

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2017

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2017-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MRUK Tomasz	365	CZARNE STOPY.SM	M-40	1	00:00:01	00:17:19.25	00:17:21.20		3:28	17.3 (100%)
2	FUZ Marek	720	KABEL TEAM BYDGOSZCZ	M-40	2	00:00:06	00:18:24.55	00:18:30.70	+00:01:05 (5.9%)	3:40	16.3 (94.2%)
3	KOZŁOWSKI Rafał	33	RUN PASJA	M-40	3	00:00:02	00:18:30.65	00:18:32.75	+00:01:11 (6.4%)	3:42	16.2 (93.6%)
4	CHOLEWIŃSKI Dariusz	938	HURAGAN MIEDZYŃ	M-40	4	00:00:05	00:18:46.85	00:18:51.90	+00:01:27 (7.8%)	3:45	16 (92.5%)
5	SOBIERSKI Rafał	1417		M-40	5	00:00:03	00:18:50.10	00:18:53.20	+00:01:30 (8.0%)	3:46	15.9 (91.9%)
6	PIEKARSKI Marek	1221	RESTAURACJA KING FU BYDGOSZCZ	M-40	6	00:00:01	00:19:24.00	00:19:25.15	+00:02:04 (10.7%)	3:52	15.5 (89.6%)
7	CHMURZYŃSKI Tomasz	1307		M-40	7	00:00:02	00:19:26.00	00:19:28.70	+00:02:06 (10.9%)	3:53	15.4 (89.0%)
8	RYDLEWSKI Marek	350	RUN BYDGOSZCZ	M-40	8	00:00:03	00:19:33.40	00:19:36.45	+00:02:14 (11.4%)	3:54	15.3 (88.4%)
9	ZWIEWKA Sebastian	344	BUSHIDO BYDGOSZCZ	M-40	9	00:00:04	00:19:35.40	00:19:39.70	+00:02:16 (11.6%)	3:55	15.3 (88.4%)
10	KOWALSKI Jacek	476		M-40	10	00:00:05	00:19:39.10	00:19:44.35	+00:02:19 (11.9%)	3:55	15.3 (88.4%)
11	KRUSZKA Łukasz	1450		M-40	11	00:00:06	00:19:50.50	00:19:56.95	+00:02:31 (12.7%)	3:58	15.1 (87.3%)
12	BERNATAJTYS Daniel	495		M-40	12	00:00:11	00:20:05.10	00:20:16.15	+00:02:45 (13.8%)	4:01	14.9 (86.1%)
13	GRZYWIŃSKI Grzegorz	770	RUN BYDGOSZCZ	M-40	13	00:00:17	00:20:36.30	00:20:53.85	+00:03:17 (15.9%)	4:07	14.6 (84.4%)
14	MAKOWSKI Sławomir	90	RUN BYDGOSZCZ	M-40	14	00:00:18	00:20:54.55	00:21:13.20	+00:03:35 (17.2%)	4:11	14.3 (82.7%)
15	MUSZYŃSKI Krzysztof	280	OJ TAM OJ TAM RUN	M-40	15	00:00:04	00:21:03.90	00:21:08.70	+00:03:44 (17.8%)	4:12	14.2 (82.1%)
16	SZTEJKA Damian	645	BENEFITKSO	M-40	16	00:00:05	00:21:09.70	00:21:14.95	+00:03:50 (18.1%)	4:13	14.2 (82.1%)
17	WNUK Sławomir	846		M-40	17	00:00:03	00:21:12.05	00:21:15.10	+00:03:52 (18.3%)	4:14	14.2 (82.1%)
18	NAGOW Michał	31	RUN BYDGOSZCZ	M-40	18	00:00:05	00:21:14.35	00:21:19.90	+00:03:55 (18.4%)	4:14	14.1 (81.5%)
19	TUBAJA Albert	138	KABEL TEAM BYDGOSZCZ	M-40	19	00:00:07	00:21:15.75	00:21:23.00	+00:03:56 (18.5%)	4:15	14.1 (81.5%)
20	MOROSZCZAK Bogumił	1468	SPÓJNIA BIAŁE BŁOTA	M-40	20	00:00:04	00:21:17.50	00:21:22.00	+00:03:58 (18.6%)	4:15	14.1 (81.5%)
