BYDGOSKI BIEG NIEPODLEGŁOŚCI 2018

Organizator: Aktywna Bydgoszcz
Data: 2018-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**SZYSZKA Mariusz**	**568**	SPÓJNIA BIAŁE BŁOTA | 1BLOG	M-40	1	00:00:01	**00:17:26.65**	**00:17:28.30**		3:29	17.2 (100%)
2	**CHOLEWIŃSKI Dariusz**	**1483**		M-40	2	00:00:02	**00:18:08.45**	**00:18:11.25**	+00:00:41 (3.8%)	3:37	16.5 (95.9%)
3	**FUZ Marek**	**86**	KABEL TEAM BYDGOSZCZ	M-40	3	00:00:04	**00:18:09.40**	**00:18:13.55**	+00:00:42 (3.9%)	3:37	16.5 (95.9%)
4	**KOZŁOWSKI Rafał**	**341**	RUN PASJA	M-40	4	00:00:01	**00:18:13.80**	**00:18:15.45**	+00:00:47 (4.3%)	3:38	16.5 (95.9%)
5	**TACZKOWSKI Jaroslaw**	**874**	ZESPÓŁ SZKÓŁ NR 5 MS W BYDGOSZCZY	M-40	5	00:00:02	**00:18:18.95**	**00:18:21.55**	+00:00:52 (4.8%)	3:39	16.4 (95.3%)
6	**CHMURZYŃSKI Tomasz**	**1205**	OCULUS - NIEWIDOMI	M-40	6	00:00:01	**00:18:22.50**	**00:18:24.25**	+00:00:55 (5.1%)	3:40	16.3 (94.8%)
7	**WYSMOLIŃSKI Piotr**	**789**		M-40	7	00:00:03	**00:18:23.10**	**00:18:27.00**	+00:00:56 (5.1%)	3:40	16.3 (94.8%)
8	**BUKOWIŃSKI Michał**	**155**		M-40	8	00:00:04	**00:18:30.45**	**00:18:34.65**	+00:01:03 (5.7%)	3:42	16.2 (94.2%)
9	**SOBIERALSKI Rafał**	**482**		M-40	9	00:00:04	**00:18:32.35**	**00:18:36.50**	+00:01:05 (5.9%)	3:42	16.2 (94.2%)
10	**MIZIKOWSKI Wojciech**	**1010**	MIZIK-TEAM	M-40	10	00:00:08	**00:18:38.35**	**00:18:47.20**	+00:01:11 (6.4%)	3:43	16.1 (93.6%)
11	**HAIZE Tomek**	**184**	ARRK	M-40	11	00:00:02	**00:18:42.95**	**00:18:45.55**	+00:01:16 (6.8%)	3:44	16 (93.0%)
12	**KŁOSOWSKI Marcin**	**210**	GRUPA BANKIETOWA SPECJAL	M-40	12	00:00:04	**00:18:52.65**	**00:18:57.15**	+00:01:26 (7.6%)	3:46	15.9 (92.4%)
13	**KOWALSKI Jacek**	**228**		M-40	13	00:00:07	**00:18:56.15**	**00:19:03.40**	+00:01:29 (7.9%)	3:47	15.8 (91.9%)
14	**BERNATAJTYS Daniel**	**74**		M-40	14	00:00:04	**00:19:01.70**	**00:19:06.50**	+00:01:35 (8.3%)	3:48	15.8 (91.9%)
15	**CHODKIEWICZ Tomasz**	**1218**	GARDENFLORA MTB TEAM	M-40	15	00:00:04	**00:19:07.10**	**00:19:11.30**	+00:01:40 (8.8%)	3:49	15.7 (91.3%)
16	**PIEKARSKI Marek**	**24**	RESTAURACJA KUNG FU BYDGOSZCZ	M-40	16	00:00:02	**00:19:10.15**	**00:19:12.30**	+00:01:43 (9.0%)	3:50	15.7 (91.3%)
17	**KRUSZKA Łukasz**	**271**		M-40	17	00:00:03	**00:19:10.20**	**00:19:13.35**	+00:01:43 (9.0%)	3:50	15.7 (91.3%)
18	**MAKOWSKI Sławomir**	**582**	RUN BYDGOSZCZ	M-40	18	00:00:24	**00:19:15.45**	**00:19:39.85**	+00:01:48 (9.4%)	3:51	15.6 (90.7%)
19	**MUCHA Marcin**	**204**		M-40	19	00:00:08	**00:19:17.75**	**00:19:25.90**	+00:01:51 (9.6%)	3:51	15.6 (90.7%)
20	**STANIEC Tomasz**	**1306**		M-40	20	00:00:06	**00:19:20.90**	**00:19:27.00**	+00:01:54 (9.8%)	3:52	15.5 (90.1%)
21	**GRZYWIŃSKI Grzegorz**	**1238**	RUN BYDGOSZCZ	M-40	21	00:00:30	**00:19:48.65**	**00:20:19.05**	+00:02:22 (11.9%)	3:57	15.1 (87.8%)
22	**NISZCZOTA Karol**	**977**	BRZOZA BIEGA	M-40	22	00:00:10	**00:19:52.55**	**00:20:02.70**	+00:02:25 (12.2%)	3:58	15.1 (87.8%)
23	**ZBIRANEK Remigiusz**	**954**	1 BRYGADA LOGISTYCZNA	M-40	23	00:00:05	**00:19:54.70**	**00:20:00.55**	+00:02:28 (12.4%)	3:59	15.1 (87.8%)
24	**SUDOŁ Jacek**	**1085**		M-40	24	00:00:06	**00:19:58.35**	**00:20:05.15**	+00:02:31 (12.7%)	3:59	15 (87.2%)
