŃSKI Kacper</b>	<b>236</b>		M20	20		<b>00:37:26.95</b>	<b>00:37:26.95</b>	+00:14:02 (37.5%)	4:59	12 (62.5%)
162	<b>LUZAK Mirosław</b>	<b>217</b>		M60	7		<b>00:37:28.40</b>	<b>00:37:28.40</b>	+00:14:03 (37.5%)	4:59	12 (62.5%)
163	<b>MATUSIAK Mateusz</b>	<b>129</b>	BIEGAM BO LUBIĘ BYDGOSZCZ	M20	21		<b>00:37:30.20</b>	<b>00:37:30.20</b>	+00:14:05 (37.6%)	5:00	12 (62.5%)
164	<b>WIZIMIRSKI Piotr</b>	<b>301</b>		M50	29		<b>00:37:32.80</b>	<b>00:37:32.80</b>	+00:14:08 (37.6%)	5:00	12 (62.5%)
165	<b>BARCZAK Jakub</b>	<b>535</b>		M20	22		<b>00:37:51.80</b>	<b>00:37:51.80</b>	+00:14:27 (38.2%)	5:02	11.9 (62.0%)
166	<b>JANKOWSKI Dawid</b>	<b>161</b>		M40	54	Tak	<b>00:37:56.00</b>	<b>00:37:56.00</b>	+00:14:31 (38.3%)	5:03	11.9 (62.0%)
167	<b>LEŚNIAK Mateusz</b>	<b>174</b>		M20	23		<b>00:37:58.60</b>	<b>00:37:58.60</b>	+00:14:33 (38.4%)	5:03	11.9 (62.0%)
168	<b>GORGOL Tomasz</b>	<b>80</b>		M40	55		<b>00:38:19.85</b>	<b>00:38:19.85</b>	+00:14:55 (38.9%)	5:06	11.7 (60.9%)
169	<b>BAJOREK Piotr</b>	<b>95</b>	NIEZRZESZONY	M60	8		<b>00:38:21.10</b>	<b>00:38:21.10</b>	+00:14:56 (39.0%)	5:06	11.7 (60.9%)
170	<b>PIWOŃSKI Robert</b>	<b>168</b>	PARAFIALNY KLUB BIEGACZA	M40	56		<b>00:38:22.40</b>	<b>00:38:22.40</b>	+00:14:57 (39.0%)	5:06	11.7 (60.9%)
171	<b>STARSZAK Paweł</b>	<b>144</b>		M40	57	Tak	<b>00:38:27.25</b>	<b>00:38:27.25</b>	+00:15:02 (39.1%)	5:07	11.7 (60.9%)
172	<b>OGONOWSKI Przemysław</b>	<b>260</b>		M30	41	Yes	<b>00:38:30.10</b>	<b>00:38:30.10</b>	+00:15:05 (39.2%)	5:08	11.7 (60.9%)
173	<b>BŁAŻEJCZYK Łukasz</b>	<b>132</b>		M40	58	Tak	<b>00:38:30.40</b>	<b>00:38:30.40</b>	+00:15:05 (39.2%)	5:08	11.7 (60.9%)
174	<b>POLIWODZIŃSKI Michał</b>	<b>9</b>	WISŁA FORDON	M40	59		<b>00:38:31.30</b>	<b>00:38:31.30</b>	+00:15:06 (39.2%)	5:08	11.7 (60.9%)
175	<b>SZEWS Marek</b>	<b>297</b>	AKADEMIA MISTRZOW SPORTU	M50	30		<b>00:38:32.90</b>	<b>00:38:32.90</b>	+00:15:08 (39.3%)	5:08	11.7 (60.9%)
176	<b>KOWALCZYK Robert</b>	<b>222</b>	LKS OSTROMECKO	M40	60	Tak	<b>00:38:40.20</b>	<b>00:38:40.20</b>	+00:15:15 (39.5%)	5:09	11.6 (60.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
177	<b>KUBASIAK Artur</b>	<b>25</b>		M40	61		<b>00:38:41.10</b>	<b>00:38:41.10</b>	+00:15:16 (39.5%)	5:09	11.6 (60.4%)
178	<b>CIESIELSKI Mirosław</b>	<b>298</b>		M50	31		<b>00:38:43.55</b>	<b>00:38:43.55</b>	+00:15:18 (39.5%)	5:09	11.6 (60.4%)