21	CHODKIEWICZ Tomasz	253		M-40	21	00:01:01	00:21:21.30	00:22:22.75	+00:04:02 (18.9%)	4:16	14.1 (81.5%)
22	NADRATOWSKI Maciej	167	KABEL TEAM BYDGOSZCZ	M-40	22	00:00:07	00:21:22.90	00:21:30.55	+00:04:03 (19.0%)	4:16	14 (80.9%)
23	KUTOWSKI Przemysław	236		M-40	23	00:00:06	00:21:26.15	00:21:32.35	+00:04:06 (19.2%)	4:17	14 (80.9%)
24	PAKULSKI Rafał	160		M-40	24	00:00:11	00:21:35.55	00:21:46.70	+00:04:16 (19.8%)	4:19	13.9 (80.3%)
25	GACKOWSKI Krzysztof	1174		M-40	25	00:00:10	00:21:40.95	00:21:51.80	+00:04:21 (20.1%)	4:20	13.8 (79.8%)
26	RUTKOWSKI Tomasz	83		M-40	26	00:00:07	00:21:41.15	00:21:48.15	+00:04:21 (20.1%)	4:20	13.8 (79.8%)
27	BARCZAK Tomasz	845		M-40	27	00:00:21	00:21:45.10	00:22:07.05	+00:04:25 (20.4%)	4:21	13.8 (79.8%)
28	PIECHOWIAK Jacek	471		M-40	28	00:00:09	00:21:47.90	00:21:57.85	+00:04:28 (20.5%)	4:21	13.8 (79.8%)
29	GAŁCZYŃSKI Robert	1311		M-40	29	00:00:09	00:21:51.20	00:22:00.80	+00:04:31 (20.7%)	4:22	13.7 (79.2%)
30	PIOTROWSKI Dariusz	343		M-40	30	00:00:40	00:21:52.00	00:22:32.20	+00:04:32 (20.8%)	4:22	13.7 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	WĘGRZYNOWSKI Sławomir	931	KABEL TEAM BYDGOSZCZ	M-40	31	00:00:07	00:21:54.85	00:22:02.30	+00:04:35 (21.0%)	4:23	13.7 (79.2%)
32	CIEPŁOWSKI Robert	318	IPA BYDGOSZCZ	M-40	32	00:00:26	00:22:01.25	00:22:28.10	+00:04:42 (21.3%)	4:24	13.6 (78.6%)
33	ŚWIĘCICKI Andrzej	460		M-40	33	00:00:27	00:22:06.25	00:22:33.85	+00:04:47 (21.6%)	4:25	13.6 (78.6%)
34	RUDOL Sebastian	734		M-40	34	00:00:10	00:22:06.40	00:22:16.85	+00:04:47 (21.6%)	4:25	13.6 (78.6%)
35	STĘPSKI Marek	165		M-40	35	00:00:09	00:22:08.85	00:22:18.45	+00:04:49 (21.8%)	4:25	13.5 (78.0%)
36	GŁOWSKI Dariusz	81		M-40	36	00:00:22	00:22:10.20	00:22:32.25	+00:04:50 (21.9%)	4:26	13.5 (78.0%)
37	LIPIŃSKI Sebastian	59	GRUPAEVER	M-40	37	00:00:11	00:22:15.40	00:22:26.70	+00:04:56 (22.2%)	4:27	13.5 (78.0%)
38	PACZKOWSKI Mirosław	519	CB 163	M-40	38	00:00:09	00:22:24.80	00:22:34.10	+00:05:05 (22.7%)	4:29	13.4 (77.5%)
39	MIKOŁAJCZAK Sławomir	539		M-40	39	00:00:19	00:22:34.00	00:22:53.80	+00:05:14 (23.2%)	4:30	13.3 (76.9%)
40	CODREAM Rafał	873		M-40	40	00:00:28	00:22:37.60	00:23:06.00	+00:05:18 (23.4%)	4:31	13.3 (76.9%)
41	SIUDA Sebastian	203		M-40	41	00:00:30	00:22:44.05	00:23:14.30	+00:05:24 (23.8%)	4:32	13.2 (76.3%)
42	LOFERSKI Marcin	491		M-40	42	00:00:30	00:22:47.90	00:23:18.65	+00:05:28 (24.0%)	4:33	13.2 (76.3%)
43	BYRTEK Grzegorz	130	CAŁY CZAS DO PRZODU	M-40	43	00:00:23	00:22:50.90	00:23:14.20	+00:05:31 (24.2%)	4:34	13.1 (75.7%)
