



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2018

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Aktywna Bydgoszcz
Data: 2018-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

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	SZYSZKA Mariusz	568	SPÓJNIA BIAŁE BŁOTA 1BLOG	M-40	1	00:00:01	00:17:26.65	00:17:28.30		3:29	17.2 (100%)
2	CHOLEWIŃSKI Dariusz	1483		M-40	2	00:00:02	00:18:08.45	00:18:11.25	+00:00:41 (3.8%)	3:37	16.5 (95.9%)
3	FUZ Marek	86	KABEL TEAM BYDGOSZCZ	M-40	3	00:00:04	00:18:09.40	00:18:13.55	+00:00:42 (3.9%)	3:37	16.5 (95.9%)
4	KOZŁOWSKI Rafał	341	RUN PASJA	M-40	4	00:00:01	00:18:13.80	00:18:15.45	+00:00:47 (4.3%)	3:38	16.5 (95.9%)
5	TACZKOWSKI Jarosław	874	ZESPÓŁ SZKÓŁ NR 5 MS W BYDGOSZCZY	M-40	5	00:00:02	00:18:18.95	00:18:21.55	+00:00:52 (4.8%)	3:39	16.4 (95.3%)
6	CHMURZYŃSKI Tomasz	1205	OCULUS - NIEWIDOMI	M-40	6	00:00:01	00:18:22.50	00:18:24.25	+00:00:55 (5.1%)	3:40	16.3 (94.8%)
7	WYSMOLIŃSKI Piotr	789		M-40	7	00:00:03	00:18:23.10	00:18:27.00	+00:00:56 (5.1%)	3:40	16.3 (94.8%)
8	BUKOWIŃSKI Michał	155		M-40	8	00:00:04	00:18:30.45	00:18:34.65	+00:01:03 (5.7%)	3:42	16.2 (94.2%)
9	SOBIERAŁSKI Rafał	482		M-40	9	00:00:04	00:18:32.35	00:18:36.50	+00:01:05 (5.9%)	3:42	16.2 (94.2%)
10	MIZIKOWSKI Wojciech	1010	MIZIK-TEAM	M-40	10	00:00:08	00:18:38.35	00:18:47.20	+00:01:11 (6.4%)	3:43	16.1 (93.6%)
11	HAIZE Tomek	184	ARRK	M-40	11	00:00:02	00:18:42.95	00:18:45.55	+00:01:16 (6.8%)	3:44	16 (93.0%)
12	KŁOSOWSKI Marcin	210	GRUPA BANKIETOWA SPECJAL	M-40	12	00:00:04	00:18:52.65	00:18:57.15	+00:01:26 (7.6%)	3:46	15.9 (92.4%)
13	KOWALSKI Jacek	228		M-40	13	00:00:07	00:18:56.15	00:19:03.40	+00:01:29 (7.9%)	3:47	15.8 (91.9%)
14	BERNATAJTYS Daniel	74		M-40	14	00:00:04	00:19:01.70	00:19:06.50	+00:01:35 (8.3%)	3:48	15.8 (91.9%)
15	CHODKIEWICZ Tomasz	1218	GARDENFLORA MTB TEAM	M-40	15	00:00:04	00:19:07.10	00:19:11.30	+00:01:40 (8.8%)	3:49	15.7 (91.3%)
16	PIEKARSKI Marek	24	RESTAURACJA KUNG FU BYDGOSZCZ	M-40	16	00:00:02	00:19:10.15	00:19:12.30	+00:01:43 (9.0%)	3:50	15.7 (91.3%)
17	KRUSZKA Łukasz	271		M-40	17	00:00:03	00:19:10.20	00:19:13.35	+00:01:43 (9.0%)	3:50	15.7 (91.3%)
18	MAKOWSKI Sławomir	582	RUN BYDGOSZCZ	M-40	18	00:00:24	00:19:15.45	00:19:39.85	+00:01:48 (9.4%)	3:51	15.6 (90.7%)
19	MUCHA Marcin	204		M-40	19	00:00:08	00:19:17.75	00:19:25.90	+00:01:51 (9.6%)	3:51	15.6 (90.7%)
20	STANIEC Tomasz	1306		M-40	20	00:00:06	00:19:20.90	00:19:27.00	+00:01:54 (9.8%)	3:52	15.5 (90.1%)
21	GRZYWIŃSKI Grzegorz	1238	RUN BYDGOSZCZ	M-40	21	00:00:30	00:19:48.65	00:20:19.05	+00:02:22 (11.9%)	3:57	15.1 (87.8%)
22	NISZCZOTA Karol	977	BRZOZA BIEGA	M-40	22	00:00:10	00:19:52.55	00:20:02.70	+00:02:25 (12.2%)	3:58	15.1 (87.8%)
23	ZBIRANEK Remigiusz	954	1 BRYGADA LOGISTYCZNA	M-40	23	00:00:05	00:19:54.70	00:20:00.55	+00:02:28 (12.4%)	3:59	15.1 (87.8%)