25	**OLSZYŃSKI Sebastian**	**1157**	SPARTANIE DZIECIOM	M-40	25	00:00:21	**00:20:24.70**	**00:20:46.55**	+00:02:58 (14.5%)	4:05	14.7 (85.5%)
26	**CIUPA Jarosław**	**158**	ARRK	M-40	26	00:00:03	**00:20:38.85**	**00:20:42.65**	+00:03:12 (15.5%)	4:07	14.5 (84.3%)
27	**HOC Marek**	**478**	LEGE ARTIS	M-40	27	00:00:07	**00:20:45.80**	**00:20:53.75**	+00:03:19 (16.0%)	4:09	14.4 (83.7%)
28	**WIDŹGOWSKI Przemysław**	**428**		M-40	28	00:00:23	**00:20:47.95**	**00:21:11.30**	+00:03:21 (16.1%)	4:09	14.4 (83.7%)
29	**HERMELIN Wojciech**	**1088**	KANCELARIA-HMM	M-40	29	00:00:16	**00:20:49.75**	**00:21:06.05**	+00:03:23 (16.3%)	4:10	14.4 (83.7%)
30	**NADRATOWSKI Maciej**	**486**	KABEL TEAM BYDGOSZCZ	M-40	30	00:00:07	**00:20:54.90**	**00:21:02.30**	+00:03:28 (16.6%)	4:11	14.3 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	**TUBAJA Albert**	**63**	KABEL TEAM BYDGOSZCZ	M-40	31	00:00:06	**00:20:58.05**	**00:21:04.85**	+00:03:31 (16.8%)	4:11	14.3 (83.1%)
32	**WESOŁOWSKI Dariusz**	**206**		M-40	32	00:00:09	**00:20:58.50**	**00:21:08.25**	+00:03:31 (16.8%)	4:11	14.3 (83.1%)
33	**ROSIŃSKI Maciej**	**2**		M-40	33	00:01:34	**00:21:05.90**	**00:22:40.25**	+00:03:39 (17.3%)	4:13	14.2 (82.6%)
34	**KOWALSKI Marek**	**1298**		M-40	34	00:00:04	**00:21:07.50**	**00:21:11.55**	+00:03:40 (17.4%)	4:13	14.2 (82.6%)
35	**KAMPER Jarosław**	**735**		M-40	35	00:00:07	**00:21:08.20**	**00:21:15.45**	+00:03:41 (17.5%)	4:13	14.2 (82.6%)
36	**PIECHOWIAK Jacek**	**508**		M-40	36	00:00:12	**00:21:16.60**	**00:21:29.50**	+00:03:49 (18.0%)	4:15	14.1 (82.0%)
37	**JANCOWSKI Wojciech**	**1053**		M-40	37	00:00:09	**00:21:24.70**	**00:21:34.20**	+00:03:58 (18.5%)	4:17	14 (81.4%)
38	**ŚLEFARSKI Rafał**	**860**		M-40	38	00:00:17	**00:21:26.50**	**00:21:43.65**	+00:03:59 (18.6%)	4:17	14 (81.4%)
39	**FRANKOWSKI Paweł**	**1411**		M-40	39	00:00:24	**00:21:29.50**	**00:21:53.75**	+00:04:02 (18.8%)	4:17	14 (81.4%)
40	**STĘPSKI Marek**	**104**		M-40	40	00:00:06	**00:21:29.75**	**00:21:36.05**	+00:04:03 (18.8%)	4:18	14 (81.4%)
41	**CICHOWICZ Marcin**	**1337**		M-40	41	00:00:06	**00:21:40.40**	**00:21:46.75**	+00:04:13 (19.5%)	4:20	13.8 (80.2%)
42	**NADOLNY Sebastian**	**625**		M-40	42	00:00:17	**00:21:42.45**	**00:22:00.25**	+00:04:15 (19.6%)	4:20	13.8 (80.2%)
43	**BRĄŻKIEWICZ Rafał**	**215**		M-40	43	00:00:18	**00:21:43.40**	**00:22:02.35**	+00:04:16 (19.7%)	4:20	13.8 (80.2%)
44	**WNUCZYŃSKI Andrzej**	**803**	ORANGE POLSKA	M-40	44	00:00:18	**00:21:43.70**	**00:22:02.15**	+00:04:17 (19.7%)	4:20	13.8 (80.2%)
45	**GACKOWSKI Krzysztof**	**18**	IRON&ONE TEAM	M-40	45	00:00:08	**00:21:45.25**	**00:21:53.50**	+00:04:18 (19.8%)	4:21	13.8 (80.2%)
46	**GOŁĘBIEWSKI Piotr**	**805**		M-40	46	00:00:08	**00:21:47.15**	**00:21:55.90**	+00:04:20 (19.9%)	4:21	13.8 (80.2%)
47	**MROZIK Andrzej**	**688**		M-40	47	00:00:15	**00:21:51.80**	**00:22:07.50**	+00:04:25 (20.2%)	4:22	13.7 (79.7%)
48	**SZUBERSKI Michał**	**117**	DESPERACI	M-40	48	00:00:29	**00:21:53.45**	**00:22:22.80**	+00:04:26 (20.3%)	4:22	13.7 (79.7%)
49	**GŁOWSKI Dariusz**	**435**		M-40	49	00:00:12	**00:21:54.30**	**00:22:07.25**	+00:04:27 (20.4%)	4:23	13.7 (79.7%)
50	**ŻMICH Tomasz**	**302**		M-40	50	00:00:10	**00:21:55.75**	**00:22:05.90**	+00:04:29 (20.5%)	4:23	13.7 (79.7%)
