

# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2016

B4SPORT

**Organizator:** Aktywna Bydgoszcz  
**Data:** 2016-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BONKOWSKI Piotr</b>	<b>8</b>	HARDCORE NAKŁO NAD NOTECIĄ	M-20	1	00:00:01	<b>00:17:24.05</b>	<b>00:17:26.00</b>		3:29	17.2 (100%)
2	<b>MYSZKIEWICZ Maciej</b>	<b>1040</b>		M-20	2	00:00:01	<b>00:17:44.45</b>	<b>00:17:45.95</b>	+00:00:20 (1.9%)	3:32	16.9 (98.3%)
3	<b>KLÓSKA Fabian</b>	<b>389</b>	SPÓJNIA BIAŁE BŁOTA	M-20	3	00:00:02	<b>00:18:28.70</b>	<b>00:18:31.35</b>	+00:01:04 (5.8%)	3:41	16.2 (94.2%)
4	<b>CZYŻNIKIEWICZ Paweł</b>	<b>677</b>	WOOLFIK.PL	M-20	4	00:00:00	<b>00:18:38.65</b>	<b>00:18:38.65</b>	+00:01:14 (6.7%)	3:43	16.1 (93.6%)
5	<b>SKIBA Łukasz</b>	<b>974</b>	OSF TEAM 1 BRYGADA LOGISTYCZNA	M-20	5	00:00:01	<b>00:18:47.35</b>	<b>00:18:49.10</b>	+00:01:23 (7.4%)	3:45	16 (93.0%)
6	<b>KWIATKOWSKI Damian</b>	<b>565</b>	RUN BYDGOSZCZ	M-20	6	00:00:03	<b>00:19:09.95</b>	<b>00:19:13.80</b>	+00:01:45 (9.2%)	3:50	15.7 (91.3%)
7	<b>TUCHOLSKI Bartłomiej</b>	<b>635</b>	BYDGOSKIE OKONIE	M-20	7	00:00:04	<b>00:19:22.45</b>	<b>00:19:26.45</b>	+00:01:58 (10.2%)	3:52	15.5 (90.1%)
8	<b>GRALIK Jędrzej</b>	<b>1396</b>	BYDGOSKIE OKONIE	M-20	8	00:00:04	<b>00:19:47.20</b>	<b>00:19:51.50</b>	+00:02:23 (12.1%)	3:57	15.2 (88.4%)
9	<b>GRACZYKOWSKI Jakub</b>	<b>786</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	9	00:00:02	<b>00:20:11.35</b>	<b>00:20:14.00</b>	+00:02:47 (13.8%)	4:02	14.9 (86.6%)
10	<b>BIAŁY Dawid</b>	<b>1046</b>	SPÓJNIA BIAŁE BŁOTA	M-20	10	00:00:05	<b>00:20:18.25</b>	<b>00:20:23.95</b>	+00:02:54 (14.3%)	4:03	14.8 (86.0%)
11	<b>KURDELSKI Kamil</b>	<b>329</b>		M-20	11	00:00:03	<b>00:20:20.05</b>	<b>00:20:23.20</b>	+00:02:56 (14.4%)	4:04	14.8 (86.0%)
12	<b>SKUBISZEWSKI Damian</b>	<b>605</b>	ARMIA CHRYSYUSA	M-20	12	00:00:06	<b>00:20:25.25</b>	<b>00:20:31.30</b>	+00:03:01 (14.8%)	4:05	14.7 (85.5%)
13	<b>PILEWSKI Mikołaj</b>	<b>599</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	13	00:00:05	<b>00:20:26.75</b>	<b>00:20:32.15</b>	+00:03:02 (14.9%)	4:05	14.7 (85.5%)
14	<b>DZIAŁOSZYŃSKI Łukasz</b>	<b>541</b>		M-20	14	00:00:00	<b>00:20:30.25</b>	<b>00:20:30.25</b>	+00:03:06 (15.1%)	4:06	14.6 (84.9%)
15	<b>KUBIŃSKI Jakub</b>	<b>1045</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	15	00:00:04	<b>00:20:34.85</b>	<b>00:20:39.25</b>	+00:03:10 (15.5%)	4:07	14.6 (84.9%)
16	<b>OLSZEWSKI Arkadiusz</b>	<b>673</b>	INOWROCŁAW BIEGA	M-20	16	00:00:04	<b>00:20:36.40</b>	<b>00:20:41.00</b>	+00:03:12 (15.6%)	4:07	14.6 (84.9%)
17	<b>DĄBROWSKI Paweł</b>	<b>154</b>		M-20	17	00:00:05	<b>00:20:39.10</b>	<b>00:20:44.50</b>	+00:03:15 (15.7%)	4:07	14.5 (84.3%)
18	<b>WARSZAWSKI Przemysław</b>	<b>448</b>		M-20	18	00:00:05	<b>00:20:42.65</b>	<b>00:20:48.35</b>	+00:03:18 (16.0%)	4:08	14.5 (84.3%)
19	<b>BRZUCHALSKI Mati</b>	<b>566</b>		M-20	19	00:00:20	<b>00:20:44.60</b>	<b>00:21:04.85</b>	+00:03:20 (16.1%)	4:08	14.5 (84.3%)
