

# BIEG Z BRZOZY

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Event:** GRAMY DLA WOŚP - BIEG & RAJD PIESZY  
**Organiser:** Stowarzyszenie Rowerowa Brzoza  
**Date:** 2024-01-28  
**Place:** Nowa Wieś Wielka  
**Distance:** 16 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 16km	Czas brutto 16km	Gap	Pace min/km	Pace km/h
1	<b>KWIATKOWSKI Roman</b>	<b>205</b>	SOLANKOWI BIEGACZE	M-20	1	<b>01:03:33.00</b>	<b>01:03:33.00</b>		3:58	15.1 (100%)
2	<b>ROGOZIŃSKI Dawid</b>	<b>295</b>		M-50	1	<b>01:07:13.00</b>	<b>01:07:13.00</b>	+00:03:40 (5.5%)	4:12	14.3 (94.7%)
3	<b>KUBIAK Tomasz</b>	<b>278</b>		M-40	1	<b>01:08:56.00</b>	<b>01:08:56.00</b>	+00:05:23 (7.8%)	4:18	13.9 (92.1%)
4	<b>GREJCZYK Alan</b>	<b>290</b>		M-30	1	<b>01:12:42.00</b>	<b>01:12:42.00</b>	+00:09:09 (12.6%)	4:32	13.2 (87.4%)
5	<b>LUTY Tomasz</b>	<b>260</b>	FUNDACJA CZAS NA BYDGOSZCZ	M-1	1	<b>01:13:50.00</b>	<b>01:13:50.00</b>	+00:10:17 (13.9%)	4:36	13 (86.1%)
6	<b>TOMCZYK Agata</b>	<b>238</b>	SLA POLONIA BYDGOSZCZ	K-30	1	<b>01:13:57.00</b>	<b>01:13:57.00</b>	+00:10:24 (14.1%)	4:37	13 (86.1%)
7	<b>LUTOWSKI Wojciech</b>	<b>237</b>		M-30	2	<b>01:14:27.00</b>	<b>01:14:27.00</b>	+00:10:54 (14.6%)	4:39	12.9 (85.4%)
8	<b>DARON Mateusz</b>	<b>265</b>		M-20	2	<b>01:14:44.00</b>	<b>01:14:44.00</b>	+00:11:11 (15.0%)	4:40	12.8 (84.8%)
9	<b>POLIWODZIŃSKI Mateusz</b>	<b>245</b>	TEAMOCHAL	M-1	2	<b>01:15:52.00</b>	<b>01:15:52.00</b>	+00:12:19 (16.2%)	4:44	12.7 (84.1%)
10	<b>ROHDE Piotr</b>	<b>288</b>	TM IRONTEAM/ROWEROWA BRZOZA	M-1	3	<b>01:16:37.00</b>	<b>01:16:37.00</b>	+00:13:04 (17.1%)	4:47	12.5 (82.8%)
11	<b>KALEK Artur</b>	<b>212</b>	TM IRONTEAM	M-50	2	<b>01:17:42.00</b>	<b>01:17:42.00</b>	+00:14:09 (18.2%)	4:51	12.4 (82.1%)
12	<b>WIĘCKOWSKI Dariusz</b>	<b>240</b>	CYKLON SWIMMING TEAM BYDGOSZCZ	M-40	2	<b>01:19:03.00</b>	<b>01:19:03.00</b>	+00:15:30 (19.6%)	4:56	12.1 (80.1%)
13	<b>RADKIEWICZ Oskar</b>	<b>258</b>	TEAMOCHAL	M-1	4	<b>01:19:31.00</b>	<b>01:19:31.00</b>	+00:15:58 (20.1%)	4:58	12.1 (80.1%)
14	<b>REBCZYŃSKI Tomasz</b>	<b>293</b>		M-50	3	<b>01:21:10.00</b>	<b>01:21:10.00</b>	+00:17:37 (21.7%)	5:04	11.8 (78.1%)
15	<b>STELMACH Patrycja</b>	<b>294</b>		K-50	1	<b>01:21:12.00</b>	<b>01:21:12.00</b>	+00:17:39 (21.7%)	5:04	11.8 (78.1%)