24	SUDOŁ Jacek	1085		M-40	24	00:00:06	00:19:58.35	00:20:05.15	+00:02:31 (12.7%)	3:59	15 (87.2%)
25	OLSZYŃSKI Sebastian	1157	SPARTANIE DZIECIOM	M-40	25	00:00:21	00:20:24.70	00:20:46.55	+00:02:58 (14.5%)	4:05	14.7 (85.5%)
26	CIUPA Jarosław	158	ARRK	M-40	26	00:00:03	00:20:38.85	00:20:42.65	+00:03:12 (15.5%)	4:07	14.5 (84.3%)
27	HOC Marek	478	LEGE ARTIS	M-40	27	00:00:07	00:20:45.80	00:20:53.75	+00:03:19 (16.0%)	4:09	14.4 (83.7%)
28	WIDŹGOWSKI Przemysław	428		M-40	28	00:00:23	00:20:47.95	00:21:11.30	+00:03:21 (16.1%)	4:09	14.4 (83.7%)
29	HERMELIN Wojciech	1088	KANCELARIA-HMM	M-40	29	00:00:16	00:20:49.75	00:21:06.05	+00:03:23 (16.3%)	4:10	14.4 (83.7%)
30	NADRATOWSKI Maciej	486	KABEL TEAM BYDGOSZCZ	M-40	30	00:00:07	00:20:54.90	00:21:02.30	+00:03:28 (16.6%)	4:11	14.3 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
31	TUBAJA Albert	63	KABEL TEAM BYDGOSZCZ	M-40	31	00:00:06	00:20:58.05	00:21:04.85	+00:03:31 (16.8%)	4:11	14.3 (83.1%)
32	WESOŁOWSKI Dariusz	206		M-40	32	00:00:09	00:20:58.50	00:21:08.25	+00:03:31 (16.8%)	4:11	14.3 (83.1%)
33	ROSIŃSKI Maciej	2		M-40	33	00:01:34	00:21:05.90	00:22:40.25	+00:03:39 (17.3%)	4:13	14.2 (82.6%)
34	KOWALSKI Marek	1298		M-40	34	00:00:04	00:21:07.50	00:21:11.55	+00:03:40 (17.4%)	4:13	14.2 (82.6%)
35	KAMPER Jarosław	735	ORANGE POLSKA	M-40	35	00:00:07	00:21:08.20	00:21:15.45	+00:03:41 (17.5%)	4:13	14.2 (82.6%)
36	PIECHOWIAK Jacek	508		M-40	36	00:00:12	00:21:16.60	00:21:29.50	+00:03:49 (18.0%)	4:15	14.1 (82.0%)
37	JANCOWSKI Wojciech	1053		M-40	37	00:00:09	00:21:24.70	00:21:34.20	+00:03:58 (18.5%)	4:17	14 (81.4%)
38	ŚLEFARSKI Rafał	860		M-40	38	00:00:17	00:21:26.50	00:21:43.65	+00:03:59 (18.6%)	4:17	14 (81.4%)
39	FRANKOWSKI Paweł	1411	IRON&ONE TEAM	M-40	39	00:00:24	00:21:29.50	00:21:53.75	+00:04:02 (18.8%)	4:17	14 (81.4%)
40	STĘPSKI Marek	104		M-40	40	00:00:06	00:21:29.75	00:21:36.05	+00:04:03 (18.8%)	4:18	14 (81.4%)
41	CICHOWICZ Marcin	1337		M-40	41	00:00:06	00:21:40.40	00:21:46.75	+00:04:13 (19.5%)	4:20	13.8 (80.2%)
42	NADOLNY Sebastian	625		M-40	42	00:00:17	00:21:42.45	00:22:00.25	+00:04:15 (19.6%)	4:20	13.8 (80.2%)
43	BRAŹKIEWICZ Rafał	215	DESPERACI	M-40	43	00:00:18	00:21:43.40	00:22:02.35	+00:04:16 (19.7%)	4:20	13.8 (80.2%)
44	WNUCZYŃSKI Andrzej	803		M-40	44	00:00:18	00:21:43.70	00:22:02.15	+00:04:17 (19.7%)	4:20	13.8 (80.2%)
45	GACKOWSKI Krzysztof	18		M-40	45	00:00:08	00:21:45.25	00:21:53.50	+00:04:18 (19.8%)	4:21	13.8 (80.2%)
46	GOŁĘBIEWSKI Piotr	805		M-40	46	00:00:08	00:21:47.15	00:21:55.90	+00:04:20 (19.9%)	4:21	13.8 (80.2%)
47	MROZIK Andrzej	688	3KR	M-40	47	00:00:15	00:21:51.80	00:22:07.50	+00:04:25 (20.2%)	4:22	13.7 (79.7%)
48	SZUBERSKI Michał	117		M-40	48	00:00:29	00:21:53.45	00:22:22.80	+00:04:26 (20.3%)	4:22	13.7 (79.7%)
49	GŁOWSKI Dariusz	435		M-40	49	00:00:12	00:21:54.30	00:22:07.25	+00:04:27 (20.4%)	4:23	13.7 (79.7%)
