



Organizator:
Data:
Miejsce:
Dystans:

Aktywna Bydgoszcz
2022-11-11
Bydgoszcz
5 km

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

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	OCHAL Paweł	1060	TEAMOCHAL	M-40	1	00:00:00	00:15:43.30	00:15:44.00		3:08	19.1 (100%)
2	SZYSZKA Mariusz	674	1 POMORSKA BRYGADA LOGISTYCZNA	M-40	2	00:00:01	00:17:39.10	00:17:40.90	+00:01:55 (10.9%)	3:31	17 (89.0%)
3	BIEGAŁA Leszek	446	LINGUA PRO	M-40	3	00:00:02	00:17:46.05	00:17:48.40	+00:02:02 (11.5%)	3:33	16.9 (88.5%)
4	DEPTUŁA Grzegorz	286	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M-40	4	00:00:02	00:18:23.75	00:18:26.20	+00:02:40 (14.5%)	3:40	16.3 (85.3%)
5	GRUBICH Arkadiusz	1090		M-40	5	00:00:03	00:18:31.60	00:18:35.20	+00:02:48 (15.1%)	3:42	16.2 (84.8%)
6	MIZIKOWSKI Wojciech	187		M-40	6	00:00:03	00:19:00.20	00:19:03.50	+00:03:16 (17.3%)	3:48	15.8 (82.7%)
7	KOZŁOWSKI Rafał	6		M-40	7	00:00:01	00:19:12.15	00:19:13.85	+00:03:28 (18.1%)	3:50	15.6 (81.7%)
8	JANUSZEWSKI Radosław	1049		M-40	8	00:00:05	00:19:42.05	00:19:47.25	+00:03:58 (20.2%)	3:56	15.2 (79.6%)
9	CHODKIEWICZ Tomasz	708	GARDEN FLORA SPORT CLUB	M-40	9	00:00:03	00:20:06.15	00:20:09.80	+00:04:22 (21.8%)	4:01	14.9 (78.0%)
10	SZYTTENHOLM Oli	1048	TRISPACE	M-40	10	00:00:05	00:20:27.75	00:20:32.95	+00:04:44 (23.2%)	4:05	14.7 (77.0%)
11	MAGRAN Leszek	791		M-40	11	00:00:05	00:20:30.80	00:20:36.30	+00:04:47 (23.4%)	4:06	14.6 (76.4%)
12	MARCINIAK Przemysław	146		M-40	12	00:00:04	00:20:33.55	00:20:38.00	+00:04:50 (23.5%)	4:06	14.6 (76.4%)
13	JARMUŻ Adam	140	AJ TEAM	M-40	13	00:00:03	00:20:38.40	00:20:41.60	+00:04:55 (23.8%)	4:07	14.5 (75.9%)
14	BYRTEK Marcin	21	TRIDROPSY	M-40	14	00:00:05	00:20:40.10	00:20:45.35	+00:04:56 (23.9%)	4:08	14.5 (75.9%)
15	ZBIRANEK Remigiusz	552	1. BRYGADA LOGISTYCZNA	M-40	15	00:00:06	00:20:42.75	00:20:49.05	+00:04:59 (24.1%)	4:08	14.5 (75.9%)
16	SZTEJKA Damian	490		M-40	16	00:00:10	00:20:54.85	00:21:05.80	+00:05:11 (24.8%)	4:10	14.4 (75.4%)
17	SENGER Robert	440		M-40	17	00:00:06	00:20:57.50	00:21:03.75	+00:05:14 (25.0%)	4:11	14.3 (74.9%)
18	SZYSZKA Radosław	719		M-40	18	00:00:02	00:21:06.30	00:21:08.75	+00:05:23 (25.5%)	4:13	14.2 (74.3%)
19	POPIESZ Zbigniew	239		M-40	19	00:00:45	00:21:06.65	00:21:52.30	+00:05:23 (25.5%)	4:13	14.2 (74.3%)
20	DROCIĄK Michał	1059	OGR - OSOWA GÓRA RUNNER	M-40	20	00:00:04	00:21:18.60	00:21:22.75	+00:05:35 (26.2%)	4:15	14.1 (73.8%)
21	BUZALSKI Robert	374	ORANGE POLSKA	M-40	21	00:00:03	00:21:19.75	00:21:23.35	+00:05:36 (26.3%)	4:15	14.1 (73.8%)
22	KOWALEWSKI Sebastian	1052		M-40	22	00:00:05	00:21:28.30	00:21:33.35	+00:05:45 (26.8%)	4:17	14 (73.3%)
23	GURDAK Leszek	408	BYDGOSZCZ NA START	M-40	23	00:00:08	00:21:36.70	00:21:44.90	+00:05:53 (27.3%)	4:19	13.9 (72.8%)
24	KĄLEK Artur	508	TM IRON TEAM	M-40	24	00:00:22	00:21:39.50	00:22:02.30	+00:05:56 (27.4%)	4:19	13.9 (72.8%)
25	UGOREK Mirosław	38		M-40	25	00:00:02	00:21:40.20	00:21:42.45	+00:05:56 (27.4%)	4:20	13.8 (72.3%)
26	PERKOWSKI Paweł	470		M-40	26	00:00:21	00:21:40.30	00:22:01.70	+00:05:57 (27.5%)	4:20	13.8 (72.3%)
