



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organizator:** Miasto Bydgoszcz  
**Data:** 2019-04-14  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M10

| Msc | Zawodnik                     | Numer       | Klub                        | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|-------------|-----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>ADAMCZAK Filip</b>        | <b>1352</b> |                             | M10       | 1    | 00:00:06    | <b>00:20:39.80</b> | <b>00:20:46.45</b> |                   | 4:08         | 14.5 (100%)  |
| 2   | <b>POLIWODZIŃSKI Mateusz</b> | <b>1121</b> | KS WISŁKA BYDGOSZCZ-FORDON  | M10       | 2    | 00:00:06    | <b>00:22:38.05</b> | <b>00:22:44.85</b> | +00:01:58 (8.7%)  | 4:31         | 13.3 (91.7%) |
| 3   | <b>WNUK Piotr</b>            | <b>1020</b> |                             | M10       | 3    | 00:00:21    | <b>00:23:04.90</b> | <b>00:23:25.95</b> | +00:02:25 (10.5%) | 4:36         | 13 (89.7%)   |
| 4   | <b>PROKOPOWICZ Igor</b>      | <b>582</b>  |                             | M10       | 4    | 00:01:23    | <b>00:23:12.25</b> | <b>00:24:36.15</b> | +00:02:32 (10.9%) | 4:38         | 12.9 (89.0%) |
| 5   | <b>MŁYNAREK Paweł</b>        | <b>1388</b> |                             | M10       | 5    | 00:00:03    | <b>00:24:15.55</b> | <b>00:24:19.25</b> | +00:03:35 (14.8%) | 4:51         | 12.4 (85.5%) |
| 6   | <b>SUCHOMSKI Damian</b>      | <b>910</b>  |                             | M10       | 6    | 00:00:04    | <b>00:24:32.35</b> | <b>00:24:36.35</b> | +00:03:52 (15.8%) | 4:54         | 12.2 (84.1%) |
| 7   | <b>FOJUTOWSKI Filip</b>      | <b>387</b>  |                             | M10       | 7    | 00:00:10    | <b>00:24:59.45</b> | <b>00:25:10.25</b> | +00:04:19 (17.3%) | 5:00         | 12 (82.8%)   |
| 8   | <b>STAFIEJ Paweł</b>         | <b>1392</b> |                             | M10       | 8    | 00:00:12    | <b>00:24:59.70</b> | <b>00:25:11.75</b> | +00:04:19 (17.3%) | 4:59         | 12 (82.8%)   |
| 9   | <b>STEJUK Jan</b>            | <b>474</b>  | AMS TRIATHLON               | M10       | 9    | 00:00:27    | <b>00:25:07.55</b> | <b>00:25:35.40</b> | +00:04:27 (17.8%) | 5:01         | 11.9 (82.1%) |
| 10  | <b>STEJUK Antoni</b>         | <b>475</b>  | AMS TRIATHLON               | M10       | 10   | 00:00:28    | <b>00:25:21.05</b> | <b>00:25:49.45</b> | +00:04:41 (18.5%) | 5:04         | 11.8 (81.4%) |
| 11  | <b>HIRSCH Nikodem</b>        | <b>1049</b> |                             | M10       | 11   | 00:00:18    | <b>00:25:49.85</b> | <b>00:26:08.10</b> | +00:05:10 (20.0%) | 5:10         | 11.6 (80.0%) |
| 12  | <b>SIKORSKI Arkadiusz</b>    | <b>80</b>   |                             | M10       | 12   | 00:00:23    | <b>00:25:52.80</b> | <b>00:26:16.25</b> | +00:05:13 (20.2%) | 5:10         | 11.6 (80.0%) |