51	**MALINOWSKI Artur**	**205**		M-40	51	00:00:24	**00:21:56.75**	**00:22:20.95**	+00:04:30 (20.5%)	4:23	13.7 (79.7%)
52	**ROSIAK Jarosław**	**38**	3KR	M-40	52	00:00:47	**00:22:16.70**	**00:23:04.00**	+00:04:50 (21.7%)	4:27	13.5 (78.5%)
53	**CIEMNY Tomasz**	**627**		M-40	53	00:00:20	**00:22:17.90**	**00:22:38.50**	+00:04:51 (21.8%)	4:27	13.5 (78.5%)
54	**SZMELTER Michał**	**458**		M-40	54	00:00:20	**00:22:21.25**	**00:22:42.00**	+00:04:54 (22.0%)	4:28	13.4 (77.9%)
55	**SZYMCZAK Maciej**	**527**		M-40	55	00:00:09	**00:22:22.15**	**00:22:31.35**	+00:04:55 (22.0%)	4:28	13.4 (77.9%)
56	**SZUBARTOWSKI Robert**	**1322**		M-40	56	00:00:16	**00:22:24.65**	**00:22:41.15**	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
57	**JASIŃSKI Artur**	**578**		M-40	57	00:00:59	**00:22:24.90**	**00:23:24.50**	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
58	**SAS Robert**	**660**		M-40	58	00:00:17	**00:22:28.25**	**00:22:45.85**	+00:05:01 (22.4%)	4:29	13.4 (77.9%)
59	**KRUCZKOWSKI Adam**	**1220**	OCULUS - NIEWIDOMI	M-40	59	00:00:05	**00:22:30.85**	**00:22:36.25**	+00:05:04 (22.5%)	4:30	13.3 (77.3%)
60	**MAŁOWIECKI Grzegorz**	**1223**	OCULUS - NIEWIDOMI	M-40	60	00:00:05	**00:22:31.00**	**00:22:36.15**	+00:05:04 (22.5%)	4:30	13.3 (77.3%)
61	**PIEKARSKI Wojciech**	**755**		M-40	61	00:01:00	**00:22:32.50**	**00:23:32.75**	+00:05:05 (22.6%)	4:30	13.3 (77.3%)
62	**LEWICKI Maciej**	**764**	BYDGOSZCZ NA START	M-40	62	00:00:16	**00:22:33.85**	**00:22:50.45**	+00:05:07 (22.7%)	4:30	13.3 (77.3%)
63	**MAZURKIEWICZ Piotr**	**899**		M-40	63	00:00:33	**00:22:35.65**	**00:23:09.25**	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
64	**WESOŁOWSKI Krzysztof**	**374**		M-40	64	00:00:18	**00:22:35.85**	**00:22:53.90**	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
65	**GWIAZDOWSKI Krzysztof**	**790**		M-40	65	00:00:04	**00:22:37.30**	**00:22:42.10**	+00:05:10 (22.9%)	4:31	13.3 (77.3%)
66	**BIAŁOWĄS Dariusz**	**65**		M-40	66	00:00:35	**00:22:39.70**	**00:23:15.35**	+00:05:13 (23.0%)	4:32	13.2 (76.7%)
67	**PAWLAK Dawid**	**766**	ESKIMOS	M-40	67	00:00:09	**00:22:54.10**	**00:23:04.00**	+00:05:27 (23.8%)	4:35	13.1 (76.2%)
68	**SIUDA Sebastian**	**41**	SOLECCY BIEGACZE	M-40	68	00:00:45	**00:22:55.95**	**00:23:41.60**	+00:05:29 (23.9%)	4:35	13.1 (76.2%)
69	**STAWCZYK Dariusz**	**142**		M-40	69	00:00:22	**00:23:09.20**	**00:23:31.70**	+00:05:42 (24.7%)	4:37	13 (75.6%)
70	**KIEŁCZYŃSKI Marek**	**493**		M-40	70	00:00:14	**00:23:11.80**	**00:23:26.70**	+00:05:45 (24.8%)	4:38	12.9 (75.0%)
71	**STASIEWSKI Mariusz**	**1127**	TRISPACE	M-40	71	00:00:16	**00:23:11.85**	**00:23:28.15**	+00:05:45 (24.8%)	4:38	12.9 (75.0%)
72	**ANDRYSIAK Tomasz**	**1443**		M-40	72	00:00:30	**00:23:12.75**	**00:23:43.45**	+00:05:46 (24.9%)	4:38	12.9 (75.0%)
73	**ŚLIWIŃSKI Piotr**	**1234**	OCULUS - NIEWIDOMI	M-40	73	00:00:05	**00:23:13.90**	**00:23:19.65**	+00:05:47 (24.9%)	4:38	12.9 (75.0%)
74	**DULIŃSKI Jacek**	**957**		M-40	74	00:00:32	**00:23:19.25**	**00:23:51.40**	+00:05:52 (25.2%)	4:39	12.9 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	**GŁOWACKI Robert**	**1414**		M-40	75	00:00:05	**00:23:27.85**	**00:23:33.55**	+00:06:01 (25.7%)	4:41	12.8 (74.4%)
