



IV PÓŁMARATON PUSZCZY BYDGOSKIEJ - LEKKA WYTIRKA

B4SPORT

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

IV Biegi Puszczy Bydgoskiej

FUNDACJA "Aktywne Kujawy"

2019-10-05

BYDGOSZCZ

23 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 22.57km	Różn	Tempo min/km	Tempo km/h
1	BEDNAREK Adrian	5	ADRIANBEDNAREK.PL	M20	1	01:21:34.00		3:36	16.6 (100%)
2	KOLMAJER Rafał	90		M30	1	01:41:28.30	+00:19:54 (19.6%)	4:29	13.3 (80.1%)
3	WARSZAWSKI Przemysław	319		M30	2	01:49:14.90	+00:27:40 (25.3%)	4:50	12.4 (74.7%)
4	KOWALSKI Jacek	96		M40	1	01:49:56.55	+00:28:22 (25.8%)	4:52	12.3 (74.1%)
5	MELKOWSKI Dawid	314	8 K-PBOT	M20	2	01:50:02.20	+00:28:28 (25.9%)	4:52	12.3 (74.1%)
6	GÓRSKI Krzysztof	58		M40	2	01:50:21.15	+00:28:47 (26.1%)	4:53	12.3 (74.1%)
7	KUBIAK Sławomir	105		M50	1	01:51:02.60	+00:29:28 (26.5%)	4:55	12.2 (73.5%)
8	KRUEGER Waldemar	100	FOREST GANG	M40	3	01:52:17.50	+00:30:43 (27.4%)	4:58	12.1 (72.9%)
9	NAGORZYSKI Arkadiusz	152	BIEGAMWSPIERAMMOTYWUJĘ	M30	3	01:52:35.75	+00:31:01 (27.6%)	4:59	12 (72.3%)
10	DUSZKA Łukasz	45	POLONIA	M30	4	01:53:35.60	+00:32:01 (28.2%)	5:01	11.9 (71.7%)
11	MICHALIK Joanna	142	PBSLA	K30	1	01:54:43.60	+00:33:09 (28.9%)	5:04	11.8 (71.1%)
12	OLESZCZAK Piotr	166	BIEGAM BO SĄ TACY CO NIE MOGĄ	M40	4	01:57:38.60	+00:36:04 (30.7%)	5:12	11.5 (69.3%)
13	BORUCH Łukasz	15		M30	5	01:58:26.20	+00:36:52 (31.1%)	5:14	11.4 (68.7%)
14	KAMIŃSKI Łukasz	81	WKURW_TEAM/ WATAHA BYDGOSZCZ	M30	6	01:58:32.00	+00:36:58 (31.2%)	5:15	11.4 (68.7%)
15	SZOPA Angelina	232	SISU OWB TEAM	K30	2	01:58:59.10	+00:37:25 (31.4%)	5:16	11.4 (68.7%)
16	RUTKOWSKI Adam	196	OLENDER	M20	3	01:59:01.60	+00:37:27 (31.5%)	5:16	11.4 (68.7%)
17	SZULC Patryk	237		M20	4	01:59:34.90	+00:38:00 (31.8%)	5:17	11.3 (68.1%)
18	PALACZ Wioletta	170	PB SLA	K40	1	01:59:56.30	+00:38:22 (32.0%)	5:18	11.3 (68.1%)
19	KRZYŻANOWSKI Robert	102	RUN PASJA	M50	2	02:00:00.35	+00:38:26 (32.0%)	5:19	11.3 (68.1%)
20	ŻAK Paweł	279	BROWERY TEAM	M30	7	02:02:02.85	+00:40:28 (33.2%)	5:24	11.1 (66.9%)
21	LICHOCKI Marcin	120	ŁĄCZY NAS PUSZCZA	M30	8	02:03:39.15	+00:42:05 (34.0%)	5:28	11 (66.3%)
22	LIPKOWSKI Piotrek	122		M20	5	02:04:45.85	+00:43:11 (34.6%)	5:31	10.9 (65.7%)
23	STRĘCIWILK Tomasz	222	WTORKOWY TRENING	M30	9	02:06:13.75	+00:44:39 (35.4%)	5:35	10.7 (64.5%)
24	KIERLIK Arek	88	WATAHA BYDGOSZCZ	M40	5	02:07:33.05	+00:45:59 (36.1%)	5:39	10.6 (63.9%)
25	MICHALSKA Daria	143	BOHAR PALETY RUNNERS	K30	3	02:07:33.35	+00:45:59 (36.1%)	5:39	10.6 (63.9%)
26	PISKORSKI Piotr	177	FARBEN LEHRE	M40	6	02:08:00.85	+00:46:26 (36.3%)	5:40	10.6 (63.9%)
