

**Organizator:** HVACR.pl Aldona Rybka  
**Data:** 2019-05-19  
**Miejsce:** Bydgoszcz  
**Dystans:** 10 km

Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>MRUK Tomasz</b>	<b>254</b>	CZARNE STOPY	M40-49	1	<b>00:37:27.75</b>		3:44	16 (100%)
2	<b>KWIATKOWSKI Sebastian</b>	<b>214</b>	THERMAGEN	M40-49	2	<b>00:38:27.40</b>	+00:00:59 (2.6%)	3:50	15.6 (97.5%)
3	<b>FUZ Marek</b>	<b>74</b>	KABEL TEAM BYDGOSZCZ	M40-49	3	<b>00:39:42.35</b>	+00:02:14 (5.6%)	3:58	15.1 (94.4%)
4	<b>WRÓBLEWSKI Tomasz</b>	<b>384</b>	RYCERZE NIEPOKALANEJ	M40-49	4	<b>00:39:57.95</b>	+00:02:30 (6.3%)	3:59	15 (93.8%)
5	<b>PIEKARSKI Marek</b>	<b>63</b>	BELLA LINE BDG	M40-49	5	<b>00:41:33.30</b>	+00:04:05 (9.8%)	4:09	14.4 (90.0%)
6	<b>STACHOWICZ Wiesław</b>	<b>408</b>	BRZOZA BIEGA	M40-49	6	<b>00:41:42.45</b>	+00:04:14 (10.2%)	4:10	14.4 (90.0%)
7	<b>GIERSZEWSKI Jarosław</b>	<b>78</b>	ZĄŁOGA G	M40-49	7	<b>00:43:08.65</b>	+00:05:40 (13.2%)	4:18	13.9 (86.9%)
8	<b>BARTKOWIAK Rafał</b>	<b>9</b>	ORTIMEDRUNNERSTEAM	M40-49	8	<b>00:45:22.05</b>	+00:07:54 (17.4%)	4:32	13.2 (82.5%)
9	<b>GRUBICH Damian</b>	<b>97</b>		M40-49	9	<b>00:45:32.65</b>	+00:08:04 (17.7%)	4:33	13.2 (82.5%)
10	<b>KLIMCZAK Zbigniew</b>	<b>151</b>	KLIMA-THERM TEAM	M40-49	10	<b>00:45:57.85</b>	+00:08:30 (18.5%)	4:35	13.1 (81.9%)
11	<b>CHOJNACKI Andrzej</b>	<b>34</b>	ATI SYSTEMY ELEKTRONICZNE	M40-49	11	<b>00:46:16.10</b>	+00:08:48 (19.0%)	4:37	13 (81.3%)
12	<b>TRZCIŃSKI Artur</b>	<b>361</b>	DRUŻYNA SZPIKU	M40-49	12	<b>00:46:17.60</b>	+00:08:49 (19.1%)	4:37	13 (81.3%)
13	<b>KUTOWSKI Przemysław</b>	<b>209</b>		M40-49	13	<b>00:46:19.20</b>	+00:08:51 (19.1%)	4:38	12.9 (80.6%)
14	<b>WOŹNIAK Adam</b>	<b>381</b>	SBRT BYDGOSZCZ	M40-49	14	<b>00:46:31.85</b>	+00:09:04 (19.5%)	4:39	12.9 (80.6%)
15	<b>GOŁĘBIEWSKI Piotr</b>	<b>85</b>		M40-49	15	<b>00:46:36.30</b>	+00:09:08 (19.6%)	4:39	12.9 (80.6%)
16	<b>MARKOWICZ Robert</b>	<b>241</b>		M40-49	16	<b>00:47:15.90</b>	+00:09:48 (20.7%)	4:43	12.7 (79.4%)
17	<b>DĄBROWSKI Mariusz</b>	<b>53</b>	THERMAGEN	M40-49	17	<b>00:47:16.05</b>	+00:09:48 (20.7%)	4:43	12.7 (79.4%)
18	<b>WNUCZYŃSKI Andrzej</b>	<b>379</b>	ORANGE POLSKA	M40-49	18	<b>00:47:17.60</b>	+00:09:49 (20.8%)	4:43	12.7 (79.4%)
19	<b>BUZALSKI Robert</b>	<b>30</b>	ORANGE POLSKA	M40-49	19	<b>00:47:18.35</b>	+00:09:50 (20.8%)	4:43	12.7 (79.4%)
20	<b>JASIŃSKI Artur</b>	<b>118</b>	BBL SZUBIN	M40-49	20	<b>00:47:21.15</b>	+00:09:53 (20.9%)	4:44	12.7 (79.4%)