44	KLISZEWSKI Damian	673		M-40	44	00:00:13	00:22:53.15	00:23:06.30	+00:05:33 (24.3%)	4:34	13.1 (75.7%)
45	NOWICKI Aleksander	922		M-40	45	00:00:29	00:22:55.20	00:23:25.00	+00:05:35 (24.4%)	4:35	13.1 (75.7%)
46	DULIŃSKI Jacek	760		M-40	46	00:00:07	00:23:09.25	00:23:16.95	+00:05:50 (25.2%)	4:37	13 (75.1%)
47	MACIEJCZAK Marcin	1112	3GRAVITY	M-40	47	00:00:17	00:23:09.85	00:23:26.95	+00:05:50 (25.2%)	4:37	13 (75.1%)
48	CIEMNY Tomasz	916		M-40	48	00:00:28	00:23:10.70	00:23:39.05	+00:05:51 (25.3%)	4:38	12.9 (74.6%)
49	ANISZEWSKI Dariusz	1164		M-40	49	00:00:08	00:23:16.10	00:23:25.05	+00:05:56 (25.6%)	4:39	12.9 (74.6%)
50	JANCOWSKI Wojciech	390		M-40	50	00:00:05	00:23:22.40	00:23:27.65	+00:06:03 (25.9%)	4:40	12.8 (74.0%)
51	DESSELBERGER Andrzej	305	TRI WŁOCLAWEK	M-40	51	00:01:26	00:23:22.75	00:24:49.40	+00:06:03 (25.9%)	4:40	12.8 (74.0%)
52	SZUBERT Maciej	905		M-40	52	00:01:03	00:23:27.55	00:24:31.00	+00:06:08 (26.2%)	4:41	12.8 (74.0%)
53	CHRUŚCICKI Waldemar	263		M-40	53	00:00:33	00:23:28.30	00:24:01.55	+00:06:09 (26.2%)	4:41	12.8 (74.0%)
54	WESOŁOWSKI Dariusz	827	ICH DWOJE BYDGOSZCZ	M-40	54	00:00:07	00:23:33.20	00:23:40.65	+00:06:13 (26.5%)	4:42	12.7 (73.4%)
55	STAWCZYK Dariusz	723		M-40	55	00:00:17	00:23:34.40	00:23:51.75	+00:06:15 (26.5%)	4:42	12.7 (73.4%)
56	DANKOWSKI Rafał	732		M-40	56	00:00:11	00:23:44.45	00:23:55.45	+00:06:25 (27.0%)	4:44	12.6 (72.8%)
57	MISIAK Maciej	1486		M-40	57	00:00:33	00:23:44.65	00:24:18.15	+00:06:25 (27.1%)	4:45	12.6 (72.8%)
58	KLINIKOWSKI Jacek	342	KOCHAM ŻYCIE I...	M-40	58	00:01:15	00:23:50.05	00:25:05.40	+00:06:30 (27.3%)	4:46	12.6 (72.8%)
59	PASIEKA Tomasz	547	BIEGIEMPRZEZPOLA.PL	M-40	59	00:01:15	00:23:50.40	00:25:05.90	+00:06:31 (27.3%)	4:46	12.6 (72.8%)
60	SZMELTER Michał	618		M-40	60	00:00:16	00:23:53.45	00:24:09.65	+00:06:34 (27.5%)	4:46	12.6 (72.8%)
61	KRAWIEC Mariusz	1042		M-40	61	00:00:15	00:23:53.80	00:24:09.60	+00:06:34 (27.5%)	4:46	12.6 (72.8%)
62	NOWAK Tomasz	1478	GORDON RUN	M-40	62	00:00:06	00:23:55.40	00:24:01.50	+00:06:36 (27.6%)	4:47	12.5 (72.3%)
63	STEFAŃSKI Marcin	2		M-40	63	00:01:04	00:23:57.50	00:25:02.25	+00:06:38 (27.7%)	4:47	12.5 (72.3%)
64	WALENCIAK Jarosław	383	CZARNE STOPY.SM	M-40	64	00:00:19	00:24:01.80	00:24:20.95	+00:06:42 (27.9%)	4:48	12.5 (72.3%)
65	KOLSKI Radek	188	VAUPE TEAM	M-40	65	00:00:07	00:24:03.75	00:24:11.45	+00:06:44 (28.0%)	4:48	12.5 (72.3%)
66	KOWALSKI Paweł	1364		M-40	66	00:01:38	00:24:04.35	00:25:42.55	+00:06:45 (28.0%)	4:48	12.5 (72.3%)