76	**KALIŃSKI Grzegorz**	**1089**		M-40	76	00:00:03	**00:23:28.00**	**00:23:31.25**	+00:06:01 (25.7%)	4:41	12.8 (74.4%)
77	**BRZEZIŃSKI Sławomir**	**1315**	CZARNE STOPY.SM	M-40	77	00:00:25	**00:23:29.90**	**00:23:55.55**	+00:06:03 (25.8%)	4:42	12.8 (74.4%)
78	**LITKOWSKI Marek**	**797**	DMK LEE	M-40	78	00:00:50	**00:23:30.65**	**00:24:21.15**	+00:06:04 (25.8%)	4:42	12.8 (74.4%)
79	**ŁABENDA Piotr**	**211**	TERENOWA MASAKRA TEAM	M-40	79	00:00:16	**00:23:31.55**	**00:23:47.70**	+00:06:04 (25.9%)	4:42	12.8 (74.4%)
80	**BYRTEK Grzegorz**	**314**		M-40	80	00:00:20	**00:23:31.85**	**00:23:52.30**	+00:06:05 (25.9%)	4:42	12.7 (73.8%)
81	**NOWICKI Adam**	**757**	PENTEL	M-40	81	00:01:09	**00:23:49.40**	**00:24:59.00**	+00:06:22 (26.8%)	4:46	12.6 (73.3%)
82	**KWIATKOWSKI Karol**	**1331**	CFR	M-40	82	00:00:59	**00:23:50.90**	**00:24:49.95**	+00:06:24 (26.9%)	4:46	12.6 (73.3%)
83	**FRĄCKOWIAK Waldemar**	**1145**		M-40	83	00:01:15	**00:23:52.30**	**00:25:07.65**	+00:06:25 (26.9%)	4:46	12.6 (73.3%)
84	**LEŚNIEWSKI Tomasz**	**333**		M-40	84	00:00:08	**00:23:52.35**	**00:24:00.85**	+00:06:25 (26.9%)	4:46	12.6 (73.3%)
85	**IWANUSEK Paweł**	**528**	GRUPA BANKIETOWA SPECJAL	M-40	85	00:01:20	**00:23:52.50**	**00:25:13.45**	+00:06:25 (26.9%)	4:46	12.6 (73.3%)
86	**PAWLAK Robert**	**1329**	NIE ZRZESZONY	M-40	86	00:00:32	**00:23:54.10**	**00:24:26.30**	+00:06:27 (27.0%)	4:46	12.6 (73.3%)
87	**DROZDOWSKI Krzysztof**	**654**		M-40	87	00:00:40	**00:23:57.30**	**00:24:37.65**	+00:06:30 (27.2%)	4:47	12.5 (72.7%)
88	**KOWALCZYK Tomasz**	**1374**		M-40	88	00:00:15	**00:23:58.90**	**00:24:14.00**	+00:06:32 (27.3%)	4:47	12.5 (72.7%)
89	**SIUDA Marek**	**124**		M-40	89	00:00:46	**00:23:59.70**	**00:24:46.25**	+00:06:33 (27.3%)	4:48	12.5 (72.7%)
90	**KUTOWSKI Przemysław**	**299**	PRUSZCZ	M-40	90	00:00:10	**00:23:59.95**	**00:24:10.55**	+00:06:33 (27.3%)	4:48	12.5 (72.7%)
91	**HRYCZ Paweł**	**905**	#BBKTS	M-40	91	00:00:25	**00:24:01.35**	**00:24:27.15**	+00:06:34 (27.4%)	4:48	12.5 (72.7%)
92	**ŚWIATLAK Marek**	**237**		M-40	92	00:00:57	**00:24:01.95**	**00:24:59.30**	+00:06:35 (27.4%)	4:48	12.5 (72.7%)
93	**MEYER Marek**	**844**		M-40	93	00:01:39	**00:24:02.95**	**00:25:42.65**	+00:06:36 (27.5%)	4:48	12.5 (72.7%)
94	**BURCZYK Roman**	**517**		M-40	94	00:01:36	**00:24:04.50**	**00:25:41.25**	+00:06:37 (27.5%)	4:49	12.5 (72.7%)
95	**MALINOWSKI Waldemar**	**677**	RUN LOTTO BYDGOSTIA	M-40	95	00:00:43	**00:24:07.45**	**00:24:51.05**	+00:06:40 (27.7%)	4:49	12.4 (72.1%)
96	**LEWANDOWSKI Adam**	**153**	TEAM KUCYKI	M-40	96	00:00:57	**00:24:17.60**	**00:25:15.15**	+00:06:50 (28.2%)	4:51	12.3 (71.5%)
97	**WOJCIECHOWSKI Jarosław**	**138**		M-40	97	00:00:27	**00:24:21.10**	**00:24:48.85**	+00:06:54 (28.4%)	4:52	12.3 (71.5%)
98	**KOLSKI Radek**	**306**	VAUPE TEAM	M-40	98	00:01:00	**00:24:22.80**	**00:25:22.80**	+00:06:56 (28.4%)	4:52	12.3 (71.5%)
99	**GORCZYCA Rafał**	**871**		M-40	99	00:01:50	**00:24:26.50**	**00:26:16.70**	+00:06:59 (28.6%)	4:53	12.3 (71.5%)
100	**JURSKI Robert**	**514**		M-40	100	00:00:26	**00:24:28.45**	**00:24:54.55**	+00:07:01 (28.7%)	4:53	12.3 (71.5%)
101	**PIOTROWSKI Dariusz**	**66**		M-40	101	00:01:06	**00:24:33.45**	**00:25:39.90**	+00:07:06 (29.0%)	4:54	12.2 (70.9%)