16	<b>RYMARKIEWICZ Małgorzata</b>	<b>227</b>	TM IRONTEAM	K-40	1	<b>01:21:21.00</b>	<b>01:21:21.00</b>	+00:17:48 (21.9%)	5:05	11.8 (78.1%)
17	<b>KALACZYŃSKI Miłosz</b>	<b>256</b>	KS POLONIA BYDGOSZCZ SLA	M-20	3	<b>01:21:33.00</b>	<b>01:21:33.00</b>	+00:18:00 (22.1%)	5:05	11.8 (78.1%)
18	<b>BARCZAK Piotr</b>	<b>279</b>	BRZOZA BIEGA	M-50	4	<b>01:22:28.00</b>	<b>01:22:28.00</b>	+00:18:55 (22.9%)	5:09	11.6 (76.8%)
19	<b>LEWANDOWSKI Paweł</b>	<b>268</b>		M-30	3	<b>01:23:19.00</b>	<b>01:23:19.00</b>	+00:19:46 (23.7%)	5:12	11.5 (76.2%)
20	<b>KOWALSKI Jacek</b>	<b>214</b>		M-40	3	<b>01:25:15.00</b>	<b>01:25:15.00</b>	+00:21:42 (25.5%)	5:19	11.3 (74.8%)
21	<b>ZIĘBICKI Maciej</b>	<b>243</b>	HOYABUSA	M-30	4	<b>01:25:43.00</b>	<b>01:25:43.00</b>	+00:22:10 (25.9%)	5:21	11.2 (74.2%)
22	<b>KRYGIER Maciej</b>	<b>224</b>		M-30	5	<b>01:26:12.00</b>	<b>01:26:12.00</b>	+00:22:39 (26.3%)	5:23	11.1 (73.5%)
23	<b>TOMASZEWSKI Marcin</b>	<b>251</b>		M-40	4	<b>01:26:13.00</b>	<b>01:26:13.00</b>	+00:22:40 (26.3%)	5:23	11.1 (73.5%)
24	<b>KRYSIŃSKI Adrian</b>	<b>283</b>	TEAMOCHAL	M-20	4	<b>01:27:17.00</b>	<b>01:27:17.00</b>	+00:23:44 (27.2%)	5:27	11 (72.8%)
25	<b>GARBARCZYK Bartosz</b>	<b>246</b>	ENDUROBYDZIA	M-1	5	<b>01:27:55.00</b>	<b>01:27:55.00</b>	+00:24:22 (27.7%)	5:29	10.9 (72.2%)
26	<b>GULSKI Piotr</b>	<b>287</b>		M-40	5	<b>01:27:57.00</b>	<b>01:27:57.00</b>	+00:24:24 (27.7%)	5:29	10.9 (72.2%)
27	<b>AUGUSTYNIAK Damian</b>	<b>280</b>		M-20	5	<b>01:28:43.00</b>	<b>01:28:43.00</b>	+00:25:10 (28.4%)	5:32	10.8 (71.5%)
28	<b>PIWEK Adrian</b>	<b>253</b>	STOWARZYSZENIE KRWIODAWCÓW FARA	M-30	6	<b>01:29:31.00</b>	<b>01:29:31.00</b>	+00:25:58 (29.0%)	5:35	10.7 (70.9%)
29	<b>CIUPA Jarosław</b>	<b>252</b>	AKADEMIA MISTRZÓW SPORTU	M-50	5	<b>01:29:40.00</b>	<b>01:29:40.00</b>	+00:26:07 (29.1%)	5:36	10.7 (70.9%)

Place	Participant	Number	Club	Category	MCat	Net time 16km	Czas brutto 16km	Gap	Pace min/km	Pace km/h
30	<b>PÓŁGĘSEK Bartosz</b>	<b>222</b>	HARPAGAN RUNNERS	M-30	7	<b>01:29:47.00</b>	<b>01:29:47.00</b>	+00:26:14 (29.2%)	5:36	10.7 (70.9%)
31	<b>PRZYDZIAŁ Wojciech</b>	<b>247</b>		M-40	6	<b>01:30:49.00</b>	<b>01:30:49.00</b>	+00:27:16 (30.0%)	5:40	10.6 (70.2%)
32	<b>POLIWODZIŃSKI Michał</b>	<b>228</b>	TEAMOCHAL	M-40	7	<b>01:32:36.00</b>	<b>01:32:36.00</b>	+00:29:03 (31.4%)	5:47	10.4 (68.9%)
33	<b>JAWORSKI Krzysztof</b>	<b>215</b>		M-50	6	<b>01:33:00.00</b>	<b>01:33:00.00</b>	+00:29:27 (31.7%)	5:48	10.3 (68.2%)