67	SKOPOWSKI Krzysztof	583		M-40	67	00:00:33	00:24:12.45	00:24:46.35	+00:06:53 (28.4%)	4:50	12.4 (71.7%)
68	JEGIERSKI Dariusz	930		M-40	68	00:00:20	00:24:15.65	00:24:36.00	+00:06:56 (28.6%)	4:51	12.4 (71.7%)
69	KALINOWSKI Zbigniew	745		M-40	69	00:00:15	00:24:19.95	00:24:35.50	+00:07:00 (28.8%)	4:52	12.3 (71.1%)
70	WOJCIECHOWSKI Jarosław	289		M-40	70	00:00:21	00:24:20.50	00:24:42.15	+00:07:01 (28.8%)	4:52	12.3 (71.1%)
71	OSZUBSKI Kazimierz	863		M-40	71	00:00:05	00:24:22.20	00:24:27.45	+00:07:02 (28.9%)	4:52	12.3 (71.1%)
72	WINKLEWSKI Krzysztof	151	SOLBET	M-40	72	00:01:06	00:24:24.25	00:25:31.10	+00:07:05 (29.0%)	4:53	12.3 (71.1%)
73	ŚWIATLAK Marek	899		M-40	73	00:01:12	00:24:30.75	00:25:43.40	+00:07:11 (29.3%)	4:54	12.2 (70.5%)
74	GORCZYCA Rafał	375		M-40	74	00:01:47	00:24:32.20	00:26:19.50	+00:07:12 (29.4%)	4:54	12.2 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	SZAFKOWSKI Arek	147	SOLECCY BIEGACZE	M-40	75	00:00:33	00:24:32.40	00:25:05.45	+00:07:13 (29.4%)	4:54	12.2 (70.5%)
76	BIECHOWSKI Andrzej	189		M-40	76	00:00:31	00:24:37.40	00:25:09.15	+00:07:18 (29.7%)	4:55	12.2 (70.5%)
77	NURKIEWICZ Jarosław	329	KUNG FU PANDY 3	M-40	77	00:01:39	00:24:41.55	00:26:21.35	+00:07:22 (29.9%)	4:56	12.1 (69.9%)
78	WALCZAK Tomasz	1045	BIEGAJĄCE CIACHA	M-40	78	00:01:21	00:24:41.75	00:26:03.35	+00:07:22 (29.9%)	4:56	12.1 (69.9%)
79	KORTAS Marcin	684		M-40	79	00:01:17	00:24:43.70	00:26:01.65	+00:07:24 (30.0%)	4:56	12.1 (69.9%)
80	SZYMCZAK Maciej	1106		M-40	80	00:00:44	00:24:45.45	00:25:29.55	+00:07:26 (30.0%)	4:57	12.1 (69.9%)
81	SYNAKIEWICZ Adam	661		M-40	81	00:00:32	00:24:48.80	00:25:21.60	+00:07:29 (30.2%)	4:57	12.1 (69.9%)
82	ROBAKIEWICZ Sławomir	1243		M-40	82	00:00:28	00:24:52.45	00:25:21.30	+00:07:33 (30.4%)	4:58	12.1 (69.9%)
83	ŁYSZCZARZ Radosław	531		M-40	83	00:01:14	00:24:53.60	00:26:08.05	+00:07:34 (30.4%)	4:58	12 (69.4%)
84	ŁABENDA Piotr	1060		M-40	84	00:00:44	00:24:54.25	00:25:39.05	+00:07:35 (30.5%)	4:59	12 (69.4%)
85	KOZIŃSKI Tomasz	1366	BYDGOSKIE ŻÓŁWIE	M-40	85	00:00:26	00:24:54.90	00:25:21.50	+00:07:35 (30.5%)	4:59	12 (69.4%)
86	IWANUSEK Paweł	776		M-40	86	00:00:53	00:24:55.45	00:25:48.70	+00:07:36 (30.5%)	4:59	12 (69.4%)
87	KŁOSOWSKI Marcin	685	GRUPA BANKIETOWA SPECJAL	M-40	87	00:00:52	00:24:56.00	00:25:48.80	+00:07:36 (30.5%)	4:59	12 (69.4%)
88	GOŁCZYŃSKI Tomasz	996		M-40	88	00:00:15	00:25:05.10	00:25:20.20	+00:07:45 (31.0%)	5:01	12 (69.4%)
