



**BIEG  
PAMIĘCI  
SYBIRU**

## BIEG PAMIĘCI SYBIRU - WROCŁAW 5KM

B4SPORT

**Organizator:** Fundacja Białystok Biega  
**Data:** 2025-02-15  
**Miejsce:** Wrocław  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JANA Czesław	46		M40	1	00:09:53	<b>00:19:43.21</b>		3:56	15.2 (100%)
2	CHLEBOWICZ Marcin	43	DOBRY-TRENER.PL	M40	2	00:10:01	<b>00:20:06.54</b>	+00:00:23 (1.9%)	4:01	14.9 (98.0%)
3	GAŁKA Michał	54	TOMGATEAM	M40	3	00:10:07	<b>00:20:16.94</b>	+00:00:33 (2.8%)	4:03	14.8 (97.4%)
4	WAŻNY Dariusz	45		M40	4	00:10:22	<b>00:20:33.12</b>	+00:00:49 (4.0%)	4:06	14.6 (96.1%)
5	MADERA Andrzej	75	KILOMETRY POMOCY	M40	5	00:10:35	<b>00:20:51.91</b>	+00:01:08 (5.5%)	4:10	14.4 (94.7%)
6	KULLING Hubert	87		M40	6	00:10:26	<b>00:21:07.26</b>	+00:01:24 (6.6%)	4:13	14.2 (93.4%)
7	MAREK Jarosław	1077	MEGABUD	M40	7	00:10:34	<b>00:21:14.46</b>	+00:01:31 (7.2%)	4:14	14.1 (92.8%)
8	BIELIŃSKI Marcin	114		M40	8	00:10:31	<b>00:21:35.63</b>	+00:01:52 (8.7%)	4:19	13.9 (91.4%)
9	ŁOZIŃSKI Wojciech	89	ULTRA SPEED KWEZAL	M40	9	00:11:21	<b>00:21:54.62</b>	+00:02:11 (10.0%)	4:22	13.7 (90.1%)
10	KRASICKI Michał	81	RUNNIN-GYM	M40	10	00:11:04	<b>00:21:56.08</b>	+00:02:12 (10.1%)	4:23	13.7 (90.1%)
11	BUDNIK Wojciech	39		M40	11	00:10:51	<b>00:22:05.57</b>	+00:02:22 (10.7%)	4:25	13.6 (89.5%)
12	LIASHCHYNSKI Uladzimir	51	UTRIBE	M40	12	00:11:15	<b>00:22:22.30</b>	+00:02:39 (11.9%)	4:28	13.4 (88.2%)
13	KOCHANOWSKI Michał	3078		M40	13	00:11:10	<b>00:22:49.28</b>	+00:03:06 (13.6%)	4:33	13.1 (86.2%)
14	BOBRYK Michał	91		M40	14	00:11:15	<b>00:22:52.03</b>	+00:03:08 (13.8%)	4:34	13.1 (86.2%)
15	WYSOCKI Jacek	100	CZTERY SUTKI	M40	15	00:11:32	<b>00:22:56.46</b>	+00:03:13 (14.0%)	4:35	13.1 (86.2%)
16	WAŃKOWICZ Adrian	42		M40	16	00:11:32	<b>00:22:58.61</b>	+00:03:15 (14.2%)	4:35	13.1 (86.2%)
17	NOSKI Mariusz	1049	IPA WROCŁAW	M40	17	00:12:24	<b>00:22:59.38</b>	+00:03:16 (14.2%)	4:35	13.1 (86.2%)
18	TERKA Dominik	85		M40	18	00:11:34	<b>00:23:06.00</b>	+00:03:22 (14.6%)	4:37	13 (85.5%)
19	WRÓBEL Jarosław	47	CEZAR OLEŚNICA	M40	19	00:12:11	<b>00:23:39.00</b>	+00:03:55 (16.6%)	4:43	12.7 (83.6%)
20	ZIĘBACZEWSKI Arkadiusz	38	BIEGACZE STU MOSTÓW	M40	20	00:11:58	<b>00:23:47.47</b>	+00:04:04 (17.1%)	4:45	12.6 (82.9%)