20	<b>HAMERSKI Dawid</b>	<b>198</b>	GORDON RUN	M-20	20	00:00:07	<b>00:20:47.45</b>	<b>00:20:55.30</b>	+00:03:23 (16.3%)	4:09	14.4 (83.7%)
21	<b>SZCZEBLEWSKI Paweł</b>	<b>1288</b>		M-20	21	00:00:05	<b>00:21:14.50</b>	<b>00:21:20.05</b>	+00:03:50 (18.1%)	4:15	14.1 (82.0%)
22	<b>PALIGA Mateusz</b>	<b>1151</b>		M-20	22	00:00:03	<b>00:21:21.00</b>	<b>00:21:24.45</b>	+00:03:56 (18.5%)	4:16	14.1 (82.0%)
23	<b>WENDA Dawid</b>	<b>563</b>	SZKOŁA JAZDY TOMAS	M-20	23	00:00:09	<b>00:21:23.75</b>	<b>00:21:32.95</b>	+00:03:59 (18.7%)	4:16	14 (81.4%)
24	<b>DOMALEWSKI Łukasz</b>	<b>87</b>		M-20	24	00:00:10	<b>00:21:24.05</b>	<b>00:21:34.45</b>	+00:04:00 (18.7%)	4:16	14 (81.4%)
25	<b>TRZCIŃSKI Tomasz</b>	<b>1436</b>		M-20	25	00:00:06	<b>00:21:26.60</b>	<b>00:21:33.25</b>	+00:04:02 (18.9%)	4:17	14 (81.4%)
26	<b>ROSZAK Zbigniew</b>	<b>942</b>		M-20	26	00:00:02	<b>00:21:29.95</b>	<b>00:21:32.00</b>	+00:04:05 (19.1%)	4:18	14 (81.4%)
27	<b>GUZOWSKI Rafał</b>	<b>542</b>	TCMS PESA	M-20	27	00:00:47	<b>00:21:30.60</b>	<b>00:22:17.75</b>	+00:04:06 (19.1%)	4:18	14 (81.4%)
28	<b>KOŁACKI Jarosław</b>	<b>524</b>		M-20	28	00:00:24	<b>00:21:31.45</b>	<b>00:21:55.85</b>	+00:04:07 (19.2%)	4:18	13.9 (80.8%)
29	<b>SKUZA Sebastian</b>	<b>616</b>		M-20	29	00:00:14	<b>00:21:31.90</b>	<b>00:21:46.55</b>	+00:04:07 (19.2%)	4:18	13.9 (80.8%)
30	<b>PRZYBYLSKI Bartek</b>	<b>1022</b>	RUN BDG	M-20	30	00:00:36	<b>00:21:34.40</b>	<b>00:22:11.05</b>	+00:04:10 (19.3%)	4:19	13.9 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
31	<b>NIEWIAROWSKI Paweł</b>	<b>474</b>		M-20	31	00:00:24	<b>00:21:36.20</b>	<b>00:22:00.90</b>	+00:04:12 (19.5%)	4:19	13.9 (80.8%)
32	<b>GRALIK Kacper</b>	<b>860</b>	BYDGOSKIE OKONIE	M-20	32	00:00:07	<b>00:21:45.90</b>	<b>00:21:53.15</b>	+00:04:21 (20.1%)	4:21	13.8 (80.2%)
33	<b>HOŁTYN Patryk</b>	<b>1092</b>		M-20	33	00:01:03	<b>00:21:47.10</b>	<b>00:22:50.85</b>	+00:04:23 (20.1%)	4:21	13.8 (80.2%)
34	<b>RETLEWSKI Adam</b>	<b>533</b>		M-20	34	00:00:22	<b>00:21:49.15</b>	<b>00:22:11.55</b>	+00:04:25 (20.2%)	4:21	13.8 (80.2%)
35	<b>FILIPEK Patryk</b>	<b>903</b>		M-20	35	00:00:26	<b>00:21:49.20</b>	<b>00:22:15.75</b>	+00:04:25 (20.3%)	4:21	13.8 (80.2%)
36	<b>WITKOWSKI Piotr</b>	<b>1200</b>	VIVA LA VIDA	M-20	36	00:00:06	<b>00:21:53.85</b>	<b>00:21:59.95</b>	+00:04:29 (20.5%)	4:22	13.7 (79.7%)
37	<b>RENC Patryk</b>	<b>905</b>		M-20	37	00:00:11	<b>00:21:57.50</b>	<b>00:22:08.85</b>	+00:04:33 (20.8%)	4:23	13.7 (79.7%)
38	<b>NOWAK Rafał</b>	<b>1457</b>		M-20	38	00:00:03	<b>00:21:58.05</b>	<b>00:22:01.20</b>	+00:04:34 (20.8%)	4:23	13.7 (79.7%)
39	<b>WIŚNIEWSKI Paweł</b>	<b>612</b>		M-20	39	00:00:16	<b>00:21:58.35</b>	<b>00:22:14.90</b>	+00:04:34 (20.8%)	4:23	13.7 (79.7%)
40	<b>GROSKOP Grzegorz</b>	<b>1145</b>	GREGORIAN RUN TEAM	M-20	40	00:00:02	<b>00:21:59.75</b>	<b>00:22:02.55</b>	+00:04:35 (20.9%)	4:24	13.6 (79.1%)