89	ZYGMUNT Robert	708	RUN PASJA	M-40	89	00:00:46	00:25:07.40	00:25:54.10	+00:07:48 (31.1%)	5:01	11.9 (68.8%)
90	WOS Waldemar	250		M-40	90	00:00:33	00:25:12.20	00:25:45.90	+00:07:52 (31.3%)	5:02	11.9 (68.8%)
91	KONOPIŃSKI Tomasz	1196	RUN BYDGOSZCZ	M-40	91	00:01:04	00:25:20.70	00:26:25.00	+00:08:01 (31.7%)	5:04	11.8 (68.2%)
92	JASIŃSKI Artur	1154		M-40	92	00:00:27	00:25:22.95	00:25:50.15	+00:08:03 (31.8%)	5:04	11.8 (68.2%)
93	ZAMROWSKI Tomasz	394		M-40	93	00:00:31	00:25:27.15	00:25:58.35	+00:08:07 (31.9%)	5:05	11.8 (68.2%)
94	MALINOWSKI Waldemar	563	RUN LOTTO BYDGOSTIA	M-40	94	00:01:16	00:25:28.40	00:26:44.45	+00:08:09 (32.0%)	5:05	11.8 (68.2%)
95	MORITZ Karol	1062	BIEGIEM DLA MAGDY	M-40	95	00:00:29	00:25:52.75	00:26:21.90	+00:08:33 (33.1%)	5:10	11.6 (67.1%)
96	MODRZEJEWSKI Grzegorz	1412	RUN FOREST RUN!	M-40	96	00:00:16	00:25:52.95	00:26:09.90	+00:08:33 (33.1%)	5:10	11.6 (67.1%)
97	DEMBSKI Marek	726		M-40	97	00:00:24	00:25:59.10	00:26:23.50	+00:08:39 (33.3%)	5:11	11.5 (66.5%)
98	SOBOTA Piotr	977		M-40	98	00:00:12	00:26:00.95	00:26:13.40	+00:08:41 (33.4%)	5:12	11.5 (66.5%)
99	PIETRASZAK Tomasz	75	RUN BYDGOSZCZ	M-40	99	00:01:14	00:26:03.90	00:27:18.50	+00:08:44 (33.5%)	5:12	11.5 (66.5%)
100	GNIOT Henryk	783		M-40	100	00:00:25	00:26:08.95	00:26:34.40	+00:08:49 (33.8%)	5:13	11.5 (66.5%)
101	BŁĄŻEJEWSKI Dariusz	1214		M-40	101	00:01:06	00:26:10.85	00:27:16.85	+00:08:51 (33.8%)	5:14	11.5 (66.5%)
102	TWARDOWSKI Wojciech	110	RUN BYDGOSZCZ	M-40	102	00:01:09	00:26:13.80	00:27:22.85	+00:08:54 (34.0%)	5:14	11.4 (65.9%)
103	GWIAZDOWSKI Krzysztof	1077		M-40	103	00:01:25	00:26:18.75	00:27:44.30	+00:08:59 (34.2%)	5:15	11.4 (65.9%)
104	RATAJCZAK Arkadiusz	230	BYDGOSZCZ	M-40	104	00:01:14	00:26:20.10	00:27:34.25	+00:09:00 (34.2%)	5:16	11.4 (65.9%)
105	BRYLEW Tomasz	604	AGENCJA INTERAKTYWNA SITAB	M-40	105	00:01:08	00:26:25.95	00:27:34.55	+00:09:06 (34.5%)	5:17	11.3 (65.3%)
106	LEWICKI Piotr	1491		M-40	106	00:00:59	00:26:36.15	00:27:35.40	+00:09:16 (34.9%)	5:19	11.3 (65.3%)
107	JURCZYK Piotr	962		M-40	107	00:00:20	00:26:41.00	00:27:01.95	+00:09:21 (35.1%)	5:20	11.2 (64.7%)
108	KARSKI Marcin	1233		M-40	108	00:00:50	00:26:45.25	00:27:35.80	+00:09:26 (35.3%)	5:21	11.2 (64.7%)
109	KLONOWSKI Sławomir	133		M-40	109	00:00:56	00:26:47.10	00:27:43.95	+00:09:27 (35.3%)	5:21	11.2 (64.7%)
110	IWAN Remigiusz	105		M-40	110	00:00:41	00:26:51.25	00:27:32.75	+00:09:32 (35.5%)	5:22	11.2 (64.7%)