27	MROTEK Michał	100	AMS AKADEMIA MISTRZOW SPORTU	M-40	27	00:00:40	00:21:45.80	00:22:26.20	+00:06:02 (27.8%)	4:21	13.8 (72.3%)
28	ŁYSZCZARZ Błażej	919		M-40	28	00:01:27	00:21:46.15	00:23:14.05	+00:06:02 (27.8%)	4:21	13.8 (72.3%)
29	LEWANDOWSKI Rafał	1208	B4SPORT	M-40	29	00:00:14	00:21:49.90	00:22:04.35	+00:06:06 (28.0%)	4:21	13.8 (72.3%)
30	DROSDOWSKI Sebastian	679		M-40	30	00:00:03	00:21:51.60	00:21:55.25	+00:06:08 (28.1%)	4:22	13.7 (71.7%)

							Czas netto	Czas brutto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5km	Różn	min/km	km/h
31	ZBIRANEK Artur	830		M-40	31	00:00:20	00:21:52.00	00:22:12.50	+00:06:08 (28.1%)	4:22	13.7 (71.7%)
32	BĄCZKOWSKI Rafał	347	BUDSTOL INVEST	M-40	32	00:00:04	00:21:52.40	00:21:57.30	+00:06:09 (28.1%)	4:22	13.7 (71.7%)
33	CICHOWICZ Jacek	1096		M-40	33	00:00:33	00:21:52.90	00:22:26.60	+00:06:09 (28.2%)	4:22	13.7 (71.7%)
34	BUTRYM Piotr	1		M-40	34	00:00:22	00:21:53.05	00:22:15.15	+00:06:09 (28.2%)	4:22	13.7 (71.7%)
35	SZCZĘSNY Arkadiusz	744	DYNAMO SKARPA	M-40	35	00:00:06	00:21:56.50	00:22:02.90	+00:06:13 (28.3%)	4:23	13.7 (71.7%)
36	SIKORSKI Jarosław	196	KABEL TEAM BYDGOSZCZ	M-40	36	00:00:10	00:21:57.55	00:22:07.65	+00:06:14 (28.4%)	4:23	13.7 (71.7%)
37	MACIEJEWSKI Maciej	60	BIEGACZE KCYNIA TEAM	M-40	37	00:00:06	00:22:05.15	00:22:11.40	+00:06:21 (28.8%)	4:25	13.6 (71.2%)
38	MOMOT Mieczysław	236		M-40	38	00:00:09	00:22:06.20	00:22:15.55	+00:06:22 (28.9%)	4:25	13.6 (71.2%)
39	FARMAS Tomek	927		M-40	39	00:00:03	00:22:07.00	00:22:10.35	+00:06:23 (28.9%)	4:25	13.6 (71.2%)
40	KRUEGER Waldemar	150		M-40	40	00:00:15	00:22:10.20	00:22:26.10	+00:06:26 (29.1%)	4:26	13.5 (70.7%)
41	LIPIŃSKI Sebastian	201	KOJOTY/RUN BYDGOSZCZ	M-40	41	00:00:09	00:22:17.35	00:22:26.65	+00:06:34 (29.5%)	4:27	13.5 (70.7%)
42	MARCHLEWSKI Marcin	535		M-40	42	00:00:22	00:22:20.70	00:22:43.10	+00:06:37 (29.6%)	4:28	13.4 (70.2%)
43	MAJCHRZAK Łukasz	1005		M-40	43	00:00:07	00:22:23.55	00:22:31.50	+00:06:40 (29.8%)	4:28	13.4 (70.2%)
44	KŁOSOWSKI Marcin	288	CSM POLSKA	M-40	44	00:00:13	00:22:25.10	00:22:38.50	+00:06:41 (29.9%)	4:29	13.4 (70.2%)
45	GACKOWSKI Krzysztof	1150		M-40	45	00:00:06	00:22:34.70	00:22:41.05	+00:06:51 (30.4%)	4:30	13.3 (69.6%)
46	PASZKIEWICZ Jarosław	593		M-40	46	00:00:05	00:22:34.95	00:22:40.25	+00:06:51 (30.4%)	4:30	13.3 (69.6%)
47	NIEDBALSKI Paweł	1069	MARTYRIA BYDGOSZCZ	M-40	47	00:00:07	00:22:48.25	00:22:56.20	+00:07:04 (31.1%)	4:33	13.2 (69.1%)
48	WOLNY Ryszard	443		M-40	48	00:00:10	00:22:48.70	00:22:59.30	+00:07:05 (31.1%)	4:33	13.2 (69.1%)
49	MACIOSZEK Marcin	1170		M-40	49	00:00:41	00:22:50.65	00:23:32.10	+00:07:07 (31.2%)	4:34	13.1 (68.6%)
50	WIDŹGOWSKI Przemysław	10		M-40	50	00:00:19	00:22:52.25	00:23:12.05	+00:07:08 (31.3%)	4:34	13.1 (68.6%)
51	BERENDA Damian	1181		M-40	51	00:00:38	00:22:52.45	00:23:30.50	+00:07:09 (31.3%)	4:34	13.1 (68.6%)
52	JANKOWSKI Marcin	974	YES ENGLISH	M-40	52	00:00:14	00:22:57.85	00:23:12.25	+00:07:14 (31.5%)	4:35	13.1 (68.6%)
53	SIERADZKI Bartosz	733		M-40	53	00:00:40	00:22:59.25	00:23:39.35	+00:07:15 (31.6%)	4:35	13.1 (68.6%)