41	<b>WENDA Mateusz</b>	<b>562</b>	SZKOŁA JAZDY TOMAS	M-20	41	00:00:09	<b>00:22:00.00</b>	<b>00:22:09.90</b>	+00:04:35 (20.9%)	4:24	13.6 (79.1%)
42	<b>ZBORAŁA Dawid</b>	<b>527</b>	D&M	M-20	42	00:00:09	<b>00:22:00.15</b>	<b>00:22:09.55</b>	+00:04:36 (20.9%)	4:24	13.6 (79.1%)
43	<b>ZBORAŁA Mateusz</b>	<b>548</b>	D&M	M-20	43	00:00:08	<b>00:22:02.00</b>	<b>00:22:10.25</b>	+00:04:37 (21.0%)	4:24	13.6 (79.1%)
44	<b>DOBROGOWSKI Łukasz</b>	<b>994</b>	CROSS TEAM BYDGOSZCZ	M-20	44	00:00:00	<b>00:22:04.25</b>	<b>00:22:04.25</b>	+00:04:40 (21.2%)	4:24	13.6 (79.1%)
45	<b>ROSIAK Dariusz</b>	<b>164</b>	#ZAWSZEPOZLOTO	M-20	45	00:00:22	<b>00:22:16.40</b>	<b>00:22:39.15</b>	+00:04:52 (21.9%)	4:27	13.5 (78.5%)
46	<b>KOTLAREK Dawid</b>	<b>420</b>	PLAYBALLE	M-20	46	00:00:18	<b>00:22:24.85</b>	<b>00:22:43.15</b>	+00:05:00 (22.4%)	4:29	13.4 (77.9%)
47	<b>STRABEL Bartosz</b>	<b>1066</b>		M-20	47	00:00:06	<b>00:22:26.05</b>	<b>00:22:32.75</b>	+00:05:02 (22.4%)	4:29	13.4 (77.9%)
48	<b>WEISBROT Paweł</b>	<b>678</b>	OSP RATOWNIK	M-20	48	00:00:21	<b>00:22:26.25</b>	<b>00:22:47.75</b>	+00:05:02 (22.4%)	4:29	13.4 (77.9%)
49	<b>KARPACZ Jarek</b>	<b>61</b>		M-20	49	00:00:29	<b>00:22:42.65</b>	<b>00:23:11.95</b>	+00:05:18 (23.4%)	4:32	13.2 (76.7%)
50	<b>WRÓBEL Mateusz</b>	<b>1364</b>	1990	M-20	50	00:00:04	<b>00:22:45.20</b>	<b>00:22:50.00</b>	+00:05:21 (23.5%)	4:33	13.2 (76.7%)
51	<b>TYMOSIAK Mateusz</b>	<b>505</b>	SPÓJNIA BIAŁE BŁOTA	M-20	51	00:00:17	<b>00:22:49.35</b>	<b>00:23:06.70</b>	+00:05:25 (23.8%)	4:33	13.1 (76.2%)
52	<b>DĘBSKI Rafał</b>	<b>901</b>		M-20	52	00:00:35	<b>00:22:49.85</b>	<b>00:23:24.85</b>	+00:05:25 (23.8%)	4:33	13.1 (76.2%)
53	<b>PRZYBYTKOWSKI Marek</b>	<b>44</b>		M-20	53	00:00:30	<b>00:22:54.75</b>	<b>00:23:25.25</b>	+00:05:30 (24.1%)	4:35	13.1 (76.2%)
54	<b>BASIŃSKI Łukasz</b>	<b>43</b>		M-20	54	00:00:30	<b>00:22:55.20</b>	<b>00:23:25.50</b>	+00:05:31 (24.1%)	4:35	13.1 (76.2%)
55	<b>KOWALIKOWSKI Daniel</b>	<b>363</b>		M-20	55	00:00:15	<b>00:23:14.25</b>	<b>00:23:30.20</b>	+00:05:50 (25.1%)	4:39	12.9 (75.0%)
56	<b>NOWAK Paweł</b>	<b>1207</b>	HUNTER GYM	M-20	56	00:01:45	<b>00:23:14.80</b>	<b>00:25:00.70</b>	+00:05:50 (25.1%)	4:39	12.9 (75.0%)
57	<b>KULIKOWSKI Tomasz</b>	<b>854</b>		M-20	57	00:01:04	<b>00:23:16.25</b>	<b>00:24:21.15</b>	+00:05:52 (25.2%)	4:39	12.9 (75.0%)
58	<b>SOWIŃSKI Jakub</b>	<b>870</b>		M-20	58	00:00:22	<b>00:23:19.20</b>	<b>00:23:41.60</b>	+00:05:55 (25.4%)	4:39	12.9 (75.0%)
59	<b>JOACHIMIAK Dariusz</b>	<b>206</b>	KLINIKA TRIATHLONU TEAM	M-20	59	00:00:22	<b>00:23:24.15</b>	<b>00:23:46.25</b>	+00:06:00 (25.6%)	4:40	12.8 (74.4%)
60	<b>KOFI KUFEL Mateusz</b>	<b>1</b>		M-20	60	00:01:35	<b>00:23:25.45</b>	<b>00:25:01.30</b>	+00:06:01 (25.7%)	4:41	12.8 (74.4%)
61	<b>SOCHACKI Jakub</b>	<b>664</b>		M-20	61	00:00:18	<b>00:23:33.85</b>	<b>00:23:52.25</b>	+00:06:09 (26.2%)	4:42	12.7 (73.8%)