27	TUŁAŻA Jan	252	KLUB BIEGACZA T2/4	M50	3	02:09:26.35	+00:47:52 (37.0%)	5:44	10.5 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						22.57km			
28	STĘPIEŃ Tomasz	220	-:-)	M40	7	02:09:46.85	+00:48:12 (37.2%)	5:44	10.4 (62.7%)
29	WELCHOWSKI Rafał	315	DZIKI Z BALCZEWA	M30	10	02:09:53.40	+00:48:19 (37.2%)	5:45	10.4 (62.7%)
30	MARTIN Paweł	138		M30	11	02:10:02.05	+00:48:28 (37.3%)	5:45	10.4 (62.7%)
31	MICHALAK Robert	141	GORDON RUN	M30	12	02:10:02.45	+00:48:28 (37.3%)	5:45	10.4 (62.7%)
32	ŻAK Łukasz	280	BROWERY TEAM	M20	6	02:10:28.55	+00:48:54 (37.5%)	5:46	10.4 (62.7%)
33	TARKOWSKI Mariusz	284		M40	8	02:11:11.80	+00:49:37 (37.8%)	5:48	10.3 (62.0%)
34	WYRĘBSKI Jarosław	201		M40	9	02:11:19.70	+00:49:45 (37.9%)	5:49	10.3 (62.0%)
35	BIAŁOWĄS Dariusz	6		M40	10	02:11:23.70	+00:49:49 (37.9%)	5:49	10.3 (62.0%)
36	BIEL Marek	7	1% DLA DARII BIEL	M40	11	02:11:27.60	+00:49:53 (38.0%)	5:49	10.3 (62.0%)
37	MAŁECKI Sebastian	134	KLUB BIEGACZA T 2/4	M40	12	02:11:33.55	+00:49:59 (38.0%)	5:49	10.3 (62.0%)
38	WITKOWSKA Anna	262	SKĘPSCY BIEGACZE	K40	2	02:11:36.90	+00:50:02 (38.0%)	5:49	10.3 (62.0%)
39	TYMCZEWSKI Maciej	254	TYMOLE TEAM	M40	13	02:12:52.25	+00:51:18 (38.6%)	5:53	10.2 (61.4%)
40	TYMCZEWSKA Alicja	253	TYMOLE TEAM	K20	1	02:12:52.85	+00:51:18 (38.6%)	5:53	10.2 (61.4%)
41	RATAJ Krzysztof	190	KS POLONIA BYDGOSZCZ SLA	M30	13	02:14:26.50	+00:52:52 (39.3%)	5:57	10.1 (60.8%)
42	STASZKIEWICZ Lucyna	219	STASHKY TEAM	K50	1	02:14:38.85	+00:53:04 (39.4%)	5:57	10.1 (60.8%)
43	ZAŁEWSKI Przemysław	317	8 K-PBOT	M40	14	02:14:43.30	+00:53:09 (39.5%)	5:58	10.1 (60.8%)
44	KONIECZNY Dawid	91		M20	7	02:15:15.80	+00:53:41 (39.7%)	5:59	10 (60.2%)
45	TARCZYŃSKA Marta	244	COOKIETEAMRUNERS	K30	4	02:15:16.10	+00:53:42 (39.7%)	5:59	10 (60.2%)
46	JABŁOŃSKI Michał	69	PKO BP	M30	14	02:15:20.10	+00:53:46 (39.7%)	5:59	10 (60.2%)
47	ŁUGOWSKI Rafał	130		M40	15	02:15:47.15	+00:54:13 (39.9%)	6:00	10 (60.2%)
48	LEBIECKI Paweł	116		M30	15	02:16:35.05	+00:55:01 (40.3%)	6:03	9.9 (59.6%)
49	BORKOWSKI Michał	12		M20	8	02:17:38.25	+00:56:04 (40.7%)	6:05	9.8 (59.0%)
50	FÓRMAN Daniel	50	LODOŻERCY_CHODZIEŻ	M40	16	02:17:54.60	+00:56:20 (40.9%)	6:06	9.8 (59.0%)
51	DRAIM Jacek	41		M50	4	02:18:09.70	+00:56:35 (41.0%)	6:07	9.8 (59.0%)
52	ZARECKI Piotr	251		M30	16	02:18:34.05	+00:57:00 (41.1%)	6:08	9.8 (59.0%)
53	CZAJA Jarosław	28		M40	17	02:18:58.80	+00:57:24 (41.3%)	6:09	9.7 (58.4%)
54	TOMASZEWSKI Marcin	308		M40	18	02:20:51.05	+00:59:17 (42.1%)	6:14	9.6 (57.8%)
55	FRANKOWSKI Michał	51	LODOŻERCY CHODZIEŻ	M30	17	02:21:07.10	+00:59:33 (42.2%)	6:15	9.6 (57.8%)
56	RAKOWSKA Natalia	188	FOREST GANG	K20	2	02:21:18.15	+00:59:44 (42.3%)	6:15	9.6 (57.8%)