54	KLIMZA Andrzej	1037	LUBICZ TEAM	M-40	54	00:00:35	00:23:01.50	00:23:36.95	+00:07:18 (31.7%)	4:36	13 (68.1%)
55	BERES Marcin	908		M-40	55	00:00:38	00:23:08.30	00:23:47.00	+00:07:25 (32.1%)	4:37	13 (68.1%)
56	BARTKOWSKI Tomasz	478		M-40	56	00:00:14	00:23:09.00	00:23:23.70	+00:07:25 (32.1%)	4:37	13 (68.1%)
57	JAWORSKI Krzysztof	217		M-40	57	00:00:23	00:23:13.10	00:23:36.10	+00:07:29 (32.3%)	4:38	12.9 (67.5%)
58	KOWALSKI Krzysztof	282	OCELOTY KRUSZYN KRAJEŃSKI	M-40	58	00:00:12	00:23:15.80	00:23:28.25	+00:07:32 (32.4%)	4:39	12.9 (67.5%)
59	KUCIŃSKI Artur	378	ORANGE	M-40	59	00:00:40	00:23:18.40	00:23:59.05	+00:07:35 (32.5%)	4:39	12.9 (67.5%)
60	BINIAKOWSKI Janusz	1191		M-40	60	00:00:47	00:23:21.10	00:24:09.00	+00:07:37 (32.7%)	4:40	12.8 (67.0%)
61	DANIELEK Piotr	199		M-40	61	00:00:10	00:23:22.95	00:23:33.10	+00:07:39 (32.8%)	4:40	12.8 (67.0%)
62	ROSÓŁ Jacek	11		M-40	62	00:00:04	00:23:25.55	00:23:29.70	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
63	GALICKI Jakub	13	AKADEMIA MISTRZÓW SPORTU	M-40	63	00:00:38	00:23:25.75	00:24:04.10	+00:07:42 (32.9%)	4:41	12.8 (67.0%)
64	GUDELL Radosław	1190	GRUPA MODERATOR	M-40	64	00:00:29	00:23:33.55	00:24:03.15	+00:07:50 (33.3%)	4:42	12.7 (66.5%)
65	KIEŁCZYŃSKI Marek	770	CSM POLSKA	M-40	65	00:00:13	00:23:34.85	00:23:48.15	+00:07:51 (33.3%)	4:42	12.7 (66.5%)
66	ROBACZEWSKI Artur	1045		M-40	66	00:00:17	00:23:43.60	00:24:00.85	+00:08:00 (33.7%)	4:44	12.6 (66.0%)
67	STĘPSKI Marek	724		M-40	67	00:00:02	00:23:43.65	00:23:46.40	+00:08:00 (33.7%)	4:44	12.6 (66.0%)
68	MEDEŃSKI Andrzej	494		M-40	68	00:00:08	00:23:44.55	00:23:53.30	+00:08:01 (33.8%)	4:44	12.6 (66.0%)
69	LESZCZYŃSKI Tomasz	624		M-40	69	00:00:25	00:23:46.35	00:24:11.80	+00:08:03 (33.9%)	4:45	12.6 (66.0%)
70	KUCZEWSKI Łukasz	385		M-40	70	00:00:15	00:23:47.95	00:24:03.15	+00:08:04 (33.9%)	4:45	12.6 (66.0%)
71	BERNACKI Dominik	757		M-40	71	00:00:50	00:23:51.10	00:24:41.40	+00:08:07 (34.1%)	4:46	12.6 (66.0%)
72	BARAŃSKI Władysław	769	4DON	M-40	72	00:00:14	00:23:58.00	00:24:12.15	+00:08:14 (34.4%)	4:47	12.5 (65.4%)
73	SYKUŁA Marcin	382	ORANGE	M-40	73	00:00:10	00:24:00.15	00:24:10.55	+00:08:16 (34.5%)	4:48	12.5 (65.4%)
74	KRUSZYNA Robert	320		M-40	74	00:00:18	00:24:00.20	00:24:19.10	+00:08:16 (34.5%)	4:48	12.5 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	NOWOTNIK Mariusz	461	RUN BYDGOSZCZ	M-40	75	00:00:46	00:24:01.30	00:24:48.05	+00:08:18 (34.6%)	4:48	12.5 (65.4%)
76	URBAŃSKI Dawid	904		M-40	76	00:00:50	00:24:03.20	00:24:53.65	+00:08:19 (34.6%)	4:48	12.5 (65.4%)
77	KOSIARSKI Tomasz	876		M-40	77	00:00:22	00:24:07.35	00:24:30.00	+00:08:24 (34.8%)	4:49	12.4 (64.9%)
78	PRZYBYLSKI Remigiusz	502		M-40	78	00:00:08	00:24:07.90	00:24:16.65	+00:08:24 (34.9%)	4:49	12.4 (64.9%)
79	FURSEWICZ Bartłomiej	827		M-40	79	00:00:08	00:24:12.75	00:24:21.55	+00:08:29 (35.1%)	4:50	12.4 (64.9%)
79	LUTKOWSKI Dariusz	1214	OLAFCREW	M-40	79	00:00:11	00:24:12.75	00:24:24.50	+00:08:29 (35.1%)	4:50	12.4 (64.9%)
81	CIEŚLEWICZ Karol	487		M-40	81	00:00:10	00:24:13.85	00:24:24.80	+00:08:30 (35.1%)	4:50	12.4 (64.9%)
