



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

**Organizator:** Aktywna Bydgoszcz  
**Data:** 2023-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

Punkt pomiarowy: 4,6 km

| Msc | Zawodnik              | Numer | Klub                        | Kategoria | Czas startu | 0.2km    | 2.5km    | 4.6km    |
|-----|-----------------------|-------|-----------------------------|-----------|-------------|----------|----------|----------|
| 1   | BEJGIER Edmund        | 313   | BIEGAM Z DĘBAMI OSIELSKO    | M-50      | 00:00:05    | 00:00:36 | 00:09:15 | 00:18:16 |
| 2   | KOZŁOWSKI Rafał       | 110   |                             | M-50      | 00:00:02    | 00:00:40 | 00:09:31 | 00:18:17 |
| 3   | KRYGOWSKI Tomasz      | 340   |                             | M-50      | 00:00:05    | 00:00:43 | 00:09:46 | 00:18:58 |
| 4   | CHMIELEWSKI Tomasz    | 172   | AGA MED BYDGOSZCZ TRIATHLON | M-50      | 00:00:04    | 00:00:44 | 00:09:54 | 00:19:20 |
| 5   | SZYMCZAK Maciej       | 863   | AKTYWNA BYDGOSZCZ           | M-50      | 00:00:05    | 00:00:44 | 00:10:12 | 00:19:55 |
| 6   | SZULC Jacek           | 563   |                             | M-50      | 00:00:03    | 00:00:44 | 00:10:20 | 00:20:04 |
| 7   | RADOWSKI Cezary       | 1185  |                             | M-50      | 00:00:38    | 00:00:58 | 00:10:41 | 00:20:10 |
| 8   | MAKOWSKI Sławomir     | 169   | WTLENIE                     | M-50      | 00:00:35    | 00:00:58 | 00:10:37 | 00:20:25 |
| 9   | BUDZIK Ireneusz       | 833   |                             | M-50      | 00:00:10    | 00:00:50 | 00:10:45 | 00:20:39 |
| 10  | RYDLEWSKI Marek       | 273   | TEAM RUDNIK                 | M-50      | 00:00:18    | 00:00:51 | 00:10:47 | 00:20:40 |
| 11  | GORNOWICZ Marcin      | 357   |                             | M-50      | 00:00:34    | 00:00:48 | 00:10:31 | 00:20:44 |
| 12  | JUREK Sławomir        | 700   |                             | M-50      | 00:00:17    | 00:00:55 | 00:10:42 | 00:20:45 |
| 13  | RUNNER Andrzej        | 686   | RUN BYDGOSZCZ               | M-50      | 00:00:05    | 00:00:45 | 00:10:47 | 00:21:12 |
| 14  | CHORAŻAK Sławek       | 199   |                             | M-50      | 00:00:40    | 00:00:59 | 00:11:08 | 00:21:13 |
| 15  | KRZYŻANOWSKI Robert   | 1346  | ANDRO                       | M-50      | 00:00:12    | 00:00:51 | 00:10:52 | 00:21:18 |
| 16  | KAZUBOWSKI Jacek      | 1064  | KAZUBKI TEAM/TRIDARKO       | M-50      | 00:00:10    | 00:00:51 | 00:10:56 | 00:21:23 |
| 17  | SIERADZKI Bartosz     | 14    |                             | M-50      | 00:00:10    | 00:00:54 | 00:11:12 | 00:21:24 |
| 18  | SKARBEK Marek         | 1236  | RUN BYDGOSZCZ               | M-50      | 00:00:17    | 00:00:49 | 00:11:01 | 00:21:24 |
| 19  | WŁODARCZYK Wojciech   | 973   |                             | M-50      | 00:00:27    | 00:00:57 | 00:11:14 | 00:21:24 |
| 20  | LIPIŃSKI Sebastian    | 303   | RUN BYDGOSZCZ               | M-50      | 00:00:19    | 00:00:53 | 00:11:01 | 00:21:26 |
| 21  | FUZ Marek             | 875   | KABEL TEAM BYDGOSZCZ        | M-50      | 00:00:35    | 00:01:07 | 00:11:56 | 00:21:35 |
| 22  | JANCOWSKI Wojciech    | 392   | TEAM RUDNIK                 | M-50      | 00:00:28    | 00:00:56 | 00:11:12 | 00:21:48 |