| 13  | <b>KRUK Łukasz</b>           | <b>376</b>  |                             | M10       | 13   | 00:00:16    | <b>00:26:04.45</b> | <b>00:26:21.25</b> | +00:05:24 (20.8%) | 5:13         | 11.5 (79.3%) |
| 13  | <b>KĘCKI Jakub</b>           | <b>917</b>  |                             | M10       | 14   | 00:01:21    | <b>00:26:04.45</b> | <b>00:27:25.55</b> | +00:05:24 (20.8%) | 5:12         | 11.5 (79.3%) |
| 15  | <b>KABAT Jakub</b>           | <b>302</b>  | RUN TEAM SĘPÓLNO KRAJEŃSKIE | M10       | 15   | 00:02:02    | <b>00:26:25.05</b> | <b>00:28:27.15</b> | +00:05:45 (21.8%) | 5:17         | 11.4 (78.6%) |
| 16  | <b>KRUK Szymon</b>           | <b>375</b>  |                             | M10       | 16   | 00:00:16    | <b>00:26:33.00</b> | <b>00:26:49.05</b> | +00:05:53 (22.2%) | 5:18         | 11.3 (77.9%) |
| 17  | <b>BANASZAK Gracjan</b>      | <b>640</b>  |                             | M10       | 17   | 00:00:59    | <b>00:26:33.30</b> | <b>00:27:32.60</b> | +00:05:53 (22.2%) | 5:18         | 11.3 (77.9%) |
| 18  | <b>KARLIŃSKI Oskar</b>       | <b>1333</b> | BYDGOSZCZ                   | M10       | 18   | 00:01:44    | <b>00:26:49.60</b> | <b>00:28:34.00</b> | +00:06:09 (23.0%) | 5:22         | 11.2 (77.2%) |
| 19  | <b>DOLNY Kajetan</b>         | <b>1029</b> | FOREST GANG                 | M10       | 19   | 00:00:13    | <b>00:26:51.55</b> | <b>00:27:04.90</b> | +00:06:11 (23.1%) | 5:22         | 11.2 (77.2%) |
| 20  | <b>BREYER Miłosz</b>         | <b>274</b>  |                             | M10       | 20   | 00:01:01    | <b>00:27:12.25</b> | <b>00:28:13.50</b> | +00:06:32 (24.0%) | 5:26         | 11 (75.9%)   |
| 21  | <b>LUDKOWSKI Filip</b>       | <b>863</b>  |                             | M10       | 21   | 00:00:42    | <b>00:27:31.00</b> | <b>00:28:13.80</b> | +00:06:51 (24.9%) | 5:30         | 10.9 (75.2%) |
| 22  | <b>SZULC Jakub</b>           | <b>704</b>  | SZOSAŻNIN                   | M10       | 22   | 00:03:06    | <b>00:27:43.85</b> | <b>00:30:50.65</b> | +00:07:04 (25.5%) | 5:32         | 10.8 (74.5%) |
| 23  | <b>GRUBICH Kacper</b>        | <b>781</b>  |                             | M10       | 23   | 00:00:59    | <b>00:27:46.85</b> | <b>00:28:45.85</b> | +00:07:07 (25.6%) | 5:33         | 10.8 (74.5%) |
| 24  | <b>DURAŁEK Oskar</b>         | <b>441</b>  |                             | M10       | 24   | 00:00:30    | <b>00:27:59.90</b> | <b>00:28:30.10</b> | +00:07:20 (26.2%) | 5:36         | 10.7 (73.8%) |
| 25  | <b>WÓJCIK Piotr</b>          | <b>38</b>   |                             | M10       | 25   | 00:00:32    | <b>00:28:07.15</b> | <b>00:28:39.85</b> | +00:07:27 (26.5%) | 5:37         | 10.7 (73.8%) |
| 26  | <b>CIESIELSKI Adrian</b>     | <b>1130</b> |                             | M10       | 26   | 00:01:35    | <b>00:28:34.65</b> | <b>00:30:10.00</b> | +00:07:54 (27.7%) | 5:43         | 10.5 (72.4%) |