82	ZABROCKI Adam	540		M-40	82	00:01:10	00:24:15.15	00:25:25.65	+00:08:31 (35.2%)	4:51	12.4 (64.9%)
83	KRÓL Karol	174	TKKF KOLEJARZ BYDGOSZCZ	M-40	83	00:00:07	00:24:23.30	00:24:31.20	+00:08:40 (35.5%)	4:52	12.3 (64.4%)
84	CICHOWICZ Marcin	666	TEAMOCHAL	M-40	84	00:00:31	00:24:26.90	00:24:58.40	+00:08:43 (35.7%)	4:53	12.3 (64.4%)
85	ANDRZEJEWSKI Piotr	565		M-40	85	00:00:58	00:24:27.65	00:25:26.55	+00:08:44 (35.7%)	4:53	12.3 (64.4%)
86	RADZIEJEWSKI Tomasz	838		M-40	86	00:00:11	00:24:33.05	00:24:44.90	+00:08:49 (36.0%)	4:54	12.2 (63.9%)
87	SZUKALSKI Michał	364	RUN BYDGOSZCZ	M-40	87	00:00:24	00:24:33.35	00:24:58.25	+00:08:50 (36.0%)	4:54	12.2 (63.9%)
88	ZŁOTOWSKI Piotr	662		M-40	88	00:00:07	00:24:35.70	00:24:43.65	+00:08:52 (36.1%)	4:55	12.2 (63.9%)
89	GOŁEMBIEWSKI Marcin	845		M-40	89	00:00:11	00:24:38.20	00:24:49.80	+00:08:54 (36.2%)	4:55	12.2 (63.9%)
90	WNUK Rafał	1133	OZDAR TEAM	M-40	90	00:00:07	00:24:42.55	00:24:50.05	+00:08:59 (36.4%)	4:56	12.1 (63.4%)
91	OZDARSKI Bartosz	606		M-40	91	00:00:16	00:24:44.05	00:25:00.80	+00:09:00 (36.4%)	4:56	12.1 (63.4%)
92	KUJDA Arkadiusz	1164		M-40	92	00:00:16	00:24:44.40	00:25:00.80	+00:09:01 (36.5%)	4:56	12.1 (63.4%)
93	BYLICA Robert	56	RUNNING TEAM SPIRIT	M-40	93	00:00:28	00:24:44.90	00:25:13.30	+00:09:01 (36.5%)	4:56	12.1 (63.4%)
94	SIĘBOR Andrzej	41	RUN BYDGOSZCZ	M-40	94	00:00:07	00:24:45.60	00:24:52.85	+00:09:02 (36.5%)	4:57	12.1 (63.4%)
95	LEWANDOWSKI Michał	90		M-40	95	00:00:24	00:24:47.35	00:25:11.75	+00:09:04 (36.6%)	4:57	12.1 (63.4%)
96	MACIEJCZAK Marcin	566		M-40	96	00:00:34	00:24:48.50	00:25:22.95	+00:09:05 (36.6%)	4:57	12.1 (63.4%)
97	LECH Marek	729	WHM	M-40	97	00:00:14	00:25:04.70	00:25:19.00	+00:09:21 (37.3%)	5:00	12 (62.8%)
98	POLIWODZIŃSKI Michał	474	WISŁA FORDON	M-40	98	00:00:56	00:25:11.40	00:26:07.45	+00:09:28 (37.6%)	5:02	11.9 (62.3%)
99	OLSZÓWKA Michał	424		M-40	99	00:00:17	00:25:13.05	00:25:30.90	+00:09:29 (37.7%)	5:02	11.9 (62.3%)
100	KOPACZ Radosław	1101		M-40	100	00:01:18	00:25:16.75	00:26:34.90	+00:09:33 (37.8%)	5:03	11.9 (62.3%)
101	DEMBSKI Marek	761	TEAM PATROL	M-40	101	00:00:17	00:25:20.00	00:25:37.75	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
102	ŚWIĘCICKI Andrzej	504		M-40	102	00:00:57	00:25:20.10	00:26:17.15	+00:09:36 (37.9%)	5:04	11.8 (61.8%)
103	SCHMIDT Marcin	165		M-40	103	00:00:26	00:25:21.60	00:25:47.80	+00:09:38 (38.0%)	5:04	11.8 (61.8%)
104	SOSINSKI Marcin	1027	BB ACTIVE TEAM	M-40	104	00:00:07	00:25:24.65	00:25:32.15	+00:09:41 (38.1%)	5:04	11.8 (61.8%)
105	ANTCZAK Paweł	193		M-40	105	00:01:10	00:25:25.25	00:26:36.15	+00:09:41 (38.2%)	5:05	11.8 (61.8%)
106	FRANCIS Khalil	1131		M-40	106	00:00:05	00:25:27.80	00:25:33.50	+00:09:44 (38.3%)	5:05	11.8 (61.8%)
107	CZAJA Jarosław	402	BYDGOSKIE ŻÓŁWIE	M-40	107	00:00:20	00:25:29.95	00:25:50.25	+00:09:46 (38.3%)	5:05	11.8 (61.8%)
108	CIOS Rafał	1034		M-40	108	00:00:39	00:25:30.35	00:26:09.50	+00:09:47 (38.4%)	5:06	11.8 (61.8%)
109	LEWICKI Piotr	992		M-40	109	00:00:50	00:25:32.20	00:26:22.80	+00:09:48 (38.4%)	5:06	11.7 (61.3%)