50	ŻMICH Tomasz	302		M-40	50	00:00:10	00:21:55.75	00:22:05.90	+00:04:29 (20.5%)	4:23	13.7 (79.7%)
51	MALINOWSKI Artur	205	OCULUS - NIEWIDOMI	M-40	51	00:00:24	00:21:56.75	00:22:20.95	+00:04:30 (20.5%)	4:23	13.7 (79.7%)
52	ROSIAK Jarosław	38		M-40	52	00:00:47	00:22:16.70	00:23:04.00	+00:04:50 (21.7%)	4:27	13.5 (78.5%)
53	CIEMNY Tomasz	627		M-40	53	00:00:20	00:22:17.90	00:22:38.50	+00:04:51 (21.8%)	4:27	13.5 (78.5%)
54	SZMELTER Michał	458		M-40	54	00:00:20	00:22:21.25	00:22:42.00	+00:04:54 (22.0%)	4:28	13.4 (77.9%)
55	SZYMCZAK Maciej	527	BYDGOSZCZ NA START	M-40	55	00:00:09	00:22:22.15	00:22:31.35	+00:04:55 (22.0%)	4:28	13.4 (77.9%)
56	SZUBARTOWSKI Robert	1322		M-40	56	00:00:16	00:22:24.65	00:22:41.15	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
57	JASIŃSKI Artur	578		M-40	57	00:00:59	00:22:24.90	00:23:24.50	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
58	SAS Robert	660		M-40	58	00:00:17	00:22:28.25	00:22:45.85	+00:05:01 (22.4%)	4:29	13.4 (77.9%)
59	KRUCZKOWSKI Adam	1220	SOLECCY BIEGACZE	M-40	59	00:00:05	00:22:30.85	00:22:36.25	+00:05:04 (22.5%)	4:30	13.3 (77.3%)
60	MAŁOWIECKI Grzegorz	1223		M-40	60	00:00:05	00:22:31.00	00:22:36.15	+00:05:04 (22.5%)	4:30	13.3 (77.3%)
61	PIEKARSKI Wojciech	755		M-40	61	00:01:00	00:22:32.50	00:23:32.75	+00:05:05 (22.6%)	4:30	13.3 (77.3%)
62	LEWICKI Maciej	764		M-40	62	00:00:16	00:22:33.85	00:22:50.45	+00:05:07 (22.7%)	4:30	13.3 (77.3%)
63	MAZURKIEWICZ Piotr	899	TRISPACE	M-40	63	00:00:33	00:22:35.65	00:23:09.25	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
64	WESOŁOWSKI Krzysztof	374		M-40	64	00:00:18	00:22:35.85	00:22:53.90	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
65	GWIAZDOWSKI Krzysztof	790		M-40	65	00:00:04	00:22:37.30	00:22:42.10	+00:05:10 (22.9%)	4:31	13.3 (77.3%)
66	BIAŁOWĄS Dariusz	65		M-40	66	00:00:35	00:22:39.70	00:23:15.35	+00:05:13 (23.0%)	4:32	13.2 (76.7%)
67	PAWLAK Dawid	766	ESKIMOS	M-40	67	00:00:09	00:22:54.10	00:23:04.00	+00:05:27 (23.8%)	4:35	13.1 (76.2%)
68	SIUDA Sebastian	41		M-40	68	00:00:45	00:22:55.95	00:23:41.60	+00:05:29 (23.9%)	4:35	13.1 (76.2%)
69	STAWCZYK Dariusz	142		M-40	69	00:00:22	00:23:09.20	00:23:31.70	+00:05:42 (24.7%)	4:37	13 (75.6%)
70	KIEŁCZYŃSKI Marek	493		M-40	70	00:00:14	00:23:11.80	00:23:26.70	+00:05:45 (24.8%)	4:38	12.9 (75.0%)
71	STASIEWSKI Mariusz	1127	OCULUS - NIEWIDOMI	M-40	71	00:00:16	00:23:11.85	00:23:28.15	+00:05:45 (24.8%)	4:38	12.9 (75.0%)
72	ANDRYSIAK Tomasz	1443		M-40	72	00:00:30	00:23:12.75	00:23:43.45	+00:05:46 (24.9%)	4:38	12.9 (75.0%)
73	ŚLIWIŃSKI Piotr	1234		M-40	73	00:00:05	00:23:13.90	00:23:19.65	+00:05:47 (24.9%)	4:38	12.9 (75.0%)
74	DULIŃSKI Jacek	957		M-40	74	00:00:32	00:23:19.25	00:23:51.40	+00:05:52 (25.2%)	4:39	12.9 (75.0%)

						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5km		
