



TRENING SYLWESTROWY 2020

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Trening Sylwestrowy 2020
Rowerowa Brzoza
2020-12-31
Brzoza
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	RYCHTER Karol	170	M-40	1			00:00:05	00:12:13	00:24:53	00:37:47	00:37:55.45	00:38:01.25		3:47	15.8 (100%)
2	SOSNOWSKI Krzysztof	99	M-40	2		SP 17 Bydgoszcz	00:00:07	00:12:47	00:25:36	00:38:04	00:38:12.05	00:38:19.10	+00:00:16 (0.7%)	3:49	15.7 (99.4%)
3	KOWALCZYK Marek	149	M-40	3	Brzoza Biega	Brzoza Biega	00:00:06	00:12:36	00:25:34	00:38:11	00:38:19.45	00:38:26.40	+00:00:24 (1.0%)	3:49	15.7 (99.4%)
4	LENC Sebastian	76	M-40	4	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:04	00:12:32	00:25:26	00:38:16	00:38:24.05	00:38:28.45	+00:00:28 (1.2%)	3:50	15.6 (98.7%)
5	GOŁEMBIEWSKI Marek	103	M-40	5			00:00:06	00:12:49	00:25:47	00:38:39	00:38:46.70	00:38:52.95	+00:00:51 (2.2%)	3:52	15.5 (98.1%)
6	TACZKOWSKI Jarosław	166	M-40	6			00:00:07	00:12:46	00:26:15	00:39:44	00:39:52.65	00:40:00.25	+00:01:57 (4.9%)	3:59	15.1 (95.6%)
7	MAGDZIARZ Jakub	58	M-40	7		Kancelaria HMM	00:00:06	00:12:46	00:26:11	00:39:47	00:39:55.10	00:40:01.15	+00:01:59 (5.0%)	3:59	15 (94.9%)
8	JASTRZĘBSKI Krzysztof	110	M-40	8			00:00:04	00:13:10	00:26:40	00:39:50	00:39:57.10	00:40:01.90	+00:02:01 (5.1%)	3:59	15 (94.9%)
9	WACHOWSKI Karol	48	M-40	9	AMS Triathlon	AMS Triathlon	00:00:16	00:13:35	00:27:22	00:41:08	00:41:16.00	00:41:32.35	+00:03:20 (8.1%)	4:07	14.5 (91.8%)
10	ANDRZEJEWSKI Paweł	69	M-40	10			00:43:04	00:13:48	00:28:19	00:42:31	00:42:40.45	01:25:44.45	+00:04:45 (11.1%)	4:16	14.1 (89.2%)
11	BARTOSZ Marek	51	M-40	11			00:00:07	00:13:43	00:28:24	00:42:43	00:42:51.35	00:42:58.70	+00:04:55 (11.5%)	4:17	14 (88.6%)
12	ŚWITAL Leszek	63	M-40	12		Morsy Margonin-TAZAR	00:00:23	00:14:20	00:28:48	00:43:00	00:43:08.30	00:43:31.90	+00:05:12 (12.1%)	4:18	13.9 (88.0%)
13	CHRUSZCZEWSKI Andrzej	81	M-40	13			00:00:15	00:14:30	00:28:45	00:43:00	00:43:10.80	00:43:26.35	+00:05:15 (12.2%)	4:19	13.9 (88.0%)
14	PRĄDZYŃSKI Marcin	32	M-40	14	AMS Triathlon	AMS Triathlon	00:00:17	00:15:40	00:29:28	00:43:28	00:43:36.90	00:43:54.65	+00:05:41 (13.0%)	4:21	13.8 (87.3%)
15	KŁOSOWSKI Marcin	2	M-40	15			00:00:06	00:14:42	00:29:15	00:43:34	00:43:43.40	00:43:49.90	+00:05:47 (13.3%)	4:22	13.7 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	SZWARC Waldemar	123		M-40	16		Aktywne Lniano	00:00:11	00:14:30	00:29:09	00:43:46	00:43:54.95	00:44:05.95	+00:05:59 (13.6%)	4:23	13.7 (86.7%)
17	MICHALEWSKI Bartosz	91		M-40	17		LUCKY LUCK	00:00:09	00:14:42	00:29:33	00:44:00	00:44:08.55	00:44:18.25	+00:06:13 (14.1%)	4:24	13.6 (86.1%)
18	MACIOSZEK Marcin	79		M-40	18			00:00:13	00:14:46	00:29:51	00:44:52	00:45:00.65	00:45:14.35	+00:07:05 (15.7%)	4:30	13.3 (84.2%)
19	ZAKURZEWSKI Tomasz	151		M-40	19	Brzoza Biega	Brzoza Biega	00:00:12	00:14:48	00:29:56	00:45:09	00:45:18.65	00:45:30.65	+00:07:23 (16.3%)	4:31	13.2 (83.5%)
20	KUBARSKI Julian	84		M-40	20	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:08	00:14:53	00:30:03	00:45:39	00:45:50.15	00:45:58.45	+00:07:54 (17.3%)	4:35	13.1 (82.9%)