179	<b>MIKOLAJCZYK Maciej</b>	<b>241</b>	BOLUMIANIE TEAM	M30	42	Tak	<b>00:38:44.65</b>	<b>00:38:44.65</b>	+00:15:19 (39.6%)	5:09	11.6 (60.4%)
180	<b>RZEMEK Sławomir</b>	<b>100</b>	TEAM GZINIAKA	M40	62	Tak	<b>00:38:44.80</b>	<b>00:38:44.80</b>	+00:15:20 (39.6%)	5:09	11.6 (60.4%)
181	<b>WIŚNIEWSKI Marek</b>	<b>337</b>		M40	63		<b>00:38:52.95</b>	<b>00:38:52.95</b>	+00:15:28 (39.8%)	5:10	11.6 (60.4%)
182	<b>KONONOWICZ Wojciech</b>	<b>259</b>		M30	43		<b>00:39:04.90</b>	<b>00:39:04.90</b>	+00:15:40 (40.1%)	5:12	11.5 (59.9%)
183	<b>PIETRASZAK Tomasz</b>	<b>67</b>	RUN BYDGOSZCZ	M50	32		<b>00:39:10.40</b>	<b>00:39:10.40</b>	+00:15:45 (40.2%)	5:13	11.5 (59.9%)
184	<b>ANDRZEJCZAK Damian</b>	<b>273</b>		M40	64		<b>00:39:13.80</b>	<b>00:39:13.80</b>	+00:15:49 (40.3%)	5:13	11.5 (59.9%)
185	<b>KOWALKOWSKI Robert</b>	<b>272</b>		M30	44		<b>00:39:20.70</b>	<b>00:39:20.70</b>	+00:15:56 (40.5%)	5:14	11.4 (59.4%)
186	<b>NAGORZYSKI Arkadiusz</b>	<b>184</b>	MUD FOXES	M40	65		<b>00:39:28.65</b>	<b>00:39:28.65</b>	+00:16:03 (40.7%)	5:15	11.4 (59.4%)
187	<b>MAKUSZEWSKI Mateusz</b>	<b>85</b>		M30	45		<b>00:39:29.60</b>	<b>00:39:29.60</b>	+00:16:04 (40.7%)	5:15	11.4 (59.4%)
188	<b>DOMAN Janusz</b>	<b>293</b>	UKS SZABLA BRZOZA	M70	1		<b>00:39:36.00</b>	<b>00:39:36.00</b>	+00:16:11 (40.9%)	5:16	11.4 (59.4%)
189	<b>HAS Robert</b>	<b>328</b>		M50	33	Tak	<b>00:39:40.00</b>	<b>00:39:40.00</b>	+00:16:15 (41.0%)	5:17	11.3 (58.9%)
190	<b>PERLIK Grzegorz</b>	<b>154</b>		M60	9		<b>00:39:43.35</b>	<b>00:39:43.35</b>	+00:16:18 (41.1%)	5:17	11.3 (58.9%)
191	<b>BIEŃKOWSKI Tomasz</b>	<b>130</b>		M70	2		<b>00:39:50.95</b>	<b>00:39:50.95</b>	+00:16:26 (41.2%)	5:18	11.3 (58.9%)
192	<b>CYPRYS Filip</b>	<b>75</b>		M19	15	Tak	<b>00:40:15.30</b>	<b>00:40:15.30</b>	+00:16:50 (41.8%)	5:22	11.2 (58.3%)
193	<b>MAJCHRZAK Bartosz</b>	<b>247</b>		M20	24		<b>00:40:21.85</b>	<b>00:40:21.85</b>	+00:16:57 (42.0%)	5:22	11.2 (58.3%)
194	<b>ŚLIWIŃSKI Piotr</b>	<b>332</b>		M30	46	Tak	<b>00:40:22.50</b>	<b>00:40:22.50</b>	+00:16:57 (42.0%)	5:22	11.1 (57.8%)
195	<b>ZIELIŃSKI Radosław</b>	<b>516</b>		M30	47		<b>00:40:27.95</b>	<b>00:40:27.95</b>	+00:17:03 (42.1%)	5:23	11.1 (57.8%)
196	<b>PASZKIET Witold</b>	<b>139</b>	TKKF KOLEJARZ BYDGOSZCZ	M60	10		<b>00:40:29.25</b>	<b>00:40:29.25</b>	+00:17:04 (42.2%)	5:23	11.1 (57.8%)