75	GŁOWACKI Robert	1414	CZARNE STOPY.SM	M-40	75	00:00:05	00:23:27.85	00:23:33.55	+00:06:01 (25.7%)	4:41 12.8 (74.4%)
76	KALIŃSKI Grzegorz	1089		M-40	76	00:00:03	00:23:28.00	00:23:31.25	+00:06:01 (25.7%)	4:41 12.8 (74.4%)
77	BRZEZIŃSKI Sławomir	1315	DMK LEE	M-40	77	00:00:25	00:23:29.90	00:23:55.55	+00:06:03 (25.8%)	4:42 12.8 (74.4%)
78	LITKOWSKI Marek	797		M-40	78	00:00:50	00:23:30.65	00:24:21.15	+00:06:04 (25.8%)	4:42 12.8 (74.4%)
79	ŁABENDA Piotr	211	TERENOWA MASAKRA TEAM	M-40	79	00:00:16	00:23:31.55	00:23:47.70	+00:06:04 (25.9%)	4:42 12.8 (74.4%)
80	BYRTEK Grzegorz	314		M-40	80	00:00:20	00:23:31.85	00:23:52.30	+00:06:05 (25.9%)	4:42 12.7 (73.8%)
81	NOWICKI Adam	757	CFR	M-40	81	00:01:09	00:23:49.40	00:24:59.00	+00:06:22 (26.8%)	4:46 12.6 (73.3%)
82	KWIATKOWSKI Karol	1331		M-40	82	00:00:59	00:23:50.90	00:24:49.95	+00:06:24 (26.9%)	4:46 12.6 (73.3%)
83	FRĄCKOWIAK Waldemar	1145	GRUPA BANKIETOWA SPECJAL	M-40	83	00:01:15	00:23:52.30	00:25:07.65	+00:06:25 (26.9%)	4:46 12.6 (73.3%)
84	LEŚNIEWSKI Tomasz	333		M-40	84	00:00:08	00:23:52.35	00:24:00.85	+00:06:25 (26.9%)	4:46 12.6 (73.3%)
85	IWANUSEK Paweł	528	NIE ZRZESZONY	M-40	85	00:01:20	00:23:52.50	00:25:13.45	+00:06:25 (26.9%)	4:46 12.6 (73.3%)
86	PAWLAK Robert	1329		M-40	86	00:00:32	00:23:54.10	00:24:26.30	+00:06:27 (27.0%)	4:46 12.6 (73.3%)
87	DROZDOWSKI Krzysztof	654	PRUSZCZ	M-40	87	00:00:40	00:23:57.30	00:24:37.65	+00:06:30 (27.2%)	4:47 12.5 (72.7%)
88	KOWALCZYK Tomasz	1374		M-40	88	00:00:15	00:23:58.90	00:24:14.00	+00:06:32 (27.3%)	4:47 12.5 (72.7%)
89	SIUDA Marek	124	#BBKTS	M-40	89	00:00:46	00:23:59.70	00:24:46.25	+00:06:33 (27.3%)	4:48 12.5 (72.7%)
90	KUTOWSKI Przemysław	299		M-40	90	00:00:10	00:23:59.95	00:24:10.55	+00:06:33 (27.3%)	4:48 12.5 (72.7%)
91	HRYCZ Paweł	905	VAUPE TEAM	M-40	91	00:00:25	00:24:01.35	00:24:27.15	+00:06:34 (27.4%)	4:48 12.5 (72.7%)
92	ŚWIATLAK Marek	237		M-40	92	00:00:57	00:24:01.95	00:24:59.30	+00:06:35 (27.4%)	4:48 12.5 (72.7%)
93	MEYER Marek	844	RUN LOTTO BYDGOSTIA	M-40	93	00:01:39	00:24:02.95	00:25:42.65	+00:06:36 (27.5%)	4:48 12.5 (72.7%)
94	BURCZYK Roman	517		M-40	94	00:01:36	00:24:04.50	00:25:41.25	+00:06:37 (27.5%)	4:49 12.5 (72.7%)
95	MALINOWSKI Waldemar	677	TEAM KUCYKI	M-40	95	00:00:43	00:24:07.45	00:24:51.05	+00:06:40 (27.7%)	4:49 12.4 (72.1%)
96	LEWANDOWSKI Adam	153		M-40	96	00:00:57	00:24:17.60	00:25:15.15	+00:06:50 (28.2%)	4:51 12.3 (71.5%)
97	WOJCIECHOWSKI Jarosław	138		M-40	97	00:00:27	00:24:21.10	00:24:48.85	+00:06:54 (28.4%)	4:52 12.3 (71.5%)
98	KOLSKI Radek	306		M-40	98	00:01:00	00:24:22.80	00:25:22.80	+00:06:56 (28.4%)	4:52 12.3 (71.5%)
99	GORCZYCA Rafał	871		M-40	99	00:01:50	00:24:26.50	00:26:16.70	+00:06:59 (28.6%)	4:53 12.3 (71.5%)
100	JURSKI Robert	514		M-40	100	00:00:26	00:24:28.45	00:24:54.55	+00:07:01 (28.7%)	4:53 12.3 (71.5%)
101	PIOTROWSKI Dariusz	66		M-40	101	00:01:06	00:24:33.45	00:25:39.90	+00:07:06 (29.0%)	4:54 12.2 (70.9%)