62	<b>BARTCZAK Patryk</b>	<b>58</b>		M-20	62	00:00:22	<b>00:23:37.65</b>	<b>00:24:00.35</b>	+00:06:13 (26.4%)	4:43	12.7 (73.8%)
63	<b>LULIŃSKI Igor</b>	<b>9</b>		M-20	63	00:00:15	<b>00:23:38.55</b>	<b>00:23:53.75</b>	+00:06:14 (26.4%)	4:43	12.7 (73.8%)
64	<b>WIERZCHOSŁAWSKI Tomasz</b>	<b>1032</b>		M-20	64	00:00:32	<b>00:23:39.05</b>	<b>00:24:11.85</b>	+00:06:15 (26.4%)	4:43	12.7 (73.8%)
65	<b>BĄŁYS Krzysztof</b>	<b>37</b>		M-20	65	00:00:23	<b>00:23:41.50</b>	<b>00:24:04.55</b>	+00:06:17 (26.6%)	4:44	12.7 (73.8%)
66	<b>NIEDBALSKI Dominik</b>	<b>1191</b>		M-20	66	00:00:21	<b>00:23:42.60</b>	<b>00:24:03.70</b>	+00:06:18 (26.6%)	4:44	12.7 (73.8%)
67	<b>BEDNAREK Paweł</b>	<b>529</b>	GORDON RUN	M-20	67	00:00:37	<b>00:23:42.85</b>	<b>00:24:20.55</b>	+00:06:18 (26.6%)	4:44	12.6 (73.3%)
68	<b>SZUBERGA Damian</b>	<b>176</b>		M-20	68	00:00:06	<b>00:23:43.65</b>	<b>00:23:50.45</b>	+00:06:19 (26.7%)	4:44	12.6 (73.3%)
69	<b>ZYZIK Michał</b>	<b>1427</b>		M-20	69	00:00:08	<b>00:23:47.30</b>	<b>00:23:55.55</b>	+00:06:23 (26.9%)	4:45	12.6 (73.3%)
70	<b>SKWARCZYŃSKI Radek</b>	<b>1293</b>	DELHAN	M-20	70	00:01:07	<b>00:24:08.05</b>	<b>00:25:15.75</b>	+00:06:44 (27.9%)	4:49	12.4 (72.1%)
71	<b>DEMBEK Dawid</b>	<b>1422</b>		M-20	71	00:01:07	<b>00:24:08.85</b>	<b>00:25:16.70</b>	+00:06:44 (27.9%)	4:49	12.4 (72.1%)
72	<b>MOLENDĄ Piotr</b>	<b>192</b>		M-20	72	00:00:31	<b>00:24:21.30</b>	<b>00:24:52.75</b>	+00:06:57 (28.6%)	4:52	12.3 (71.5%)
73	<b>GAWRYCH Adam</b>	<b>324</b>		M-20	73	00:00:50	<b>00:24:26.20</b>	<b>00:25:16.90</b>	+00:07:02 (28.8%)	4:53	12.3 (71.5%)
74	<b>KLAFETKA Michał</b>	<b>92</b>	KLINIKA TRIATHLONU TEAM	M-20	74	00:00:13	<b>00:24:37.90</b>	<b>00:24:51.15</b>	+00:07:13 (29.4%)	4:55	12.2 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	<b>MYK Rafał</b>	<b>603</b>	TRIFORFUN	M-20	75	00:00:15	<b>00:24:38.85</b>	<b>00:24:54.50</b>	+00:07:14 (29.4%)	4:55	12.2 (70.9%)
76	<b>KNIOŁA Przemysław</b>	<b>1253</b>		M-20	76	00:00:23	<b>00:24:42.25</b>	<b>00:25:05.85</b>	+00:07:18 (29.6%)	4:56	12.1 (70.3%)
77	<b>WOJCIECHOWSKI Grzegorz</b>	<b>1170</b>		M-20	77	00:00:24	<b>00:24:43.80</b>	<b>00:25:08.10</b>	+00:07:19 (29.6%)	4:56	12.1 (70.3%)
77	<b>MYLER Łukasz</b>	<b>801</b>		M-20	78	00:00:57	<b>00:24:43.80</b>	<b>00:25:41.10</b>	+00:07:19 (29.6%)	4:56	12.1 (70.3%)
79	<b>MRUGAŁA Bartosz</b>	<b>955</b>		M-20	79	00:00:47	<b>00:24:45.95</b>	<b>00:25:33.45</b>	+00:07:21 (29.7%)	4:57	12.1 (70.3%)
80	<b>BARCZEWSKI Marek</b>	<b>411</b>		M-20	80	00:00:19	<b>00:24:51.65</b>	<b>00:25:11.15</b>	+00:07:27 (30.0%)	4:58	12.1 (70.3%)
81	<b>KUNDE Tomasz</b>	<b>610</b>	BYDGOSZCZ TRIATHLON TEAM	M-20	81	00:00:18	<b>00:24:52.70</b>	<b>00:25:11.55</b>	+00:07:28 (30.1%)	4:58	12.1 (70.3%)
82	<b>MICHALAK Robert</b>	<b>226</b>	GORDON RUN	M-20	82	00:00:34	<b>00:24:53.90</b>	<b>00:25:28.70</b>	+00:07:29 (30.1%)	4:58	12 (69.8%)
83	<b>SZATKOWSKI Marcin</b>	<b>322</b>	RUN LOTTO BYDGOSTIA	M-20	83	00:00:33	<b>00:24:54.70</b>	<b>00:25:28.25</b>	+00:07:30 (30.1%)	4:59	12 (69.8%)