197	<b>ROBACZEWSKI Artur</b>	<b>308</b>		M50	34		<b>00:40:32.35</b>	<b>00:40:32.35</b>	+00:17:07 (42.2%)	5:24	11.1 (57.8%)
198	<b>PARTYKA Dawid</b>	<b>292</b>		M30	48		<b>00:40:32.75</b>	<b>00:40:32.75</b>	+00:17:08 (42.3%)	5:24	11.1 (57.8%)
199	<b>KRYSA Mateusz</b>	<b>133</b>		M20	25		<b>00:40:33.15</b>	<b>00:40:33.15</b>	+00:17:08 (42.3%)	5:24	11.1 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
200	ZYRA Michał	268		M30	49		00:40:50.70	00:40:50.70	+00:17:26 (42.7%)	5:26	11 (57.3%)
201	SŁOWIŃSKI Sławek	52		M40	66		00:40:55.75	00:40:55.75	+00:17:31 (42.8%)	5:27	11 (57.3%)
202	PIĄTKOWSKI Patryk	248		M20	26		00:41:22.50	00:41:22.50	+00:17:57 (43.4%)	5:30	10.9 (56.8%)
203	SOSIŃSKI Paweł	512	BEZPIECZNY OPERATOR	M40	67	Tak	00:41:29.80	00:41:29.80	+00:18:05 (43.6%)	5:31	10.8 (56.3%)
204	KRUCZKOWSKI Piotr	303		M50	35		00:41:36.20	00:41:36.20	+00:18:11 (43.7%)	5:32	10.8 (56.3%)
205	EMMERT Marcin	243		M30	50		00:41:41.65	00:41:41.65	+00:18:16 (43.8%)	5:33	10.8 (56.3%)
206	HALAREWICZ Artur	104		M40	68	Tak	00:41:49.60	00:41:49.60	+00:18:24 (44.0%)	5:34	10.8 (56.3%)
207	KOŃCZEWSKI Antoni	94		M19	16	Tak	00:41:50.60	00:41:50.60	+00:18:25 (44.0%)	5:34	10.8 (56.3%)
208	ROSZKOWSKA Paweł	191		M30	51	Tak	00:41:52.85	00:41:52.85	+00:18:28 (44.1%)	5:34	10.7 (55.7%)
209	SIKORSKI Jarek	81	RUN BYDGOSZCZ	M40	69		00:41:57.55	00:41:57.55	+00:18:32 (44.2%)	5:35	10.7 (55.7%)
210	BRATEK Andrzej	111	TKKF KOLEJARZ BYDGOSZCZ	M60	11		00:42:03.00	00:42:03.00	+00:18:38 (44.3%)	5:36	10.7 (55.7%)
211	JERCHEWICZ Jędrzej	319		M19	17		00:42:15.10	00:42:15.10	+00:18:50 (44.6%)	5:38	10.7 (55.7%)
212	NOWACKI Rafał	228	RAKIETA ZAMOŚĆ :)	M40	70		00:42:19.55	00:42:19.55	+00:18:54 (44.7%)	5:38	10.6 (55.2%)
213	KOCINIEWSKI Marcin	149	LKS JANOWO	M30	52	Tak	00:42:22.00	00:42:22.00	+00:18:57 (44.7%)	5:38	10.6 (55.2%)
214	STAWICKI Paweł	106		M40	71	Tak	00:42:22.90	00:42:22.90	+00:18:58 (44.8%)	5:38	10.6 (55.2%)
215	GRZEGOROWSKI Jan	275	JKG	M30	53	Tak	00:42:26.70	00:42:26.70	+00:19:02 (44.8%)	5:39	10.6 (55.2%)
216	GLAZA Oliwier	113		M19	18	Tak	00:42:39.55	00:42:39.55	+00:19:14 (45.1%)	5:41	10.6 (55.2%)
217	MORGUT Marcel	307		M19	19	Tak	00:43:01.95	00:43:01.95	+00:19:37 (45.6%)	5:44	10.5 (54.7%)