102	**CZAJA Jarosław**	**26**		M-40	102	00:00:48	**00:24:36.30**	**00:25:24.90**	+00:07:09 (29.1%)	4:55	12.2 (70.9%)
103	**KORNACKI Artur**	**855**		M-40	103	00:00:13	**00:24:42.70**	**00:24:56.65**	+00:07:16 (29.4%)	4:56	12.1 (70.3%)
104	**KULAS Bartosz**	**1190**		M-40	104	00:00:28	**00:24:47.60**	**00:25:15.65**	+00:07:20 (29.6%)	4:57	12.1 (70.3%)
105	**ANDRZEJEWSKI Adam**	**278**		M-40	105	00:00:59	**00:24:52.40**	**00:25:51.90**	+00:07:25 (29.9%)	4:58	12.1 (70.3%)
106	**CEGŁOWSKI Marcin**	**186**		M-40	106	00:00:34	**00:24:57.80**	**00:25:32.25**	+00:07:31 (30.1%)	4:59	12 (69.8%)
107	**KANCLERZEWSKI Stanisław**	**118**		M-40	107	00:01:48	**00:25:04.15**	**00:26:52.55**	+00:07:37 (30.4%)	5:00	12 (69.8%)
108	**WOŹNIAK Piotr**	**938**		M-40	108	00:00:13	**00:25:07.50**	**00:25:21.35**	+00:07:40 (30.6%)	5:01	11.9 (69.2%)
109	**KAŹMIERCZAK Paweł**	**171**		M-40	109	00:00:18	**00:25:08.25**	**00:25:27.05**	+00:07:41 (30.6%)	5:01	11.9 (69.2%)
110	**TACZYŃSKI Mariusz**	**1491**		M-40	110	00:00:02	**00:25:09.50**	**00:25:12.10**	+00:07:42 (30.7%)	5:02	11.9 (69.2%)
111	**JĘDRZEJCZYK Piotr**	**849**		M-40	111	00:01:45	**00:25:09.65**	**00:26:55.15**	+00:07:43 (30.7%)	5:02	11.9 (69.2%)
112	**MAZUR Mariusz**	**386**		M-40	112	00:00:14	**00:25:12.75**	**00:25:27.05**	+00:07:46 (30.8%)	5:02	11.9 (69.2%)
113	**SZPERKOWSKI Tomasz**	**1276**		M-40	113	00:00:59	**00:25:12.85**	**00:26:12.00**	+00:07:46 (30.8%)	5:02	11.9 (69.2%)
114	**DURAŁEK Andrzej**	**467**		M-40	114	00:01:06	**00:25:12.95**	**00:26:19.75**	+00:07:46 (30.8%)	5:02	11.9 (69.2%)
115	**ASTUKIEWICZ Tomasz**	**90**		M-40	115	00:01:31	**00:25:14.25**	**00:26:46.05**	+00:07:47 (30.9%)	5:03	11.9 (69.2%)
116	**DERESZYŃSKI Piotr**	**485**		M-40	116	00:01:08	**00:25:14.50**	**00:26:22.75**	+00:07:47 (30.9%)	5:02	11.9 (69.2%)
117	**KLIMCZYK Marcin**	**997**		M-40	117	00:00:53	**00:25:22.70**	**00:26:16.15**	+00:07:56 (31.3%)	5:04	11.8 (68.6%)
118	**RADECKI Maciej**	**1274**	CYBORGI	M-40	118	00:00:41	**00:25:23.75**	**00:26:04.75**	+00:07:57 (31.3%)	5:04	11.8 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	**DOBROWOLSKI Krzysztof**	**1150**		M-40	119	00:00:25	**00:25:25.40**	**00:25:50.60**	+00:07:58 (31.4%)	5:05	11.8 (68.6%)
120	**WNOROWSKI Mirosław**	**1395**		M-40	120	00:00:19	**00:25:32.20**	**00:25:51.20**	+00:08:05 (31.7%)	5:06	11.7 (68.0%)
121	**MODRZEJEWSKI Wojciech**	**1361**	JW 3775	M-40	121	00:00:42	**00:25:33.20**	**00:26:15.95**	+00:08:06 (31.7%)	5:06	11.7 (68.0%)
122	**KUKLIŃSKI Rafał**	**674**		M-40	122	00:00:40	**00:25:35.25**	**00:26:16.15**	+00:08:08 (31.8%)	5:07	11.7 (68.0%)
123	**KOZICKI Marcin**	**669**	BYDGOSKIE ŻÓŁWIE	M-40	123	00:00:46	**00:25:37.15**	**00:26:23.75**	+00:08:10 (31.9%)	5:07	11.7 (68.0%)
124	**SZAFKOWSKI Arkadiusz**	**8**	SOLECCY BIEGACZE	M-40	124	00:00:46	**00:25:37.95**	**00:26:24.65**	+00:08:11 (31.9%)	5:07	11.7 (68.0%)
125	**PALIGA Arkadiusz**	**883**		M-40	125	00:01:29	**00:25:41.00**	**00:27:10.10**	+00:08:14 (32.1%)	5:08	11.7 (68.0%)
126	**ŁANGOWSKI Jacek**	**818**		M-40	126	00:00:37	**00:25:44.90**	**00:26:22.25**	+00:08:18 (32.3%)	5:09	11.7 (68.0%)
127	**NURKIEWICZ Jarosław**	**156**	KUNG FU PANDY 3	M-40	127	00:01:00	**00:25:46.65**	**00:26:47.55**	+00:08:20 (32.3%)	5:09	11.6 (67.4%)