84	<b>SKUPSZ Jędrzej Kazmierz</b>	<b>361</b>		M-20	84	00:00:58	<b>00:25:01.75</b>	<b>00:26:00.00</b>	+00:07:37 (30.5%)	5:00	12 (69.8%)
85	<b>PIASECKI Radosław</b>	<b>1201</b>		M-20	85	00:01:46	<b>00:25:03.45</b>	<b>00:26:49.55</b>	+00:07:39 (30.6%)	5:00	12 (69.8%)
86	<b>MIERZWA Damian</b>	<b>1348</b>		M-20	86	00:00:02	<b>00:25:04.50</b>	<b>00:25:07.15</b>	+00:07:40 (30.6%)	5:01	12 (69.8%)
87	<b>RUDNIK Filip</b>	<b>575</b>	T4F CHOJNICE	M-20	87	00:00:15	<b>00:25:07.45</b>	<b>00:25:22.45</b>	+00:07:43 (30.7%)	5:01	11.9 (69.2%)
88	<b>PALIGA Maciej</b>	<b>698</b>		M-20	88	00:00:36	<b>00:25:10.10</b>	<b>00:25:46.50</b>	+00:07:46 (30.9%)	5:02	11.9 (69.2%)
89	<b>BRZEZIŃSKI Artur</b>	<b>1465</b>	DYNAMO SKARPA	M-20	89	00:00:55	<b>00:25:10.50</b>	<b>00:26:05.70</b>	+00:07:46 (30.9%)	5:02	11.9 (69.2%)
90	<b>CZYŻEWSKI Mateusz</b>	<b>1393</b>		M-20	90	00:00:17	<b>00:25:12.45</b>	<b>00:25:29.50</b>	+00:07:48 (31.0%)	5:02	11.9 (69.2%)
91	<b>WÓJTOWICZ Ryszard</b>	<b>1449</b>	WÓJTOWICZ TEAM	M-20	91	00:00:51	<b>00:25:16.55</b>	<b>00:26:08.25</b>	+00:07:52 (31.2%)	5:03	11.9 (69.2%)
92	<b>FILOSEK Paweł</b>	<b>863</b>		M-20	92	00:01:09	<b>00:25:21.70</b>	<b>00:26:31.45</b>	+00:07:57 (31.4%)	5:04	11.8 (68.6%)
93	<b>SZEFKA Jakub</b>	<b>55</b>		M-20	93	00:00:27	<b>00:25:32.45</b>	<b>00:25:59.45</b>	+00:08:08 (31.9%)	5:06	11.7 (68.0%)
94	<b>FRYC Łukasz</b>	<b>59</b>		M-20	94	00:00:26	<b>00:25:33.45</b>	<b>00:25:59.75</b>	+00:08:09 (31.9%)	5:06	11.7 (68.0%)
95	<b>TUREK Mateusz</b>	<b>967</b>		M-20	95	00:00:48	<b>00:25:44.80</b>	<b>00:26:33.75</b>	+00:08:20 (32.4%)	5:09	11.7 (68.0%)
96	<b>DĄBROWSKI Jarosław</b>	<b>525</b>	HORNET DESIGN STUDIO	M-20	96	00:01:21	<b>00:25:46.40</b>	<b>00:27:07.40</b>	+00:08:22 (32.5%)	5:09	11.6 (67.4%)
97	<b>SKONIECZNY Daniel</b>	<b>494</b>	TCMS PESA	M-20	97	00:01:15	<b>00:26:00.65</b>	<b>00:27:16.35</b>	+00:08:36 (33.1%)	5:12	11.5 (66.9%)
98	<b>PLASKOTA Artur</b>	<b>1222</b>		M-20	98	00:01:09	<b>00:26:04.35</b>	<b>00:27:13.45</b>	+00:08:40 (33.3%)	5:12	11.5 (66.9%)
99	<b>ROSZCZYN Dawid</b>	<b>538</b>	AS CROSSFIT	M-20	99	00:01:23	<b>00:26:04.60</b>	<b>00:27:27.75</b>	+00:08:40 (33.3%)	5:12	11.5 (66.9%)
100	<b>NIEDBALSKI Piotr</b>	<b>1189</b>	EURO TIM SQAD	M-20	100	00:00:22	<b>00:26:05.35</b>	<b>00:26:27.35</b>	+00:08:41 (33.3%)	5:13	11.5 (66.9%)
101	<b>BŁĄŻEJEWSKI Kacper</b>	<b>512</b>	CB163	M-20	101	00:01:20	<b>00:26:10.95</b>	<b>00:27:31.70</b>	+00:08:46 (33.5%)	5:14	11.5 (66.9%)
102	<b>DOMAŃSKI Marcin</b>	<b>1432</b>		M-20	102	00:01:04	<b>00:26:13.15</b>	<b>00:27:17.30</b>	+00:08:49 (33.6%)	5:14	11.4 (66.3%)
103	<b>KUFEL Łukasz</b>	<b>954</b>		M-20	103	00:00:59	<b>00:26:18.40</b>	<b>00:27:18.05</b>	+00:08:54 (33.9%)	5:15	11.4 (66.3%)
104	<b>KORDAS Jacek</b>	<b>606</b>		M-20	104	00:00:32	<b>00:26:18.60</b>	<b>00:26:51.40</b>	+00:08:54 (33.9%)	5:15	11.4 (66.3%)