102	CZAJA Jarosław	26		M-40	102	00:00:48	00:24:36.30	00:25:24.90	+00:07:09 (29.1%)	4:55 12.2 (70.9%)
103	KORNACKI Artur	855		M-40	103	00:00:13	00:24:42.70	00:24:56.65	+00:07:16 (29.4%)	4:56 12.1 (70.3%)
104	KULAS Bartosz	1190		M-40	104	00:00:28	00:24:47.60	00:25:15.65	+00:07:20 (29.6%)	4:57 12.1 (70.3%)
105	ANDRZEJEWSKI Adam	278		M-40	105	00:00:59	00:24:52.40	00:25:51.90	+00:07:25 (29.9%)	4:58 12.1 (70.3%)
106	CEGŁOWSKI Marcin	186		M-40	106	00:00:34	00:24:57.80	00:25:32.25	+00:07:31 (30.1%)	4:59 12 (69.8%)
107	KANCLERZEWSKI Stanisław	118		M-40	107	00:01:48	00:25:04.15	00:26:52.55	+00:07:37 (30.4%)	5:00 12 (69.8%)
108	WOŹNIAK Piotr	938		M-40	108	00:00:13	00:25:07.50	00:25:21.35	+00:07:40 (30.6%)	5:01 11.9 (69.2%)
109	KAŻMIERCZAK Paweł	171		M-40	109	00:00:18	00:25:08.25	00:25:27.05	+00:07:41 (30.6%)	5:01 11.9 (69.2%)
110	TACZYŃSKI Mariusz	1491		M-40	110	00:00:02	00:25:09.50	00:25:12.10	+00:07:42 (30.7%)	5:02 11.9 (69.2%)
111	JĘDRZEJCZYK Piotr	849		M-40	111	00:01:45	00:25:09.65	00:26:55.15	+00:07:43 (30.7%)	5:02 11.9 (69.2%)
112	MAZUR Mariusz	386		M-40	112	00:00:14	00:25:12.75	00:25:27.05	+00:07:46 (30.8%)	5:02 11.9 (69.2%)
113	SZPERKOWSKI Tomasz	1276		M-40	113	00:00:59	00:25:12.85	00:26:12.00	+00:07:46 (30.8%)	5:02 11.9 (69.2%)
114	DURĄŁEK Andrzej	467		M-40	114	00:01:06	00:25:12.95	00:26:19.75	+00:07:46 (30.8%)	5:02 11.9 (69.2%)
115	ASTUKIEWICZ Tomasz	90		M-40	115	00:01:31	00:25:14.25	00:26:46.05	+00:07:47 (30.9%)	5:03 11.9 (69.2%)
116	DERESZYŃSKI Piotr	485		M-40	116	00:01:08	00:25:14.50	00:26:22.75	+00:07:47 (30.9%)	5:02 11.9 (69.2%)
117	KLIMCZYK Marcin	997	CYBORG	M-40	117	00:00:53	00:25:22.70	00:26:16.15	+00:07:56 (31.3%)	5:04 11.8 (68.6%)
118	RADECKI Maciej	1274		M-40	118	00:00:41	00:25:23.75	00:26:04.75	+00:07:57 (31.3%)	5:04 11.8 (68.6%)

							Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5km			
119	DOBROWOLSKI Krzysztof	1150	JW 3775	M-40	119	00:00:25	00:25:25.40	00:25:50.60	+00:07:58 (31.4%)	5:05	11.8 (68.6%)
120	WNOROWSKI Mirosław	1395		M-40	120	00:00:19	00:25:32.20	00:25:51.20	+00:08:05 (31.7%)	5:06	11.7 (68.0%)
121	MODRZEJEWSKI Wojciech	1361		M-40	121	00:00:42	00:25:33.20	00:26:15.95	+00:08:06 (31.7%)	5:06	11.7 (68.0%)
122	KUKLIŃSKI Rafał	674		M-40	122	00:00:40	00:25:35.25	00:26:16.15	+00:08:08 (31.8%)	5:07	11.7 (68.0%)
123	KOZICKI Marcin	669	BYDGOSKIE ŻÓŁWIE	M-40	123	00:00:46	00:25:37.15	00:26:23.75	+00:08:10 (31.9%)	5:07	11.7 (68.0%)
124	SZAFKOWSKI Arkadiusz	8	SOLECCY BIEGACZE	M-40	124	00:00:46	00:25:37.95	00:26:24.65	+00:08:11 (31.9%)	5:07	11.7 (68.0%)
125	PALIGA Arkadiusz	883	KUNG FU PANDY 3	M-40	125	00:01:29	00:25:41.00	00:27:10.10	+00:08:14 (32.1%)	5:08	11.7 (68.0%)
126	ŁANGOWSKI Jacek	818		M-40	126	00:00:37	00:25:44.90	00:26:22.25	+00:08:18 (32.3%)	5:09	11.7 (68.0%)