34	<b>BIERNAT Magdalena</b>	<b>201</b>	SOLANKOWI BIEGACZE	K-40	2	<b>01:33:14.00</b>	<b>01:33:14.00</b>	+00:29:41 (31.8%)	5:49	10.3 (68.2%)
35	<b>PISKOR Justyna</b>	<b>202</b>	SOLANKOWI BIEGACZE	K-40	3	<b>01:33:15.00</b>	<b>01:33:15.00</b>	+00:29:42 (31.8%)	5:49	10.3 (68.2%)
36	<b>KWIATKOWSKI Mariusz</b>	<b>204</b>	SOLANKOWI BIEGACZE	M-50	7	<b>01:33:24.00</b>	<b>01:33:24.00</b>	+00:29:51 (32.0%)	5:50	10.3 (68.2%)
37	<b>WNUCZYŃSKI Andrzej</b>	<b>223</b>	ORANGE POLSKA	M-50	8	<b>01:33:28.00</b>	<b>01:33:28.00</b>	+00:29:55 (32.0%)	5:50	10.3 (68.2%)
38	<b>RADKIEWICZ Eugeniusz</b>	<b>259</b>	TEAMOCHAL	M-50	9	<b>01:33:57.00</b>	<b>01:33:57.00</b>	+00:30:24 (32.4%)	5:52	10.2 (67.5%)
39	<b>GAWRYSIAK Mariusz</b>	<b>271</b>		M-60	1	<b>01:34:11.00</b>	<b>01:34:11.00</b>	+00:30:38 (32.5%)	5:53	10.2 (67.5%)
40	<b>KOMOROWSKA Iwona</b>	<b>281</b>		K-50	2	<b>01:34:13.00</b>	<b>01:34:13.00</b>	+00:30:40 (32.5%)	5:53	10.2 (67.5%)
41	<b>RUDNICKI Michał</b>	<b>291</b>		M-40	8	<b>01:34:57.00</b>	<b>01:34:57.00</b>	+00:31:24 (33.1%)	5:56	10.1 (66.9%)
42	<b>WISNIEWSKI Rafał</b>	<b>269</b>	AKADEMIA MISTRZÓW SPORTU	M-40	9	<b>01:35:59.00</b>	<b>01:35:59.00</b>	+00:32:26 (33.8%)	5:59	10 (66.2%)
43	<b>DRZEWIECKI Rafał</b>	<b>262</b>	AKADEMIA MISTRZÓW SPORTU	M-40	10	<b>01:36:03.00</b>	<b>01:36:03.00</b>	+00:32:30 (33.8%)	6:00	10 (66.2%)
44	<b>SZEWS Marek</b>	<b>226</b>	AMS	M-50	10	<b>01:36:04.00</b>	<b>01:36:04.00</b>	+00:32:31 (33.8%)	6:00	10 (66.2%)
45	<b>BUZALSKI Robert</b>	<b>207</b>		M-50	11	<b>01:36:08.00</b>	<b>01:36:08.00</b>	+00:32:35 (33.9%)	6:00	10 (66.2%)
46	<b>PASTWA Donata</b>	<b>284</b>	TEAMOCHAL	K-50	3	<b>01:36:44.00</b>	<b>01:36:44.00</b>	+00:33:11 (34.3%)	6:02	9.9 (65.6%)
47	<b>DRÓŻDŻ-OPRAWA Małgosia</b>	<b>217</b>		K-30	2	<b>01:37:27.00</b>	<b>01:37:27.00</b>	+00:33:54 (34.8%)	6:05	9.9 (65.6%)
48	<b>WRZESINSKI Artur</b>	<b>218</b>		M-30	8	<b>01:37:59.00</b>	<b>01:37:59.00</b>	+00:34:26 (35.1%)	6:07	9.8 (64.9%)
49	<b>WRZESIŃSKI Krzysztof</b>	<b>225</b>		M-30	9	<b>01:38:00.00</b>	<b>01:38:00.00</b>	+00:34:27 (35.2%)	6:07	9.8 (64.9%)
50	<b>GARBARCZYK Adam</b>	<b>230</b>		M-30	10	<b>01:38:23.00</b>	<b>01:38:23.00</b>	+00:34:50 (35.4%)	6:08	9.8 (64.9%)
51	<b>STACHOWICZ Wiesław</b>	<b>272</b>		M-50	12	<b>01:39:17.00</b>	<b>01:39:17.00</b>	+00:35:44 (36.0%)	6:12	9.7 (64.2%)