104	<b>BUDKIEWICZ Radosław</b>	<b>187</b>		M-20	105	00:01:08	<b>00:26:18.60</b>	<b>00:27:27.35</b>	+00:08:54 (33.9%)	5:15	11.4 (66.3%)
106	<b>MASŁOWSKI Mateusz</b>	<b>1459</b>		M-20	106	00:00:03	<b>00:26:19.15</b>	<b>00:26:22.30</b>	+00:08:55 (33.9%)	5:15	11.4 (66.3%)
107	<b>MIŚ Michał</b>	<b>1080</b>	LUKS START NAKŁO	M-20	107	00:00:51	<b>00:26:31.30</b>	<b>00:27:22.50</b>	+00:09:07 (34.4%)	5:18	11.3 (65.7%)
108	<b>HARACEWIAT Michał</b>	<b>826</b>		M-20	108	00:00:42	<b>00:26:31.85</b>	<b>00:27:14.30</b>	+00:09:07 (34.4%)	5:18	11.3 (65.7%)
109	<b>MADEJ Adam</b>	<b>871</b>		M-20	109	00:01:01	<b>00:26:35.95</b>	<b>00:27:37.15</b>	+00:09:11 (34.6%)	5:19	11.3 (65.7%)
110	<b>TWARDOWSKI Bartosz</b>	<b>775</b>		M-20	110	00:00:29	<b>00:26:37.05</b>	<b>00:27:06.05</b>	+00:09:13 (34.6%)	5:19	11.3 (65.7%)
111	<b>WALKOWIAK Rafał</b>	<b>707</b>		M-20	111	00:00:24	<b>00:26:37.35</b>	<b>00:27:01.80</b>	+00:09:13 (34.6%)	5:19	11.3 (65.7%)
112	<b>KAROLEWSKI Krzysztof</b>	<b>1328</b>		M-20	112	00:00:46	<b>00:26:39.05</b>	<b>00:27:25.15</b>	+00:09:15 (34.7%)	5:19	11.3 (65.7%)
113	<b>MAJCHERCZAK Dawid</b>	<b>772</b>		M-20	113	00:01:25	<b>00:26:50.60</b>	<b>00:28:16.45</b>	+00:09:26 (35.2%)	5:22	11.2 (65.1%)
114	<b>KWIATKOWSKI Daniel</b>	<b>193</b>	KLINIKA TRIATHLONU TEAM	M-20	114	00:00:16	<b>00:26:56.10</b>	<b>00:27:12.85</b>	+00:09:32 (35.4%)	5:23	11.1 (64.5%)
115	<b>GRAMOWSKI Jakub</b>	<b>1174</b>		M-20	115	00:00:57	<b>00:26:57.25</b>	<b>00:27:54.50</b>	+00:09:33 (35.4%)	5:23	11.1 (64.5%)
116	<b>ROŚ Sławek</b>	<b>283</b>	ARMIA CHRYSYUSA	M-20	116	00:00:51	<b>00:27:01.40</b>	<b>00:27:52.60</b>	+00:09:37 (35.6%)	5:24	11.1 (64.5%)
117	<b>JARZYŃSKI Maciej</b>	<b>453</b>		M-20	117	00:01:41	<b>00:27:12.85</b>	<b>00:28:54.45</b>	+00:09:48 (36.1%)	5:26	11 (64.0%)
118	<b>MASŁOWSKI Kamil</b>	<b>1456</b>		M-20	118	00:00:10	<b>00:27:23.55</b>	<b>00:27:34.35</b>	+00:09:59 (36.5%)	5:28	10.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
119	WIERZCHOSŁAWSKI Mateusz	1387		M-20	119	00:00:38	00:27:24.15	00:28:03.00	+00:10:00 (36.5%)	5:29	10.9 (63.4%)
120	KAPELIŃSKI Adrian	216		M-20	120	00:00:00	00:27:31.20	00:27:31.20	+00:10:07 (36.8%)	5:30	10.9 (63.4%)
121	KAPELIŃSKI Sebastian	213		M-20	121	00:00:47	00:27:35.55	00:28:22.60	+00:10:11 (36.9%)	5:31	10.9 (63.4%)
122	ZALEWSKI Sebastian	665		M-20	122	00:00:35	00:27:40.40	00:28:15.60	+00:10:16 (37.1%)	5:32	10.8 (62.8%)
123	JESZKA Patryk	894	BBL SZUBIN	M-20	123	00:00:29	00:27:41.95	00:28:11.55	+00:10:17 (37.2%)	5:32	10.8 (62.8%)
124	OSSOWSKI Tomek	1482		M-20	124	00:00:10	00:27:44.40	00:27:54.50	+00:10:20 (37.3%)	5:32	10.8 (62.8%)
125	ROSZCZYN Michał	517		M-20	125	00:01:23	00:27:48.25	00:29:12.00	+00:10:24 (37.4%)	5:33	10.8 (62.8%)
126	HASEK Patryk	936		M-20	126	00:01:22	00:27:48.55	00:29:11.35	+00:10:24 (37.4%)	5:33	10.8 (62.8%)
127	KISIEL Krystian	53		M-20	127	00:01:04	00:27:50.35	00:28:54.80	+00:10:26 (37.5%)	5:34	10.8 (62.8%)