127	NURKIEWICZ Jarosław	156		M-40	127	00:01:00	00:25:46.65	00:26:47.55	+00:08:20 (32.3%)	5:09	11.6 (67.4%)
128	SOBOTA Piotr	189		M-40	128	00:00:57	00:25:52.90	00:26:50.20	+00:08:26 (32.6%)	5:10	11.6 (67.4%)
129	LASKOWSKI Wojciech	1435	TBKM WILK SOLEC KUJAWSKI	M-40	129	00:01:10	00:25:56.45	00:27:06.85	+00:08:29 (32.8%)	5:11	11.6 (67.4%)
130	ANDRZEJEWSKI Paweł	1339		M-40	130	00:00:21	00:25:57.05	00:26:19.00	+00:08:30 (32.8%)	5:11	11.6 (67.4%)
131	PIÓRKOWSKI Rafał	577		M-40	131	00:00:54	00:26:04.45	00:26:59.10	+00:08:37 (33.1%)	5:13	11.5 (66.9%)
132	BORYS Rafał	1144		M-40	132	00:00:41	00:26:22.35	00:27:03.80	+00:08:55 (33.9%)	5:16	11.4 (66.3%)
133	ŁUKASIEWICZ Krzysztof	126	1BLOG	M-40	133	00:01:28	00:26:24.15	00:27:52.35	+00:08:57 (33.9%)	5:16	11.4 (66.3%)
134	FOJUTOWSKI Sławomir	1457		M-40	134	00:01:14	00:26:29.20	00:27:43.75	+00:09:02 (34.1%)	5:17	11.3 (65.7%)
135	WILCZYŃSKI Jacek	300		M-40	135	00:01:08	00:26:30.05	00:27:38.40	+00:09:03 (34.2%)	5:18	11.3 (65.7%)
136	NIEWIEDZIAŁA Artur	233		M-40	136	00:00:15	00:26:30.35	00:26:45.50	+00:09:03 (34.2%)	5:18	11.3 (65.7%)
137	CZARNECKI Marek	798	-	M-40	137	00:00:29	00:26:44.60	00:27:14.35	+00:09:17 (34.8%)	5:21	11.2 (65.1%)
138	KRUK Krzysztof	519		M-40	138	00:00:49	00:26:53.80	00:27:43.45	+00:09:27 (35.1%)	5:22	11.2 (65.1%)
139	KRZYŻYŃSKI Oskar	270		M-40	139	00:00:19	00:26:58.60	00:27:18.40	+00:09:31 (35.3%)	5:23	11.1 (64.5%)
140	GUŻDZIOŁ Jarek	49		M-40	140	00:01:05	00:27:01.45	00:28:07.25	+00:09:34 (35.4%)	5:24	11.1 (64.5%)
141	JASKÓLSKI Andrzej	781	-	M-40	141	00:00:33	00:27:03.85	00:27:36.85	+00:09:37 (35.5%)	5:24	11.1 (64.5%)
142	GÓRA Edward	778		M-40	142	00:00:31	00:27:07.35	00:27:38.35	+00:09:40 (35.7%)	5:25	11.1 (64.5%)
143	KĘDZIERSKI Wojciech	962		M-40	143	00:00:20	00:27:30.35	00:27:51.10	+00:10:03 (36.6%)	5:30	10.9 (63.4%)
144	GUZ Piotr	995		M-40	144	00:01:29	00:27:30.55	00:29:00.20	+00:10:03 (36.6%)	5:30	10.9 (63.4%)
145	RUTKOWSKI Tomasz	101	-	M-40	145	00:00:16	00:27:31.50	00:27:48.30	+00:10:04 (36.6%)	5:30	10.9 (63.4%)
146	SKUBISZAK Jacek	1256		M-40	146	00:00:29	00:27:35.35	00:28:05.30	+00:10:08 (36.8%)	5:31	10.9 (63.4%)
147	KOZAKIEWICZ Marcin	37		M-40	147	00:00:38	00:27:43.55	00:28:21.70	+00:10:16 (37.1%)	5:32	10.8 (62.8%)
148	GNIOT Henryk	421		M-40	148	00:00:52	00:27:45.30	00:28:37.85	+00:10:18 (37.1%)	5:33	10.8 (62.8%)
149	PROSEK Krzysztof	1148	OFTALMIKA	M-40	149	00:01:07	00:28:04.10	00:29:11.75	+00:10:37 (37.9%)	5:36	10.7 (62.2%)
150	KAŁUŻNY Jakub	1289		M-40	150	00:00:52	00:28:04.80	00:28:57.55	+00:10:38 (37.9%)	5:37	10.7 (62.2%)
151	KAŁUŻNY Bartłomiej	1292		M-40	151	00:00:52	00:28:06.10	00:28:59.05	+00:10:39 (37.9%)	5:37	10.7 (62.2%)
152	MLICKI Marcin	1401		M-40	152	00:01:35	00:28:13.95	00:29:49.35	+00:10:47 (38.2%)	5:38	10.6 (61.6%)
153	STEFAŃSKI Marcin	375	-	M-40	153	00:01:20	00:28:28.95	00:29:49.05	+00:11:02 (38.8%)	5:41	10.5 (61.0%)