111	DOBROWOLSKI Krzysztof	768		M-40	111	00:00:25	00:26:52.25	00:27:17.70	+00:09:33 (35.5%)	5:22	11.2 (64.7%)
112	ZBORALSKI Piotr	193		M-40	112	00:01:03	00:26:53.65	00:27:56.70	+00:09:34 (35.6%)	5:22	11.2 (64.7%)
113	PROSEK Krzysztof	1453		M-40	113	00:01:09	00:27:10.95	00:28:20.50	+00:09:51 (36.3%)	5:26	11 (63.6%)
114	KORNACKI Artur	1322		M-40	114	00:01:16	00:27:11.60	00:28:28.35	+00:09:52 (36.3%)	5:26	11 (63.6%)
115	BYSTRZYŃSKI Jan	1		M-40	115	00:00:41	00:27:12.20	00:27:53.30	+00:09:52 (36.3%)	5:26	11 (63.6%)
116	RATAJ Maciej	93		M-40	116	00:00:43	00:27:21.05	00:28:04.75	+00:10:01 (36.7%)	5:28	11 (63.6%)
117	BIEL Marek	956	1% DLA DARII BIEL	M-40	117	00:00:55	00:27:24.65	00:28:20.20	+00:10:05 (36.8%)	5:29	10.9 (63.0%)
118	KAŻMIERCZAK Paweł	213		M-40	118	00:01:06	00:27:25.55	00:28:31.75	+00:10:06 (36.8%)	5:29	10.9 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
119	ŚLIWIŃSKI Piotr	1328		M-40	119	00:00:53	00:27:25.80	00:28:19.10	+00:10:06 (36.9%)	5:29	10.9 (63.0%)
120	ANDRYSZAK Piotr	1255		M-40	120	00:00:48	00:27:26.05	00:28:14.40	+00:10:06 (36.9%)	5:29	10.9 (63.0%)
121	DĄBROWSKI Jarosław	66		M-40	121	00:00:28	00:27:29.35	00:27:58.05	+00:10:10 (37.0%)	5:30	10.9 (63.0%)
122	JASKÓLSKI Andrzej	1148		M-40	122	00:00:48	00:27:29.65	00:28:18.60	+00:10:10 (37.0%)	5:30	10.9 (63.0%)
123	SZUBARTOWSKI Robert	1051	ATOS	M-40	123	00:00:54	00:27:30.15	00:28:24.55	+00:10:10 (37.0%)	5:30	10.9 (63.0%)
124	CEJKO Sławomir	1250	DRUŻYNA JEZUSA	M-40	124	00:01:18	00:27:34.90	00:28:53.05	+00:10:15 (37.2%)	5:31	10.9 (63.0%)
125	PISZCZ Andrzej	580	KLUB BIEGACZA	M-40	125	00:00:58	00:27:41.70	00:28:40.50	+00:10:22 (37.5%)	5:32	10.8 (62.4%)
126	KOZAKIEWICZ Marcin	428		M-40	126	00:00:29	00:27:43.90	00:28:12.95	+00:10:24 (37.5%)	5:32	10.8 (62.4%)
127	OGRODOWICZ Marcin	988		M-40	127	00:01:10	00:27:45.00	00:28:55.80	+00:10:25 (37.6%)	5:33	10.8 (62.4%)
128	BOGUCKI Mariusz	1055		M-40	128	00:00:45	00:27:48.55	00:28:34.10	+00:10:29 (37.7%)	5:33	10.8 (62.4%)
129	KALACZYŃSKI Grzegorz	288		M-40	129	00:00:59	00:27:54.60	00:28:53.70	+00:10:35 (37.9%)	5:34	10.8 (62.4%)
130	WILCZYŃSKI Jacek	730		M-40	130	00:00:45	00:27:56.00	00:28:41.65	+00:10:36 (38.0%)	5:35	10.7 (61.8%)
131	KRZYŻAŃSKI Przemysław	368	BYDGOSZCZ TRIATHLON TEAM	M-40	131	00:00:36	00:27:58.05	00:28:34.25	+00:10:38 (38.1%)	5:35	10.7 (61.8%)
132	KRUK Krzysztof	1123		M-40	132	00:00:11	00:27:59.35	00:28:11.10	+00:10:40 (38.1%)	5:36	10.7 (61.8%)
