



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

Organiser: Aktywna Bydgoszcz
Date: 2023-11-11
Place: Bydgoszcz
Distance: 5 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: M-60+

Place	Participant	Number	Club	Category	MCat	Start time	0.2km	2.5km	4.6km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	PIĘNKOSZ Mirosław	1199		M-60+	1	00:00:10	00:00:51	00:11:09	00:21:28	00:22:39.35	00:22:49.45		4:31	13.2 (100%)
2	NIEDBALSKI Grzegorz	1321	RUN BYDGOSZCZ	M-60+	2	00:00:40	00:00:56	00:11:28	00:22:04	00:23:20.40	00:24:00.45	+00:00:41 (2.9%)	4:40	12.9 (97.7%)
3	GARBIEC Mirosław	661		M-60+	3	00:00:13	00:00:55	00:11:35	00:22:28	00:23:45.20	00:23:59.00	+00:01:05 (4.6%)	4:45	12.6 (95.5%)
4	BREDOW Marek	380		M-60+	4	00:01:09		00:11:29	00:22:35	00:23:59.75	00:25:09.25	+00:01:20 (5.6%)	4:47	12.5 (94.7%)
5	SKÓRCZEWSKI Jacek	339		M-60+	5	00:00:26	00:00:59	00:11:52	00:23:13	00:24:42.35	00:25:09.25	+00:02:03 (8.3%)	4:56	12.1 (91.7%)
6	HŁAWNIAK Zbigniew	770		M-60+	6	00:00:06	00:00:53	00:12:08	00:23:26	00:24:45.80	00:24:52.40	+00:02:06 (8.5%)	4:57	12.1 (91.7%)
7	GRUDA Mirosław	202		M-60+	7	00:00:10	00:00:57	00:12:19	00:23:44	00:25:05.15	00:25:15.30	+00:02:25 (9.7%)	5:01	12 (90.9%)
8	TORCHALSKI Krzysztof	910		M-60+	8	00:00:42	00:01:13	00:12:58	00:24:15	00:25:39.90	00:26:22.80	+00:03:00 (11.7%)	5:07	11.7 (88.6%)
9	GRUBA Jacek	1223	TRISPACE/TREK	M-60+	9	00:00:38	00:01:03	00:12:37	00:24:22	00:25:48.40	00:26:26.95	+00:03:09 (12.2%)	5:09	11.6 (87.9%)
10	BAUMGART Jacek	44	BIEGAJ Z DĘBAMI	M-60+	10	00:01:03	00:01:08	00:12:40	00:24:27	00:25:50.95	00:26:54.40	+00:03:11 (12.4%)	5:10	11.6 (87.9%)
11	LUZAK Mirosław	1342	TKKF KOLEJARZ BYDGOSZCZ	M-60+	11	00:00:15	00:00:59	00:12:45	00:24:35	00:26:03.45	00:26:19.25	+00:03:24 (13.1%)	5:12	11.5 (87.1%)
12	WYSOCKI Jerzy	705	CZARNE STOPY	M-60+	12	00:00:53		00:13:21	00:25:20	00:26:41.40	00:27:34.50	+00:04:02 (15.1%)	5:20	11.2 (84.8%)
13	KULKA Marek	334		M-60+	13	00:00:35	00:01:07	00:13:13	00:25:15	00:26:45.90	00:27:21.45	+00:04:06 (15.4%)	5:21	11.2 (84.8%)
14	ŚWIDERSKI Jaromir	1259	ŚLĘZAK TEAM	M-60+	14	00:00:12	00:00:55	00:13:10	00:25:22	00:26:47.10	00:26:59.90	+00:04:07 (15.4%)	5:21	11.2 (84.8%)
15	BADOWSKI Krzysztof	1120	KSN ŁUCZNICZKA BYDGOSZCZ	M-60+	15	00:00:41	00:01:15	00:13:48	00:25:32	00:26:57.60	00:27:39.10	+00:04:18 (16.0%)	5:23	11.1 (84.1%)
16	PASZKIET Witold	452	TKKF KOLEJARZ BYDGOSZCZ	M-60+	16	00:00:48	00:01:09	00:14:02	00:26:37	00:28:16.85	00:29:05.60	+00:05:37 (19.9%)	5:39	10.6 (80.3%)