110	PYTLIŃSKI Paweł	549	AKADEMIAMISTRZOWSPORTU	M-40	110	00:01:22	00:25:39.75	00:27:02.30	+00:09:56 (38.7%)	5:07	11.7 (61.3%)
111	SURMACZ Marcin	214		M-40	111	00:00:47	00:25:55.10	00:26:42.90	+00:10:11 (39.3%)	5:11	11.6 (60.7%)
112	GŁOWACKI Robert	258		M-40	112	00:00:19	00:25:56.50	00:26:15.70	+00:10:13 (39.4%)	5:11	11.6 (60.7%)
113	SIUDA Piotr	481	MAJA	M-40	113	00:00:55	00:25:57.95	00:26:53.30	+00:10:14 (39.5%)	5:11	11.6 (60.7%)
114	DOLATA Rafał	731		M-40	114	00:00:22	00:25:59.05	00:26:21.15	+00:10:15 (39.5%)	5:11	11.5 (60.2%)
115	ŁATANIK Andrzej	758		M-40	115	00:00:33	00:26:02.30	00:26:35.65	+00:10:19 (39.6%)	5:12	11.5 (60.2%)
116	SIUDA Marek	261	AKADEMIAMISTRZOWSPORTU	M-40	116	00:00:43	00:26:13.90	00:26:56.90	+00:10:30 (40.1%)	5:14	11.4 (59.7%)
117	PRĄDZYŃSKI Marcin	180		M-40	117	00:00:37	00:26:15.40	00:26:53.00	+00:10:32 (40.1%)	5:15	11.4 (59.7%)
118	ŁUKASIEWICZ Krzysztof	128		M-40	118	00:00:48	00:26:17.45	00:27:06.05	+00:10:34 (40.2%)	5:15	11.4 (59.7%)

							Czas netto	Czas brutto	Różn	Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5km		min/km	km/h
119	RYBARCZYK Michał	422	DLA WIKTORKA	M-40	119	00:00:55	00:26:17.65	00:27:13.30	+00:10:34 (40.2%)	5:15	11.4 (59.7%)
120	SADZIKOWSKI Michał	331		M-40	120	00:00:55	00:26:21.60	00:27:17.05	+00:10:38 (40.4%)	5:16	11.4 (59.7%)
121	JASKÓLSKI Andrzej	676		M-40	121	00:00:29	00:26:28.10	00:26:58.00	+00:10:44 (40.6%)	5:17	11.3 (59.2%)
122	CHĘSY Jacek	28		M-40	122	00:00:39	00:26:39.30	00:27:18.90	+00:10:56 (41.0%)	5:19	11.3 (59.2%)
123	WOLNY Tomasz	158		M-40	123	00:00:05	00:26:43.85	00:26:49.65	+00:11:00 (41.2%)	5:20	11.2 (58.6%)
124	ŁATKA Marcin	59		M-40	124	00:00:32	00:26:46.25	00:27:18.50	+00:11:02 (41.3%)	5:21	11.2 (58.6%)
125	SIENKIEWICZ Artur	34		M-40	125	00:00:25	00:26:46.45	00:27:11.90	+00:11:03 (41.3%)	5:21	11.2 (58.6%)
126	RATAJ Maciej	173		M-40	126	00:00:27	00:26:56.65	00:27:24.20	+00:11:13 (41.7%)	5:23	11.1 (58.1%)
127	KARSKI Marcin	145		M-40	127	00:01:02	00:26:57.05	00:27:59.55	+00:11:13 (41.7%)	5:23	11.1 (58.1%)
128	BIDAS Piotr	591		M-40	128	00:00:27	00:27:01.80	00:27:29.75	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
129	GRZECHULSKI Dariusz	464	KABEL TEAM BYDGOSZCZ	M-40	129	00:00:13	00:27:01.90	00:27:15.40	+00:11:18 (41.8%)	5:24	11.1 (58.1%)
130	BIAŁOWĄS Dariusz	305		M-40	130	00:00:57	00:27:02.80	00:28:00.20	+00:11:19 (41.9%)	5:24	11.1 (58.1%)
131	PUJANEK Piotr	868		M-40	131	00:01:12	00:27:05.10	00:28:17.20	+00:11:21 (42.0%)	5:25	11.1 (58.1%)
132	MACIŃSKI Waldemar	156		M-40	132	00:00:19	00:27:06.20	00:27:25.40	+00:11:22 (42.0%)	5:25	11.1 (58.1%)
133	ŻMICH Tomasz	360		M-40	133	00:00:42	00:27:08.65	00:27:51.60	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
134	MIKOŁAJCZAK Artur	1116		M-40	134	00:00:38	00:27:08.75	00:27:46.75	+00:11:25 (42.1%)	5:25	11.1 (58.1%)
135	MAGDZIARZ Jakub	5		M-40	135	00:01:07	00:27:09.75	00:28:17.00	+00:11:26 (42.1%)	5:25	11 (57.6%)
136	CIEPŁOWSKI Robert	29		M-40	136	00:00:57	00:27:23.90	00:28:21.55	+00:11:40 (42.6%)	5:28	11 (57.6%)
137	RYMER Adam	1055		M-40	137	00:00:39	00:27:24.10	00:28:03.95	+00:11:40 (42.6%)	5:28	10.9 (57.1%)
