



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2021

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2021-11-11
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	WIWATOWSKI Michał	262		M-40	1	00:00:04	00:17:48.85	00:17:52.85		3:33	16.9 (100%)
2	SOBIERALSKI Rafał	166		M-40	2	00:00:05	00:18:44.20	00:18:49.65	+00:00:55 (4.9%)	3:44	16 (94.7%)
3	KOLMAJER Rafał	34	ROWERTOUR	M-40	3	00:00:03	00:18:49.60	00:18:53.50	+00:01:00 (5.4%)	3:45	15.9 (94.1%)
4	STANIEC Tomasz	1070		M-40	4	00:00:05	00:19:12.35	00:19:18.25	+00:01:23 (7.2%)	3:50	15.6 (92.3%)
5	SZCZEPANIAK Cezary	484		M-40	5	00:00:05	00:19:47.35	00:19:52.55	+00:01:58 (10.0%)	3:57	15.2 (89.9%)
6	KOZŁOWSKI Rafał	13		M-40	6	00:00:04	00:19:48.10	00:19:52.40	+00:01:59 (10.0%)	3:57	15.2 (89.9%)
7	KRUSZKA Łukasz	189	K. S. TRI BE.R	M-40	7	00:00:05	00:20:20.25	00:20:25.50	+00:02:31 (12.4%)	4:04	14.8 (87.6%)
8	GURDAK Leszek	169	BYDGOSZCZ NA START	M-40	8	00:00:06	00:20:33.35	00:20:39.45	+00:02:44 (13.3%)	4:06	14.6 (86.4%)
9	STARZYŃSKI Piotr	855		M-40	9	00:00:08	00:20:37.05	00:20:45.95	+00:02:48 (13.6%)	4:07	14.6 (86.4%)
10	DROCIAK Michał	886	OGR OSOWA GÓRA RUNNER	M-40	10	00:00:06	00:20:41.55	00:20:47.75	+00:02:52 (13.9%)	4:08	14.5 (85.8%)
11	BUZALSKI Robert	103	ORANGE POLSKA	M-40	11	00:00:06	00:21:07.70	00:21:14.65	+00:03:18 (15.7%)	4:13	14.2 (84.0%)
12	SUDOŁ Jacek	837	PARKRUN BYDGOSZCZ	M-40	12	00:00:07	00:21:14.70	00:21:21.95	+00:03:25 (16.1%)	4:14	14.1 (83.4%)
13	KŁOSOWSKI Marcin	542	CSM POLSKA	M-40	13	00:00:04	00:21:15.15	00:21:20.10	+00:03:26 (16.2%)	4:15	14.1 (83.4%)
14	IGNACZAK Jarosław	598	3GRAVITY	M-40	14	00:00:07	00:21:22.25	00:21:30.05	+00:03:33 (16.6%)	4:16	14 (82.8%)
15	MIZIKOWSKI Wojciech	530	MIZIK TEAM	M-40	15	00:00:09	00:21:33.10	00:21:42.55	+00:03:44 (17.3%)	4:18	13.9 (82.2%)
16	GRZECHULSKI Dariusz	571		M-40	16	00:00:07	00:21:34.55	00:21:41.70	+00:03:45 (17.4%)	4:18	13.9 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	ZBIRANEK Remigiusz	720	1 BRYGADA LOGISTYCZNA	M-40	17	00:00:11	00:21:48.90	00:22:00.55	+00:04:00 (18.3%)	4:21	13.8 (81.7%)
18	MACIOSZEK Marcin	408	M.A.D.M.E.P.	M-40	18	00:00:09	00:22:03.05	00:22:12.10	+00:04:14 (19.2%)	4:24	13.6 (80.5%)
19	PINIARSKI Michał	1049	MOGILNO TEAM	M-40	19	00:00:21	00:22:09.60	00:22:30.75	+00:04:20 (19.6%)	4:25	13.5 (79.9%)
20	PAPROCKI Rafał	581	SLK POLONIA BYDGOSZCZ	M-40	20	00:00:32	00:22:16.35	00:22:48.45	+00:04:27 (20.0%)	4:27	13.5 (79.9%)
21	GOSPODARCZYK Marek	973		M-40	21	00:00:08	00:22:18.05	00:22:26.95	+00:04:29 (20.1%)	4:27	13.5 (79.9%)