Place	Participant	Number	Club	Category	MCat	Start time	0.2km	2.5km	4.6km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
17	WAWRZYNIAK Andrzej	70	22. ODN	M-60+	17	00:00:42	00:01:17	00:14:08	00:26:52	00:28:33.50	00:29:16.30	+00:05:54 (20.7%)	5:42	10.5 (79.5%)
18	PALACZ Mirosław	1317		M-60+	18	00:01:10	00:01:15	00:13:51	00:27:11	00:28:53.75	00:30:04.40	+00:06:14 (21.6%)	5:46	10.4 (78.8%)
19	ŁUDZIŃSKI Marek	257		M-60+	19	00:00:47		00:14:50	00:27:39	00:29:19.90	00:30:07.85	+00:06:40 (22.8%)	5:51	10.2 (77.3%)
20	NAGÓRSKI Ryszard	144		M-60+	20	00:00:44	00:01:08	00:14:18	00:28:19	00:30:03.40	00:30:48.20	+00:07:24 (24.6%)	6:00	10 (75.8%)
21	MAZUR Wojciech	1108	BYDGOSZCZ NA START	M-60+	21	00:00:48	00:01:19	00:15:05	00:28:33	00:30:08.35	00:30:57.10	+00:07:29 (24.8%)	6:01	10 (75.8%)
22	ŁOBODA Andrzej	1311		M-60+	22	00:00:37	00:01:14	00:15:45	00:29:22	00:30:59.20	00:31:36.65	+00:08:19 (26.9%)	6:11	9.7 (73.5%)
23	JAWORSKI Janusz	1212		M-60+	23	00:00:44	00:01:04	00:14:35	00:29:21	00:31:13.45	00:31:57.85	+00:08:34 (27.4%)	6:14	9.6 (72.7%)
24	PIECHOCIŃSKI Jarosław	933	RINO	M-60+	24	00:00:33	00:01:11	00:15:06	00:29:46	00:31:28.45	00:32:01.65	+00:08:49 (28.0%)	6:17	9.5 (72.0%)
25	FIUT Kazimierz	1125	KSN ŁUCZNICZKA BYDGOSZCZ	M-60+	25	00:00:40	00:01:21	00:15:36	00:30:29	00:32:32.15	00:33:12.80	+00:09:52 (30.4%)	6:30	9.2 (69.7%)
26	KRAWCZUK Andrzej	668	BT-ELBLĄG BARTNICKI TEAM	M-60+	26	00:00:44	00:01:27	00:16:26	00:31:12	00:33:01.45	00:33:45.90	+00:10:22 (31.4%)	6:36	9.1 (68.9%)
27	MAZUR Krzysztof	261	BIEGAJ Z DĘBAMI	M-60+	27	00:01:30	00:01:18	00:16:04	00:31:24	00:33:14.70	00:34:44.90	+00:10:35 (31.9%)	6:38	9 (68.2%)
28	KWIATKOWSKI Roman	459		M-60+	28	00:00:34	00:01:25	00:16:46	00:32:01	00:33:50.45	00:34:25.05	+00:11:11 (33.1%)	6:46	8.9 (67.4%)
29	GRUSZKA Marek	403	NIEZRZESZONY	M-60+	29	00:00:25	00:01:07	00:16:02	00:32:07	00:33:56.10	00:34:21.80	+00:11:16 (33.2%)	6:47	8.8 (66.7%)
30	MAJEWSKI Mirosław	978		M-60+	30	00:00:21	00:01:25	00:17:12	00:32:15	00:34:02.85	00:34:23.85	+00:11:23 (33.5%)	6:48	8.8 (66.7%)
31	GOTOWICZ Mariusz	404	KDG GOTOWICZ	M-60+	31	00:00:49	00:01:16	00:16:51	00:33:04	00:34:57.15	00:35:46.20	+00:12:17 (35.2%)	6:59	8.6 (65.2%)
32	RÓŻOWICZ Roman	1404		M-60+	32	00:01:29	00:01:19	00:17:20	00:33:28	00:35:24.20	00:36:53.40	+00:12:44 (36.0%)	7:04	8.5 (64.4%)
33	JENDRZEJEWSKI Ryszard	491		M-60+	33	00:00:53	00:01:13	00:21:24	00:42:50	00:45:30.65	00:46:24.55	+00:22:51 (50.2%)	9:06	6.6 (50.0%)

Total 33 results.