138	DZIEKAN Wojciech	930		M-40	138	00:00:56	00:27:24.40	00:28:20.65	+00:11:41 (42.6%)	5:28	10.9 (57.1%)
139	KUSA Piotr	1153	ROLLTEAM BYDGOSZCZ	M-40	139	00:00:23	00:27:33.00	00:27:56.85	+00:11:49 (42.9%)	5:30	10.9 (57.1%)
140	RĘDZINA Michał	977		M-40	140	00:01:02	00:27:36.85	00:28:39.35	+00:11:53 (43.1%)	5:31	10.9 (57.1%)
141	KORPALSKI Andrzej	1068		M-40	141	00:01:08	00:27:38.30	00:28:47.20	+00:11:55 (43.1%)	5:31	10.9 (57.1%)
142	WALCZAK Maciej	95		M-40	142	00:00:27	00:27:47.15	00:28:14.65	+00:12:03 (43.4%)	5:33	10.8 (56.5%)
143	SKOPOWSKI Krzysztof	176		M-40	143	00:01:21	00:27:47.55	00:29:08.70	+00:12:04 (43.4%)	5:33	10.8 (56.5%)
144	KOPCZYŃSKI Marcin	1099		M-40	144	00:01:12	00:27:51.85	00:29:03.90	+00:12:08 (43.6%)	5:34	10.8 (56.5%)
145	STEPNIEWSKI Karol	456		M-40	145	00:00:26	00:27:53.20	00:28:19.65	+00:12:09 (43.6%)	5:34	10.8 (56.5%)
146	SOSNA Mikołaj	127		M-40	146	00:00:20	00:27:56.25	00:28:17.15	+00:12:12 (43.7%)	5:35	10.7 (56.0%)
147	JANUSZEWSKI Marcin	621		M-40	147	00:01:03	00:27:56.95	00:29:00.80	+00:12:13 (43.7%)	5:35	10.7 (56.0%)
148	BALCEREK Marcin	79	YOGA BLISKO NATURY	M-40	148	00:01:06	00:27:59.10	00:29:05.80	+00:12:15 (43.8%)	5:35	10.7 (56.0%)
149	DAMBECKI Piotr	262		M-40	149	00:00:55	00:28:00.40	00:28:55.80	+00:12:17 (43.9%)	5:36	10.7 (56.0%)
150	BINDEK Łukasz	61		M-40	150	00:00:29	00:28:02.40	00:28:31.70	+00:12:19 (43.9%)	5:36	10.7 (56.0%)
151	SZCZERBA Dariusz	254		M-40	151	00:01:12	00:28:05.90	00:29:17.95	+00:12:22 (44.0%)	5:37	10.7 (56.0%)
152	WŁODARCZYK Sławomir	546		M-40	152	00:00:37	00:28:17.75	00:28:54.75	+00:12:34 (44.4%)	5:39	10.6 (55.5%)
153	SAJDAK Marcin	911		M-40	153	00:00:27	00:28:23.50	00:28:51.40	+00:12:40 (44.6%)	5:40	10.6 (55.5%)
154	MAKUSZEWSKI Łukasz	899		M-40	154	00:00:22	00:28:25.55	00:28:47.90	+00:12:42 (44.7%)	5:41	10.6 (55.5%)
155	ELIJASZ Rafał	1220		M-40	155	00:01:05	00:28:25.80	00:29:31.55	+00:12:42 (44.7%)	5:41	10.6 (55.5%)
156	KASPRZAK Wojciech	205		M-40	156	00:00:16	00:28:29.20	00:28:45.20	+00:12:45 (44.8%)	5:41	10.5 (55.0%)
157	KROPIDŁOWSKI Bartosz	167		M-40	157	00:00:56	00:28:30.15	00:29:26.90	+00:12:46 (44.8%)	5:42	10.5 (55.0%)
158	PAPIS Piotr	208	ORZECH BIEGA	M-40	158	00:00:32	00:28:31.50	00:29:04.05	+00:12:48 (44.9%)	5:42	10.5 (55.0%)
159	POSKROP Jacek	848		M-40	159	00:01:22	00:28:40.60	00:30:03.20	+00:12:57 (45.2%)	5:44	10.5 (55.0%)
160	PROKOPOWICZ Paweł	725		M-40	160	00:01:19	00:28:46.75	00:30:05.80	+00:13:03 (45.4%)	5:45	10.4 (54.5%)
161	ORZECHOWSKI Zbigniew	525		M-40	161	00:00:20	00:28:52.55	00:29:13.15	+00:13:09 (45.6%)	5:46	10.4 (54.5%)
162	ISKRA Jacek	368		M-40	162	00:00:13	00:28:57.95	00:29:11.65	+00:13:14 (45.7%)	5:47	10.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
163	NIELEK Piotr	1189	TUCHOLANKA	M-40	163	00:00:53	00:28:59.70	00:29:52.90	+00:13:16 (45.8%)	5:47	10.4 (54.5%)
164	TOCZKO Jarosław	118		M-40	164	00:01:05	00:29:21.70	00:30:26.90	+00:13:38 (46.5%)	5:52	10.2 (53.4%)
165	DORNIAK Krzysztof	31		M-40	165	00:00:42	00:29:37.50	00:30:20.30	+00:13:54 (46.9%)	5:55	10.1 (52.9%)