22	CIEMNY Tomasz	591		M-40	22	00:00:11	00:22:28.80	00:22:39.95	+00:04:39 (20.8%)	4:29	13.4 (79.3%)
23	MOMOT Mieczysław	332		M-40	23	00:00:13	00:22:35.40	00:22:48.60	+00:04:46 (21.1%)	4:31	13.3 (78.7%)
24	DZIEKAN Wojciech	387	KABEL TEAM BYDGOSZCZ	M-40	24	00:00:49	00:22:39.00	00:23:28.75	+00:04:50 (21.4%)	4:31	13.2 (78.1%)
25	WNUCZYŃSKI Andrzej	81	ORANGE POLSKA	M-40	25	00:00:34	00:22:53.95	00:23:28.75	+00:05:05 (22.2%)	4:34	13.1 (77.5%)
26	MROTEK Michał	667	AKADEMIA MISTRZOW SPORTU	M-40	26	00:00:15	00:22:54.25	00:23:09.30	+00:05:05 (22.2%)	4:34	13.1 (77.5%)
27	CIEŚLEWICZ Karol	809	OLAF CREW	M-40	27	00:00:10	00:22:55.05	00:23:05.85	+00:05:06 (22.3%)	4:35	13.1 (77.5%)
28	GRUBICH Arkadiusz	121		M-40	28	00:00:14	00:22:58.65	00:23:13.60	+00:05:09 (22.5%)	4:35	13.1 (77.5%)
29	GACKOWSKI Krzysztof	49		M-40	29	00:00:08	00:23:02.05	00:23:10.85	+00:05:13 (22.7%)	4:36	13 (76.9%)
30	STEFAŃSKI Marcin	327	KOJOTY	M-40	30	00:00:12	00:23:13.75	00:23:26.50	+00:05:24 (23.3%)	4:38	12.9 (76.3%)
31	BILSKI Marcin	690		M-40	31	00:00:31	00:23:16.20	00:23:47.60	+00:05:27 (23.4%)	4:39	12.9 (76.3%)
32	KRASIŃSKI Piotr	784		M-40	32	00:00:16	00:23:17.20	00:23:33.60	+00:05:28 (23.5%)	4:39	12.9 (76.3%)
33	HRYCZ Paweł	948	PAWEŁ BIEGA I KIBICUJE	M-40	33	00:00:29	00:23:18.55	00:23:47.65	+00:05:29 (23.6%)	4:39	12.9 (76.3%)
34	ROBACZEWSKI Artur	370		M-40	34	00:00:14	00:23:20.70	00:23:35.65	+00:05:31 (23.7%)	4:40	12.9 (76.3%)
35	STĘPSKI Marek	265	BBL	M-40	35	00:00:07	00:23:31.15	00:23:38.15	+00:05:42 (24.3%)	4:42	12.8 (75.7%)
36	CIEPŁOWSKI Robert	731		M-40	36	00:00:48	00:23:34.70	00:24:23.05	+00:05:45 (24.4%)	4:42	12.7 (75.1%)
37	WOLSKI Marcin	392		M-40	37	00:00:45	00:23:36.60	00:24:21.70	+00:05:47 (24.5%)	4:43	12.7 (75.1%)
38	WIDŹGOWSKI Przemysław	253		M-40	38	00:00:30	00:23:39.75	00:24:09.95	+00:05:50 (24.7%)	4:43	12.7 (75.1%)
39	PSZCZOLIŃSKI Adam	239	ŚWISZCZĄCE SZPRYCHY	M-40	39	00:01:22	00:23:40.80	00:25:02.80	+00:05:51 (24.8%)	4:44	12.7 (75.1%)

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40	RZENTKOWSKI Grzegorz	754		M-40	40	00:00:11	00:23:43.30	00:23:55.25	+00:05:54 (24.9%)	4:44	12.6 (74.6%)
41	DZIENNIK Maciej	349	THE RUNNERS ŚWIECIE	M-40	41	00:00:10	00:23:45.60	00:23:56.55	+00:05:56 (25.0%)	4:45	12.6 (74.6%)
42	DOLNY Marcin	1026	FOREST GANG	M-40	42	00:01:17	00:23:50.20	00:25:08.05	+00:06:01 (25.3%)	4:46	12.6 (74.6%)
43	SIERADZKI Bartosz	874		M-40	43	00:01:24	00:23:51.40	00:25:15.55	+00:06:02 (25.3%)	4:46	12.6 (74.6%)
44	HIPNAROWICZ Grzegorz	1069	SPORTTREND.PL	M-40	44	00:00:44	00:23:53.35	00:24:38.20	+00:06:04 (25.4%)	4:46	12.6 (74.6%)