128	**SOBOTA Piotr**	**189**		M-40	128	00:00:57	**00:25:52.90**	**00:26:50.20**	+00:08:26 (32.6%)	5:10	11.6 (67.4%)
129	**LASKOWSKI Wojciech**	**1435**		M-40	129	00:01:10	**00:25:56.45**	**00:27:06.85**	+00:08:29 (32.8%)	5:11	11.6 (67.4%)
130	**ANDRZEJEWSKI Paweł**	**1339**		M-40	130	00:00:21	**00:25:57.05**	**00:26:19.00**	+00:08:30 (32.8%)	5:11	11.6 (67.4%)
131	**PIÓRKOWSKI Rafał**	**577**		M-40	131	00:00:54	**00:26:04.45**	**00:26:59.10**	+00:08:37 (33.1%)	5:13	11.5 (66.9%)
132	**BORYS Rafał**	**1144**		M-40	132	00:00:41	**00:26:22.35**	**00:27:03.80**	+00:08:55 (33.9%)	5:16	11.4 (66.3%)
133	**ŁUKASIEWICZ Krzysztof**	**126**		M-40	133	00:01:28	**00:26:24.15**	**00:27:52.35**	+00:08:57 (33.9%)	5:16	11.4 (66.3%)
134	**FOJUTOWSKI Sławomir**	**1457**		M-40	134	00:01:14	**00:26:29.20**	**00:27:43.75**	+00:09:02 (34.1%)	5:17	11.3 (65.7%)
135	**WILCZYŃSKI Jacek**	**300**		M-40	135	00:01:08	**00:26:30.05**	**00:27:38.40**	+00:09:03 (34.2%)	5:18	11.3 (65.7%)
136	**NIEWIEDZIAŁA Artur**	**233**		M-40	136	00:00:15	**00:26:30.35**	**00:26:45.50**	+00:09:03 (34.2%)	5:18	11.3 (65.7%)
137	**CZARNECKI Marek**	**798**		M-40	137	00:00:29	**00:26:44.60**	**00:27:14.35**	+00:09:17 (34.8%)	5:21	11.2 (65.1%)
138	**KRUK Krzysztof**	**519**		M-40	138	00:00:49	**00:26:53.80**	**00:27:43.45**	+00:09:27 (35.1%)	5:22	11.2 (65.1%)
139	**KRZYŻYŃSKI Oskar**	**270**		M-40	139	00:00:19	**00:26:58.60**	**00:27:18.40**	+00:09:31 (35.3%)	5:23	11.1 (64.5%)
140	**GUŹDZIOŁ Jarek**	**49**	TBKM WILK SOLEC KUJAWSKI	M-40	140	00:01:05	**00:27:01.45**	**00:28:07.25**	+00:09:34 (35.4%)	5:24	11.1 (64.5%)
141	**JASKÓLSKI Andrzej**	**781**		M-40	141	00:00:33	**00:27:03.85**	**00:27:36.85**	+00:09:37 (35.5%)	5:24	11.1 (64.5%)
142	**GÓRA Edward**	**778**	1BLOG	M-40	142	00:00:31	**00:27:07.35**	**00:27:38.35**	+00:09:40 (35.7%)	5:25	11.1 (64.5%)
143	**KĘDZIERSKI Wojciech**	**962**		M-40	143	00:00:20	**00:27:30.35**	**00:27:51.10**	+00:10:03 (36.6%)	5:30	10.9 (63.4%)
144	**GUZ Piotr**	**995**	-	M-40	144	00:01:29	**00:27:30.55**	**00:29:00.20**	+00:10:03 (36.6%)	5:30	10.9 (63.4%)
145	**RUTKOWSKI Tomasz**	**101**		M-40	145	00:00:16	**00:27:31.50**	**00:27:48.30**	+00:10:04 (36.6%)	5:30	10.9 (63.4%)
146	**SKUBISZAK Jacek**	**1256**		M-40	146	00:00:29	**00:27:35.35**	**00:28:05.30**	+00:10:08 (36.8%)	5:31	10.9 (63.4%)
147	**KOZAKIEWICZ Marcin**	**37**		M-40	147	00:00:38	**00:27:43.55**	**00:28:21.70**	+00:10:16 (37.1%)	5:32	10.8 (62.8%)
148	**GNIOT Henryk**	**421**		M-40	148	00:00:52	**00:27:45.30**	**00:28:37.85**	+00:10:18 (37.1%)	5:33	10.8 (62.8%)
149	**PROSEK Krzysztof**	**1148**		M-40	149	00:01:07	**00:28:04.10**	**00:29:11.75**	+00:10:37 (37.9%)	5:36	10.7 (62.2%)
150	**KAŁUŻNY Jakub**	**1289**	OFTALMIKA	M-40	150	00:00:52	**00:28:04.80**	**00:28:57.55**	+00:10:38 (37.9%)	5:37	10.7 (62.2%)
151	**KAŁUŻNY Bartłomiej**	**1292**	OFTALMIKA	M-40	151	00:00:52	**00:28:06.10**	**00:28:59.05**	+00:10:39 (37.9%)	5:37	10.7 (62.2%)
152	**MLICKI Marcin**	**1401**		M-40	152	00:01:35	**00:28:13.95**	**00:29:49.35**	+00:10:47 (38.2%)	5:38	10.6 (61.6%)
153	**STEFAŃSKI Marcin**	**375**		M-40	153	00:01:20	**00:28:28.95**	**00:29:49.05**	+00:11:02 (38.8%)	5:41	10.5 (61.0%)