166	MAJDAN Adam	556		M-40	166	00:01:08	00:29:37.90	00:30:45.95	+00:13:54 (46.9%)	5:55	10.1 (52.9%)
167	LEWANDOWSKI Marek	1196	ROLLTEAM	M-40	167	00:00:23	00:29:46.80	00:30:10.10	+00:14:03 (47.2%)	5:57	10.1 (52.9%)
168	WANCZURA Jacek	1216		M-40	168	00:00:35	00:29:51.00	00:30:26.85	+00:14:07 (47.3%)	5:58	10.1 (52.9%)
169	DYBIONA Damian	344		M-40	169	00:00:46	00:29:57.65	00:30:43.80	+00:14:14 (47.5%)	5:59	10 (52.4%)
170	DUDZIAK Tomasz	705		M-40	170	00:01:07	00:30:00.30	00:31:08.00	+00:14:17 (47.6%)	6:00	10 (52.4%)
171	SARNECKI Adrian	1217		M-40	171	00:00:35	00:30:08.80	00:30:44.70	+00:14:25 (47.8%)	6:01	10 (52.4%)
172	PUZYREWSKI Michał	153		M-40	172	00:00:29	00:30:32.15	00:31:01.95	+00:14:48 (48.5%)	6:06	9.8 (51.3%)
173	MLICKI Marcin	25		M-40	173	00:01:13	00:30:38.95	00:31:52.35	+00:14:55 (48.7%)	6:07	9.8 (51.3%)
174	GOCHOWSKI Piotr	962		M-40	174	00:00:48	00:30:41.60	00:31:30.25	+00:14:58 (48.8%)	6:08	9.8 (51.3%)
175	SZULAKOWSKI Rafał	686	TERENOWA MASAKRA TEAM	M-40	175	00:01:05	00:30:48.40	00:31:53.80	+00:15:05 (49.0%)	6:09	9.7 (50.8%)
176	KUK Piotr	569	KABEL TEAM	M-40	176	00:01:15	00:30:51.25	00:32:06.55	+00:15:07 (49.0%)	6:10	9.7 (50.8%)
177	BAKOWSKI Dawid	600		M-40	177	00:00:49	00:30:54.05	00:31:43.90	+00:15:10 (49.1%)	6:10	9.7 (50.8%)
178	RZEPczyński Tomasz	332	POLONIA BYDGOSZCZ	M-40	178	00:00:26	00:30:54.75	00:31:21.25	+00:15:11 (49.1%)	6:10	9.7 (50.8%)
179	KUKLIŃSKI Rafał	299		M-40	179	00:00:53	00:30:58.60	00:31:52.10	+00:15:15 (49.2%)	6:11	9.7 (50.8%)
180	KOBUS Arkadiusz	496		M-40	180	00:00:54	00:31:09.15	00:32:03.85	+00:15:25 (49.5%)	6:13	9.6 (50.3%)
181	QUAAS Łukasz	159		M-40	181	00:00:42	00:31:15.35	00:31:57.70	+00:15:32 (49.7%)	6:15	9.6 (50.3%)
182	BRZÓSKA Kacper	135		M-40	182	00:00:28	00:31:16.35	00:31:44.35	+00:15:33 (49.7%)	6:15	9.6 (50.3%)
183	WIŚNIEWSKI Jacek	657		M-40	183	00:00:37	00:31:16.65	00:31:54.15	+00:15:33 (49.7%)	6:15	9.6 (50.3%)
184	PRZYBYSZEWSKI Marcin	211		M-40	184	00:00:22	00:31:20.65	00:31:43.60	+00:15:37 (49.8%)	6:16	9.6 (50.3%)
185	KOTECKI Marcin	418	GANG KOCURA	M-40	185	00:01:03	00:31:28.10	00:32:31.75	+00:15:44 (50.0%)	6:17	9.5 (49.7%)
186	BERNATAJTYS Daniel	70	LOTTO BYDGOSTIA	M-40	186	00:00:32	00:31:29.20	00:32:01.25	+00:15:45 (50.1%)	6:17	9.5 (49.7%)
187	SZKOPIAK Marcin	273		M-40	187	00:00:18	00:31:32.80	00:31:51.00	+00:15:49 (50.2%)	6:18	9.5 (49.7%)
188	SZCZESIK Damian	529		M-40	188	00:00:47	00:31:42.35	00:32:29.85	+00:15:59 (50.4%)	6:20	9.5 (49.7%)
189	PAPROCKI Rafał	47		M-40	189	00:00:30	00:31:52.75	00:32:23.05	+00:16:09 (50.7%)	6:22	9.4 (49.2%)
190	BORZYSZKOWSKI Grzegorz	221	STARY FORDON	M-40	190	00:00:15	00:31:53.00	00:32:08.60	+00:16:09 (50.7%)	6:22	9.4 (49.2%)
191	KOSIOROWSKI Przemysław	65		M-40	191	00:01:04	00:32:01.45	00:33:05.45	+00:16:18 (50.9%)	6:24	9.4 (49.2%)
192	WOŹNIAK Bartłomiej	952		M-40	192	00:01:21	00:32:16.60	00:33:37.65	+00:16:33 (51.3%)	6:27	9.3 (48.7%)
193	SŁODKI Sebastian	642	SWEETVET TEAM	M-40	193	00:01:14	00:32:27.50	00:33:42.40	+00:16:44 (51.6%)	6:29	9.2 (48.2%)
194	BOŃCZYK Damian	988		M-40	194	00:00:00	00:32:30.70	00:32:30.70	+00:16:47 (51.6%)	6:30	9.2 (48.2%)