128	WOJTYSIAK Szymon	1076	BYDGOSKIE OKONIE	M-20	128	00:00:53	00:27:58.00	00:28:51.15	+00:10:33 (37.8%)	5:35	10.7 (62.2%)
129	DURAJEWSKI Mateusz	500		M-20	129	00:01:29	00:27:59.85	00:29:28.85	+00:10:35 (37.8%)	5:35	10.7 (62.2%)
130	SEROCKI Kornel	593		M-20	130	00:00:38	00:28:08.50	00:28:47.30	+00:10:44 (38.2%)	5:37	10.7 (62.2%)
131	BANACH Jan	182	KLINIKA TRIATHLONU TEAM	M-20	131	00:00:45	00:28:17.10	00:29:02.60	+00:10:53 (38.5%)	5:39	10.6 (61.6%)
132	PIECZARA Michał	567	KLINIKA TRIATHLONU TEAM	M-20	132	00:00:46	00:28:18.10	00:29:04.30	+00:10:54 (38.5%)	5:39	10.6 (61.6%)
133	BRYŚ Bartłomiej	117		M-20	133	00:00:40	00:28:18.85	00:28:59.75	+00:10:54 (38.5%)	5:39	10.6 (61.6%)
134	TOMCZAK Krzysztof	1205		M-20	134	00:00:08	00:28:27.40	00:28:36.05	+00:11:03 (38.9%)	5:41	10.5 (61.0%)
135	BRZOZOWSKI Krzysztof	126		M-20	135	00:01:41	00:28:27.75	00:30:08.80	+00:11:03 (38.9%)	5:41	10.5 (61.0%)
136	BUŁAT Adam	760		M-20	136	00:01:07	00:28:35.25	00:29:42.60	+00:11:11 (39.1%)	5:43	10.5 (61.0%)
137	PROCZEK Jakub	668		M-20	137	00:00:23	00:28:49.25	00:29:12.85	+00:11:25 (39.6%)	5:45	10.4 (60.5%)
138	GRUCHAŁA Paweł	621		M-20	138	00:00:32	00:29:05.65	00:29:38.60	+00:11:41 (40.2%)	5:49	10.3 (59.9%)
139	ANTKOWIAK Bartek	493	TCMS PESA	M-20	139	00:01:16	00:29:08.60	00:30:25.00	+00:11:44 (40.3%)	5:49	10.3 (59.9%)
140	STĘPIEŃ Bogdan	350		M-20	140	00:01:02	00:29:13.85	00:30:16.65	+00:11:49 (40.5%)	5:50	10.3 (59.9%)
140	STOKŁOSA Maciej	330		M-20	141	00:01:31	00:29:13.85	00:30:45.05	+00:11:49 (40.5%)	5:50	10.3 (59.9%)
142	SZALA Paweł	69		M-20	142	00:01:36	00:29:16.85	00:30:52.85	+00:11:52 (40.6%)	5:51	10.3 (59.9%)
143	WASZAK Konrad	1410	FORDON NA CO DZIEŃ	M-20	143	00:00:44	00:29:31.15	00:30:15.15	+00:12:07 (41.1%)	5:54	10.2 (59.3%)
144	SKORECKI Aleksander	644	BYDGOSZCZ TRIATHLON TEAM	M-20	144	00:01:36	00:29:35.30	00:31:12.20	+00:12:11 (41.2%)	5:55	10.1 (58.7%)
145	JARZEMSKI Marcin	95	BYDGOSZCZ TRIATHLON TEAM	M-20	145	00:01:37	00:29:35.55	00:31:12.75	+00:12:11 (41.2%)	5:55	10.1 (58.7%)
146	NIEDBAŁA Mariusz	259	ASW BLACK PANTHER	M-20	146	00:01:06	00:29:35.85	00:30:42.25	+00:12:11 (41.2%)	5:55	10.1 (58.7%)
147	JÓZWIK Sebastian	1005		M-20	147	00:00:40	00:29:38.75	00:30:18.95	+00:12:14 (41.3%)	5:55	10.1 (58.7%)
148	KI Bartłomiej	1041		M-20	148	00:00:31	00:30:12.95	00:30:44.70	+00:12:48 (42.4%)	6:02	9.9 (57.6%)
149	MALINOWSKI Mateusz	1117		M-20	149	00:01:22	00:30:16.15	00:31:38.25	+00:12:52 (42.5%)	6:03	9.9 (57.6%)
150	SZNAJDROWSKI Jerzy	980		M-20	150	00:01:43	00:30:18.90	00:32:02.00	+00:12:54 (42.6%)	6:03	9.9 (57.6%)
151	DOBRZAŃSKI Dariusz	1296		M-20	151	00:01:09	00:30:31.10	00:31:41.05	+00:13:07 (43.0%)	6:06	9.8 (57.0%)
152	KORALEWSKI Jakub	1165		M-20	152	00:01:00	00:30:31.45	00:31:31.65	+00:13:07 (43.0%)	6:06	9.8 (57.0%)
153	JACOBI Maciej	520		M-20	153	00:01:07	00:30:33.30	00:31:40.40	+00:13:09 (43.1%)	6:06	9.8 (57.0%)
