



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

**XVI BIEG SYLWESTROWY**  
Stowarzyszenie Rowerowa Brzoza  
2022-12-31  
Brzoza  
5 km

## NORDIC WALKING

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni

| Msc | Zawodnik                     | Numer      | Klub                     | Kategoria | Mkat | Drużyna | Klub                     | Drużyna 1 | Czas startu | Split 2.4km | Split 4.9km | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|--------------------------|-----------|------|---------|--------------------------|-----------|-------------|-------------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1   | <b>KRAJNIK Jacek</b>         | <b>409</b> | LIFE BALANCE PLACE       | M46-55    | 1    |         | Life Balance Place       |           | 00:00:00    | 00:16:21    | 00:32:22    | <b>00:35:22.85</b> | <b>00:35:23.45</b> |                   | 7:04         | 8.5 (100%)  |
| 2   | <b>KUSA Piotr</b>            | <b>393</b> | LIFE BALANCE PLACE       | M36-45    | 1    |         | Life Balance Place       |           | 00:00:00    | 00:16:46    | 00:32:55    | <b>00:35:59.30</b> | <b>00:35:59.60</b> | +00:00:36 (1.7%)  | 7:11         | 8.3 (97.6%) |
| 3   | <b>NOWAKOWSKI Grzegorz</b>   | <b>232</b> |                          | M36-45    | 2    |         |                          |           | 00:00:01    | 00:17:02    | 00:33:19    | <b>00:36:25.45</b> | <b>00:36:27.00</b> | +00:01:02 (2.9%)  | 7:17         | 8.2 (96.5%) |
| 4   | <b>POTRZEBOWSKI Marek</b>    | <b>122</b> | LIFE BALANCE PLACE       | M36-45    | 3    |         | Life Balance Place       |           | 00:00:01    | 00:17:02    | 00:34:29    | <b>00:37:46.00</b> | <b>00:37:47.60</b> | +00:02:23 (6.3%)  | 7:33         | 7.9 (92.9%) |
| 5   | <b>MACIŃSKI Waldemar</b>     | <b>175</b> | ANTIDOTUM                | M36-45    | 4    |         | Antidotum                |           | 00:00:05    | 00:18:29    | 00:35:34    | <b>00:38:44.70</b> | <b>00:38:50.35</b> | +00:03:21 (8.7%)  | 7:44         | 7.7 (90.6%) |
| 6   | <b>CIESIELSKI Krzysztof</b>  | <b>68</b>  |                          | M56+      | 1    |         |                          |           | 00:00:00    | 00:18:38    | 00:36:09    | <b>00:39:28.85</b> | <b>00:39:29.70</b> | +00:04:06 (10.4%) | 7:53         | 7.6 (89.4%) |
| 7   | <b>STAWNIAK Karol</b>        | <b>178</b> |                          | M56+      | 2    |         |                          |           | 00:00:06    | 00:18:28    | 00:36:12    | <b>00:39:39.95</b> | <b>00:39:46.25</b> | +00:04:17 (10.8%) | 7:55         | 7.6 (89.4%) |
| 8   | <b>TRZCIŃSKI Eugeniusz</b>   | <b>426</b> |                          | M56+      | 3    |         |                          |           | 00:00:07    | 00:18:43    | 00:36:26    | <b>00:39:48.55</b> | <b>00:39:55.95</b> | +00:04:25 (11.1%) | 7:57         | 7.5 (88.2%) |
| 9   | <b>LEWANDOWSKI Maciej</b>    | <b>288</b> |                          | M35       | 1    |         |                          |           | 00:00:03    | 00:18:48    | 00:36:30    | <b>00:39:52.85</b> | <b>00:39:56.65</b> | +00:04:30 (11.3%) | 7:58         | 7.5 (88.2%) |
| 10  | <b>ZAKOŚCIELNY Krzysztof</b> | <b>39</b>  |                          | M56+      | 4    |         |                          |           | 00:00:02    | 00:18:42    | 00:36:48    | <b>00:40:27.30</b> | <b>00:40:29.30</b> | +00:05:04 (12.5%) | 8:05         | 7.4 (87.1%) |
| 11  | <b>KUPER Mariusz</b>         | <b>124</b> |                          | M36-45    | 5    |         |                          |           | 00:00:05    | 00:18:42    | 00:37:14    | <b>00:40:48.05</b> | <b>00:40:53.20</b> | +00:05:25 (13.3%) | 8:09         | 7.4 (87.1%) |
| 12  | <b>POLAK Paweł</b>           | <b>115</b> |                          | M35       | 2    |         |                          |           | 00:00:06    | 00:19:37    | 00:37:37    | <b>00:40:56.60</b> | <b>00:41:03.10</b> | +00:05:33 (13.6%) | 8:11         | 7.3 (85.9%) |
| 13  | <b>SIÓDZIAK Sławomir</b>     | <b>168</b> | AKADEMIA MISTRZÓW SPORTU | M36-45    | 6    |         | Akademia Mistrzów Sportu |           | 00:00:03    | 00:19:21    | 00:37:33    | <b>00:41:03.20</b> | <b>00:41:06.35</b> | +00:05:40 (13.8%) | 8:12         | 7.3 (85.9%) |
| 14  | <b>WONIAKOWSKI Czesław</b>   | <b>253</b> |                          | M56+      | 5    |         |                          |           | 00:00:06    | 00:19:43    | 00:37:59    | <b>00:41:26.20</b> | <b>00:41:33.00</b> | +00:06:03 (14.6%) | 8:17         | 7.2 (84.7%) |