45	QUAAS Łukasz	93		M-40	45	00:00:29	00:23:55.90	00:24:25.00	+00:06:07 (25.6%)	4:47	12.5 (74.0%)
46	NOWOTNIK Mariusz	86		M-40	46	00:00:31	00:23:57.85	00:24:29.40	+00:06:09 (25.7%)	4:47	12.5 (74.0%)
47	DROZOWSKI Daniel	411	M.A.D.M.E.P.	M-40	47	00:00:09	00:24:01.75	00:24:10.85	+00:06:12 (25.9%)	4:48	12.5 (74.0%)
48	LIPIŃSKI Sebastian	316	EPROSUMENT/KOJOTY RUNNING TEAM	M-40	48	00:00:12	00:24:03.00	00:24:15.55	+00:06:14 (25.9%)	4:48	12.5 (74.0%)
49	KAPANOWSKI Sylwester	23		M-40	49	00:00:32	00:24:11.60	00:24:43.90	+00:06:22 (26.4%)	4:50	12.4 (73.4%)
50	SZULC Jarosław	677	SZULC TEAM	M-40	50	00:00:08	00:24:12.70	00:24:21.15	+00:06:23 (26.4%)	4:50	12.4 (73.4%)
51	LESZCZYŃSKI Tomasz	407		M-40	51	00:00:39	00:24:13.75	00:24:52.95	+00:06:24 (26.5%)	4:50	12.4 (73.4%)
52	DANIELEK Piotr	17	BYDGOSZCZ@BIEGA	M-40	52	00:00:17	00:24:15.35	00:24:32.95	+00:06:26 (26.6%)	4:51	12.4 (73.4%)
53	JAŻDŻEWSKI Dawid	424		M-40	53	00:01:29	00:24:24.70	00:25:54.55	+00:06:35 (27.0%)	4:52	12.3 (72.8%)
54	JAWORSKI Krzysztof	815		M-40	54	00:00:40	00:24:26.05	00:25:06.05	+00:06:37 (27.1%)	4:53	12.3 (72.8%)
55	SZCZĘSNY Arkadiusz	1036	DYNAMO SKARPA	M-40	55	00:01:09	00:24:26.60	00:25:35.75	+00:06:37 (27.1%)	4:53	12.3 (72.8%)
56	GŁOWACKI Robert	72		M-40	56	00:00:04	00:24:30.05	00:24:34.80	+00:06:41 (27.3%)	4:54	12.2 (72.2%)
57	MUCHA Marcin	257	BATRUN	M-40	57	00:00:30	00:24:31.65	00:25:02.55	+00:06:42 (27.4%)	4:54	12.2 (72.2%)
58	KUCZEWSKI Łukasz	435		M-40	58	00:00:22	00:24:31.85	00:24:54.10	+00:06:43 (27.4%)	4:54	12.2 (72.2%)
59	BEDNAREK Waldemar	68		M-40	59	00:00:35	00:24:35.60	00:25:11.35	+00:06:46 (27.6%)	4:55	12.2 (72.2%)
60	PSZCZOLIŃSKI Maciej	245	ŚWISZCZĄCE SZPRYCHY	M-40	60	00:01:22	00:24:37.05	00:25:59.70	+00:06:48 (27.6%)	4:55	12.2 (72.2%)
61	KLAJBOR Mariusz	566	78112416374	M-40	61	00:00:15	00:24:40.10	00:24:56.05	+00:06:51 (27.8%)	4:56	12.2 (72.2%)
62	GOŁEMBIEWSKI Marcin	993	MEGAGOLOMB	M-40	62	00:00:11	00:24:40.35	00:24:51.85	+00:06:51 (27.8%)	4:56	12.2 (72.2%)

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63	RADECKI Maciej	385		M-40	63	00:00:15	00:24:40.40	00:24:55.60	+00:06:51 (27.8%)	4:56	12.2 (72.2%)
64	GROCHOWSKI Piotr	444		M-40	64	00:00:07	00:24:42.60	00:24:50.05	+00:06:53 (27.9%)	4:56	12.1 (71.6%)
65	ZAPARUCHA Mikołaj	287		M-40	65	00:00:22	00:24:42.70	00:25:05.20	+00:06:53 (27.9%)	4:56	12.1 (71.6%)
66	SZEIB Robert	1031		M-40	66	00:00:09	00:24:45.50	00:24:55.35	+00:06:56 (28.0%)	4:57	12.1 (71.6%)
67	URBAŃSKI Dawid	16		M-40	67	00:00:36	00:24:46.70	00:25:22.75	+00:06:57 (28.1%)	4:57	12.1 (71.6%)
