



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-70+

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	SZARMACH Stanisław	1300	DIABELSKIE PIORUNY	M-70+	1	00:00:59	00:01:10	00:13:11	00:25:10	00:26:38.95	00:27:37.95		5:19	11.3 (100%)
2	JOZWIK Jacek	1042	PARKUN	M-70+	2	00:00:18	00:01:10	00:14:27	00:28:43	00:30:30.40	00:30:49.25	+00:03:51 (12.6%)	6:06	9.8 (86.7%)
3	KARSKI Hubert	489		M-70+	3	00:01:26	00:01:14	00:15:00	00:29:14	00:30:40.00	00:32:06.10	+00:04:01 (13.1%)	6:08	9.8 (86.7%)
4	PIĄTEK Andrzej	526		M-70+	4	00:01:03	00:01:20	00:16:16	00:32:04	00:34:00.70	00:35:04.00	+00:07:21 (21.6%)	6:48	8.8 (77.9%)
5	GAPIŃSKI Jerzy	457		M-70+	5	00:01:19	00:01:28	00:19:10	00:36:59	00:39:06.85	00:40:26.55	+00:12:27 (31.9%)	7:49	7.7 (68.1%)

Total 5 results.