154	PODGÓRSKI Jakub	127		M-20	154	00:01:22	00:30:46.20	00:32:08.85	+00:13:22 (43.4%)	6:09	9.8 (57.0%)
155	PRZEWOŹNIAK Rafał	758		M-20	155	00:01:40	00:30:57.15	00:32:37.40	+00:13:33 (43.8%)	6:11	9.7 (56.4%)
156	BYCZYŃSKI Michał	1447		M-20	156	00:01:47	00:30:57.65	00:32:45.30	+00:13:33 (43.8%)	6:11	9.7 (56.4%)
157	MALAK Maciej	302		M-20	157	00:00:55	00:31:03.95	00:31:59.75	+00:13:39 (44.0%)	6:12	9.7 (56.4%)
158	MENDEL Patryk	821		M-20	158	00:01:04	00:31:07.55	00:32:12.05	+00:13:43 (44.1%)	6:13	9.6 (55.8%)
159	JARZĄBEK Michał	709		M-20	159	00:00:51	00:31:39.25	00:32:31.00	+00:14:15 (45.0%)	6:20	9.5 (55.2%)
160	JENCZEWSKI Szymon	736	ALBATROSY	M-20	160	00:00:32	00:31:40.30	00:32:12.95	+00:14:16 (45.1%)	6:20	9.5 (55.2%)
161	CYRULEWSKI Mateusz	666		M-20	161	00:01:27	00:31:42.95	00:33:10.65	+00:14:18 (45.1%)	6:20	9.5 (55.2%)
162	PARUCKI Paweł	369	SPÓJNIA BIAŁE BŁOTA	M-20	162	00:00:24	00:32:08.90	00:32:33.40	+00:14:44 (45.9%)	6:25	9.3 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	<b>SZCZĘSNY Bartosz</b>	<b>1407</b>		M-20	163	00:01:39	<b>00:32:15.10</b>	<b>00:33:54.85</b>	+00:14:51 (46.0%)	6:27	9.3 (54.1%)
164	<b>GRACZYK Przemysław</b>	<b>660</b>		M-20	164	00:01:46	<b>00:32:16.95</b>	<b>00:34:03.10</b>	+00:14:52 (46.1%)	6:27	9.3 (54.1%)
165	<b>WERLING Daniel</b>	<b>462</b>		M-20	165	00:01:34	<b>00:32:18.90</b>	<b>00:33:53.10</b>	+00:14:54 (46.2%)	6:27	9.3 (54.1%)
166	<b>ZAGÓRSKI Artur</b>	<b>1236</b>		M-20	166	00:00:12	<b>00:32:30.05</b>	<b>00:32:42.25</b>	+00:15:06 (46.5%)	6:30	9.2 (53.5%)
167	<b>PANTKOWSKI Jakub</b>	<b>460</b>		M-20	167	00:01:42	<b>00:32:34.35</b>	<b>00:34:16.75</b>	+00:15:10 (46.6%)	6:30	9.2 (53.5%)
168	<b>MARZECKI Ignacy</b>	<b>346</b>	AS CROSSFIT	M-20	168	00:01:43	<b>00:32:58.35</b>	<b>00:34:42.15</b>	+00:15:34 (47.2%)	6:35	9.1 (52.9%)
169	<b>BOSIACKI Mateusz</b>	<b>997</b>	RUN BYDGOSZCZ	M-20	169	00:01:23	<b>00:33:03.10</b>	<b>00:34:26.85</b>	+00:15:39 (47.4%)	6:36	9.1 (52.9%)
170	<b>DUDZIAK Michał</b>	<b>297</b>	CPR BYDGOSZCZ	M-20	170	00:00:33	<b>00:33:12.75</b>	<b>00:33:46.40</b>	+00:15:48 (47.6%)	6:38	9 (52.3%)
171	<b>KULCZYK Albert</b>	<b>952</b>	LEGE ARTIS	M-20	171	00:01:47	<b>00:33:13.30</b>	<b>00:35:00.35</b>	+00:15:49 (47.6%)	6:38	9 (52.3%)
172	<b>PAWSKI Przemysław</b>	<b>970</b>		M-20	172	00:01:34	<b>00:33:57.50</b>	<b>00:35:32.05</b>	+00:16:33 (48.8%)	6:47	8.8 (51.2%)
173	<b>SZNAJDROWSKI Mateusz</b>	<b>977</b>		M-20	173	00:01:43	<b>00:34:43.10</b>	<b>00:36:26.70</b>	+00:17:19 (49.9%)	6:56	8.6 (50.0%)
174	<b>GRZESZAK Sławomir</b>	<b>208</b>		M-20	174	00:01:44	<b>00:34:45.50</b>	<b>00:36:29.75</b>	+00:17:21 (49.9%)	6:57	8.6 (50.0%)
175	<b>TUCZYŃSKI Sylwester</b>	<b>1078</b>	BYDGOSKIE OKONIE	M-20	175	00:00:00	<b>00:36:38.90</b>	<b>00:36:38.90</b>	+00:19:14 (52.5%)	7:19	8.2 (47.7%)
176	<b>WOJCIESZAK Przemysław</b>	<b>1235</b>		M-20	176	00:00:53	<b>00:37:13.10</b>	<b>00:38:06.55</b>	+00:19:49 (53.2%)	7:26	8.1 (47.1%)

Znaleziono 176 wynik(ów)