



Organizator:
Data:
Miejsce:
Dystans:

Miasto Bydgoszcz
2016-04-17
Bydgoszcz
5 km

BYDGOSKI BIEG URODZINOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FUZ Marek	240	KABEL TEAM BYDGOSZCZ	M-40	1	00:00:08	00:07:20	00:18:39.70	00:18:47.80		3:43	16.1 (100%)
2	MRUK Tomasz	285		M-40	2	00:00:06	00:07:09	00:18:40.45	00:18:46.65	+00:00:00 (0.1%)	3:44	16.1 (100%)
3	PIEKARSKI Marek	791	RESTAURACJA KING FU BYDGOSZCZ	M-40	3	00:00:02	00:07:13	00:18:57.20	00:18:59.25	+00:00:17 (1.5%)	3:47	15.8 (98.1%)
4	KŁOSOWSKI Marcin	1040	WWW.JABEX.COM.PL	M-40	4	00:00:03	00:07:35	00:19:08.90	00:19:12.70	+00:00:29 (2.5%)	3:49	15.7 (97.5%)
5	SZOCH Tomasz	843		M-40	5	00:00:01	00:07:17	00:19:30.25	00:19:32.00	+00:00:50 (4.3%)	3:54	15.4 (95.7%)
6	KUBIS Roman	483	RUN PASJA	M-40	6	00:00:03	00:07:26	00:19:32.35	00:19:35.95	+00:00:52 (4.5%)	3:54	15.4 (95.7%)
7	ZWIEWKA Sebastian	214	BUSHIDO BYDGOSZCZ	M-40	7	00:00:05	00:07:36	00:19:50.90	00:19:56.30	+00:01:11 (6.0%)	3:58	15.1 (93.8%)
8	RYDLEWSKI Marek	176	RUN BYDGOSZCZ	M-40	8	00:00:05	00:07:47	00:20:01.05	00:20:06.40	+00:01:21 (6.8%)	4:00	15 (93.2%)
9	WRZESIŃSKI Wojciech	408	RUN BYDGOSZCZ	M-40	9	00:00:06	00:07:55	00:20:37.50	00:20:44.45	+00:01:57 (9.5%)	4:07	14.5 (90.1%)
10	RADECKI Przemysław	66		M-40	10	00:00:06	00:07:58	00:20:44.30	00:20:50.50	+00:02:04 (10.0%)	4:08	14.5 (90.1%)
11	TUBAJA Albert	484	KABEL TEAM	M-40	11	00:00:10	00:08:20	00:21:06.50	00:21:16.75	+00:02:26 (11.6%)	4:13	14.2 (88.2%)
12	ŻARKOWSKI Krzysztof	600	KABEL TEAM	M-40	12	00:00:00	00:08:30	00:21:16.50	00:21:16.50	+00:02:36 (12.3%)	4:15	14.1 (87.6%)
12	GURDAK Leszek	163		M-40	13	00:00:14	00:08:25	00:21:16.50	00:21:31.05	+00:02:36 (12.3%)	4:15	14.1 (87.6%)
14	BIEL Marek	784	RUN BYDGOSZCZ	M-40	14	00:00:13	00:08:31	00:21:27.20	00:21:40.95	+00:02:47 (13.0%)	4:17	14 (87.0%)
15	RUDOL Sebastiana	746		M-40	15	00:00:06	00:08:14	00:21:33.80	00:21:40.15	+00:02:54 (13.5%)	4:18	13.9 (86.3%)
16	PRZERACKI Mirosław	558	PGB SPORTOWA PACZKA	M-40	16	00:00:19	00:08:26	00:21:39.65	00:21:59.25	+00:02:59 (13.8%)	4:20	13.8 (85.7%)
17	KLINIKOWSKI Jacek	221	KOCHAM ŻYCIE I...	M-40	17	00:00:09	00:09:07	00:21:52.95	00:22:02.25	+00:03:13 (14.7%)	4:22	13.7 (85.1%)
18	RUTKOWSKI Tomasz	463		M-40	18	00:00:07	00:08:16	00:21:57.45	00:22:05.15	+00:03:17 (15.0%)	4:23	13.7 (85.1%)
19	ANDRYSIAK Tomasz	237		M-40	19	00:00:17	00:08:33	00:22:10.30	00:22:27.70	+00:03:30 (15.8%)	4:26	13.5 (83.9%)