| Msc | Zawodnik             | Numer | Klub                            | Kategoria | Mkat | Drużyna | Klub                            | Drużyna 1 | Czas startu | Split 2.4km | Split 4.9km | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|---------------------------------|-----------|------|---------|---------------------------------|-----------|-------------|-------------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 15  | OLEJNICZAK Tomasz    | 314   |                                 | M46-55    | 2    |         |                                 |           | 00:00:05    | 00:19:57    | 00:38:39    | 00:42:13.30    | 00:42:19.05     | +00:06:50 (16.2%) | 8:26         | 7.1 (83.5%) |
| 16  | GRALIK Marek         | 129   | KURATORIUM OŚWIATY W BYDGOSZCZY | M56+      | 6    |         | Kuratorium Oświaty w Bydgoszczy |           | 00:00:02    | 00:19:27    | 00:38:50    | 00:42:23.40    | 00:42:25.55     | +00:07:00 (16.5%) | 8:28         | 7.1 (83.5%) |
| 17  | KITKOWSKI Maciej     | 292   |                                 | M46-55    | 3    |         |                                 |           | 00:00:05    | 00:20:14    | 00:38:54    | 00:42:24.25    | 00:42:29.25     | +00:07:01 (16.6%) | 8:28         | 7.1 (83.5%) |
| 18  | STACHURA Michał      | 125   |                                 | M46-55    | 4    |         |                                 |           | 00:00:11    | 00:21:03    | 00:40:42    | 00:44:27.40    | 00:44:38.90     | +00:09:04 (20.4%) | 8:53         | 6.7 (78.8%) |
| 19  | SZYPURA Jarosław     | 132   |                                 | M36-45    | 7    |         |                                 |           | 00:00:07    | 00:21:46    | 00:41:58    | 00:45:48.10    | 00:45:55.20     | +00:10:25 (22.8%) | 9:09         | 6.6 (77.6%) |
| 20  | KAWALERSKI Krzysztof | 322   | GOSIR OSIELSKO                  | M46-55    | 5    |         | GOSiR Osielsko                  |           | 00:00:08    | 00:22:32    | 00:44:15    | 00:48:20.25    | 00:48:29.20     | +00:12:57 (26.8%) | 9:40         | 6.2 (72.9%) |
| 21  | WOŁOSZYN Kazimierz   | 489   |                                 | M56+      | 7    |         | Rowerowa Brzoza                 |           | 00:00:03    | 00:23:59    | 00:45:49    | 00:48:36.20    | 00:48:39.70     | +00:13:13 (27.2%) | 9:43         | 6.2 (72.9%) |
| 22  | SPYCHALSKI Jacek     | 279   |                                 | M56+      | 8    |         |                                 |           | 00:00:09    | 00:23:43    | 00:45:26    | 00:49:38.60    | 00:49:48.45     | +00:14:15 (28.7%) | 9:55         | 6 (70.6%)   |
| 23  | IWANIUK Jacek        | 75    | PĘDZĄCE CHOMIKI                 | M46-55    | 6    |         | Pędzące Chomiki                 |           | 00:00:10    | 00:23:38    | 00:45:33    | 00:49:43.45    | 00:49:54.00     | +00:14:20 (28.8%) | 9:56         | 6 (70.6%)   |
| 24  | PIERZGALSKI Jarek    | 73    | ZAMULONE OSTRYGI                | M46-55    | 7    |         | Zamulone Ostrygi                |           | 00:00:10    | 00:23:38    | 00:45:34    | 00:49:44.65    | 00:49:54.80     | +00:14:21 (28.9%) | 9:56         | 6 (70.6%)   |
| 25  | CHUDZIŃSKI Jacek     | 425   | FORWARD 50/34                   | M46-55    | 8    |         | Forward 50/34                   |           | 00:00:07    | 00:28:06    | 00:53:09    | 00:58:06.75    | 00:58:14.45     | +00:22:43 (39.1%) | 11:37        | 5.2 (61.2%) |
| 26  | KOCZĄB Roman         | 494   |                                 | M56+      | 9    |         |                                 |           | 00:00:11    | 00:28:10    | 00:55:53    | 01:01:11.05    | 01:01:22.65     | +00:25:48 (42.2%) | 12:14        | 4.9 (57.6%) |

Znaleziono 26 wynik(ów)