154	GADZIŃSKI Tomasz	304		M-40	154	00:00:39	00:28:29.75	00:29:09.05	+00:11:03 (38.8%)	5:42	10.5 (61.0%)
154	RATAJ Maciej	393		M-40	155	00:00:56	00:28:29.75	00:29:26.00	+00:11:03 (38.8%)	5:42	10.5 (61.0%)
156	WÓJCIK Tomasz	110		M-40	156	00:01:00	00:28:30.85	00:29:31.60	+00:11:04 (38.8%)	5:42	10.5 (61.0%)
157	PIETRASZAK Tomasz	366	RUN BYDGOSZCZ	M-40	157	00:01:30	00:28:41.85	00:30:12.10	+00:11:15 (39.2%)	5:44	10.5 (61.0%)
158	ROGUSZCZAK Maciej	864	HAROMA TEAM	M-40	158	00:01:20	00:28:43.40	00:30:03.40	+00:11:16 (39.3%)	5:44	10.4 (60.5%)
159	CHILEWSKI Arkadiusz	277	CB163	M-40	159	00:01:23	00:28:50.25	00:30:13.35	+00:11:23 (39.5%)	5:46	10.4 (60.5%)
160	GRALAK Jacek	218	8 K-P BWOT	M-40	160	00:01:00	00:28:54.95	00:29:55.15	+00:11:28 (39.7%)	5:47	10.4 (60.5%)
161	PRZYBYSZEWSKI Marcin	595	-	M-40	161	00:00:24	00:28:57.90	00:29:22.15	+00:11:31 (39.8%)	5:47	10.4 (60.5%)
162	RATAJCZAK Arkadiusz	965		M-40	162	00:00:38	00:29:19.60	00:29:58.50	+00:11:52 (40.5%)	5:52	10.2 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	DRYLL Marek	255		M-40	163	00:00:19	00:29:22.00	00:29:41.70	+00:11:55 (40.6%)	5:52	10.2 (59.3%)
164	WESOŁOWSKI Tomasz	553		M-40	164	00:01:05	00:29:31.25	00:30:36.50	+00:12:04 (40.9%)	5:54	10.2 (59.3%)
165	PISZCZ Andrzej	1185		M-40	165	00:01:10	00:29:37.00	00:30:47.40	+00:12:10 (41.1%)	5:55	10.1 (58.7%)
166	MICHALAK Mariusz	1359		M-40	166	00:00:27	00:29:44.45	00:30:11.45	+00:12:17 (41.3%)	5:56	10.1 (58.7%)
167	GRUBICH Arkadiusz	608		M-40	167	00:00:58	00:29:44.55	00:30:43.45	+00:12:17 (41.3%)	5:57	10.1 (58.7%)
168	CEMKE Tomasz	1105		M-40	168	00:01:16	00:29:46.95	00:31:03.05	+00:12:20 (41.4%)	5:57	10.1 (58.7%)
169	KORBEL Marian	1248		M-40	169	00:00:46	00:30:00.60	00:30:46.85	+00:12:33 (41.9%)	6:00	10 (58.1%)
170	GRZELAK Łukasz	497	BYDGOSZCZNASTART	M-40	170	00:01:46	00:30:04.90	00:31:51.50	+00:12:38 (42.0%)	6:01	10 (58.1%)
171	SZELAŃGOWSKI Tomasz	1137		M-40	171	00:00:05	00:30:11.80	00:30:17.25	+00:12:45 (42.2%)	6:02	9.9 (57.6%)
172	CHOLEWCZYŃSKI Dariusz	1211	OCULUS - NIEWIDOMI	M-40	172	00:01:22	00:30:12.70	00:31:34.70	+00:12:46 (42.3%)	6:02	9.9 (57.6%)
173	MACHNIKOWSKI Rafał	1221	OCULUS - NIEWIDOMI	M-40	173	00:00:56	00:30:19.55	00:31:16.50	+00:12:52 (42.5%)	6:04	9.9 (57.6%)
174	STACHEWICZ Sławomir	619		M-40	174	00:00:55	00:30:30.25	00:31:25.65	+00:13:03 (42.8%)	6:06	9.8 (57.0%)
175	KALACZYŃSKI Grzegorz	1310		M-40	175	00:01:29	00:30:30.60	00:32:00.25	+00:13:03 (42.8%)	6:06	9.8 (57.0%)
176	DANIELEK Adam	39	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M-40	176	00:01:06	00:30:40.55	00:31:46.55	+00:13:13 (43.1%)	6:08	9.8 (57.0%)
177	SMERLIŃSKI Robert	532	-	M-40	177	00:01:40	00:30:41.65	00:32:21.65	+00:13:15 (43.2%)	6:08	9.8 (57.0%)
178	BIERNACKI Łukasz	813		M-40	178	00:01:32	00:30:48.65	00:32:21.10	+00:13:22 (43.4%)	6:09	9.7 (56.4%)