20	KRÓL Maciej	1036	TRISPACE	M-40	20	00:00:05	00:08:36	00:22:12.05	00:22:18.00	+00:03:32 (15.9%)	4:26	13.5 (83.9%)
21	MARĆ Robert	808		M-40	21	00:01:13	00:09:24	00:22:13.35	00:23:26.70	+00:03:33 (16.0%)	4:26	13.5 (83.9%)
22	GACKOWSKI Jarek	61	TRISTYLE.PL	M-40	22	00:00:13	00:08:44	00:22:15.95	00:22:29.25	+00:03:36 (16.2%)	4:27	13.5 (83.9%)
23	WNUK Sławomir	801		M-40	23	00:00:13	00:08:34	00:22:18.40	00:22:32.35	+00:03:38 (16.3%)	4:27	13.4 (83.2%)
24	MAKLAKIEWICZ Łukasz	325		M-40	24	00:00:08	00:08:34	00:22:19.70	00:22:27.70	+00:03:40 (16.4%)	4:27	13.4 (83.2%)
25	PIOTROWSKI Dariusz	454		M-40	25	00:00:32	00:08:57	00:22:35.10	00:23:07.20	+00:03:55 (17.4%)	4:31	13.3 (82.6%)
26	STĘPSKI Marek	17	BBL	M-40	26	00:00:11	00:08:37	00:22:40.85	00:22:52.75	+00:04:01 (17.7%)	4:32	13.2 (82.0%)
27	LEWICKI Artur	696	LEGE ARTIS	M-40	27	00:00:36	00:09:17	00:22:45.10	00:23:21.30	+00:04:05 (18.0%)	4:33	13.2 (82.0%)
28	SZTEJKA Damian	85	BENEFITKSO	M-40	28	00:00:16	00:08:59	00:22:48.75	00:23:05.70	+00:04:09 (18.2%)	4:33	13.1 (81.4%)
29	WOJCIECHOWSKI Jarosław	544		M-40	29	00:00:13	00:08:53	00:22:52.90	00:23:06.05	+00:04:13 (18.4%)	4:34	13.1 (81.4%)
30	RYŚNIK Dariusz	584	ŻANDARMI Z BYDGOSZCZY	M-40	30	00:00:14	00:08:50	00:22:57.70	00:23:12.55	+00:04:18 (18.7%)	4:35	13.1 (81.4%)

								Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km			Różn		
31	NOWICKI Adam	876		M-40	31	00:00:15	00:09:06	00:23:00.15	00:23:15.95	+00:04:20 (18.9%)	4:36	13 (80.7%)
32	KRASIŃSKI Piotr	360		M-40	32	00:00:18	00:09:03	00:23:08.90	00:23:27.00	+00:04:29 (19.4%)	4:37	13 (80.7%)
33	BUDZIAK Bartosz	363		M-40	33	00:00:18	00:09:28	00:23:11.25	00:23:29.35	+00:04:31 (19.5%)	4:38	12.9 (80.1%)
34	KUJAWA Sebastian	407	BBL INOWROCŁAW	M-40	34	00:00:13	00:09:02	00:23:21.10	00:23:34.55	+00:04:41 (20.1%)	4:40	12.8 (79.5%)
34	KRUCZKOWSKI Adam	999		M-40	35	00:00:19	00:08:50	00:23:21.10	00:23:40.80	+00:04:41 (20.1%)	4:40	12.8 (79.5%)
36	ŚWIĘCICKI Andrzej	142	BYDGOSZCZ	M-40	36	00:00:28	00:09:27	00:23:34.00	00:24:02.80	+00:04:54 (20.8%)	4:42	12.7 (78.9%)
37	GIERSZ Krzysztof	906		M-40	37	00:00:50	00:10:23	00:23:47.50	00:24:37.50	+00:05:07 (21.6%)	4:45	12.6 (78.3%)
38	WALENCIAK Jarosław	263		M-40	38	00:00:11	00:09:01	00:23:48.55	00:23:59.55	+00:05:08 (21.6%)	4:45	12.6 (78.3%)
38	LIWOCH Grzegorz	32	OSIELSKO	M-40	39	00:00:28	00:09:15	00:23:48.55	00:24:17.00	+00:05:08 (21.6%)	4:45	12.6 (78.3%)
40	WILCZYŃSKI Jacek	103		M-40	40	00:00:29	00:09:25	00:23:55.40	00:24:24.60	+00:05:15 (22.0%)	4:47	12.5 (77.6%)