| 23  | ZAKRZEWSKI Jarosław   | 356   |                             | M-50      | 00:00:06    | 00:00:49 | 00:11:05 | 00:22:01 |
| 24  | DOMŻALSKI Marek       | 1273  |                             | M-50      | 00:00:22    | 00:00:54 | 00:11:32 | 00:22:07 |
| 25  | RASZKOWSKI Dariusz    | 1384  | NITROCHEM                   | M-50      | 00:00:31    | 00:01:01 | 00:11:48 | 00:22:09 |
| 26  | WĘGRZYNOWSKI Sławomir | 411   | KABEL TEAM BYDGOSZCZ        | M-50      | 00:00:34    | 00:01:07 | 00:11:58 | 00:22:23 |
| 27  | GACKOWSKI Krzysztof   | 56    |                             | M-50      | 00:00:08    | 00:00:49 | 00:11:23 | 00:22:31 |
| 28  | WNUCZYŃSKI Andrzej    | 796   | ORANGE POLSKA               | M-50      | 00:00:25    | 00:00:56 | 00:11:29 | 00:22:37 |
| 29  | MICHALAK Wojciech     | 364   |                             | M-50      | 00:00:41    | 00:01:01 | 00:11:45 | 00:22:43 |
| 30  | KAPANOWSKI Sylwester  | 49    |                             | M-50      | 00:00:16    | 00:00:58 | 00:11:34 | 00:22:47 |
| 31  | CIESIELSKI Mirosław   | 242   |                             | M-50      | 00:00:08    | 00:00:56 | 00:11:38 | 00:22:58 |
| 32  | JAWORSKI Krzysztof    | 1085  |                             | M-50      | 00:00:59    | 00:01:13 | 00:12:35 | 00:23:20 |

| Msc | Zawodnik                       | Numer       | Klub                             | Kategoria | Czas startu | 0.2km    | 2.5km    | 4.6km    |
|-----|--------------------------------|-------------|----------------------------------|-----------|-------------|----------|----------|----------|
| 33  | <b>NURKIEWICZ Jarosław</b>     | <b>1116</b> | KUNG FU PANDY 3                  | M-50      | 00:00:29    | 00:00:58 | 00:11:56 | 00:23:24 |
| 34  | <b>PIECHOWIAK Jacek</b>        | <b>1105</b> |                                  | M-50      | 00:00:50    | 00:00:54 | 00:12:15 | 00:23:27 |
| 35  | <b>RYGIEWICZ Wojciech</b>      | <b>315</b>  |                                  | M-50      | 00:00:14    | 00:00:56 | 00:12:07 | 00:23:34 |
| 36  | <b>KANTORSKI Zbysław</b>       | <b>555</b>  | COKE RUNNERS                     | M-50      | 00:01:02    | 00:01:04 | 00:12:14 | 00:23:34 |
| 37  | <b>CHMURZYŃSKI Tomasz</b>      | <b>1134</b> | KSN ŁUCZNICZKA BYDGOSZCZ         | M-50      | 00:00:06    | 00:00:55 | 00:12:10 | 00:23:38 |
| 38  | <b>ŚWIĘCICKI Andrzej</b>       | <b>952</b>  | BYDGOSKIE ŻÓŁWIE                 | M-50      | 00:00:48    | 00:01:06 | 00:12:27 | 00:23:42 |
| 39  | <b>OELRICH Henryk</b>          | <b>1112</b> | PK TUCHOLA                       | M-50      | 00:00:47    | 00:01:06 | 00:12:22 | 00:23:48 |
| 40  | <b>RUTKOWSKI Tomasz</b>        | <b>63</b>   |                                  | M-50      | 00:00:31    | 00:00:57 | 00:12:12 | 00:23:50 |
| 41  | <b>PACEK Mirosław</b>          | <b>1087</b> |                                  | M-50      | 00:01:07    | 00:01:13 | 00:12:31 | 00:24:17 |
| 42  | <b>BAGIŃSKI Aleksander</b>     | <b>1361</b> | NITROCHEM                        | M-50      | 00:00:32    | 00:00:58 | 00:12:38 | 00:24:23 |
| 43  | <b>ZAJĄC Tomasz</b>            | <b>43</b>   | BIEGAJ Z DĘBAMI                  | M-50      | 00:01:03    | 00:01:07 | 00:12:40 | 00:24:28 |
| 44  | <b>RÓŻYCKI Dariusz</b>         | <b>1045</b> | BYDGOSKIE ŻÓŁWIE                 | M-50      | 00:00:20    | 00:01:02 | 00:12:49 | 00:24:32 |