133	MAŁOWIECKI Grzegorz	1335		M-40	133	00:00:52	00:28:00.75	00:28:52.90	+00:10:41 (38.2%)	5:36	10.7 (61.8%)
134	GRACZYKOWSKI Andrzej	649		M-40	134	00:01:10	00:28:02.95	00:29:13.40	+00:10:43 (38.2%)	5:36	10.7 (61.8%)
135	RADECKI Maciej	1030	CYBORG I	M-40	135	00:01:24	00:28:04.55	00:29:29.25	+00:10:45 (38.3%)	5:37	10.7 (61.8%)
136	NOWICKI Adam	690		M-40	136	00:01:00	00:28:13.20	00:29:13.80	+00:10:53 (38.6%)	5:38	10.6 (61.3%)
137	KAPELA Jacek	1264	WISEŁKA BYDGOSZCZ	M-40	137	00:00:38	00:28:16.95	00:28:54.95	+00:10:57 (38.8%)	5:39	10.6 (61.3%)
138	BOCIEK Piotr	638		M-40	138	00:01:28	00:28:27.70	00:29:55.75	+00:11:08 (39.1%)	5:41	10.5 (60.7%)
139	CZERWIAKOWSKI Sebastian	1180		M-40	139	00:00:39	00:28:29.20	00:29:08.95	+00:11:09 (39.2%)	5:41	10.5 (60.7%)
140	LEMAŃCZYK Zygmunt	302	NIEMCZ	M-40	140	00:01:24	00:28:35.10	00:29:59.55	+00:11:15 (39.4%)	5:43	10.5 (60.7%)
141	BUTRYM Dariusz	410		M-40	141	00:01:22	00:28:38.35	00:30:00.55	+00:11:19 (39.5%)	5:43	10.5 (60.7%)
142	SOBOWIEC Szymon	196	SOBOWIEC TEAM	M-40	142	00:00:42	00:28:40.40	00:29:22.65	+00:11:21 (39.6%)	5:44	10.5 (60.7%)
143	ŁOBODA Robert	1176		M-40	143	00:01:35	00:28:46.05	00:30:21.15	+00:11:26 (39.8%)	5:45	10.4 (60.1%)
144	KĄLEK Artur	1444		M-40	144	00:01:30	00:28:48.90	00:30:19.85	+00:11:29 (39.9%)	5:45	10.4 (60.1%)
145	JAWORSKI Krzysztof	1445		M-40	145	00:01:30	00:28:49.80	00:30:20.60	+00:11:30 (39.9%)	5:46	10.4 (60.1%)
146	PÓŁGĘSEK Rafał	287		M-40	146	00:00:34	00:28:59.30	00:29:33.30	+00:11:40 (40.2%)	5:47	10.4 (60.1%)
147	GEHRKE Jacek	850		M-40	147	00:01:21	00:29:04.40	00:30:25.45	+00:11:45 (40.4%)	5:48	10.3 (59.5%)
148	MENKA Adam	1371		M-40	148	00:01:00	00:29:06.35	00:30:07.20	+00:11:47 (40.5%)	5:49	10.3 (59.5%)
149	MODRZEWSKI Łukasz	538	GORDON RUN	M-40	149	00:00:49	00:29:08.20	00:29:57.20	+00:11:48 (40.6%)	5:49	10.3 (59.5%)
150	NOWICKI Andrzej	1090		M-40	150	00:01:22	00:29:11.20	00:30:33.20	+00:11:51 (40.7%)	5:50	10.3 (59.5%)
151	JANKOWSKI Piotr	443		M-40	151	00:00:58	00:29:21.85	00:30:20.60	+00:12:02 (41.0%)	5:52	10.2 (59.0%)
152	GROCHOWALSKI Arkadiusz	1358		M-40	152	00:01:23	00:29:24.30	00:30:48.10	+00:12:05 (41.1%)	5:53	10.2 (59.0%)
153	URBAŃSKI Piotr	1291	RUNTEAMPRUSZCZ	M-40	153	00:01:17	00:29:24.85	00:30:42.25	+00:12:05 (41.1%)	5:53	10.2 (59.0%)
154	DROZDOICZ Leszek	932		M-40	154	00:01:25	00:29:25.85	00:30:51.65	+00:12:06 (41.1%)	5:53	10.2 (59.0%)
155	WYSMOLIŃSKI Piotr	274		M-40	155	00:00:59	00:29:31.90	00:30:31.20	+00:12:12 (41.3%)	5:54	10.2 (59.0%)