57	HAN Agnieszka	63	WATAHA BYDGOSZCZ	K30	5	02:21:18.25	+00:59:44 (42.3%)	6:15	9.6 (57.8%)
58	SZELIGA Karolina	231		K20	3	02:21:19.25	+00:59:45 (42.3%)	6:15	9.6 (57.8%)
59	BARSZCZEWSKI Sebastian	4		M40	19	02:21:37.65	+01:00:03 (42.4%)	6:16	9.6 (57.8%)
60	POPIELARZ Robert	180	WKURW_TEAM	M50	5	02:21:52.00	+01:00:18 (42.5%)	6:17	9.5 (57.2%)
61	WOSZCZYK Agnieszka	267	ŁĄCZY NAS PUSZCZA	K20	4	02:21:58.50	+01:00:24 (42.5%)	6:17	9.5 (57.2%)
62	MIŁKOŚ Mateusz	84		M40	20	02:22:20.00	+01:00:46 (42.7%)	6:18	9.5 (57.2%)
63	LACH Paweł	113	EURO KUJAWY	M30	18	02:24:47.10	+01:03:13 (43.7%)	6:24	9.4 (56.6%)
64	BOJAŁKOWSKA Krystyna	10		K40	3	02:25:18.25	+01:03:44 (43.9%)	6:26	9.3 (56.0%)
65	SIUDA Sebastian	205		M40	21	02:27:00.95	+01:05:26 (44.5%)	6:30	9.2 (55.4%)
66	ŁUGOWSKA Agnieszka	129		K40	4	02:27:10.10	+01:05:36 (44.6%)	6:31	9.2 (55.4%)
67	RYBAK Remigiusz	197	BIKE U UP	M40	22	02:28:05.75	+01:06:31 (44.9%)	6:33	9.1 (54.8%)
68	LEWANDOWSKI Marcin	118	KEEEEPER	M20	9	02:28:06.25	+01:06:32 (44.9%)	6:33	9.1 (54.8%)
69	TYNKIEWICZ Alicja	255		K50	2	02:28:55.10	+01:07:21 (45.2%)	6:35	9.1 (54.8%)
70	SWICARZ Monika	227		K40	5	02:29:05.25	+01:07:31 (45.3%)	6:36	9.1 (54.8%)
71	ROBACZEWSKA Kinga	193		K30	6	02:29:05.70	+01:07:31 (45.3%)	6:36	9.1 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						22.57km			
72	PIASZCZYK Michał	175		M30	19	02:29:38.25	+01:08:04 (45.5%)	6:37	9.1 (54.8%)
73	TEJZA Daniel	245	RUNFORFUN	M40	23	02:29:43.00	+01:08:09 (45.5%)	6:38	9 (54.2%)
74	SZKUTA- KRÓL Jarosław	311	100%WITAMINY C	M30	20	02:29:52.80	+01:08:18 (45.6%)	6:38	9 (54.2%)
75	SZKUTA Sławka	216	LEŚNE KUNY	K30	7	02:30:04.55	+01:08:30 (45.6%)	6:38	9 (54.2%)
76	JESKE Marek	97	RUN BYDGOSZCZ	M40	24	02:30:21.55	+01:08:47 (45.8%)	6:39	9 (54.2%)
77	WALENTYN Danuta	257	WATAHA BYDGOSZCZ	K50	3	02:30:43.30	+01:09:09 (45.9%)	6:40	9 (54.2%)
78	NIEDBALSKA Anna	156		K40	6	02:31:03.75	+01:09:29 (46.0%)	6:41	9 (54.2%)
79	SZŁYK Maciej	285	SPORT 4 LIFE	M40	25	02:31:11.70	+01:09:37 (46.1%)	6:41	9 (54.2%)
80	BORKOWSKI Michał	13	CB163	M30	21	02:32:15.85	+01:10:41 (46.4%)	6:44	8.9 (53.6%)
81	TESSA Justyna	306		K40	7	02:33:17.25	+01:11:43 (46.8%)	6:47	8.8 (53.0%)
82	PAWLACZYK- MATELA Emilia	301	PSLA	K-OPEN	1	02:33:21.45	+01:11:47 (46.8%)	6:47	8.8 (53.0%)
83	CZERNIA Jerzy	29	CZERNIA TEAM	M40	26	02:35:18.75	+01:13:44 (47.5%)	6:52	8.7 (52.4%)
84	WAJER Marita	256	ŁĄCZY NAS PUSZCZA	K20	5	02:36:18.10	+01:14:44 (47.8%)	6:55	8.7 (52.4%)
85	ŁUKASZEK Marek	132	WATAHA BYDGOSZCZ	M30	22	02:37:07.55	+01:15:33 (48.1%)	6:57	8.6 (51.8%)
86	HEJNA Kamil	303	OLOCHODZIWBIEGU	M-OPEN	1	02:37:56.40	+01:16:22 (48.4%)	6:59	8.6 (51.8%)