21	GWIAZDOWSKI Krzysztof	11		M-40	21			00:00:22	00:14:55	00:30:26	00:45:42	00:45:52.90	00:46:15.45	+00:07:57 (17.3%)	4:35	13.1 (82.9%)
22	KUPRACZ Andrzej	114		M-40	22	Brzoza Biega	Brzoza Biega	00:00:10	00:14:24	00:29:58	00:45:58	00:46:07.30	00:46:18.05	+00:08:11 (17.8%)	4:36	13 (82.3%)
23	TOMTAS Konrad	42		M-40	23		56 BLot	00:00:34	00:15:47	00:31:11	00:46:03	00:46:13.30	00:46:47.85	+00:08:17 (18.0%)	4:37	13 (82.3%)
24	NAMIEŚNIK Krzysztof	65		M-40	24		QszysieKN	00:00:34	00:15:48	00:31:12	00:46:40	00:46:49.30	00:47:23.60	+00:08:53 (19.0%)	4:40	12.8 (81.0%)
25	BARSZCZEWSKI Sebastian	13		M-40	25			00:00:19	00:15:41	00:31:25	00:46:43	00:46:54.05	00:47:13.40	+00:08:58 (19.1%)	4:41	12.8 (81.0%)
26	BUZALSKI Robert	8		M-40	26		Orange Polska	00:00:11	00:14:31	00:30:27	00:46:51	00:47:01.10	00:47:12.35	+00:09:05 (19.3%)	4:42	12.8 (81.0%)
27	KIEŁCZYŃSKI Marek	12		M-40	27			00:00:12	00:15:33	00:31:30	00:47:09	00:47:18.60	00:47:31.45	+00:09:23 (19.8%)	4:43	12.7 (80.4%)
28	DAWIDOWICZ Maciej	150		M-40	28	Brzoza Biega	Brzoza Biega	00:00:00	00:16:45	00:32:50	00:47:19	00:47:29.00	00:47:29.00	+00:09:33 (20.1%)	4:44	12.6 (79.7%)
29	SZEWS Marek	34		M-40	29		AMS Triathlon	00:00:17	00:14:42	00:30:56	00:47:20	00:47:32.50	00:47:49.85	+00:09:37 (20.2%)	4:45	12.6 (79.7%)
30	GROTA Artur	140		M-40	30			00:00:20	00:16:00	00:32:15	00:48:50	00:49:03.35	00:49:23.95	+00:11:07 (22.7%)	4:54	12.2 (77.2%)
31	PAŚ Michał	54		M-40	31	Charty Szelejewo	CHARTY SZELEJEWO	00:00:12	00:16:41	00:32:34	00:49:55	00:50:08.40	00:50:20.95	+00:12:12 (24.4%)	5:00	12 (75.9%)
32	GRZEGORZEWSKI Rafał	82		M-40	32		Brzoza Biega	00:00:28	00:16:20	00:33:29	00:50:18	00:50:28.85	00:50:57.70	+00:12:33 (24.9%)	5:02	11.9 (75.3%)
33	STĘPIEŃ Tomasz	1		M-40	33			00:00:28	00:18:34	00:36:36	00:54:01	00:54:12.40	00:54:40.75	+00:16:16 (30.0%)	5:25	11.1 (70.3%)
34	NIEMCZEWSKI Mirosław	19		M-40	34		Łabiszyn runners	00:00:06	00:18:27	00:37:45	00:57:36	00:57:47.00	00:57:53.35	+00:19:51 (34.4%)	5:46	10.4 (65.8%)
35	CHROBAK Tomasz	132		M-40	35			00:00:22	00:19:58	00:39:34	00:59:11	00:59:21.75	00:59:44.05	+00:21:26 (36.1%)	5:56	10.1 (63.9%)
36	ZIELIŃSKI Andrzej	41		M-40	36			00:00:12	00:19:46	00:40:07	01:00:03	01:00:14.30	01:00:26.30	+00:22:18 (37.0%)	6:01	10 (63.3%)
37	RATAJ Maciej	44		M-40	37			00:07:46	00:19:21	00:41:42	01:02:50	01:03:01.50	01:10:47.70	+00:25:06 (39.8%)	6:18	9.5 (60.1%)
38	KRYSZTOFIAK Robert	83		M-40	38			00:00:23	00:19:36	00:40:43	01:02:56	01:03:08.15	01:03:31.45	+00:25:12 (39.9%)	6:18	9.5 (60.1%)

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39	JULLY Arkadiusz	106		M-40	39			00:05:41	00:20:22	00:41:50	01:03:16	01:03:28.85	01:09:10.55	+00:25:33 (40.3%)	6:20	9.5 (60.1%)
40	PÓŁGĘSEK Rafał	46		M-40	40			00:00:10	00:21:27	00:42:22	01:03:26	01:03:37.60	01:03:47.95	+00:25:42 (40.4%)	6:21	9.4 (59.5%)
41	RYDLEWSKI Andrzej	62		M-40	41			00:00:19	00:19:40	00:44:59	01:06:38	01:06:49.90	01:07:09.15	+00:28:54 (43.3%)	6:40	9 (57.0%)

Znaleziono 41 wynik(ów)