218	APPEL Oskar	244		M20	27		00:43:02.75	00:43:02.75	+00:19:38 (45.6%)	5:44	10.5 (54.7%)
219	OWCZARZAK Michał	142	RUN BYDGOSZCZ	M50	36		00:43:09.40	00:43:09.40	+00:19:44 (45.8%)	5:45	10.4 (54.2%)
220	FRANCZYK Wojciech	145		M30	54		00:43:27.20	00:43:27.20	+00:20:02 (46.1%)	5:47	10.4 (54.2%)
221	MICHALAK Paweł	545	ASSECO ACTIVE TEAM	M40	72		00:43:29.70	00:43:29.70	+00:20:05 (46.2%)	5:47	10.3 (53.6%)
222	OKOŃSKI Maciej	327		M40	73		00:43:57.10	00:43:57.10	+00:20:32 (46.7%)	5:51	10.2 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
223	<b>SZTUBECKI Rafał</b>	<b>305</b>		M50	37		<b>00:44:05.35</b>	<b>00:44:05.35</b>	+00:20:40 (46.9%)	5:52	10.2 (53.1%)
224	<b>SKÓRCZ Tomasz</b>	<b>73</b>		M50	38		<b>00:44:09.20</b>	<b>00:44:09.20</b>	+00:20:44 (47.0%)	5:53	10.2 (53.1%)
225	<b>KURDYNOWSKI Arkadiusz</b>	<b>169</b>	NIEZRZESZONY	M40	74	Tak	<b>00:44:14.10</b>	<b>00:44:14.10</b>	+00:20:49 (47.1%)	5:53	10.2 (53.1%)
226	<b>KACZMARCZYK Krzysztof</b>	<b>253</b>		M40	75		<b>00:44:15.15</b>	<b>00:44:15.15</b>	+00:20:50 (47.1%)	5:54	10.2 (53.1%)
227	<b>SZABŁOWSKI Marek</b>	<b>202</b>		M50	39	Tak	<b>00:44:26.45</b>	<b>00:44:26.45</b>	+00:21:01 (47.3%)	5:55	10.1 (52.6%)
228	<b>SZPERKOWSKI Krzysztof</b>	<b>267</b>		M50	40		<b>00:44:29.50</b>	<b>00:44:29.50</b>	+00:21:04 (47.4%)	5:55	10.1 (52.6%)
229	<b>MUSZYŃSKI Adam</b>	<b>287</b>	OSTATNI SMOK	M30	55		<b>00:45:04.65</b>	<b>00:45:04.65</b>	+00:21:39 (48.1%)	6:00	10 (52.1%)
230	<b>CIEŚLICKI Krzysztof</b>	<b>119</b>	SISU TEAM	M30	56		<b>00:45:39.20</b>	<b>00:45:39.20</b>	+00:22:14 (48.7%)	6:05	9.9 (51.6%)
231	<b>BOBROWICZ Marcin</b>	<b>278</b>	GREENYARD	M40	76		<b>00:45:44.85</b>	<b>00:45:44.85</b>	+00:22:20 (48.8%)	6:05	9.8 (51.0%)
232	<b>KORWEL Robert</b>	<b>299</b>		M40	77		<b>00:46:19.40</b>	<b>00:46:19.40</b>	+00:22:54 (49.5%)	6:10	9.7 (50.5%)
233	<b>ZMUDA Waldemar</b>	<b>96</b>		M40	78	Tak	<b>00:46:28.85</b>	<b>00:46:28.85</b>	+00:23:04 (49.6%)	6:11	9.7 (50.5%)
234	<b>ZALEWSKI Patryk</b>	<b>330</b>		M20	28	Tak	<b>00:46:43.10</b>	<b>00:46:43.10</b>	+00:23:18 (49.9%)	6:13	9.6 (50.0%)
235	<b>TUCZYŃSKI Sylwester Leon</b>	<b>114</b>	BYDGOSKIE OKONIE	M30	57		<b>00:46:51.85</b>	<b>00:46:51.85</b>	+00:23:27 (50.0%)	6:14	9.6 (50.0%)
235	<b>SZCZUPACKI Marcin</b>	<b>192</b>		M30	57		<b>00:46:51.85</b>	<b>00:46:51.85</b>	+00:23:27 (50.0%)	6:14	9.6 (50.0%)