87	GACA Anna Maria	304	AMG	K40	8	02:37:56.70	+01:16:22 (48.4%)	6:59	8.6 (51.8%)
88	PAWLAK Jakub	174		M30	23	02:41:07.85	+01:19:33 (49.4%)	7:08	8.4 (50.6%)
89	WEILAND Agnieszka	259	NIGHT WOLVES SŁUPSK	K30	8	02:41:10.60	+01:19:36 (49.4%)	7:08	8.4 (50.6%)
90	ZALECH Zbigniew	275		M40	27	02:42:54.50	+01:21:20 (49.9%)	7:13	8.3 (50.0%)
91	KUBALSKA Dorota	103		K30	9	02:42:55.50	+01:21:21 (49.9%)	7:13	8.3 (50.0%)
92	NALASKOWSKA Anna	154		K40	9	02:43:27.25	+01:21:53 (50.1%)	7:14	8.3 (50.0%)
93	HAUSMAN Magdalena	65	PARKRUN GRUDZIĄDZ	K40	10	02:43:27.60	+01:21:53 (50.1%)	7:14	8.3 (50.0%)
94	NOWAK Natalia	160		K20	6	02:44:00.00	+01:22:26 (50.3%)	7:15	8.3 (50.0%)
95	STASZAK Szymon	218	OCELOTY KRUSZYN KRAJEŃSKI	M30	24	02:45:09.25	+01:23:35 (50.6%)	7:19	8.2 (49.4%)
96	KROPIDŁOWSKA Magdalena	99	OCELOTY KRUSZYN KRAJEŃSKI	K30	10	02:45:09.55	+01:23:35 (50.6%)	7:19	8.2 (49.4%)
97	WOJTYSIAK Dorota	266		K30	11	02:46:00.95	+01:24:26 (50.9%)	7:21	8.2 (49.4%)
98	KĘDZIERSKA Paulina	87	LODOŻERCY CHODZIEŻ	K30	12	02:47:11.70	+01:25:37 (51.2%)	7:24	8.1 (48.8%)
99	MASŁYSZ Marcin	139	WKURW_TEAM	M30	25	02:48:13.35	+01:26:39 (51.5%)	7:27	8.1 (48.8%)
100	SZTEJKA Jolanta	234		K40	11	02:49:38.40	+01:28:04 (51.9%)	7:30	8 (48.2%)
101	BRAC-WALCZYK Małgorzata	17	AKADEMIA BIEGANIA GRUDZIĄDZ	K60+	1	02:50:05.90	+01:28:31 (52.0%)	7:32	8 (48.2%)
102	SZAFKOWSKI Arkadiusz	228	SOLECCY BIEGACZE	M40	28	02:50:12.55	+01:28:38 (52.1%)	7:32	8 (48.2%)
103	ZAGOZDZON Wioleta	274	SOLECCY BIEGACZE	K30	13	02:50:23.95	+01:28:49 (52.1%)	7:32	7.9 (47.6%)
104	NOWICKA Magdalena	164		K30	14	02:50:25.10	+01:28:51 (52.1%)	7:33	7.9 (47.6%)
105	SMYK Rafał	209		M40	29	02:50:33.40	+01:28:59 (52.2%)	7:33	7.9 (47.6%)
106	POSS Marcin	182	CCR	M40	30	02:50:56.35	+01:29:22 (52.3%)	7:34	7.9 (47.6%)
107	JAKUBOWSKA Anna	71	CCR	K30	15	02:50:56.60	+01:29:22 (52.3%)	7:34	7.9 (47.6%)
108	KOTOWSKA Joanna	302	FOREST GANG	K40	12	02:51:28.50	+01:29:54 (52.4%)	7:35	7.9 (47.6%)
109	SOŁOŃ Rafał	215	#PUSZCZALSCY	M20	10	02:51:37.10	+01:30:03 (52.5%)	7:36	7.9 (47.6%)
110	KARDACH Magdalena	82	#PUSZCZALSCY	K30	16	02:51:37.45	+01:30:03 (52.5%)	7:36	7.9 (47.6%)
111	REMUS Sandra	191		K20	7	02:52:45.15	+01:31:11 (52.8%)	7:39	7.8 (47.0%)
112	CEJKO Sławomir	22		M40	31	02:53:22.10	+01:31:48 (53.0%)	7:40	7.8 (47.0%)
113	SZCZEPAŃSKA-DOLNA Edyta	230	FOREST GANG	K50	4	02:53:31.30	+01:31:57 (53.0%)	7:41	7.8 (47.0%)
114	ADACH Magdalena	1	ENDORFINA WSCHOWA	K20	8	02:55:38.75	+01:34:04 (53.6%)	7:46	7.7 (46.4%)
115	SALAMON Marta	198	WKURW_TEAM	K30	17	02:56:48.00	+01:35:14 (53.9%)	7:50	7.7 (46.4%)