| 45  | <b>GLAMA Stanisław</b>         | <b>525</b>  |                                  | M-50      | 00:01:16    | 00:01:14 | 00:13:00 | 00:24:32 |
| 46  | <b>ZAPARUCHA Mikołaj</b>       | <b>942</b>  |                                  | M-50      | 00:01:10    | 00:01:16 | 00:12:55 | 00:24:43 |
| 47  | <b>RODRIGUEZ GARCIA Manuel</b> | <b>607</b>  |                                  | M-50      | 00:00:09    | 00:01:03 | 00:12:59 | 00:24:46 |
| 48  | <b>CYGANEK Grzegorz</b>        | <b>262</b>  | TEAM RUDNIK                      | M-50      | 00:00:15    | 00:00:55 | 00:12:39 | 00:24:56 |
| 49  | <b>ŚWIETLIK Piotr</b>          | <b>117</b>  |                                  | M-50      | 00:00:38    | 00:01:01 | 00:12:49 | 00:25:01 |
| 50  | <b>KOŁODZIEJSKI Stanisław</b>  | <b>886</b>  |                                  | M-50      | 00:00:33    | 00:01:01 | 00:13:07 | 00:25:09 |
| 51  | <b>PIETRASZAK Tomasz</b>       | <b>103</b>  | RUN BYDGOSZCZ                    | M-50      | 00:00:42    | 00:01:07 | 00:13:09 | 00:25:16 |
| 52  | <b>KOLASIŃSKI Tomasz</b>       | <b>619</b>  |                                  | M-50      | 00:00:26    | 00:01:06 | 00:13:21 | 00:25:18 |
| 53  | <b>KUĆMIERZ Mirosław</b>       | <b>763</b>  |                                  | M-50      | 00:01:07    | 00:01:11 | 00:13:21 | 00:25:20 |
| 54  | <b>CIEMNY Tomasz</b>           | <b>248</b>  |                                  | M-50      | 00:00:33    | 00:01:11 | 00:13:32 | 00:25:21 |
| 55  | <b>PALIGA Antoni</b>           | <b>1007</b> | RUN TEAM SĘPÓLNO KRAJEŃSKIE      | M-50      | 00:00:16    | 00:01:01 | 00:13:23 | 00:25:23 |
| 56  | <b>ROSSA Sławomir</b>          | <b>191</b>  |                                  | M-50      | 00:00:04    | 00:00:56 | 00:13:08 | 00:25:29 |
| 57  | <b>OBRZANOWSKI Maciej</b>      | <b>22</b>   |                                  | M-50      | 00:00:11    | 00:01:01 | 00:13:05 | 00:25:29 |
| 58  | <b>SZYPERSKI Sławomir</b>      | <b>1266</b> |                                  | M-50      | 00:00:19    | 00:01:06 | 00:13:05 | 00:25:31 |
| 59  | <b>WALCZAK Maciej</b>          | <b>386</b>  | TEAM RUDNIK                      | M-50      | 00:00:33    | 00:00:58 | 00:13:02 | 00:25:39 |
| 60  | <b>RADULSKI Tomasz</b>         | <b>492</b>  |                                  | M-50      | 00:00:51    | 00:01:06 | 00:13:18 | 00:25:45 |
| 61  | <b>OWCZARZAK Michał</b>        | <b>146</b>  | RUN BYDGOSZCZ                    | M-50      | 00:01:11    | 00:01:18 | 00:13:28 | 00:25:47 |
| 62  | <b>JANASZ Krzysztof</b>        | <b>319</b>  |                                  | M-50      | 00:01:14    | 00:01:18 | 00:13:48 | 00:25:51 |
| 63  | <b>WITKOWSKI Maciej</b>        | <b>586</b>  |                                  | M-50      | 00:00:24    | 00:01:05 | 00:13:19 | 00:25:53 |
| 64  | <b>CIESIELSKI Arkadiusz</b>    | <b>375</b>  |                                  | M-50      | 00:00:59    | 00:01:13 | 00:13:56 | 00:25:58 |
| 65  | <b>SIUDA Marek</b>             | <b>354</b>  |                                  | M-50      | 00:01:05    | 00:01:18 | 00:14:00 | 00:25:59 |
| 66  | <b>ROBACZEWSKI Artur</b>       | <b>784</b>  |                                  | M-50      | 00:01:00    | 00:01:18 | 00:13:46 | 00:26:04 |