68	STAWCZYK Dariusz	109		M-40	68	00:00:28	00:24:50.60	00:25:19.55	+00:07:01 (28.3%)	4:58	12.1 (71.6%)
69	MACIEJCZAK Marcin	402	3GRAVITY	M-40	69	00:00:29	00:24:52.85	00:25:22.45	+00:07:04 (28.4%)	4:58	12.1 (71.6%)
70	GRUŻEWSKI Jarosław	383		M-40	70	00:00:27	00:25:02.70	00:25:29.70	+00:07:13 (28.9%)	5:00	12 (71.0%)
71	CICHOWICZ Marcin	269		M-40	71	00:00:08	00:25:06.65	00:25:14.70	+00:07:17 (29.1%)	5:01	12 (71.0%)
72	WOLNY Ryszard	64		M-40	72	00:01:17	00:25:07.55	00:26:24.75	+00:07:18 (29.1%)	5:01	11.9 (70.4%)
73	KORPALSKI Andrzej	961		M-40	73	00:01:15	00:25:08.65	00:26:23.85	+00:07:19 (29.2%)	5:01	11.9 (70.4%)
74	GALICKI Jakub	829	AKADEMIA MISTRZÓW SPORTU	M-40	74	00:00:51	00:25:11.70	00:26:03.15	+00:07:22 (29.3%)	5:02	11.9 (70.4%)
75	HASS Adam	911		M-40	75	00:00:23	00:25:12.65	00:25:36.40	+00:07:23 (29.3%)	5:02	11.9 (70.4%)
76	GŁOWACKI Tomek	759		M-40	76	00:00:07	00:25:13.45	00:25:20.90	+00:07:24 (29.4%)	5:02	11.9 (70.4%)
77	BIELICKI Waldemar	141		M-40	77	00:00:35	00:25:13.55	00:25:48.55	+00:07:24 (29.4%)	5:02	11.9 (70.4%)
78	GUDELL Radosław	733	GRUPA MODERATOR	M-40	78	00:00:58	00:25:16.65	00:26:14.85	+00:07:27 (29.5%)	5:03	11.9 (70.4%)
79	LEWICKI Piotr	181		M-40	79	00:01:00	00:25:18.95	00:26:19.85	+00:07:30 (29.6%)	5:03	11.9 (70.4%)
80	BUTOWSKI Michał	157		M-40	80	00:01:13	00:25:25.40	00:26:39.15	+00:07:36 (29.9%)	5:05	11.8 (69.8%)
81	MACKIEWICZ Mariusz	223		M-40	81	00:00:26	00:25:26.00	00:25:52.15	+00:07:37 (30.0%)	5:05	11.8 (69.8%)
81	CZAJA Jarosław	37		M-40	81	00:00:20	00:25:26.00	00:25:46.50	+00:07:37 (30.0%)	5:05	11.8 (69.8%)
83	ŚWIĄTKOWSKI Marcin	975	KOLEGIUM KUJAWSKIE	M-40	83	00:00:40	00:25:27.10	00:26:07.10	+00:07:38 (30.0%)	5:05	11.8 (69.8%)
84	KRÓL Karol	153	TKKF KOLEJARZ BYDGOSZCZ	M-40	84	00:00:04	00:25:35.20	00:25:39.95	+00:07:46 (30.4%)	5:07	11.7 (69.2%)
85	SŁOWIŃSKI Paweł	348	KPCP SMUKAŁA	M-40	85	00:00:56	00:25:35.95	00:26:32.60	+00:07:47 (30.4%)	5:07	11.7 (69.2%)

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86	SCHMIDT Marcin	300		M-40	86	00:00:23	00:25:37.65	00:26:01.20	+00:07:48 (30.5%)	5:07	11.7 (69.2%)
87	ZŁOTOWSKI Piotr	94	RUN BYDGOSZCZ	M-40	87	00:00:31	00:25:42.75	00:26:14.25	+00:07:53 (30.7%)	5:08	11.7 (69.2%)
88	FELIŃCZAK Marcin	987		M-40	88	00:00:58	00:25:45.95	00:26:44.25	+00:07:57 (30.9%)	5:09	11.7 (69.2%)
89	KOPACZ Radosław	1102		M-40	89	00:01:02	00:25:47.10	00:26:49.45	+00:07:58 (30.9%)	5:09	11.6 (68.6%)
90	STASIEWSKI Mariusz	294	TRISPACE	M-40	90	00:00:39	00:25:47.95	00:26:27.65	+00:07:59 (31.0%)	5:09	11.6 (68.6%)