21	HAMKAŁO Dawid	103	HOST WROCŁAW	M40	21	00:11:43	<b>00:23:53.10</b>	+00:04:09 (17.4%)	4:46	12.6 (82.9%)
22	BIEL Sławomir	32		M40	22	00:11:57	<b>00:23:54.24</b>	+00:04:11 (17.5%)	4:46	12.6 (82.9%)
23	GRZECHNIK Michał	120		M40	23	00:11:43	<b>00:23:58.46</b>	+00:04:15 (17.7%)	4:47	12.5 (82.2%)
24	KIEK Łukasz	37		M40	24	00:12:17	<b>00:24:18.01</b>	+00:04:34 (18.8%)	4:51	12.3 (80.9%)
25	JARECKI Maciej	112	PARKRUN WROCŁAW	M40	25	00:12:16	<b>00:24:20.60</b>	+00:04:37 (19.0%)	4:52	12.3 (80.9%)
26	POCZĄTEK Marcin	106		M40	26	00:12:29	<b>00:24:28.05</b>	+00:04:44 (19.4%)	4:53	12.3 (80.9%)
27	WALANKIEWICZ Tomasz	1053		M40	27	00:12:40	<b>00:24:35.32</b>	+00:04:52 (19.8%)	4:55	12.2 (80.3%)
28	KRYSZTOFIK Marcin	97		M40	28	00:12:32	<b>00:24:54.90</b>	+00:05:11 (20.8%)	4:58	12 (78.9%)
29	LICHTARSKI Marcin	1070		M40	29	00:13:02	<b>00:25:12.06</b>	+00:05:28 (21.7%)	5:02	11.9 (78.3%)
30	KAPUT Paweł	59	DTR BIEGA / MARIO TEAM	M40	30	00:13:01	<b>00:25:26.02</b>	+00:05:42 (22.5%)	5:05	11.8 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
31	<b>KOLANY Krzysztof</b>	<b>65</b>	PARKRUN WROCŁAW	M40	31	00:12:54	<b>00:25:27.56</b>	+00:05:44 (22.5%)	5:05	11.8 (77.6%)
32	<b>SZCZUR Paweł</b>	<b>111</b>		M40	32	00:13:10	<b>00:25:32.90</b>	+00:05:49 (22.8%)	5:06	11.7 (77.0%)
33	<b>GOŚCIŃSKI Arkadiusz</b>	<b>2065</b>		M40	33	00:13:01	<b>00:25:34.26</b>	+00:05:51 (22.9%)	5:06	11.7 (77.0%)
34	<b>SZYMPPEL Artur</b>	<b>1064</b>		M40	34	00:13:07	<b>00:25:37.66</b>	+00:05:54 (23.1%)	5:07	11.7 (77.0%)
35	<b>NOWICKI Przemysław</b>	<b>1044</b>		M40	35	00:13:27	<b>00:25:48.58</b>	+00:06:05 (23.6%)	5:09	11.6 (76.3%)
36	<b>PIOTROWSKI Bartosz</b>	<b>1051</b>		M40	36	00:12:45	<b>00:26:09.00</b>	+00:06:25 (24.6%)	5:13	11.5 (75.7%)
37	<b>BYDŁOWSKI Mateusz</b>	<b>2036</b>		M40	37	00:13:34	<b>00:26:27.14</b>	+00:06:43 (25.4%)	5:17	11.3 (74.3%)
38	<b>WINNICKI Paweł</b>	<b>1075</b>	DT	M40	38	00:13:23	<b>00:26:28.14</b>	+00:06:44 (25.5%)	5:17	11.3 (74.3%)
39	<b>RÓG Mariusz</b>	<b>1048</b>	THE ROG FAMILY	M40	39	00:13:12	<b>00:26:30.98</b>	+00:06:47 (25.6%)	5:18	11.3 (74.3%)
40	<b>PIETRYGAŁA Robert</b>	<b>1004</b>		M40	40	00:13:05	<b>00:26:37.50</b>	+00:06:54 (25.9%)	5:19	11.3 (74.3%)