| 67  | <b>WIŚNIEWSKI Remigiusz</b>    | <b>1462</b> |                                  | M-50      | 00:00:40    | 00:01:07 | 00:13:26 | 00:26:13 |
| 68  | <b>SZMELTER Michał</b>         | <b>849</b>  |                                  | M-50      | 00:01:09    | 00:01:09 | 00:13:26 | 00:26:19 |
| 69  | <b>CIEŚLEWICZ Waldemar</b>     | <b>617</b>  |                                  | M-50      | 00:00:08    | 00:01:02 | 00:13:17 | 00:26:27 |
| 70  | <b>KWASEK Wojciech</b>         | <b>894</b>  | KABEL TEAM BYDGOSZCZ             | M-50      | 00:00:35    | 00:01:08 | 00:13:17 | 00:26:27 |
| 71  | <b>JASKÓLSKI Andrzej</b>       | <b>515</b>  |                                  | M-50      | 00:00:38    | 00:01:02 | 00:13:26 | 00:26:32 |
| 72  | <b>DAMBECKI Piotr</b>          | <b>151</b>  | POLISH AIR FORCE FAMILY FAN CLUB | M-50      | 00:00:36    |          | 00:13:35 | 00:26:46 |
| 73  | <b>OLECHNOWICZ Tomasz</b>      | <b>1476</b> | SMB                              | M-50      | 00:01:36    | 00:01:11 | 00:14:47 | 00:26:58 |
| 74  | <b>SIKORSKI Norbert</b>        | <b>599</b>  |                                  | M-50      | 00:01:01    | 00:01:09 | 00:13:50 | 00:27:03 |
| 75  | <b>KOSIŃSKI Jerzy</b>          | <b>887</b>  |                                  | M-50      | 00:00:06    | 00:00:57 | 00:13:27 | 00:27:07 |
| 76  | <b>ŻUCHOWSKI Dariusz</b>       | <b>1347</b> | TKKF KOLEJARZ BYDGOSZCZ          | M-50      | 00:00:42    | 00:01:03 | 00:13:42 | 00:27:08 |
| 77  | <b>KWASIGROCH Krzysztof</b>    | <b>1048</b> | TKKF KOLEJARZ BYDGOSZCZ          | M-50      | 00:01:39    | 00:01:05 | 00:14:10 | 00:27:12 |
| 78  | <b>KOWALIK Waldemar</b>        | <b>372</b>  |                                  | M-50      | 00:01:01    | 00:01:21 | 00:14:18 | 00:27:32 |

| Msc | Zawodnik                      | Numer       | Klub                                  | Kategoria | Czas startu | 0.2km    | 2.5km    | 4.6km    |
|-----|-------------------------------|-------------|---------------------------------------|-----------|-------------|----------|----------|----------|
| 79  | <b>GNIOT Henryk</b>           | <b>1173</b> |                                       | M-50      | 00:00:50    | 00:01:16 | 00:14:32 | 00:27:41 |
| 80  | <b>WÓJCIK Tomasz</b>          | <b>182</b>  |                                       | M-50      | 00:00:12    | 00:01:00 | 00:13:55 | 00:27:54 |
| 81  | <b>ZIELIŃSKI Tomasz</b>       | <b>679</b>  |                                       | M-50      | 00:00:55    |          | 00:14:55 | 00:27:54 |
| 82  | <b>BURNICKI Mariusz</b>       | <b>1174</b> |                                       | M-50      | 00:01:32    | 00:01:16 | 00:15:16 | 00:28:02 |
| 83  | <b>MALINOWSKI Przemysław</b>  | <b>20</b>   |                                       | M-50      | 00:01:01    | 00:01:19 | 00:14:48 | 00:28:11 |
| 84  | <b>WOJCIESZAK Dariusz</b>     | <b>40</b>   |                                       | M-50      | 00:01:06    | 00:01:12 | 00:14:35 | 00:28:14 |
| 85  | <b>KURTYSIAK Roman</b>        | <b>1059</b> | BYDGOSZCZ NA START                    | M-50      | 00:01:11    | 00:01:25 | 00:15:01 | 00:28:18 |
| 86  | <b>URBANSKI Piotr</b>         | <b>455</b>  | RUNTEAMPRUSZCZ                        | M-50      | 00:01:08    | 00:01:22 | 00:15:16 | 00:28:25 |