237	<b>WIOSNA Tomasz</b>	<b>271</b>		M30	59		<b>00:47:11.55</b>	<b>00:47:11.55</b>	+00:23:46 (50.4%)	6:17	9.5 (49.5%)
238	<b>KARBOWNIK Mateusz</b>	<b>310</b>		M30	60	Tak	<b>00:48:02.40</b>	<b>00:48:02.40</b>	+00:24:37 (51.3%)	6:24	9.4 (49.0%)
239	<b>DOLNY Bartosz</b>	<b>311</b>		M40	79		<b>00:48:02.70</b>	<b>00:48:02.70</b>	+00:24:38 (51.3%)	6:24	9.4 (49.0%)
240	<b>SZCZYGIEŁ Michał</b>	<b>291</b>		M40	80		<b>00:48:11.75</b>	<b>00:48:11.75</b>	+00:24:47 (51.4%)	6:25	9.3 (48.4%)
241	<b>ZAKURZEWSKI Arkadiusz</b>	<b>40</b>		M50	41		<b>00:48:40.60</b>	<b>00:48:40.60</b>	+00:25:15 (51.9%)	6:29	9.2 (47.9%)
242	<b>GOŁATA Kamil</b>	<b>16</b>	WILCZA WATAHA	M19	20	Tak	<b>00:48:49.05</b>	<b>00:48:49.05</b>	+00:25:24 (52.0%)	6:30	9.2 (47.9%)
243	<b>GIERACH Krzysztof</b>	<b>534</b>		M70	3		<b>00:49:29.40</b>	<b>00:49:29.40</b>	+00:26:04 (52.7%)	6:35	9.1 (47.4%)
244	<b>HALINIAK Andrzej</b>	<b>134</b>		M50	42	Tak	<b>00:51:02.20</b>	<b>00:51:02.20</b>	+00:27:37 (54.1%)	6:48	8.8 (45.8%)
245	<b>LENC Janusz</b>	<b>91</b>	TKKF KOLEJARZ BYDGOSZCZ	M70	4		<b>00:51:27.55</b>	<b>00:51:27.55</b>	+00:28:02 (54.5%)	6:51	8.7 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
246	<b>DZIĘGELEWSKI Damian</b>	<b>281</b>		M20	29		<b>00:51:52.55</b>	<b>00:51:52.55</b>	+00:28:27 (54.9%)	6:54	8.7 (45.3%)
247	<b>ADAMSKI Przemysław</b>	<b>282</b>	GREENYARD	M40	81		<b>00:51:52.85</b>	<b>00:51:52.85</b>	+00:28:28 (54.9%)	6:54	8.7 (45.3%)
248	<b>OŚWAŁDOWSKI Piotr</b>	<b>156</b>	-	M40	82		<b>00:51:53.10</b>	<b>00:51:53.10</b>	+00:28:28 (54.9%)	6:55	8.7 (45.3%)
249	<b>WIŚNIEWSKI Krzysztof</b>	<b>182</b>	TRISPACE/TREK	M50	43		<b>00:52:43.00</b>	<b>00:52:43.00</b>	+00:29:18 (55.6%)	7:01	8.5 (44.3%)
250	<b>MARCINIAK Oskar</b>	<b>58</b>		M30	61		<b>00:53:39.80</b>	<b>00:53:39.80</b>	+00:30:15 (56.4%)	7:09	8.4 (43.8%)
250	<b>LISEWSKI Jacek</b>	<b>60</b>	TRI PIGS	M30	61		<b>00:53:39.80</b>	<b>00:53:39.80</b>	+00:30:15 (56.4%)	7:09	8.4 (43.8%)
252	<b>ANGIEL Władysław</b>	<b>92</b>	TKKF KOLEJARZ BYDGOSZCZ	M80	1		<b>00:57:32.15</b>	<b>00:57:32.15</b>	+00:34:07 (59.3%)	7:40	7.8 (40.6%)
253	<b>BAGROWSKI Marek</b>	<b>44</b>	UMK COLLEGIUM MEDICUM RATOWNICTWO MEDYCZNE RATUJE I BIEGA	M60	12	Tak	<b>01:01:45.20</b>	<b>01:01:45.20</b>	+00:38:20 (62.1%)	8:14	7.3 (38.0%)

Znaleziono 253 wynik(ów)