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116	PAWLAK Magdalena	173		K30	18	02:57:33.90	+01:35:59 (54.1%)	7:51	7.6 (45.8%)
116	STRĘCIWILK Justyna	223	VADAIN RUNNING CLUB	K40	13	02:57:33.90	+01:35:59 (54.1%)	7:51	7.6 (45.8%)
118	KUNKE Magdalena	110	WKURW_TEAM	K20	9	02:58:39.10	+01:37:05 (54.3%)	7:54	7.6 (45.8%)
119	KALACZYŃSKI Miłosz	80	PB SLA	M20	11	02:59:39.25	+01:38:05 (54.6%)	7:57	7.5 (45.2%)
120	ŻUBKOWSKI Jakub	281		M20	12	02:59:40.65	+01:38:06 (54.6%)	7:57	7.5 (45.2%)
121	DRESLESKA Agnieszka	309	COOKIETEAMRUNNERS	K30	19	03:03:03.75	+01:41:29 (55.4%)	8:06	7.4 (44.6%)
122	KUJAWA Katarzyna	107	KURCZAK I AGATKA	K40	14	03:04:43.10	+01:43:09 (55.8%)	8:11	7.3 (44.0%)
123	CZECH Izabela	305	FOREST GANG	K40	15	03:16:43.25	+01:55:09 (58.5%)	8:42	6.9 (41.6%)
124	MIKLER Aleksandra	145	FOREST GANG	K20	10	03:16:43.55	+01:55:09 (58.5%)	8:42	6.9 (41.6%)
125	CHYLIŃSKI Łukasz	27		M30	26	03:16:51.15	+01:55:17 (58.6%)	8:43	6.9 (41.6%)
126	LEMAŃSKA- CHYLIŃSKA Marta	316		K30	20	03:16:51.75	+01:55:17 (58.6%)	8:43	6.9 (41.6%)
127	WOLICKA Joanna	320		K40	16	03:37:03.65	+02:15:29 (62.4%)	9:37	6.2 (37.3%)
128	KUBOWICZ-KAMIŃSKA Hania	106	WKURW_TEAM / WATAHA BYDGOSZCZ	K30	21	03:39:52.10	+02:18:18 (62.9%)	9:44	6.2 (37.3%)
129	KOCHOWICZ Anna	89	WATAHA BYDGOSZCZ	K40	17	04:13:14.80	+02:51:40 (67.8%)	11:13	5.3 (31.9%)
130	WITUCKA-GULSKA Barbara	263	WATAHA BYDGOSZCZ	K40	18	04:13:15.85	+02:51:41 (67.8%)	11:13	5.3 (31.9%)
131	BOSSARDT Dorota	16	WATAHA BYDGOSZCZ	K30	22	04:25:27.10	+03:03:53 (69.3%)	11:45	5.1 (30.7%)
132	STRZYŻOWSKA Monika	224	WATAHA BYDGOSZCZ	K40	19	04:25:28.45	+03:03:54 (69.3%)	11:45	5.1 (30.7%)
133	CZERNIA Dorota	30	CZERNIA TEAM	K40	20	04:28:14.00	+03:06:40 (69.6%)	11:53	5 (30.1%)
134	CZERNIA Michalina	31	CZERNIA TEAM	K20	11	04:28:15.00	+03:06:41 (69.6%)	11:53	5 (30.1%)
135	WOJTANOWICZ Beata	265		K50	5	04:35:08.60	+03:13:34 (70.4%)	12:11	4.9 (29.5%)

Znaleziono 135 wynik(ów)