91	STAWICKI Paweł	379		M-40	91	00:00:55	00:25:49.45	00:26:44.70	+00:08:00 (31.0%)	5:09	11.6 (68.6%)
92	ŻMICH Tomasz	92	MEMO AT HOME BY RAFAŁ GODZIEMSKI	M-40	92	00:00:29	00:25:52.95	00:26:22.35	+00:08:04 (31.2%)	5:10	11.6 (68.6%)
93	OWCZARZAK Michał	180		M-40	93	00:01:01	00:25:54.90	00:26:56.80	+00:08:06 (31.3%)	5:10	11.6 (68.6%)
94	ZDUNKIEWICZ Marcin	99		M-40	94	00:00:54	00:25:55.50	00:26:49.95	+00:08:06 (31.3%)	5:11	11.6 (68.6%)
95	LASKOWSKI Wojciech	577	WOJCIECH LASKOWSKI FIRMA DORADCZA	M-40	95	00:00:25	00:25:56.30	00:26:21.70	+00:08:07 (31.3%)	5:11	11.6 (68.6%)
96	SIUDA Marek	360	KLINIKA TRIATHLONU	M-40	96	00:01:06	00:25:59.20	00:27:05.95	+00:08:10 (31.4%)	5:11	11.5 (68.0%)
97	MICHALAK Mariusz	788		M-40	97	00:00:16	00:26:02.45	00:26:18.85	+00:08:13 (31.6%)	5:12	11.5 (68.0%)
98	SOSNA Mikołaj	186		M-40	98	00:00:13	00:26:02.95	00:26:16.65	+00:08:14 (31.6%)	5:12	11.5 (68.0%)
99	LEWANDOWSKI Michał	267		M-40	99	00:00:10	00:26:06.70	00:26:17.05	+00:08:17 (31.8%)	5:13	11.5 (68.0%)
100	LWOWSKI Zbigniew	487		M-40	100	00:01:16	00:26:18.30	00:27:34.65	+00:08:29 (32.3%)	5:15	11.4 (67.5%)
101	CHOJNACKI Tomasz	390		M-40	101	00:01:26	00:26:20.10	00:27:46.80	+00:08:31 (32.4%)	5:16	11.4 (67.5%)
102	KOSZAREK Artur	1029		M-40	102	00:01:26	00:26:20.55	00:27:47.05	+00:08:31 (32.4%)	5:16	11.4 (67.5%)
103	BYLICA Robert	982		M-40	103	00:00:52	00:26:25.00	00:27:17.05	+00:08:36 (32.6%)	5:17	11.4 (67.5%)
104	RYBAK Marcin	1039	8 KUJAWSKO-POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-40	104	00:00:34	00:26:28.50	00:27:03.30	+00:08:39 (32.7%)	5:17	11.3 (66.9%)
105	KOPCZYŃSKI Marcin	187		M-40	105	00:00:10	00:26:28.70	00:26:39.40	+00:08:39 (32.7%)	5:17	11.3 (66.9%)
106	PRIETZ Bartosz	555		M-40	106	00:01:10	00:26:29.85	00:27:40.35	+00:08:41 (32.8%)	5:17	11.3 (66.9%)
107	LECH Marek	116	WHM POLSKA	M-40	107	00:00:32	00:26:30.65	00:27:03.25	+00:08:41 (32.8%)	5:18	11.3 (66.9%)
108	SZMELTER Michał	160		M-40	108	00:01:02	00:26:34.00	00:27:36.40	+00:08:45 (32.9%)	5:18	11.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	GRUDOWSKI Jarek	547		M-40	109	00:00:13	00:26:42.25	00:26:55.90	+00:08:53 (33.3%)	5:20	11.2 (66.3%)
110	GOŁĘBIEWSKI Piotr	491		M-40	110	00:01:05	00:26:44.65	00:27:50.25	+00:08:55 (33.4%)	5:20	11.2 (66.3%)
111	PROKOPOWICZ Paweł	868		M-40	111	00:01:24	00:26:46.55	00:28:10.85	+00:08:57 (33.5%)	5:21	11.2 (66.3%)
112	RATAJ Maciej	1009		M-40	112	00:00:22	00:26:46.60	00:27:08.80	+00:08:57 (33.5%)	5:21	11.2 (66.3%)
113	ŁUKASIEWICZ Krzysztof	52	MAJA	M-40	113	00:00:27	00:26:46.70	00:27:14.40	+00:08:57 (33.5%)	5:21	11.2 (66.3%)