| 87  | <b>CHOLEWCZYŃSKI Dariusz</b>  | <b>1126</b> | KSN ŁUCZNICZKA BYDGOSZCZ              | M-50      | 00:01:40    | 00:01:15 | 00:15:21 | 00:28:54 |
| 88  | <b>WESOŁOWSKI Dariusz</b>     | <b>681</b>  |                                       | M-50      | 00:00:58    | 00:01:14 | 00:15:08 | 00:28:58 |
| 89  | <b>KRUTUL Maciej</b>          | <b>990</b>  | ZIELONY PELIKAN                       | M-50      | 00:01:03    | 00:01:20 | 00:15:20 | 00:29:10 |
| 90  | <b>SZARAFIŃSKI Waldemar</b>   | <b>1241</b> |                                       | M-50      | 00:00:55    | 00:01:16 | 00:14:57 | 00:30:43 |
| 91  | <b>ALEXANDER Marek</b>        | <b>967</b>  |                                       | M-50      | 00:00:49    | 00:01:12 | 00:15:47 | 00:30:56 |
| 92  | <b>LELONKIEWICZ Krzysztof</b> | <b>104</b>  |                                       | M-50      | 00:00:36    | 00:01:17 | 00:15:32 | 00:31:19 |
| 93  | <b>ISKRA Jacek</b>            | <b>236</b>  |                                       | M-50      | 00:01:00    | 00:01:23 | 00:16:31 | 00:31:37 |
| 94  | <b>KRAJEWSKI Adam</b>         | <b>471</b>  |                                       | M-50      | 00:01:21    | 00:01:22 | 00:16:26 | 00:32:03 |
| 95  | <b>MONDRY Waldemar</b>        | <b>901</b>  |                                       | M-50      | 00:00:22    | 00:01:14 | 00:12:43 | 00:32:20 |
| 96  | <b>WIŚNIEWSKI Krzysztof</b>   | <b>559</b>  | TRISPACE/TREK                         | M-50      | 00:00:49    | 00:01:23 | 00:17:09 | 00:33:12 |
| 97  | <b>KALACZYŃSKI Grzegorz</b>   | <b>948</b>  |                                       | M-50      | 00:01:18    | 00:01:27 | 00:17:29 | 00:33:33 |
| 98  | <b>RAJS Arkadiusz</b>         | <b>1291</b> |                                       | M-50      | 00:01:18    | 00:01:22 | 00:17:27 | 00:33:59 |
| 99  | <b>KUTOWSKI Janusz</b>        | <b>310</b>  | BYDGOSZCZ                             | M-50      | 00:00:45    | 00:01:18 | 00:17:25 | 00:34:34 |
| 100 | <b>BUTOWSKI Michał</b>        | <b>953</b>  |                                       | M-50      | 00:00:49    | 00:01:27 | 00:18:59 | 00:36:32 |
| 101 | <b>OŻÓG Jarosław</b>          | <b>1222</b> |                                       | M-50      | 00:01:18    | 00:01:22 | 00:17:27 | 00:36:47 |
| 102 | <b>PIERZGALSKI Jarek</b>      | <b>326</b>  | ZAMULONE OSTRYGI                      | M-50      | 00:00:11    | 00:01:16 | 00:18:48 | 00:37:33 |
| 103 | <b>JANKOWSKI Tomasz</b>       | <b>45</b>   | BIEGAJ Z DĘBAMI                       | M-50      | 00:01:17    | 00:01:28 | 00:19:41 | 00:39:38 |
| 104 | <b>ŚLIWIŃSKI Piotr</b>        | <b>1136</b> | KSN ŁUCZNICZKA BYDGOSZCZ              | M-50      | 00:01:26    | 00:01:52 | 00:20:11 | 00:40:20 |
| 105 | <b>JAGODZIŃSKI Karol</b>      | <b>1019</b> |                                       | M-50      | 00:01:21    | 00:01:40 | 00:20:12 | 00:41:46 |
| 106 | <b>BURETA Henryk</b>          | <b>1267</b> |                                       | M-50      | 00:00:27    | 00:01:18 | 00:21:25 | 00:42:17 |
| 107 | <b>WRZESIŃSKI Wojciech</b>    | <b>1207</b> | WOPR WOJEWÓDZTWA KUJAWSKO POMORSKIEGO | M-50      | 00:00:00    |          |          |          |

Znaleziono 107 wynik(ów)