52	<b>KLAFETKA Mateusz</b>	<b>213</b>	PESA SPORT TEAM	M-30	11	<b>01:39:21.00</b>	<b>01:39:21.00</b>	+00:35:48 (36.0%)	6:12	9.7 (64.2%)
53	<b>HUZARSKI Amadeusz</b>	<b>286</b>	AKADEMIA MISTRZÓW SPORTU	M-20	6	<b>01:39:35.00</b>	<b>01:39:35.00</b>	+00:36:02 (36.2%)	6:13	9.6 (63.6%)
54	<b>CZYŻEWSKA Justyna</b>	<b>211</b>		K-40	4	<b>01:39:48.00</b>	<b>01:39:48.00</b>	+00:36:15 (36.3%)	6:14	9.6 (63.6%)
55	<b>KUŹMIŃSKA Maryla</b>	<b>273</b>		K-40	5	<b>01:40:10.00</b>	<b>01:40:10.00</b>	+00:36:37 (36.6%)	6:15	9.6 (63.6%)
56	<b>KACZMARCZYK Krzysztof</b>	<b>254</b>	BRZEZIŃSKI RUN CLUB	M-40	11	<b>01:40:25.00</b>	<b>01:40:25.00</b>	+00:36:52 (36.7%)	6:16	9.6 (63.6%)
57	<b>LOOSE Anna</b>	<b>241</b>		K-30	3	<b>01:40:37.00</b>	<b>01:40:37.00</b>	+00:37:04 (36.8%)	6:17	9.5 (62.9%)
58	<b>JABŁOŃSKI Tomasz</b>	<b>296</b>		M-50	13	<b>01:40:45.00</b>	<b>01:40:45.00</b>	+00:37:12 (36.9%)	6:17	9.5 (62.9%)
59	<b>GAŚIOREK Tomasz</b>	<b>274</b>		M-60	2	<b>01:40:49.00</b>	<b>01:40:49.00</b>	+00:37:16 (37.0%)	6:18	9.5 (62.9%)
60	<b>OLSZEWSKA Beata</b>	<b>208</b>	SOLANKOWI BIEGACZE	K-40	6	<b>01:41:17.00</b>	<b>01:41:17.00</b>	+00:37:44 (37.3%)	6:19	9.5 (62.9%)
61	<b>SZULC Rafał</b>	<b>216</b>	SOLANKOWI BIEGACZE	M-40	12	<b>01:41:19.00</b>	<b>01:41:19.00</b>	+00:37:46 (37.3%)	6:19	9.5 (62.9%)
62	<b>FERENS Paweł</b>	<b>219</b>	SOLANKOWI BIEGACZE	M-50	14	<b>01:41:44.00</b>	<b>01:41:44.00</b>	+00:38:11 (37.5%)	6:21	9.4 (62.3%)
63	<b>GALICKI Jakub</b>	<b>250</b>	AKADEMIA MISTRZÓW SPORTU	M-50	15	<b>01:42:18.00</b>	<b>01:42:18.00</b>	+00:38:45 (37.9%)	6:23	9.4 (62.3%)
64	<b>KRYSIŃSKA Kamila</b>	<b>282</b>	TEAMOCHAL	K-40	7	<b>01:42:49.00</b>	<b>01:42:49.00</b>	+00:39:16 (38.2%)	6:25	9.3 (61.6%)
65	<b>RADKIEWICZ Beata</b>	<b>257</b>	TEAMOCHAL	K-40	8	<b>01:42:51.00</b>	<b>01:42:51.00</b>	+00:39:18 (38.2%)	6:25	9.3 (61.6%)
66	<b>TOCZKIEWICZ Piotr</b>	<b>220</b>		M-40	13	<b>01:42:53.00</b>	<b>01:42:53.00</b>	+00:39:20 (38.2%)	6:25	9.3 (61.6%)
67	<b>GIERSZEWSKA Grażyna</b>	<b>235</b>	TEAM ZABIEGANEDNI	K-50	4	<b>01:43:19.00</b>	<b>01:43:19.00</b>	+00:39:46 (38.5%)	6:27	9.3 (61.6%)
68	<b>NADRAJKOWSKA Joanna</b>	<b>206</b>	SOLANKOWI BIEGACZE	K-40	9	<b>01:43:25.00</b>	<b>01:43:25.00</b>	+00:39:52 (38.5%)	6:27	9.3 (61.6%)