114	KASPRZAK Wojciech	462		M-40	114	00:00:40	00:26:50.25	00:27:30.60	+00:09:01 (33.6%)	5:22	11.2 (66.3%)
115	ŁATKA Marcin	902		M-40	115	00:00:19	00:26:54.15	00:27:13.65	+00:09:05 (33.8%)	5:22	11.2 (66.3%)
116	PIOTROWSKI Dariusz	74		M-40	116	00:01:05	00:26:55.15	00:28:00.15	+00:09:06 (33.8%)	5:23	11.1 (65.7%)
117	MROZIK Andrzej	741		M-40	117	00:01:03	00:26:59.60	00:28:03.00	+00:09:10 (34.0%)	5:23	11.1 (65.7%)
118	GOŁĘBIEWSKI Paweł	145		M-40	118	00:01:00	00:27:01.45	00:28:01.90	+00:09:12 (34.1%)	5:24	11.1 (65.7%)
119	KRAJDA Piotr	574	BBL BYDGOSZCZ	M-40	119	00:00:20	00:27:04.40	00:27:25.25	+00:09:15 (34.2%)	5:24	11.1 (65.7%)
120	OSZUBSKI Kazimierz	1121	PGB	M-40	120	00:00:30	00:27:23.10	00:27:53.80	+00:09:34 (34.9%)	5:28	11 (65.1%)
121	BANDOCH Arkadiusz	565		M-40	121	00:00:26	00:27:30.15	00:27:57.00	+00:09:41 (35.2%)	5:30	10.9 (64.5%)
122	MIELCARSKI Michał	302	MIELCAR TEAM	M-40	122	00:01:10	00:27:35.80	00:28:46.25	+00:09:46 (35.4%)	5:31	10.9 (64.5%)
123	SIKORSKI Norbert	4	MATEMATYKA Z PLUSEM	M-40	123	00:00:13	00:27:39.30	00:27:52.50	+00:09:50 (35.6%)	5:31	10.8 (63.9%)
124	TADROWSKI Rafał	56		M-40	124	00:00:29	00:27:42.25	00:28:11.45	+00:09:53 (35.7%)	5:32	10.8 (63.9%)
125	GRUBA Grzegorz	844	KOLEGIUM KUJAWSKIE	M-40	125	00:00:36	00:27:42.45	00:28:19.10	+00:09:53 (35.7%)	5:32	10.8 (63.9%)
126	FRANCIS Khalil	312		M-40	126	00:00:25	00:27:57.05	00:28:22.45	+00:10:08 (36.3%)	5:35	10.7 (63.3%)
127	GOŁCZYŃSKI Tomasz	496		M-40	127	00:00:57	00:28:00.95	00:28:58.35	+00:10:12 (36.4%)	5:36	10.7 (63.3%)
128	CHĘSY Jacek	232		M-40	128	00:00:49	00:28:04.40	00:28:53.95	+00:10:15 (36.5%)	5:36	10.7 (63.3%)
129	OPALA Marcin	272		M-40	129	00:00:57	00:28:06.30	00:29:03.35	+00:10:17 (36.6%)	5:37	10.7 (63.3%)
130	GRALAK Jacek	422		M-40	130	00:00:47	00:28:11.30	00:28:58.40	+00:10:22 (36.8%)	5:38	10.6 (62.7%)
131	GACZKOWSKI Paweł	548		M-40	131	00:00:12	00:28:11.50	00:28:24.10	+00:10:22 (36.8%)	5:38	10.6 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	KOSIARSKI Tomasz	417		M-40	132	00:00:39	00:28:16.00	00:28:55.65	+00:10:27 (37.0%)	5:39	10.6 (62.7%)
133	KOSEK Mariusz	813		M-40	133	00:00:58	00:28:21.20	00:29:19.75	+00:10:32 (37.2%)	5:40	10.6 (62.7%)
134	MLICKI Marcin	66		M-40	134	00:01:26	00:28:22.05	00:29:48.95	+00:10:33 (37.2%)	5:40	10.6 (62.7%)
135	DAMBECKI Piotr	194	POLISH AIR FORCE FAMILY FAN CLUB	M-40	135	00:00:57	00:28:23.50	00:29:20.75	+00:10:34 (37.3%)	5:40	10.6 (62.7%)
136	GOLIK Krzysztof	19	FORDONRUNNERS	M-40	136	00:01:05	00:28:24.05	00:29:29.30	+00:10:35 (37.3%)	5:40	10.6 (62.7%)