154	**GADZIŃSKI Tomasz**	**304**		M-40	154	00:00:39	**00:28:29.75**	**00:29:09.05**	+00:11:03 (38.8%)	5:42	10.5 (61.0%)
154	**RATAJ Maciej**	**393**		M-40	155	00:00:56	**00:28:29.75**	**00:29:26.00**	+00:11:03 (38.8%)	5:42	10.5 (61.0%)
156	**WÓJCIK Tomasz**	**110**		M-40	156	00:01:00	**00:28:30.85**	**00:29:31.60**	+00:11:04 (38.8%)	5:42	10.5 (61.0%)
157	**PIETRASZAK Tomasz**	**366**	RUN BYDGOSZCZ	M-40	157	00:01:30	**00:28:41.85**	**00:30:12.10**	+00:11:15 (39.2%)	5:44	10.5 (61.0%)
158	**ROGUSZCZAK Maciej**	**864**	HAROMA TEAM	M-40	158	00:01:20	**00:28:43.40**	**00:30:03.40**	+00:11:16 (39.3%)	5:44	10.4 (60.5%)
159	**CHILEWSKI Arkadiusz**	**277**	CB163	M-40	159	00:01:23	**00:28:50.25**	**00:30:13.35**	+00:11:23 (39.5%)	5:46	10.4 (60.5%)
160	**GRALAK Jacek**	**218**	8 K-P BWOT	M-40	160	00:01:00	**00:28:54.95**	**00:29:55.15**	+00:11:28 (39.7%)	5:47	10.4 (60.5%)
161	**PRZYBYSZEWSKI Marcin**	**595**		M-40	161	00:00:24	**00:28:57.90**	**00:29:22.15**	+00:11:31 (39.8%)	5:47	10.4 (60.5%)
162	**RATAJCZAK Arkadiusz**	**965**		M-40	162	00:00:38	**00:29:19.60**	**00:29:58.50**	+00:11:52 (40.5%)	5:52	10.2 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	**DRYLL Marek**	**255**		M-40	163	00:00:19	**00:29:22.00**	**00:29:41.70**	+00:11:55 (40.6%)	5:52	10.2 (59.3%)
164	**WESOŁOWSKI Tomasz**	**553**		M-40	164	00:01:05	**00:29:31.25**	**00:30:36.50**	+00:12:04 (40.9%)	5:54	10.2 (59.3%)
165	**PISZCZ Andrzej**	**1185**		M-40	165	00:01:10	**00:29:37.00**	**00:30:47.40**	+00:12:10 (41.1%)	5:55	10.1 (58.7%)
166	**MICHALAK Mariusz**	**1359**		M-40	166	00:00:27	**00:29:44.45**	**00:30:11.45**	+00:12:17 (41.3%)	5:56	10.1 (58.7%)
167	**GRUBICH Arkadiusz**	**608**		M-40	167	00:00:58	**00:29:44.55**	**00:30:43.45**	+00:12:17 (41.3%)	5:57	10.1 (58.7%)
168	**CEMKE Tomasz**	**1105**		M-40	168	00:01:16	**00:29:46.95**	**00:31:03.05**	+00:12:20 (41.4%)	5:57	10.1 (58.7%)
169	**KORBEL Marian**	**1248**		M-40	169	00:00:46	**00:30:00.60**	**00:30:46.85**	+00:12:33 (41.9%)	6:00	10 (58.1%)
170	**GRZELAK Łukasz**	**497**	BYDGOSZCZNASTART	M-40	170	00:01:46	**00:30:04.90**	**00:31:51.50**	+00:12:38 (42.0%)	6:01	10 (58.1%)
171	**SZELĄGOWSKI Tomasz**	**1137**		M-40	171	00:00:05	**00:30:11.80**	**00:30:17.25**	+00:12:45 (42.2%)	6:02	9.9 (57.6%)
172	**CHOLEWCZYŃSKI Dariusz**	**1211**	OCULUS - NIEWIDOMI	M-40	172	00:01:22	**00:30:12.70**	**00:31:34.70**	+00:12:46 (42.3%)	6:02	9.9 (57.6%)
173	**MACHNIKOWSKI Rafał**	**1221**	OCULUS - NIEWIDOMI	M-40	173	00:00:56	**00:30:19.55**	**00:31:16.50**	+00:12:52 (42.5%)	6:04	9.9 (57.6%)
174	**STACHEWICZ Slawomir**	**619**		M-40	174	00:00:55	**00:30:30.25**	**00:31:25.65**	+00:13:03 (42.8%)	6:06	9.8 (57.0%)
175	**KALACZYŃSKI Grzegorz**	**1310**		M-40	175	00:01:29	**00:30:30.60**	**00:32:00.25**	+00:13:03 (42.8%)	6:06	9.8 (57.0%)
176	**DANIELEK Adam**	**39**	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M-40	176	00:01:06	**00:30:40.55**	**00:31:46.55**	+00:13:13 (43.1%)	6:08	9.8 (57.0%)
177	**SMERLIŃSKI Robert**	**532**	-	M-40	177	00:01:40	**00:30:41.65**	**00:32:21.65**	+00:13:15 (43.2%)	6:08	9.8 (57.0%)
178	**BIERNACKI Łukasz**	**813**		M-40	178	00:01:32	**00:30:48.65**	**00:32:21.10**	+00:13:22 (43.4%)	6:09	9.7 (56.4%)
179	**ŻURAWSKI Michał**	**219**	RUN LOTTO-BYDGOSTIA	M-40	179	00:01:30	**00:30:58.50**	**00:32:28.60**	+00:13:31 (43.7%)	6:11	9.7 (56.4%)