69	<b>KUCZYŃSKA-RATAJ Paulina</b>	<b>234</b>	TEAM ZABIEGANEDNI	K-40	10	<b>01:43:27.00</b>	<b>01:43:27.00</b>	+00:39:54 (38.6%)	6:27	9.3 (61.6%)
70	<b>CHOJECKI Dariusz</b>	<b>221</b>		M-50	16	<b>01:43:31.00</b>	<b>01:43:31.00</b>	+00:39:58 (38.6%)	6:28	9.3 (61.6%)
71	<b>WIŚNIEWSKI Zbigniew</b>	<b>200</b>	BRZOZA BIEGA	M-50	17	<b>01:44:37.00</b>	<b>01:44:37.00</b>	+00:41:04 (39.3%)	6:32	9.2 (60.9%)
72	<b>KLIMCZAK Justyna</b>	<b>233</b>	CYKLON SWIMMING TEAM BYDGOSZCZ	K-40	11	<b>01:46:19.00</b>	<b>01:46:19.00</b>	+00:42:46 (40.2%)	6:38	9 (59.6%)
73	<b>MOMOT Mieczysław</b>	<b>266</b>		M-40	14	<b>01:46:54.00</b>	<b>01:46:54.00</b>	+00:43:21 (40.6%)	6:40	9 (59.6%)

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74	<b>PIECZYŃSKA Joanna</b>	<b>249</b>		K-40	12	<b>01:48:08.00</b>	<b>01:48:08.00</b>	+00:44:35 (41.2%)	6:45	8.9 (58.9%)
75	<b>GROBELNA Angelika</b>	<b>239</b>		K-40	13	<b>01:48:09.00</b>	<b>01:48:09.00</b>	+00:44:36 (41.2%)	6:45	8.9 (58.9%)
76	<b>JENERALSKI Maciej</b>	<b>292</b>		M-50	18	<b>01:48:48.00</b>	<b>01:48:48.00</b>	+00:45:15 (41.6%)	6:48	8.8 (58.3%)
77	<b>BUTOWSKI Michał</b>	<b>236</b>		M-50	19	<b>01:48:51.00</b>	<b>01:48:51.00</b>	+00:45:18 (41.6%)	6:48	8.8 (58.3%)
78	<b>BAGNIEWSKA Małgorzata</b>	<b>264</b>		K-30	4	<b>01:48:53.00</b>	<b>01:48:53.00</b>	+00:45:20 (41.6%)	6:48	8.8 (58.3%)
79	<b>WALEWSKI Andrzej</b>	<b>297</b>		M-50	20	<b>01:48:58.00</b>	<b>01:48:58.00</b>	+00:45:25 (41.7%)	6:48	8.8 (58.3%)
80	<b>WASILUK Marek</b>	<b>255</b>	NIEZRZESZONY	M-50	21	<b>01:50:22.00</b>	<b>01:50:22.00</b>	+00:46:49 (42.4%)	6:53	8.7 (57.6%)
81	<b>GRACZYKOWSKA Anna</b>	<b>203</b>	BBKTS	K-30	5	<b>01:53:33.00</b>	<b>01:53:33.00</b>	+00:50:00 (44.0%)	7:05	8.5 (56.3%)
82	<b>MAŁKIŃSKI Józef</b>	<b>270</b>		M-60	3	<b>01:57:56.00</b>	<b>01:57:56.00</b>	+00:54:23 (46.1%)	7:22	8.1 (53.6%)
83	<b>NIEMCZEWSKA Zofia</b>	<b>229</b>	ŁABISZYN RUNNERS	K-40	14	<b>02:00:01.00</b>	<b>02:00:01.00</b>	+00:56:28 (47.0%)	7:30	8 (53.0%)
84	<b>NIEMCZEWSKI Mirosław</b>	<b>231</b>	ŁABISZYN RUNNERS	K-40	15	<b>02:00:03.00</b>	<b>02:00:03.00</b>	+00:56:30 (47.1%)	7:30	8 (53.0%)
85	<b>PIONTEK Elżbieta</b>	<b>232</b>		K-60	1	<b>02:02:28.00</b>	<b>02:02:28.00</b>	+00:58:55 (48.1%)	7:39	7.8 (51.7%)
86	<b>TKACZUK Jolanta</b>	<b>285</b>	T.G.SOKÓŁ	K-60	2	<b>02:02:30.00</b>	<b>02:02:30.00</b>	+00:58:57 (48.1%)	7:39	7.8 (51.7%)

Total 86 results.