21	<b>KADOW Ryszard</b>	<b>135</b>	TRISPACE / #B3K / ŻÓŁTOKRÓLEWSCY	M40-49	21	<b>00:47:26.40</b>	+00:09:58 (21.0%)	4:44	12.6 (78.8%)
22	<b>PEPLIŃSKI Grzegorz</b>	<b>277</b>	LKS ZANTYR SZTUM	M40-49	22	<b>00:48:27.20</b>	+00:10:59 (22.7%)	4:50	12.4 (77.5%)
23	<b>KŁACZYŃSKI Mariusz</b>	<b>154</b>	#BIEGACZE	M40-49	23	<b>00:48:55.30</b>	+00:11:27 (23.4%)	4:53	12.3 (76.9%)
24	<b>BIEL Marek</b>	<b>14</b>	1% DLA DARII BIEL / ŻÓŁTOKRÓLEWSCY	M40-49	24	<b>00:49:27.00</b>	+00:11:59 (24.2%)	4:56	12.1 (75.6%)
25	<b>DRÓBKA Sylwester</b>	<b>62</b>		M40-49	25	<b>00:49:53.75</b>	+00:12:26 (24.9%)	4:59	12 (75.0%)

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						netto 10km	Różn		
26	<b>ŻUBEREK Piotr</b>	<b>400</b>		M40-49	26	<b>00:49:54.50</b>	+00:12:26 (24.9%)	4:59	12 (75.0%)
27	<b>KOWALIK Waldemar</b>	<b>165</b>		M40-49	27	<b>00:50:46.70</b>	+00:13:18 (26.2%)	5:04	11.8 (73.8%)
28	<b>RAK Waldemar</b>	<b>299</b>		M40-49	28	<b>00:51:05.70</b>	+00:13:37 (26.7%)	5:06	11.7 (73.1%)
29	<b>CHMARA Rafał</b>	<b>32</b>		M40-49	29	<b>00:51:08.85</b>	+00:13:41 (26.8%)	5:06	11.7 (73.1%)
30	<b>PIOTROWSKI Przemysław</b>	<b>284</b>		M40-49	30	<b>00:51:20.80</b>	+00:13:53 (27.0%)	5:08	11.7 (73.1%)
31	<b>CIESIELSKI Damian</b>	<b>35</b>	SBRT	M40-49	31	<b>00:51:26.75</b>	+00:13:59 (27.2%)	5:08	11.7 (73.1%)
32	<b>GORGOL Tomasz</b>	<b>89</b>	LP500	M40-49	32	<b>00:51:37.90</b>	+00:14:10 (27.4%)	5:09	11.6 (72.5%)
33	<b>GRZONKA Krzysztof</b>	<b>103</b>	KLIMA-THERM TEAM	M40-49	33	<b>00:51:49.60</b>	+00:14:21 (27.7%)	5:11	11.6 (72.5%)
34	<b>TYMCZEWSKI Maciej</b>	<b>363</b>	TYMGAZ	M40-49	34	<b>00:52:02.20</b>	+00:14:34 (28.0%)	5:12	11.5 (71.9%)
35	<b>SZMELTER Michał</b>	<b>349</b>		M40-49	35	<b>00:52:07.00</b>	+00:14:39 (28.1%)	5:12	11.5 (71.9%)
36	<b>ZYGMUNT Robert</b>	<b>399</b>		M40-49	36	<b>00:52:14.90</b>	+00:14:47 (28.3%)	5:13	11.5 (71.9%)
37	<b>KOWALCZYK Tomasz</b>	<b>164</b>	ZP SERWIS	M40-49	37	<b>00:52:20.30</b>	+00:14:52 (28.4%)	5:14	11.5 (71.9%)
38	<b>URBAŃSKI Tomek</b>	<b>365</b>		M40-49	38	<b>00:52:25.90</b>	+00:14:58 (28.5%)	5:14	11.4 (71.3%)
39	<b>LWOWSKI Zbigniew</b>	<b>226</b>		M40-49	39	<b>00:52:44.05</b>	+00:15:16 (29.0%)	5:16	11.4 (71.3%)
40	<b>CZOŁGOSZEWSKI Krzysztof</b>	<b>44</b>	PWIK SP. Z O.O. INOWROCLAW	M40-49	40	<b>00:52:44.45</b>	+00:15:16 (29.0%)	5:16	11.4 (71.3%)
41	<b>JENERALSKI Maciej</b>	<b>125</b>	VSTEAM	M40-49	41	<b>00:52:52.45</b>	+00:15:24 (29.1%)	5:17	11.3 (70.6%)