41	SZADKOWSKI Maciej	1054		M-40	41	00:00:41	00:09:36	00:23:57.55	00:24:39.00	+00:05:17 (22.1%)	4:47	12.5 (77.6%)
42	WACHOWSKI Piotr	425		M-40	42	00:00:36	00:09:40	00:23:58.35	00:24:34.45	+00:05:18 (22.2%)	4:47	12.5 (77.6%)
43	ŻUCHOWSKI Dariusz	1011		M-40	43	00:00:37	00:09:28	00:24:06.80	00:24:43.80	+00:05:27 (22.6%)	4:49	12.4 (77.0%)
44	NADRATOWSKI Maciej	671	KABEL TEAM	M-40	44	00:00:11	00:09:26	00:24:10.00	00:24:21.65	+00:05:30 (22.8%)	4:50	12.4 (77.0%)
45	WĘGRZYNOWSKI Sławomir	693	KABEL TEAM	M-40	45	00:00:11	00:09:26	00:24:10.10	00:24:21.50	+00:05:30 (22.8%)	4:50	12.4 (77.0%)
46	ŚWIATLAK Marek	256	SOWA BYDGOSZCZ	M-40	46	00:00:33	00:09:46	00:24:22.85	00:24:56.40	+00:05:43 (23.5%)	4:52	12.3 (76.4%)
47	KIECA Andrzej	339	BBL BYDGOSZCZ	M-40	47	00:00:56	00:10:10	00:24:28.40	00:25:25.10	+00:05:48 (23.7%)	4:53	12.3 (76.4%)
48	SZUBARTOWSKI Robert	511	ZESPÓŁ SZKÓŁ NR 5 MS	M-40	48	00:00:49	00:09:58	00:24:30.15	00:25:19.25	+00:05:50 (23.8%)	4:54	12.2 (75.8%)
49	OSZUBSKI Kazimierz	645		M-40	49	00:00:16	00:09:53	00:24:32.30	00:24:48.55	+00:05:52 (23.9%)	4:54	12.2 (75.8%)
50	KORTAS Marcin	994		M-40	50	00:00:27	00:09:40	00:24:38.35	00:25:05.45	+00:05:58 (24.3%)	4:55	12.2 (75.8%)
51	KONWIŃSKI Dariusz	22	BARCA	M-40	51	00:00:07	00:09:12	00:24:40.70	00:24:48.00	+00:06:01 (24.4%)	4:56	12.2 (75.8%)
52	KOLSKI Radek	780		M-40	52	00:00:33	00:09:47	00:24:42.40	00:25:15.80	+00:06:02 (24.5%)	4:56	12.1 (75.2%)
53	SUCHODOLSKI Sebastian	168		M-40	53	00:00:19	00:09:30	00:24:49.35	00:25:08.50	+00:06:09 (24.8%)	4:57	12.1 (75.2%)
54	KRAWIEC Mariusz	737		M-40	54	00:00:57	00:10:06	00:24:50.45	00:25:48.15	+00:06:10 (24.9%)	4:58	12.1 (75.2%)
55	LEWANDOWSKI Radosław	1048		M-40	55	00:01:12	00:10:52	00:24:54.65	00:26:07.15	+00:06:14 (25.1%)	4:59	12 (74.5%)
56	MALINOWSKI Waldemar	58	RUN LOTTO-BYDGOSTIA	M-40	56	00:00:14	00:09:43	00:25:11.25	00:25:25.65	+00:06:31 (25.9%)	5:02	11.9 (73.9%)
57	TWARDOWSKI Wojciech	328	RUN BYDGOSZCZ	M-40	57	00:00:48	00:10:11	00:25:14.55	00:26:02.90	+00:06:34 (26.1%)	5:02	11.9 (73.9%)
58	KRYSZTOFIAK Robert	40		M-40	58	00:00:21	00:09:52	00:25:21.15	00:25:42.40	+00:06:41 (26.4%)	5:04	11.8 (73.3%)
59	BRYLEW Tomasz	662	AGENCJA SITAB	M-40	59	00:01:22	00:09:58	00:25:26.05	00:26:48.25	+00:06:46 (26.6%)	5:05	11.8 (73.3%)
60	CEMKE Tomasz	128		M-40	60	00:00:14	00:10:12	00:25:28.25	00:25:43.10	+00:06:48 (26.7%)	5:05	11.8 (73.3%)