41	<b>GROŃSKI Robert</b>	<b>40</b>		M40	41	00:12:53	<b>00:26:48.39</b>	+00:07:05 (26.4%)	5:21	11.2 (73.7%)
42	<b>ZIMNY Michał</b>	<b>2087</b>		M40	42	00:13:46	<b>00:27:05.55</b>	+00:07:22 (27.2%)	5:25	11.1 (73.0%)
43	<b>SIERADZKI Konrad</b>	<b>1042</b>	2 WOJSKOWY SZPITAL POLOWY	M40	43	00:13:38	<b>00:27:16.05</b>	+00:07:32 (27.7%)	5:27	11 (72.4%)
44	<b>PAPOU Aliaksei</b>	<b>3050</b>		M40	44	00:14:10	<b>00:27:16.73</b>	+00:07:33 (27.7%)	5:27	11 (72.4%)
45	<b>LESZCZYŃSKI Artur</b>	<b>2057</b>	NOKIA	M40	45	00:14:26	<b>00:27:41.17</b>	+00:07:57 (28.8%)	5:32	10.8 (71.1%)
46	<b>PUCHAŁA Rafał Oktawian</b>	<b>109</b>	LEGNICKI KLUB MIŁOŚNIKÓW DRONÓW ARROW	M40	46	00:13:52	<b>00:27:48.63</b>	+00:08:05 (29.1%)	5:33	10.8 (71.1%)
47	<b>ZDROJEWSKI Dominik</b>	<b>1039</b>		M40	47	00:14:04	<b>00:28:09.19</b>	+00:08:25 (30.0%)	5:37	10.7 (70.4%)
48	<b>ADAMIEC Grzegorz</b>	<b>1031</b>		M40	48	00:13:55	<b>00:28:30.91</b>	+00:08:47 (30.8%)	5:42	10.5 (69.1%)
49	<b>SZUKAŁA Radosław</b>	<b>1001</b>	MŁODZI BIEGACZE	M40	49	00:14:36	<b>00:28:31.62</b>	+00:08:48 (30.9%)	5:42	10.5 (69.1%)
50	<b>SARAIEV Oleksandr</b>	<b>2056</b>		M40	50	00:15:34	<b>00:28:52.47</b>	+00:09:09 (31.7%)	5:46	10.4 (68.4%)
51	<b>BAŃKOWSKI Marek</b>	<b>2080</b>		M40	51	00:14:33	<b>00:28:54.47</b>	+00:09:11 (31.8%)	5:46	10.4 (68.4%)
52	<b>SALAU Maksim</b>	<b>2024</b>		M40	52	00:14:29	<b>00:29:00.71</b>	+00:09:17 (32.0%)	5:48	10.3 (67.8%)
53	<b>KAPUT Piotr</b>	<b>1024</b>	DTR BIEGA/ MARIO TEAM	M40	53	00:14:19	<b>00:29:01.10</b>	+00:09:17 (32.0%)	5:48	10.3 (67.8%)
54	<b>PAŁKA Łukasz</b>	<b>1009</b>	PADALEC KRUSZYNIEC	M40	54	00:14:54	<b>00:29:06.52</b>	+00:09:23 (32.3%)	5:49	10.3 (67.8%)
55	<b>STACHNIK Maciej</b>	<b>4018</b>	ŚLĄSK WROCŁAW	M40	55	00:15:01	<b>00:29:23.01</b>	+00:09:39 (32.9%)	5:52	10.2 (67.1%)
56	<b>KRZEMIŃSKI Paweł</b>	<b>2055</b>		M40	56	00:15:00	<b>00:29:24.03</b>	+00:09:40 (32.9%)	5:52	10.2 (67.1%)
57	<b>SKIBICKI Michał</b>	<b>3057</b>		M40	57	00:15:09	<b>00:29:28.28</b>	+00:09:45 (33.1%)	5:53	10.2 (67.1%)
58	<b>DOBROGOWSKI Rafał</b>	<b>2070</b>		M40	58	00:15:01	<b>00:29:37.77</b>	+00:09:54 (33.4%)	5:55	10.1 (66.4%)
59	<b>RACZYŃSKI Patryk</b>	<b>2077</b>		M40	59	00:15:23	<b>00:29:53.66</b>	+00:10:10 (34.0%)	5:58	10 (65.8%)