42	<b>CZAJA Jarosław</b>	<b>38</b>		M40-49	42	<b>00:53:15.70</b>	+00:15:47 (29.7%)	5:19	11.3 (70.6%)
43	<b>KAMPER Jarosław</b>	<b>139</b>	BÓL TO ŚCIEMA	M40-49	43	<b>00:53:23.70</b>	+00:15:55 (29.8%)	5:20	11.2 (70.0%)
44	<b>KRAŚNY Arkadiusz</b>	<b>189</b>	PAKOŚĆ BIEGA	M40-49	44	<b>00:53:25.50</b>	+00:15:57 (29.9%)	5:20	11.2 (70.0%)
45	<b>SIUDA Marek</b>	<b>324</b>	KLINIKA TRIATHLONU	M40-49	45	<b>00:53:26.95</b>	+00:15:59 (29.9%)	5:20	11.2 (70.0%)
46	<b>ZIELIŃSKI Krzysztof</b>	<b>396</b>		M40-49	46	<b>00:54:09.35</b>	+00:16:41 (30.8%)	5:25	11.1 (69.4%)
47	<b>JESKE Marek</b>	<b>126</b>	RUN BYDGOSZCZ	M40-49	47	<b>00:54:29.30</b>	+00:17:01 (31.2%)	5:26	11 (68.8%)
48	<b>OKUŁA Zbigniew</b>	<b>266</b>	SYSTHERM SPORT TEAM	M40-49	48	<b>00:55:44.90</b>	+00:18:17 (32.8%)	5:34	10.8 (67.5%)
49	<b>BORUCKI Rafał</b>	<b>23</b>	ALFACO RUNNING TEAM	M40-49	49	<b>00:55:48.90</b>	+00:18:21 (32.9%)	5:34	10.7 (66.9%)
50	<b>WOJCIECHOWSKI Jarosław</b>	<b>368</b>		M40-49	50	<b>00:56:13.45</b>	+00:18:45 (33.4%)	5:37	10.7 (66.9%)
51	<b>SZEIB Robert</b>	<b>346</b>		M40-49	51	<b>00:56:13.90</b>	+00:18:46 (33.4%)	5:37	10.7 (66.9%)
52	<b>RYJNIK Dariusz</b>	<b>172</b>	8 KUJAWSKO- POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M40-49	52	<b>00:56:13.95</b>	+00:18:46 (33.4%)	5:37	10.7 (66.9%)
53	<b>MATUSZAK Dariusz</b>	<b>243</b>	1 BATALION LOGISTYCZNY / POLONIA BYDGOSZCZ SEKCJA LA	M40-49	53	<b>00:56:26.45</b>	+00:18:58 (33.6%)	5:38	10.6 (66.3%)
54	<b>MALINOWSKI Tomasz</b>	<b>236</b>		M40-49	54	<b>00:56:32.40</b>	+00:19:04 (33.7%)	5:39	10.6 (66.3%)
55	<b>KUKLIŃSKI Rafał</b>	<b>204</b>		M40-49	55	<b>00:56:44.05</b>	+00:19:16 (34.0%)	5:40	10.6 (66.3%)
56	<b>JÓSKOWSKI Marcin</b>	<b>128</b>		M40-49	56	<b>00:56:52.00</b>	+00:19:24 (34.1%)	5:41	10.6 (66.3%)
57	<b>KUROWSKI Wojciech</b>	<b>207</b>	WATAHA	M40-49	57	<b>00:57:08.45</b>	+00:19:40 (34.4%)	5:42	10.5 (65.6%)
58	<b>RUTKOWSKI Rafał</b>	<b>313</b>	KLIMOR TEAM	M40-49	58	<b>00:57:15.90</b>	+00:19:48 (34.6%)	5:43	10.5 (65.6%)
59	<b>KRÓL Karol</b>	<b>191</b>		M40-49	59	<b>00:57:49.65</b>	+00:20:21 (35.2%)	5:46	10.4 (65.0%)
60	<b>MARKIEWICZ Mirek</b>	<b>240</b>	INTERACTIVE ENGLISH SCHOOL	M40-49	60	<b>00:57:56.65</b>	+00:20:28 (35.3%)	5:47	10.4 (65.0%)
61	<b>SCHULZ Maciej</b>	<b>317</b>	SQUADRA DI AMICI	M40-49	61	<b>00:58:06.40</b>	+00:20:38 (35.5%)	5:48	10.3 (64.4%)
