



45 OGÓLNOPOLSKIE BIEGI ULICZNE - 5000M - BIEG OTWARTY 1997 I STARSI / WSPÓLNY KOBIETY I MĘŻCZYŻNI

B4SPORT

Organiser: MLKS Nadwiślanin Chełmno
Date: 2016-04-10
Place: Chełmno
Distance: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	3.4km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MIKA Oskar	104		Mężczyźni	1	00:00:02	00:05:41	00:11:29	00:16:59.15	00:17:02.00		3:24	17.6 (100%)
2	ŻAL Robert	68	GO GO! TEAM	Mężczyźni	2	00:00:03	00:05:34	00:11:25	00:16:59.85	00:17:03.15	+00:00:00 (0.1%)	3:24	17.6 (100%)
3	WALENDZIAK Klaudiusz	100	RUNNERS TEAM JEŻEWO	M40	1	00:00:02	00:05:37	00:11:26	00:17:05.70	00:17:07.70	+00:00:06 (0.6%)	3:25	17.6 (100%)
4	ZIÓŁKOWSKI Mariusz	99	RUNNERS TEAM JEŻEWO	Mężczyźni	3	00:00:03	00:05:36	00:11:27	00:17:06.65	00:17:09.75	+00:00:07 (0.7%)	3:25	17.5 (99.4%)
5	SMOLIŃSKI Kamil	86	UKB SZUBIN	Mężczyźni	4	00:00:02	00:05:36	00:11:31	00:17:07.35	00:17:10.15	+00:00:08 (0.8%)	3:25	17.5 (99.4%)
6	GLUGLA Mariusz	76	THE RUNNERS ŚWIECIE	Mężczyźni	5	00:00:02	00:05:38	00:11:30	00:17:10.70	00:17:13.65	+00:00:11 (1.1%)	3:26	17.5 (99.4%)
7	JAGIEŁA Jarosław	39	TKKF KOLEJARZ BYDGOSZCZ	M40	2	00:00:02	00:05:36	00:11:28	00:17:19.95	00:17:22.55	+00:00:20 (2.0%)	3:28	17.3 (98.3%)
8	CHĘTNIK Rafał	77	LKS ZANTYR SZTUM	Mężczyźni	6	00:00:02	00:05:47	00:11:37	00:17:27.45	00:17:30.20	+00:00:28 (2.7%)	3:29	17.2 (97.7%)
9	KASZUBOWSKI Zenon	98		M50	1	00:00:03	00:05:45	00:11:45	00:17:34.45	00:17:37.90	+00:00:35 (3.3%)	3:30	17.1 (97.2%)
10	MACZYŃSKI Grzegorz	40	TKKF KOLEJARZ BYDGOSZCZ	M50	2	00:00:02	00:05:43	00:11:46	00:17:43.20	00:17:45.65	+00:00:44 (4.1%)	3:32	16.9 (96.0%)
11	KRUCZKOWSKI Patryk	140	ZSP LZS SPARTA ŁASIN	Mężczyźni	7	00:00:02	00:05:29	00:11:27	00:17:54.75	00:17:56.85	+00:00:55 (5.2%)	3:34	16.8 (95.5%)
12	SZCZUTKOWSKI Rafał	2011	STRAŻ POŻARNA CHEŁMNO	Mężczyźni	8	00:00:02	00:05:43	00:11:50	00:18:05.15	00:18:07.25	+00:01:06 (6.1%)	3:37	16.6 (94.3%)
13	BONKOWSKI Piotr	138	LUKS START NAKŁO	Mężczyźni	9	00:00:02	00:05:52	00:12:11	00:18:07.35	00:18:09.95	+00:01:08 (6.3%)	3:37	16.6 (94.3%)
14	SMOLIŃSKI Mateusz	85	UKB SZUBIN	Mężczyźni	10	00:00:02	00:05:51	00:12:11	00:18:11.50	00:18:13.90	+00:01:12 (6.6%)	3:38	16.5 (93.8%)
15	JĘDRAL Janusz	107	RUNNERS TEAM JEŻEWO	M40	3	00:00:02	00:06:03	00:12:19	00:18:37.30	00:18:40.00	+00:01:38 (8.8%)	3:43	16.1 (91.5%)
16	PAŁASZEWSKI Paweł	108		Mężczyźni	11	00:00:03	00:06:07	00:12:42	00:18:49.75	00:18:53.45	+00:01:50 (9.8%)	3:46	15.9 (90.3%)