156	CHODOR Tomasz	979		M-40	156	00:00:55	00:29:32.05	00:30:27.20	+00:12:12 (41.4%)	5:54	10.2 (59.0%)
157	ŚLĘZAK Rafał	736		M-40	157	00:01:32	00:29:39.90	00:31:12.80	+00:12:20 (41.6%)	5:56	10.1 (58.4%)
158	CEMKE Tomasz	946		M-40	158	00:01:05	00:29:40.40	00:30:45.90	+00:12:21 (41.6%)	5:56	10.1 (58.4%)
159	MLICKI Marcin	1215		M-40	159	00:01:17	00:29:48.05	00:31:06.00	+00:12:28 (41.9%)	5:57	10.1 (58.4%)
160	GORZYCKI Dariusz	470	BYDGOSKA SEKCJA KARATE IKO KYOKUSHINKAIKAN	M-40	160	00:00:02	00:29:50.40	00:29:52.65	+00:12:31 (42.0%)	5:58	10.1 (58.4%)
161	STACHEWICZ Sławomir	504	BRACIA DALTON	M-40	161	00:00:44	00:30:04.55	00:30:49.35	+00:12:45 (42.4%)	6:01	10 (57.8%)
162	WILCZYŃSKI Wojciech	771		M-40	162	00:01:34	00:30:10.95	00:31:45.50	+00:12:51 (42.6%)	6:02	9.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	WÓJCIK Tomasz	463		M-40	163	00:00:52	00:30:16.80	00:31:09.30	+00:12:57 (42.8%)	6:03	9.9 (57.2%)
164	PATRZAŁEK Tomasz	598		M-40	164	00:01:02	00:31:04.60	00:32:06.75	+00:13:45 (44.3%)	6:12	9.7 (56.1%)
165	SZULAKOWSKI Tomasz	493	KURCZE JAK DALEKO	M-40	165	00:00:51	00:31:21.65	00:32:13.60	+00:14:02 (44.8%)	6:16	9.6 (55.5%)
166	OLECHNOWICZ Tomasz	1161	SPORT SMUKAŁA OPŁAWIEC JANOWO	M-40	166	00:01:35	00:32:26.20	00:34:01.30	+00:15:06 (46.6%)	6:29	9.2 (53.2%)
167	ŻURAWSKI Michał	157		M-40	167	00:01:27	00:32:38.70	00:34:05.95	+00:15:19 (46.9%)	6:31	9.2 (53.2%)
168	PRZYBYSZEWSKI Marcin	554		M-40	168	00:00:47	00:32:47.35	00:33:34.55	+00:15:28 (47.2%)	6:33	9.2 (53.2%)
169	KMIEĆ Norbert	1277		M-40	169	00:00:23	00:33:10.70	00:33:33.80	+00:15:51 (47.8%)	6:38	9 (52.0%)
170	DURĄŁEK Andrzej	961		M-40	170	00:01:31	00:33:55.20	00:35:27.10	+00:16:35 (48.9%)	6:47	8.8 (50.9%)
171	ORLIŃSKI Andrzej	837		M-40	171	00:01:32	00:34:14.20	00:35:46.85	+00:16:54 (49.4%)	6:50	8.8 (50.9%)
172	ZALEWSKI Łukasz	517		M-40	172	00:00:41	00:34:47.70	00:35:29.60	+00:17:28 (50.2%)	6:57	8.6 (49.7%)
173	KEMPA Arkadiusz	1206	RUN BDG	M-40	173	00:01:40	00:35:04.35	00:36:44.95	+00:17:45 (50.6%)	7:00	8.6 (49.7%)
174	KONARZEWSKI Arkadiusz	700		M-40	174	00:01:06	00:35:26.60	00:36:33.05	+00:18:07 (51.1%)	7:05	8.5 (49.1%)
175	SZCZERBINSKI Mariusz	1236		M-40	175	00:00:52	00:36:14.40	00:37:06.75	+00:18:55 (52.2%)	7:14	8.3 (48.0%)
176	BIERNACKI Łukasz	639		M-40	176	00:00:44	00:37:48.65	00:38:33.15	+00:20:29 (54.2%)	7:33	7.9 (45.7%)
177	SKURCZYŃSKI Piotr	1094		M-40	177	00:00:34	00:40:07.00	00:40:41.00	+00:22:47 (56.8%)	8:01	7.5 (43.4%)

Znaleziono 177 wynik(ów)