180	**ZAGALAK Rafał**	**430**		M-40	180	00:00:48	**00:31:05.65**	**00:31:54.55**	+00:13:39 (43.9%)	6:13	9.6 (55.8%)
181	**RACZYCKI Tomasz**	**1429**		M-40	181	00:00:45	**00:31:10.35**	**00:31:55.80**	+00:13:43 (44.0%)	6:14	9.6 (55.8%)
182	**JUREK Sławomir**	**1163**	FUNDACJA HORYZONT	M-40	182	00:00:53	**00:31:14.10**	**00:32:07.55**	+00:13:47 (44.2%)	6:14	9.6 (55.8%)
183	**BUZALSKI Robert**	**395**	ORANGE POLSKA	M-40	183	00:00:27	**00:31:21.50**	**00:31:49.05**	+00:13:54 (44.4%)	6:16	9.6 (55.8%)
184	**PREDER Bartosz**	**1415**		M-40	184	00:01:24	**00:31:29.15**	**00:32:53.85**	+00:14:02 (44.6%)	6:17	9.5 (55.2%)
185	**URBANSKI Piotr**	**571**	RUN TEAM PRUSZCZ	M-40	185	00:01:32	**00:31:38.35**	**00:33:10.70**	+00:14:11 (44.9%)	6:19	9.5 (55.2%)
186	**BIELUSZEWSKI Artur**	**597**	BBTS	M-40	186	00:01:20	**00:32:02.80**	**00:33:23.65**	+00:14:36 (45.6%)	6:24	9.4 (54.7%)
187	**KUŁAKOWSKI Robert**	**1131**	#BBKTS	M-40	187	00:00:26	**00:32:09.75**	**00:32:36.45**	+00:14:43 (45.8%)	6:26	9.3 (54.1%)
188	**DUDZIAK Adam**	**1159**	URZĄD MIASTA BYDGOSZCZY	M-40	188	00:01:38	**00:32:29.65**	**00:34:07.75**	+00:15:03 (46.3%)	6:29	9.2 (53.5%)
189	**DANILEWICZ Ryszard**	**1410**		M-40	189	00:00:35	**00:32:32.05**	**00:33:07.95**	+00:15:05 (46.4%)	6:30	9.2 (53.5%)
190	**JEDRZEJCZYK Jacek**	**397**		M-40	190	00:00:38	**00:32:42.60**	**00:33:20.65**	+00:15:15 (46.7%)	6:32	9.2 (53.5%)
191	**ORLIŃSKI Andrzej**	**1033**		M-40	191	00:01:14	**00:32:45.30**	**00:34:00.05**	+00:15:18 (46.7%)	6:33	9.2 (53.5%)
192	**PATRZAŁEK Tomasz**	**616**		M-40	192	00:00:34	**00:32:50.80**	**00:33:24.90**	+00:15:24 (46.9%)	6:34	9.1 (52.9%)
193	**PÓŁGĘSEK Rafał**	**243**		M-40	193	00:01:04	**00:33:06.70**	**00:34:11.35**	+00:15:40 (47.3%)	6:37	9.1 (52.9%)
194	**KAŁEK Artur**	**846**	KLINIKA TRIATHLONU BYDGOSZCZ	M-40	194	00:01:13	**00:33:28.55**	**00:34:42.35**	+00:16:01 (47.9%)	6:41	9 (52.3%)
195	**JAWORSKI Krzysztof**	**949**		M-40	195	00:01:13	**00:33:29.70**	**00:34:43.15**	+00:16:03 (47.9%)	6:42	9 (52.3%)
196	**ZALEWSKI Łukasz**	**133**		M-40	196	00:01:44	**00:33:47.50**	**00:35:31.95**	+00:16:20 (48.4%)	6:45	8.9 (51.7%)
197	**MAJEWSKI Tomasz**	**1332**	SZKOŁA PODSTAWOWA NR 66 W BYDGOSZCZY	M-40	197	00:01:47	**00:35:27.30**	**00:37:14.55**	+00:18:00 (50.8%)	7:05	8.5 (49.4%)
198	**KOWALSKI Piotr**	**971**		M-40	198	00:01:34	**00:35:55.30**	**00:37:29.65**	+00:18:28 (51.4%)	7:11	8.4 (48.8%)
199	**KEMPA Arkadiusz**	**767**		M-40	199	00:01:41	**00:37:14.10**	**00:38:55.75**	+00:19:47 (53.2%)	7:26	8.1 (47.1%)
200	**WENGLER Sebastian**	**779**		M-40	200	00:00:28	**00:37:30.05**	**00:37:58.70**	+00:20:03 (53.5%)	7:30	8 (46.5%)
201	**WALCZAK Marcin**	**641**		M-40	201	00:00:44	**00:37:35.30**	**00:38:19.50**	+00:20:08 (53.6%)	7:31	8 (46.5%)
202	**KONARZEWSKI Arkadiusz**	**166**		M-40	202	00:00:36	**00:39:02.25**	**00:39:38.80**	+00:21:35 (55.3%)	7:48	7.7 (44.8%)
203	**KAWA Marcin**	**824**	CUKIER & SERCE	M-40	203	00:01:22	**00:41:19.00**	**00:42:41.00**	+00:23:52 (57.8%)	8:15	7.3 (42.4%)
204	**STEFAŃSKI Krzysztof**	**882**		M-40	204	00:01:22	**00:41:26.70**	**00:42:48.75**	+00:24:00 (57.9%)	8:17	7.2 (41.9%)

Znaleziono 204 wynik(ów)