62	<b>BUTOWSKI Michał</b>	<b>28</b>	SEN O VICTORII	M40-49	62	<b>00:58:38.80</b>	+00:21:11 (36.1%)	5:51	10.2 (63.8%)
63	<b>BOHDZIEWICZ Paweł</b>	<b>18</b>		M40-49	63	<b>00:58:42.35</b>	+00:21:14 (36.2%)	5:52	10.2 (63.8%)
64	<b>CZAJKOWSKI Maciej</b>	<b>40</b>	ATI SYSTEMY ELEKTRONICZNE	M40-49	64	<b>00:58:44.95</b>	+00:21:17 (36.2%)	5:52	10.2 (63.8%)
65	<b>ŁUKASIEWICZ Krzysztof</b>	<b>230</b>		M40-49	65	<b>00:59:05.65</b>	+00:21:37 (36.6%)	5:54	10.2 (63.8%)
66	<b>ZGÓRSKI Maciej</b>	<b>394</b>	WKURW TEAM BYDGOSZCZ	M40-49	66	<b>00:59:28.90</b>	+00:22:01 (37.0%)	5:56	10.1 (63.1%)
67	<b>FERENS Paweł</b>	<b>70</b>		M40-49	67	<b>00:59:48.60</b>	+00:22:20 (37.4%)	5:58	10 (62.5%)
68	<b>JULLY Arkadiusz</b>	<b>129</b>		M40-49	68	<b>01:00:05.60</b>	+00:22:37 (37.7%)	6:00	10 (62.5%)
69	<b>PRZYBYSZEWSKI Marcin</b>	<b>295</b>		M40-49	69	<b>01:01:17.35</b>	+00:23:49 (38.9%)	6:07	9.8 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
70	<b>KOZAKIEWICZ Marcin</b>	<b>184</b>		M40-49	70	<b>01:02:48.65</b>	+00:25:20 (40.4%)	6:16	9.6 (60.0%)
71	<b>WESOŁOWSKI Dariusz</b>	<b>371</b>		M40-49	71	<b>01:03:38.20</b>	+00:26:10 (41.1%)	6:21	9.4 (58.8%)
72	<b>SEWERYN Rafał</b>	<b>320</b>		M40-49	72	<b>01:04:08.60</b>	+00:26:40 (41.6%)	6:24	9.4 (58.8%)
73	<b>DANIELAK Radosław</b>	<b>49</b>	HOTEL 'AMAZONKA' TEAM	M40-49	73	<b>01:06:37.65</b>	+00:29:09 (43.8%)	6:39	9 (56.3%)
74	<b>KRZYŻANOWSKI Wojciech</b>	<b>198</b>		M40-49	74	<b>01:07:17.50</b>	+00:29:49 (44.3%)	6:43	8.9 (55.6%)
75	<b>CZAJKOWSKI Maciej</b>	<b>41</b>	ALFACO RUNNING TEAM	M40-49	75	<b>01:07:18.90</b>	+00:29:51 (44.3%)	6:43	8.9 (55.6%)
76	<b>LIDZBARSKI Piotr</b>	<b>221</b>	ALFACO RUNNING TEAM	M40-49	76	<b>01:10:02.90</b>	+00:32:35 (46.5%)	7:00	8.6 (53.8%)
77	<b>KOSIK Marcin</b>	<b>163</b>	ATI SYSTEMY ELEKTRONICZNE	M40-49	77	<b>01:14:00.50</b>	+00:36:32 (49.4%)	7:24	8.1 (50.6%)
78	<b>DANIELEK Adam</b>	<b>51</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIC!	M40-49	78	<b>01:15:28.20</b>	+00:38:00 (50.4%)	7:32	8 (50.0%)
79	<b>KIELICH Kamil</b>	<b>146</b>		M40-49	79	<b>01:16:28.35</b>	+00:39:00 (51.0%)	7:38	7.8 (48.8%)
80	<b>MYŻYŃSKI Maciej</b>	<b>258</b>		M40-49	80	<b>01:23:12.65</b>	+00:45:44 (55.0%)	8:19	7.2 (45.0%)
81	<b>JANIACZYK Zbigniew</b>	<b>112</b>		M40-49	81	<b>01:23:13.60</b>	+00:45:45 (55.0%)	8:19	7.2 (45.0%)
82	<b>RAUCHFLEISZ Andrzej</b>	<b>301</b>	CZOPKI KOLCZASTE	M40-49	82	<b>01:24:23.35</b>	+00:46:55 (55.6%)	8:26	7.1 (44.4%)

Znaleziono 82 wynik(ów)