61	STASZKIEWICZ Radosław	422	STASHKY TEAM	M-40	61	00:00:32	00:10:08	00:25:31.80	00:26:04.65	+00:06:52 (26.9%)	5:06	11.7 (72.7%)
62	BYRTEK Grzegorz	469		M-40	62	00:00:29	00:09:46	00:25:33.45	00:26:03.15	+00:06:53 (27.0%)	5:06	11.7 (72.7%)
63	KUBOWICZ Piotr	242	DRUŻYNA..GOCHY	M-40	63	00:00:08	00:09:59	00:25:36.80	00:25:45.70	+00:06:57 (27.1%)	5:07	11.7 (72.7%)
64	ANDRYSZAK Piotr	913		M-40	64	00:00:16	00:09:56	00:25:44.60	00:26:01.10	+00:07:04 (27.5%)	5:09	11.7 (72.7%)
65	SZAFKOWSKI Arkadiusz	232		M-40	65	00:00:28	00:10:05	00:25:52.70	00:26:21.40	+00:07:13 (27.9%)	5:10	11.6 (72.0%)
66	ŚWIATŁY Andrzej	212		M-40	66	00:00:31	00:10:29	00:25:53.25	00:26:24.75	+00:07:13 (27.9%)	5:10	11.6 (72.0%)
67	BEDNAREK Waldemar	1071		M-40	67	00:01:25	00:10:28	00:26:13.55	00:27:39.20	+00:07:33 (28.8%)	5:14	11.4 (70.8%)
68	SZMELTER Michał	203		M-40	68	00:00:43	00:10:36	00:26:25.75	00:27:09.45	+00:07:46 (29.4%)	5:17	11.3 (70.2%)
69	DROZDOWSKI Krzysiek	765		M-40	69	00:00:38	00:10:07	00:26:36.80	00:27:15.75	+00:07:57 (29.9%)	5:19	11.3 (70.2%)
70	CEGIELSKI Maciej	322	ŻANDARMİ Z BYDGOSZCZY	M-40	70	00:00:16	00:10:12	00:27:12.60	00:27:28.70	+00:08:32 (31.4%)	5:26	11 (68.3%)
71	KLONOWSKI Sławomir	28		M-40	71	00:01:08	00:11:13	00:27:13.20	00:28:21.20	+00:08:33 (31.4%)	5:26	11 (68.3%)
72	DURĄŁEK Andrzej	87	TEAM PRUSZCZ	M-40	72	00:00:48	00:10:56	00:27:16.80	00:28:04.85	+00:08:37 (31.6%)	5:27	11 (68.3%)
73	BORACZYŃSKI Krzysztof	637		M-40	73	00:01:06	00:12:02	00:27:33.60	00:28:39.65	+00:08:53 (32.3%)	5:30	10.9 (67.7%)
74	DREWS Grzegorz	456	RUN BYDGOSZCZ	M-40	74	00:00:54	00:11:24	00:27:48.95	00:28:43.00	+00:09:09 (32.9%)	5:33	10.8 (67.1%)

								Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2km			Różn		
75	MOROSZCZAK Bogumił	857		M-40	75	00:00:35	00:11:07	00:27:53.00	00:28:28.15	+00:09:13 (33.1%)	5:34	10.8 (67.1%)
76	KOGUC Artur	893		M-40	76	00:00:32	00:10:42	00:28:29.55	00:29:01.80	+00:09:49 (34.5%)	5:41	10.5 (65.2%)
77	PIETRASZAK Tomasz	499	RUN BYDGOSZCZ	M-40	77	00:00:53	00:11:25	00:28:32.35	00:29:25.85	+00:09:52 (34.6%)	5:42	10.5 (65.2%)
78	ZIĘTAK Andrzej	435		M-40	78	00:00:26	00:11:26	00:28:46.40	00:29:13.00	+00:10:06 (35.1%)	5:45	10.4 (64.6%)
79	KLIMKIEWICZ Maciej	777		M-40	79	00:00:59	00:11:14	00:28:57.00	00:29:56.00	+00:10:17 (35.5%)	5:47	10.4 (64.6%)
80	KAPELIŃSKI Stanisław	69		M-40	80	00:00:46	00:11:18	00:29:18.85	00:30:05.15	+00:10:39 (36.3%)	5:51	10.2 (63.4%)