137	JAGIELSKI Łukasz	1116		M-40	137	00:00:27	00:28:27.50	00:28:54.85	+00:10:38 (37.4%)	5:41	10.5 (62.1%)
138	NOWAK Marcin	235		M-40	138	00:00:12	00:28:38.55	00:28:51.50	+00:10:49 (37.8%)	5:43	10.5 (62.1%)
139	SZAMP Krzysztof	560		M-40	139	00:00:32	00:28:41.05	00:29:13.65	+00:10:52 (37.9%)	5:44	10.5 (62.1%)
140	FABROWSKI Dawid	238	TRITATA TEAMOCHAL	M-40	140	00:01:16	00:29:06.55	00:30:22.85	+00:11:17 (38.8%)	5:49	10.3 (60.9%)
141	PAPIS Piotr	742	BACKONIK	M-40	141	00:00:52	00:29:09.30	00:30:02.20	+00:11:20 (38.9%)	5:49	10.3 (60.9%)
142	GUŹDZIOŁ Jarek	990	TBKM WILK SOLEC KUJAWSKI	M-40	142	00:01:12	00:29:13.60	00:30:25.80	+00:11:24 (39.0%)	5:50	10.3 (60.9%)
143	CEJKO Sławomir	1004		M-40	143	00:01:25	00:29:16.60	00:30:41.85	+00:11:27 (39.2%)	5:51	10.3 (60.9%)
144	BURCHARD Remigiusz	504		M-40	144	00:00:56	00:29:22.55	00:30:19.00	+00:11:33 (39.4%)	5:52	10.2 (60.4%)
145	PRĄDZYŃSKI Marcin	229	AKADEMIAMISTRZOWSPORTU	M-40	145	00:01:13	00:29:31.90	00:30:45.70	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
146	KUSA Piotr	944		M-40	146	00:01:13	00:29:34.80	00:30:48.10	+00:11:45 (39.8%)	5:54	10.1 (59.8%)
147	SZCZERBA Dariusz	83		M-40	147	00:01:00	00:29:40.15	00:30:41.00	+00:11:51 (40.0%)	5:56	10.1 (59.8%)
148	KOSIOROWSKI Przemysław	965		M-40	148	00:00:50	00:29:52.05	00:30:42.60	+00:12:03 (40.4%)	5:58	10 (59.2%)
149	WOLAN Krzysztof	59	PRZEŻYĆ !	M-40	149	00:00:19	00:29:57.45	00:30:16.50	+00:12:08 (40.5%)	5:59	10 (59.2%)
150	LEWANDOWSKI Marek	980		M-40	150	00:01:13	00:30:03.30	00:31:16.45	+00:12:14 (40.7%)	6:00	10 (59.2%)
151	KASZTELAN Marek	981		M-40	151	00:00:38	00:30:36.95	00:31:15.30	+00:12:48 (41.8%)	6:07	9.8 (58.0%)
152	DORNIAC Krzysztof	50		M-40	152	00:00:52	00:30:50.80	00:31:43.60	+00:13:01 (42.2%)	6:10	9.7 (57.4%)
153	PREUSS Daniel	415		M-40	153	00:01:06	00:30:53.10	00:31:59.20	+00:13:04 (42.3%)	6:10	9.7 (57.4%)
154	NOWICKI Marek	416		M-40	154	00:01:06	00:30:54.55	00:32:00.90	+00:13:05 (42.4%)	6:10	9.7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	TROJAŃCZYK Krzysztof	248		M-40	155	00:01:12	00:30:58.45	00:32:11.40	+00:13:09 (42.5%)	6:11	9.7 (57.4%)
156	GIERACH Marcin	798		M-40	156	00:00:42	00:31:02.35	00:31:45.30	+00:13:13 (42.6%)	6:12	9.7 (57.4%)
157	ORZECZOWSKI Zbigniew	280	ORZECZ BIEGA	M-40	157	00:00:29	00:31:03.25	00:31:33.10	+00:13:14 (42.6%)	6:12	9.7 (57.4%)
158	KOWALSKI Jacek	246		M-40	158	00:00:54	00:31:18.25	00:32:12.80	+00:13:29 (43.1%)	6:15	9.6 (56.8%)
159	SZULAKOWSKI Rafał	377	TERENOWA MASAKRA TEAM	M-40	159	00:01:21	00:31:29.55	00:32:50.90	+00:13:40 (43.4%)	6:17	9.5 (56.2%)