17	TOMCZYŃSKI Bartosz	4		Mężczyźni	12	00:00:03	00:06:10	00:12:39	00:18:50.30	00:18:53.50	+00:01:51 (9.8%)	3:46	15.9 (90.3%)
18	ŁASTOWSKI Waldemar	21	4RUN TEAM PIŁA	M40	4	00:00:03	00:06:03	00:12:30	00:18:56.20	00:18:59.40	+00:01:57 (10.3%)	3:47	15.8 (89.8%)
19	TROJANOWSKI Sławomir	106		Mężczyźni	13	00:00:03	00:06:20	00:13:00	00:19:29.80	00:19:32.80	+00:02:30 (12.9%)	3:53	15.4 (87.5%)
20	ŚPICA Leszek	143		M40	5	00:00:03	00:06:30	00:13:08	00:19:32.00	00:19:35.75	+00:02:32 (13.0%)	3:54	15.4 (87.5%)
21	RACINOWSKI Adam	48		Mężczyźni	14	00:00:02	00:06:21	00:13:02	00:19:34.40	00:19:36.95	+00:02:35 (13.2%)	3:54	15.3 (86.9%)
22	OLKOWSKI Jurek	112		M60	1	00:00:02	00:06:23	00:13:06	00:19:35.15	00:19:37.85	+00:02:36 (13.3%)	3:55	15.3 (86.9%)
23	FIGURA Mateusz	53		Mężczyźni	15	00:00:06	00:06:24	00:13:06	00:19:40.20	00:19:46.85	+00:02:41 (13.6%)	3:56	15.3 (86.9%)
24	SEROCKI Zbigniew	132	ZSP LZS SPARTA ŁASIN	M50	3	00:00:03	00:06:30	00:13:08	00:19:41.75	00:19:45.05	+00:02:42 (13.8%)	3:56	15.2 (86.4%)
25	JANOWSKI Adam	131		M40	6	00:00:04	00:06:24	00:13:07	00:19:42.50	00:19:47.05	+00:02:43 (13.8%)	3:56	15.2 (86.4%)
26	JANOWSKI Tomuś	144		Mężczyźni	16	00:00:03	00:06:30	00:13:22	00:19:43.35	00:19:46.75	+00:02:44 (13.9%)	3:56	15.2 (86.4%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	3.4km	Net	Czas	Gap	Pace	Pace
									time	brutto			
									5km	5km		min/km	km/h
27	WNUK Stanisław	109	MARATONCZYK WIELKI KLINCZ	M50	4	00:00:05	00:06:20	00:13:03	00:19:46.05	00:19:51.05	+00:02:46 (14.1%)	3:57	15.2 (86.4%)
28	BOJKE Mirosław	3		M40	7	00:00:05	00:06:17	00:13:03	00:19:55.70	00:20:00.75	+00:02:56 (14.8%)	3:59	15.1 (85.8%)
29	KORZEC Bartosz	69		Mężczyźni	17	00:00:06	00:06:27	00:13:20	00:19:59.40	00:20:05.45	+00:03:00 (15.0%)	3:59	15 (85.2%)
30	CUBER Wojciech	30		Mężczyźni	18	00:00:02	00:06:32	00:13:24	00:20:13.60	00:20:16.35	+00:03:14 (16.0%)	4:02	14.8 (84.1%)
31	GRZENKOWITZ Dariusz	43		M40	8	00:00:03	00:06:36	00:13:30	00:20:17.70	00:20:21.05	+00:03:18 (16.3%)	4:03	14.8 (84.1%)
32	SZARMACH Stanisław	128		M60	2	00:00:02	00:06:29	00:13:29	00:20:22.30	00:20:25.20	+00:03:23 (16.6%)	4:04	14.7 (83.5%)
33	JEŻEWSKI Łukasz	2		Mężczyźni	19	00:00:04	00:06:56	00:13:58	00:20:48.30	00:20:53.15	+00:03:49 (18.4%)	4:09	14.4 (81.8%)
34	WALENDZIAK Ryszard	114		M40	9	00:00:05	00:06:50	00:13:59	00:20:53.85	00:20:59.45	+00:03:54 (18.7%)	4:10	14.4 (81.8%)
35	ŻUCHOWSKI Józef	58		M40	10	00:00:04	00:06:49	00:14:00	00:20:59.15	00:21:03.30	+00:04:00 (19.1%)	4:11	14.3 (81.3%)