179	ŻURAWSKI Michał	219	RUN LOTTO-BYDGOSTIA	M-40	179	00:01:30	00:30:58.50	00:32:28.60	+00:13:31 (43.7%)	6:11	9.7 (56.4%)
180	ZAGALAK Rafał	430		M-40	180	00:00:48	00:31:05.65	00:31:54.55	+00:13:39 (43.9%)	6:13	9.6 (55.8%)
181	RACZYCKI Tomasz	1429		M-40	181	00:00:45	00:31:10.35	00:31:55.80	+00:13:43 (44.0%)	6:14	9.6 (55.8%)
182	JUREK Sławomir	1163	FUNDACJA HORYZONT	M-40	182	00:00:53	00:31:14.10	00:32:07.55	+00:13:47 (44.2%)	6:14	9.6 (55.8%)
183	BUZAŁSKI Robert	395	ORANGE POLSKA	M-40	183	00:00:27	00:31:21.50	00:31:49.05	+00:13:54 (44.4%)	6:16	9.6 (55.8%)
184	PREDER Bartosz	1415		M-40	184	00:01:24	00:31:29.15	00:32:53.85	+00:14:02 (44.6%)	6:17	9.5 (55.2%)
185	URBAŃSKI Piotr	571	RUN TEAM PRUSZCZ	M-40	185	00:01:32	00:31:38.35	00:33:10.70	+00:14:11 (44.9%)	6:19	9.5 (55.2%)
186	BIELUSZEWSKI Artur	597	BBTS	M-40	186	00:01:20	00:32:02.80	00:33:23.65	+00:14:36 (45.6%)	6:24	9.4 (54.7%)
187	KUŁAKOWSKI Robert	1131	#BBKTS	M-40	187	00:00:26	00:32:09.75	00:32:36.45	+00:14:43 (45.8%)	6:26	9.3 (54.1%)
188	DUDZIAK Adam	1159	URZĄD MIASTA BYDGOSZCZY	M-40	188	00:01:38	00:32:29.65	00:34:07.75	+00:15:03 (46.3%)	6:29	9.2 (53.5%)
189	DANILEWICZ Ryszard	1410		M-40	189	00:00:35	00:32:32.05	00:33:07.95	+00:15:05 (46.4%)	6:30	9.2 (53.5%)
190	JEDRZEJCZYK Jacek	397		M-40	190	00:00:38	00:32:42.60	00:33:20.65	+00:15:15 (46.7%)	6:32	9.2 (53.5%)
191	ORLIŃSKI Andrzej	1033		M-40	191	00:01:14	00:32:45.30	00:34:00.05	+00:15:18 (46.7%)	6:33	9.2 (53.5%)
192	PATRZAŁEK Tomasz	616		M-40	192	00:00:34	00:32:50.80	00:33:24.90	+00:15:24 (46.9%)	6:34	9.1 (52.9%)
193	PÓŁGĘSEK Rafał	243		M-40	193	00:01:04	00:33:06.70	00:34:11.35	+00:15:40 (47.3%)	6:37	9.1 (52.9%)
194	KĄLEK Artur	846	KLINIKA TRIATHLONU BYDGOSZCZ	M-40	194	00:01:13	00:33:28.55	00:34:42.35	+00:16:01 (47.9%)	6:41	9 (52.3%)
195	JAWORSKI Krzysztof	949		M-40	195	00:01:13	00:33:29.70	00:34:43.15	+00:16:03 (47.9%)	6:42	9 (52.3%)
196	ZAŁEWSKI Łukasz	133		M-40	196	00:01:44	00:33:47.50	00:35:31.95	+00:16:20 (48.4%)	6:45	8.9 (51.7%)
197	MAJEWSKI Tomasz	1332	SZKOŁA PODSTAWOWA NR 66 W BYDGOSZCZY	M-40	197	00:01:47	00:35:27.30	00:37:14.55	+00:18:00 (50.8%)	7:05	8.5 (49.4%)
198	KOWAŁSKI Piotr	971		M-40	198	00:01:34	00:35:55.30	00:37:29.65	+00:18:28 (51.4%)	7:11	8.4 (48.8%)
199	KEMPA Arkadiusz	767		M-40	199	00:01:41	00:37:14.10	00:38:55.75	+00:19:47 (53.2%)	7:26	8.1 (47.1%)
200	WENGLER Sebastian	779		M-40	200	00:00:28	00:37:30.05	00:37:58.70	+00:20:03 (53.5%)	7:30	8 (46.5%)
201	WALCZAK Marcin	641		M-40	201	00:00:44	00:37:35.30	00:38:19.50	+00:20:08 (53.6%)	7:31	8 (46.5%)
202	KONARZEWSKI Arkadiusz	166		M-40	202	00:00:36	00:39:02.25	00:39:38.80	+00:21:35 (55.3%)	7:48	7.7 (44.8%)
203	KAWA Marcin	824	CUKIER & SERCE	M-40	203	00:01:22	00:41:19.00	00:42:41.00	+00:23:52 (57.8%)	8:15	7.3 (42.4%)
204	STEFAŃSKI Krzysztof	882		M-40	204	00:01:22	00:41:26.70	00:42:48.75	+00:24:00 (57.9%)	8:17	7.2 (41.9%)