160	KARSKI Marcin	339		M-40	160	00:00:56	00:31:34.25	00:32:30.25	+00:13:45 (43.6%)	6:18	9.5 (56.2%)
161	WAWRZYSZKO Kamil	966		M-40	161	00:01:16	00:31:46.35	00:33:03.30	+00:13:57 (43.9%)	6:21	9.4 (55.6%)
162	GŁOGOWSKI Krzysztof	233		M-40	162	00:00:56	00:31:50.00	00:32:46.30	+00:14:01 (44.0%)	6:22	9.4 (55.6%)
163	MAKUSZEWSKI Łukasz	840	812 BLP	M-40	163	00:00:21	00:31:51.05	00:32:12.65	+00:14:02 (44.1%)	6:22	9.4 (55.6%)
164	MUSIAŁA Adam	847		M-40	164	00:00:48	00:31:51.50	00:32:40.45	+00:14:02 (44.1%)	6:22	9.4 (55.6%)
165	GRZYBOWSKI Marek	454		M-40	165	00:00:50	00:32:16.30	00:33:06.85	+00:14:27 (44.8%)	6:27	9.3 (55.0%)
166	BUTRYM Dariusz	590	ZABEK	M-40	166	00:01:19	00:32:20.60	00:33:40.45	+00:14:31 (44.9%)	6:28	9.3 (55.0%)
167	BUTRYM Piotr	885		M-40	167	00:01:19	00:32:20.70	00:33:40.55	+00:14:31 (44.9%)	6:28	9.3 (55.0%)
168	UMIŃSKI Robert	614		M-40	168	00:01:15	00:32:31.50	00:33:46.95	+00:14:42 (45.2%)	6:30	9.2 (54.4%)
169	JANUSZEWSKI Marcin	478		M-40	169	00:01:02	00:32:53.40	00:33:55.75	+00:15:04 (45.8%)	6:34	9.1 (53.8%)
170	KOTECKI Marcin	78		M-40	170	00:01:01	00:32:53.95	00:33:55.90	+00:15:05 (45.9%)	6:34	9.1 (53.8%)
171	TYKWIŃSKI Krzysztof	650		M-40	171	00:00:33	00:33:12.20	00:33:46.05	+00:15:23 (46.3%)	6:38	9 (53.3%)
172	RZEP CZYŃSKI Tomasz	776	GRYF BYDGOSZCZ	M-40	172	00:00:43	00:33:17.10	00:34:00.65	+00:15:28 (46.5%)	6:39	9 (53.3%)
173	IWANIUK Jacek	43		M-40	173	00:00:50	00:33:24.65	00:34:15.20	+00:15:35 (46.7%)	6:40	9 (53.3%)
174	SURMACZ Marcin	479		M-40	174	00:00:50	00:33:36.30	00:34:26.55	+00:15:47 (47.0%)	6:43	8.9 (52.7%)
175	JAWORSKI Adam	856	STOWARZYSZENIE "DZIĘKI WAM"	M-40	175	00:00:30	00:33:55.05	00:34:26.00	+00:16:06 (47.5%)	6:47	8.8 (52.1%)
176	RYMER Adam	674		M-40	176	00:01:24	00:34:01.50	00:35:26.35	+00:16:12 (47.6%)	6:48	8.8 (52.1%)
177	GORZYŃSKI Arkadiusz	659	ŻÓŁTOKRÓLEWSCY	M-40	177	00:00:19	00:34:51.70	00:35:10.90	+00:17:02 (48.9%)	6:58	8.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	SAWIEŁAJC Michał	320	BIZON	M-40	178	00:00:33	00:36:09.30	00:36:42.50	+00:18:20 (50.7%)	7:13	8.3 (49.1%)
179	ŻURAWSKI Michał	14	RUN LOTTO-BYDGOSTIA	M-40	179	00:01:25	00:36:11.55	00:37:37.00	+00:18:22 (50.8%)	7:14	8.3 (49.1%)
180	RAPCA Krzysztof	1063		M-40	180	00:00:14	00:37:09.50	00:37:24.15	+00:19:20 (52.1%)	7:25	8.1 (47.9%)
181	KACZMAREK Adam	421	#4FAJTER	M-40	181	00:00:40	00:37:39.00	00:38:19.70	+00:19:50 (52.7%)	7:31	8 (47.3%)
182	KULCZYŃSKI Robert	883	KOLEGIUM KUJAWSKIE	M-40	182	00:00:37	00:39:30.75	00:40:08.05	+00:21:41 (54.9%)	7:54	7.6 (45.0%)

Znaleziono 182 wynik(ów)