36	ZAJAC Marcin	33		M40	11	00:00:05	00:06:51	00:14:01	00:21:00.60	00:21:05.70	+00:04:01 (19.2%)	4:12	14.3 (81.3%)
37	KOCHAŃSKI Dariusz	62		M50	5	00:00:04	00:06:39	00:13:52	00:21:03.20	00:21:07.90	+00:04:04 (19.3%)	4:12	14.3 (81.3%)
38	KALISZEWSKI Daniel	15		M40	12	00:00:05	00:06:41	00:13:59	00:21:06.15	00:21:11.30	+00:04:07 (19.5%)	4:13	14.2 (80.7%)
39	WISZOWATY Marcin	145		Mężczyźni	20	00:00:06	00:06:50	00:14:01	00:21:18.30	00:21:25.25	+00:04:19 (20.3%)	4:15	14.1 (80.1%)
40	KOZŁOWSKI Przemysław	120		Mężczyźni	21	00:00:06	00:06:49	00:14:00	00:21:25.50	00:21:32.15	+00:04:26 (20.7%)	4:17	14 (79.5%)
41	BIERNACKI Bartosz	27		Mężczyźni	22	00:00:05	00:06:30	00:13:57	00:21:30.05	00:21:35.90	+00:04:30 (21.0%)	4:18	14 (79.5%)
42	ŁAZARSKI Marian	32	OSP DZIAŁOWO	Mężczyźni	23	00:00:03	00:06:46	00:14:13	00:21:30.95	00:21:34.85	+00:04:31 (21.1%)	4:18	13.9 (79.0%)
43	STYKAŁA Sebastian	50		M40	13	00:00:07	00:07:16	00:14:34	00:21:38.35	00:21:45.90	+00:04:39 (21.5%)	4:19	13.9 (79.0%)
44	CIASTEK Grzegorz	123		M50	6	00:00:02	00:06:36	00:14:04	00:21:52.65	00:21:55.55	+00:04:53 (22.4%)	4:22	13.7 (77.8%)
45	KUBIS Roman	19	RUN PASJA BYDGOSZCZ	M40	14	00:03:22	00:07:04	00:14:40	00:22:04.65	00:25:27.30	+00:05:05 (23.1%)	4:25	13.6 (77.3%)
46	GOŁAWSKI Andrzej	61		M40	15	00:00:04	00:06:57	00:14:37	00:22:07.50	00:22:12.35	+00:05:08 (23.2%)	4:25	13.6 (77.3%)
46	CHEŁMIŃSKI Piotr	36		M50	7	00:00:08	00:07:21	00:14:44	00:22:07.50	00:22:15.95	+00:05:08 (23.2%)	4:25	13.6 (77.3%)
48	SZARMACH Kacper	129	BIEGAJ Z WSL	Mężczyźni	24	00:00:06	00:07:16	00:14:54	00:22:08.50	00:22:14.90	+00:05:09 (23.3%)	4:25	13.6 (77.3%)
49	PULKOWSKI Sławomir	31		M40	16	00:00:05	00:07:01	00:14:50	00:22:11.05	00:22:16.50	+00:05:11 (23.4%)	4:26	13.5 (76.7%)
50	KRASUCKI Radosław	3027	RUN PASJA BYDGOSZCZ	Mężczyźni	25	00:00:03	00:07:08	00:15:01	00:22:37.30	00:22:40.75	+00:05:38 (24.9%)	4:31	13.3 (75.6%)
51	QUAAS Łukasz	6	RUN PASJA BYDGOSZCZ	Mężczyźni	26	00:00:04	00:07:16	00:15:16	00:23:04.40	00:23:08.45	+00:06:05 (26.4%)	4:36	13 (73.9%)
52	BŁĄŻEJEWSKI Dariusz	59		M40	17	00:00:08	00:07:07	00:15:02	00:23:07.10	00:23:15.35	+00:06:07 (26.5%)	4:37	13 (73.9%)
53	ALEKSANDROWICZ Tomasz	64		Mężczyźni	27	00:00:05	00:07:04	00:15:07	00:23:15.40	00:23:21.00	+00:06:16 (27.0%)	4:39	12.9 (73.3%)
54	BEDNAREK Mikołaj	20	RUN PASJA BYDGOSZCZ	Mężczyźni	28	00:00:06	00:08:05	00:16:05	00:23:15.95	00:23:22.15	+00:06:16 (27.0%)	4:39	12.9 (73.3%)
55	MALEK Andrzej	78		M60	3	00:00:05	00:07:40	00:15:36	00:23:33.35	00:23:38.70	+00:06:34 (27.9%)	4:42	12.7 (72.2%)