81	NURKIEWICZ Jarosław	905	ANIOŁY	M-40	81	00:01:13	00:11:54	00:29:20.55	00:30:34.15	+00:10:40 (36.4%)	5:52	10.2 (63.4%)
82	KLISZEWSKI Damian	320		M-40	82	00:00:51	00:11:35	00:29:40.20	00:30:31.65	+00:11:00 (37.1%)	5:56	10.1 (62.7%)
83	WIERSKI Jarosław	753		M-40	83	00:00:43	00:11:31	00:30:21.15	00:31:04.70	+00:11:41 (38.5%)	6:04	9.9 (61.5%)
84	CHODOR Tomasz	396		M-40	84	00:01:00	00:12:14	00:30:27.10	00:31:27.45	+00:11:47 (38.7%)	6:05	9.9 (61.5%)
85	DRAPIEWSKI Przemysław	977	RUN BYDGOSZCZ	M-40	85	00:00:54	00:11:17	00:30:39.90	00:31:34.20	+00:12:00 (39.1%)	6:08	9.8 (60.9%)
86	PAKUŁSKI Rafał	381		M-40	86	00:00:45	00:12:00	00:30:54.00	00:31:39.20	+00:12:14 (39.6%)	6:10	9.7 (60.2%)
87	MODRZEWSKI Łukasz	520		M-40	87	00:01:04	00:11:50	00:31:01.80	00:32:06.70	+00:12:22 (39.9%)	6:12	9.7 (60.2%)
88	NEBAK Krzysztof	148		M-40	88	00:00:31	00:11:28	00:31:16.65	00:31:47.85	+00:12:36 (40.3%)	6:15	9.6 (59.6%)
89	KRZYŻAŃSKI Przemysław	166	BYDGOSZCZ TRIATHLON TEAM	M-40	89	00:00:23	00:11:56	00:31:25.35	00:31:49.15	+00:12:45 (40.6%)	6:17	9.5 (59.0%)
90	RATAJ Maciej	868		M-40	90	00:01:16	00:12:25	00:31:50.00	00:33:06.00	+00:13:10 (41.4%)	6:22	9.4 (58.4%)
91	ANDRZEJCZAK Wojciech	124		M-40	91	00:01:25	00:12:25	00:32:06.25	00:33:32.20	+00:13:26 (41.9%)	6:25	9.3 (57.8%)
92	WRÓBLEWSKI Boleśław	719		M-40	92	00:00:58	00:12:47	00:32:37.55	00:33:35.60	+00:13:57 (42.8%)	6:31	9.2 (57.1%)
93	KAWA Marcin	183	CUKIER & SERCE	M-40	93	00:01:02	00:12:38	00:32:53.80	00:33:56.25	+00:14:14 (43.3%)	6:34	9.1 (56.5%)
94	SZOSTAK Tomasz	678	MBANK	M-40	94	00:00:56	00:12:40	00:33:13.05	00:34:10.00	+00:14:33 (43.8%)	6:38	9 (55.9%)
95	ZIENKOWSKI Cezary	965		M-40	95	00:01:21	00:12:58	00:33:37.80	00:34:59.00	+00:14:58 (44.5%)	6:43	8.9 (55.3%)
96	KUFEL Jacek	303		M-40	96	00:00:27	00:14:22	00:37:52.65	00:38:19.75	+00:19:12 (50.7%)	7:34	7.9 (49.1%)
97	JANKOWSKI Rafał	67		M-40	97	00:01:18	00:14:36	00:38:26.45	00:39:45.35	+00:19:46 (51.5%)	7:41	7.8 (48.4%)
98	JABŁOŃSKI Janusz	587	STOWARZYSZENIE PIECZA	M-40	98	00:01:17	00:17:44	00:40:16.00	00:41:33.00	+00:21:36 (53.7%)	8:03	7.5 (46.6%)
99	RUTKOWSKI Adam	613		M-40	99	00:00:56	00:15:23	00:40:31.55	00:41:27.80	+00:21:51 (54.0%)	8:06	7.4 (46.0%)
100	ŻURAWSKI Michał	858	RUN LOTTO-BYDGOSTIA	M-40	100	00:01:20	00:15:47	00:41:00.75	00:42:20.75	+00:22:21 (54.5%)	8:12	7.3 (45.3%)
101	OLECHNOWICZ Tomasz	867	SM BUDOWLANI	M-40	101	00:00:59	00:16:11	00:41:06.75	00:42:06.35	+00:22:27 (54.6%)	8:13	7.3 (45.3%)

Znaleziono 101 wynik(ów)