195	BUTOWSKI Michał	287		M-40	195	00:00:58	00:32:50.20	00:33:48.65	+00:17:06 (52.1%)	6:34	9.1 (47.6%)
196	STOŻEK Michał	503		M-40	196	00:00:45	00:32:51.80	00:33:37.65	+00:17:08 (52.2%)	6:34	9.1 (47.6%)
197	GRZESZCZUK Karol	319		M-40	197	00:01:09	00:32:52.50	00:34:01.60	+00:17:09 (52.2%)	6:34	9.1 (47.6%)
198	CIECHANOWSKI Arkadiusz	410		M-40	198	00:00:44	00:33:05.95	00:33:50.00	+00:17:22 (52.5%)	6:37	9.1 (47.6%)
199	MUSIAŁA Adam	393		M-40	199	00:01:00	00:33:24.30	00:34:24.70	+00:17:41 (52.9%)	6:40	9 (47.1%)
200	WESOŁOWSKI Paweł	548		M-40	200	00:00:16	00:33:35.25	00:33:51.65	+00:17:51 (53.2%)	6:43	8.9 (46.6%)
201	LEWANDOWSKI Jacek	1028	AKADEMIA MISTRZÓW SPORTU	M-40	201	00:00:47	00:34:48.70	00:35:35.95	+00:19:05 (54.8%)	6:57	8.6 (45.0%)
202	DRZEWIECKI Rafał	626	AKADEMIA MISTRZÓW SPORTU	M-40	202	00:00:44	00:34:51.70	00:35:35.90	+00:19:08 (54.9%)	6:58	8.6 (45.0%)
203	DANIELEK Adam	521	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M-40	203	00:01:01	00:35:08.75	00:36:10.05	+00:19:25 (55.3%)	7:01	8.5 (44.5%)
204	ZALEWSKI Łukasz	1105		M-40	204	00:00:54	00:35:10.25	00:36:04.35	+00:19:26 (55.3%)	7:02	8.5 (44.5%)
205	KNUT Leszek	625		M-40	205	00:01:19	00:35:19.45	00:36:39.05	+00:19:36 (55.5%)	7:03	8.5 (44.5%)
206	GOŁATTA Tomasz	189	BYDGOSKI KLUB TURYSTYKI ROWEROWEJ "GRYF"	M-40	206	00:01:19	00:35:19.90	00:36:38.90	+00:19:36 (55.5%)	7:03	8.5 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	TYKWIŃSKI Krzysztof	821		M-40	207	00:00:25	00:36:32.90	00:36:58.80	+00:20:49 (57.0%)	7:18	8.2 (42.9%)
208	GOŁĘBIEWSKI Paweł	505		M-40	208	00:01:11	00:37:29.70	00:38:40.80	+00:21:46 (58.1%)	7:29	8 (41.9%)
209	URBANSKI Piotr	925	RUNTEAM PRUSZCZ	M-40	209	00:01:20	00:37:55.45	00:39:15.60	+00:22:12 (58.5%)	7:35	7.9 (41.4%)
210	KOSNOWICZ Krzysztof	824		M-40	210	00:00:37	00:37:55.95	00:38:33.75	+00:22:12 (58.6%)	7:35	7.9 (41.4%)
211	KUBIAK Jarosław	74		M-40	211	00:01:21	00:37:59.75	00:39:21.70	+00:22:16 (58.6%)	7:35	7.9 (41.4%)
212	ANTCZAK Krzysztof	1041		M-40	212	00:00:04	00:38:20.30	00:38:24.50	+00:22:37 (59.0%)	7:40	7.8 (40.8%)
213	BIELIŃSKI Maciej	1169		M-40	213	00:00:45	00:38:50.95	00:39:35.95	+00:23:07 (59.5%)	7:46	7.7 (40.3%)
214	IWANIUK Jacek	317		M-40	214	00:00:53	00:38:56.30	00:39:49.65	+00:23:13 (59.6%)	7:47	7.7 (40.3%)
215	KNUT Damian	93		M-40	215	00:01:19	00:39:05.80	00:40:25.10	+00:23:22 (59.8%)	7:49	7.7 (40.3%)
216	PULC Marcin	345		M-40	216	00:01:04	00:39:17.10	00:40:21.90	+00:23:33 (60.0%)	7:51	7.6 (39.8%)
217	WOLAN Krzysztof	702	OBY DO PRZODU BEZ ZATRZYMANIA	M-40	217	00:01:18	00:39:36.70	00:40:55.10	+00:23:53 (60.3%)	7:55	7.6 (39.8%)
218	BURCHARD Remigiusz	957		M-40	218	00:00:48	00:40:17.75	00:41:06.70	+00:24:34 (61.0%)	8:03	7.4 (38.7%)
219	KUGLARZ Dominik	767		M-40	219	00:01:07	00:41:27.95	00:42:35.20	+00:25:44 (62.1%)	8:17	7.2 (37.7%)
220	JAWORSKI Adam	854	STOWARZYSZENIE DZIĘKI WAM	M-40	220	00:00:30	00:41:48.35	00:42:18.90	+00:26:05 (62.4%)	8:21	7.2 (37.7%)
	MARCINIAK Robert	998	STARYCH TREPÓW	M-40		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 221 wynik(ów)