56	RAKOWSKI Wojtek	74		Mężczyźni	29	00:00:05	00:06:57	00:15:16	00:23:38.15	00:23:43.65	+00:06:39 (28.1%)	4:43	12.7 (72.2%)
57	LEŚNIK Adam	117	ZSCKP-GRUBNO	Mężczyźni	30	00:00:08	00:08:17	00:16:20	00:23:38.35	00:23:46.75	+00:06:39 (28.1%)	4:43	12.7 (72.2%)
58	KULIKOWSKI Tomasz	65		Mężczyźni	31	00:00:08	00:07:07	00:15:05	00:23:46.90	00:23:55.65	+00:06:47 (28.6%)	4:45	12.6 (71.6%)
59	SIEROCKI Marcin	97		Mężczyźni	32	00:00:05	00:07:38	00:15:53	00:23:57.10	00:24:02.75	+00:06:57 (29.1%)	4:47	12.5 (71.0%)
60	JANKOWSKI Mirosław	103	RUNNERS TEAM JEŻEWO	Mężczyźni	33	00:00:03	00:06:34	00:13:42	00:23:57.35	00:24:00.50	+00:06:58 (29.1%)	4:47	12.5 (71.0%)
61	KADOW Ryszard	22	RUN PASJA BYDGOSZCZ	M40	18	00:00:05	00:07:52	00:16:02	00:23:57.40	00:24:02.55	+00:06:58 (29.1%)	4:47	12.5 (71.0%)
62	SKRZYPEK Sebastian	139	ZSP LZS SPARTA ŁASIN	Mężczyźni	34	00:00:04	00:08:00	00:16:30	00:24:18.40	00:24:22.90	+00:07:19 (30.1%)	4:51	12.3 (69.9%)
63	WALENCIAK Jarosław	56		M40	19	00:00:08	00:08:19	00:16:46	00:24:51.75	00:25:00.15	+00:07:52 (31.7%)	4:58	12.1 (68.8%)
64	STACHNIK Piotr	124		Mężczyźni	35	00:00:06	00:07:51	00:16:35	00:25:20.45	00:25:26.75	+00:08:21 (33.0%)	5:04	11.8 (67.0%)
65	KRUG Marcin	17	RUN PASJA BYDGOSZCZ	Mężczyźni	36	00:00:04	00:08:01	00:16:42	00:25:22.70	00:25:27.10	+00:08:23 (33.1%)	5:04	11.8 (67.0%)
66	PODBORNY Piotr	93		M40	20	00:00:08	00:08:02	00:16:49	00:25:42.35	00:25:50.65	+00:08:43 (33.9%)	5:08	11.7 (66.5%)
67	WOJTASIŃSKI Dawid	73		Mężczyźni	37	00:00:03	00:08:09	00:17:38	00:27:07.45	00:27:11.10	+00:10:08 (37.4%)	5:25	11.1 (63.1%)
68	WITKOWSKI Artur	130		M40	21	00:00:03	00:08:25	00:17:58	00:27:44.35	00:27:47.55	+00:10:45 (38.8%)	5:32	10.8 (61.4%)
69	KAWA Marcin	25		M40	22	00:00:09	00:09:27	00:19:25	00:29:15.05	00:29:24.20	+00:12:15 (41.9%)	5:51	10.3 (58.5%)
70	BRZOZOWSKI Marcin	12	RUN PASJA BYDGOSZCZ	Mężczyźni	38	00:00:07	00:09:45	00:19:44	00:29:37.95	00:29:45.40	+00:12:38 (42.7%)	5:55	10.1 (57.4%)

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	3.4km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
71	ROGOWSKI Zbigniew	91		M50	8	00:00:06	00:09:51	00:19:57	00:30:13.30	00:30:19.50	+00:13:14 (43.8%)	6:02	9.9 (56.3%)
72	JAKUBIAK Dawid	87	UKB SZUBIN	Mężczyźni	39	00:00:05	00:09:26	00:19:52	00:30:23.30	00:30:28.65	+00:13:24 (44.1%)	6:04	9.9 (56.3%)
73	TOBOLSKI Marek	70		M40	23	00:00:06	00:10:13	00:21:56	00:33:23.90	00:33:30.70	+00:16:24 (49.1%)	6:40	9 (51.1%)

Total 73 results.