60	<b>SKWAREK Emilian</b>	<b>3059</b>		M40	60	00:16:04	<b>00:31:04.33</b>	+00:11:21 (36.5%)	6:12	9.7 (63.8%)
61	<b>LOPEZ GALAN Victor</b>	<b>4049</b>		M40	61	00:16:11	<b>00:31:29.66</b>	+00:11:46 (37.4%)	6:17	9.5 (62.5%)
62	<b>SZYLKO Adam</b>	<b>2053</b>		M40	62	00:15:46	<b>00:31:39.81</b>	+00:11:56 (37.7%)	6:19	9.5 (62.5%)
63	<b>OGONOWSKI Michał</b>	<b>2052</b>	MRC	M40	63	00:15:59	<b>00:31:56.48</b>	+00:12:13 (38.3%)	6:23	9.4 (61.8%)
64	<b>PANIOK Wojciech</b>	<b>2035</b>		M40	64	00:16:08	<b>00:32:09.45</b>	+00:12:26 (38.7%)	6:25	9.3 (61.2%)
65	<b>TUREK Łukasz</b>	<b>3004</b>		M40	65	00:15:44	<b>00:32:53.32</b>	+00:13:10 (40.0%)	6:34	9.1 (59.9%)
66	<b>KOBIĄŁKO Błażej</b>	<b>2048</b>		M40	66	00:16:39	<b>00:32:54.82</b>	+00:13:11 (40.1%)	6:34	9.1 (59.9%)
67	<b>JUREK Michał</b>	<b>3012</b>		M40	67	00:17:04	<b>00:32:56.25</b>	+00:13:13 (40.1%)	6:35	9.1 (59.9%)
68	<b>BOLEK Mateusz</b>	<b>2022</b>		M40	68	00:16:09	<b>00:33:01.86</b>	+00:13:18 (40.3%)	6:36	9.1 (59.9%)
69	<b>KAMIŃSKI Łukasz</b>	<b>2007</b>		M40	69	00:16:12	<b>00:33:07.37</b>	+00:13:24 (40.5%)	6:37	9.1 (59.9%)
70	<b>KACZMAREK Adam</b>	<b>2044</b>		M40	70	00:16:16	<b>00:33:14.01</b>	+00:13:30 (40.7%)	6:38	9 (59.2%)
71	<b>GROSZKOWSKI Tomasz</b>	<b>2054</b>		M40	71	00:17:09	<b>00:33:54.84</b>	+00:14:11 (41.9%)	6:46	8.8 (57.9%)
72	<b>SZLARK Tomasz</b>	<b>3027</b>	BIEGACZE 100 MOSTÓW	M40	72	00:18:14	<b>00:35:53.77</b>	+00:16:10 (45.1%)	7:10	8.4 (55.3%)
73	<b>KUŻAJ Michał</b>	<b>3053</b>		M40	73	00:18:20	<b>00:36:32.40</b>	+00:16:49 (46.0%)	7:18	8.2 (53.9%)
74	<b>KOTKOWSKI Tomasz</b>	<b>4047</b>		M40	74	00:18:53	<b>00:37:42.85</b>	+00:17:59 (47.7%)	7:32	8 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
75	<b>SULE Girish</b>	<b>4006</b>		M40	75	00:18:35	<b>00:37:52.57</b>	+00:18:09 (47.9%)	7:34	7.9 (52.0%)
76	<b>SIEGIŃCZUK Piotr</b>	<b>3010</b>		M40	76	00:19:33	<b>00:40:18.04</b>	+00:20:34 (51.1%)	8:03	7.4 (48.7%)
77	<b>DERBISZ Jacek</b>	<b>3034</b>	SEKCJA TARCIA CHRZANU	M40	77	00:21:21	<b>00:40:40.65</b>	+00:20:57 (51.5%)	8:08	7.4 (48.7%)
78	<b>VASKANIAN Arsen</b>	<b>1040</b>		M40	78	00:19:50	<b>00:43:48.98</b>	+00:24:05 (55.0%)	8:45	6.8 (44.7%)

Znaleziono 78 wynik(ów)