| 27  | <b>BASA Mateusz</b>          | <b>846</b>  | LIUKS KRUSZWICA             | M10       | 27   | 00:00:02    | <b>00:28:41.10</b> | <b>00:28:43.70</b> | +00:08:01 (28.0%) | 5:44         | 10.5 (72.4%) |
| 28  | <b>ZAJĄC Michał</b>          | <b>739</b>  | BIEGAJ Z DĘBAMI             | M10       | 28   | 00:00:27    | <b>00:28:48.70</b> | <b>00:29:16.55</b> | +00:08:08 (28.3%) | 5:45         | 10.4 (71.7%) |
| 29  | <b>MELWIŃSKI Julian</b>      | <b>1030</b> | RUN BYDGOSZCZ               | M10       | 29   | 00:01:13    | <b>00:29:01.05</b> | <b>00:30:14.25</b> | +00:08:21 (28.8%) | 5:48         | 10.3 (71.0%) |
| 30  | <b>KRZYŻAŃSKI Kacper</b>     | <b>1231</b> | BYDGOSZCZ TRIATHLON TEAM    | M10       | 30   | 00:01:42    | <b>00:29:08.80</b> | <b>00:30:51.25</b> | +00:08:29 (29.1%) | 5:49         | 10.3 (71.0%) |

| Msc | Zawodnik                  | Numer       | Klub         | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------|-------------|--------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 31  | <b>WITKOWSKI Paweł</b>    | <b>1111</b> |              | M10       | 31   | 00:00:42    | <b>00:29:51.00</b> | <b>00:30:33.70</b> | +00:09:11 (30.8%) | 5:58         | 10.1 (69.7%) |
| 32  | <b>JABŁOŃSKI Jakub</b>    | <b>1429</b> |              | M10       | 32   | 00:02:04    | <b>00:30:04.45</b> | <b>00:32:08.55</b> | +00:09:24 (31.3%) | 6:00         | 10 (69.0%)   |
| 33  | <b>JANIC Arkadiusz</b>    | <b>629</b>  |              | M10       | 33   | 00:00:51    | <b>00:30:04.65</b> | <b>00:30:56.40</b> | +00:09:24 (31.3%) | 6:01         | 10 (69.0%)   |
| 34  | <b>RATAJ Szymon</b>       | <b>219</b>  |              | M10       | 34   | 00:01:27    | <b>00:30:25.55</b> | <b>00:31:53.15</b> | +00:09:45 (32.1%) | 6:05         | 9.9 (68.3%)  |
| 35  | <b>RATAJCZAK Marcel</b>   | <b>319</b>  |              | M10       | 35   | 00:01:28    | <b>00:30:40.10</b> | <b>00:32:08.95</b> | +00:10:00 (32.6%) | 6:08         | 9.8 (67.6%)  |
| 36  | <b>ZDUNKIEWICZ Filip</b>  | <b>660</b>  |              | M10       | 36   | 00:02:01    | <b>00:32:00.75</b> | <b>00:34:01.90</b> | +00:11:20 (35.5%) | 6:24         | 9.4 (64.8%)  |
| 37  | <b>STELMASZEK Patryk</b>  | <b>672</b>  |              | M10       | 37   | 00:02:02    | <b>00:32:01.25</b> | <b>00:34:03.35</b> | +00:11:21 (35.5%) | 6:24         | 9.4 (64.8%)  |
| 38  | <b>WOŹNICKI Marcin</b>    | <b>322</b>  |              | M10       | 38   | 00:01:35    | <b>00:32:24.75</b> | <b>00:34:00.55</b> | +00:11:44 (36.2%) | 6:29         | 9.3 (64.1%)  |
| 39  | <b>STANISŁAW Deptuła</b>  | <b>494</b>  | NIEZRZESZONY | M10       | 39   | 00:01:05    | <b>00:32:43.70</b> | <b>00:33:49.20</b> | +00:12:03 (36.9%) | 6:32         | 9.2 (63.4%)  |
| 40  | <b>BUDZIAK Tymoteusz</b>  | <b>311</b>  |              | M10       | 40   | 00:02:06    | <b>00:33:08.15</b> | <b>00:35:14.35</b> | +00:12:28 (37.6%) | 6:37         | 9.1 (62.8%)  |
| 41  | <b>PIOTROWSKI Dawid</b>   | <b>1092</b> |              | M10       | 41   | 00:02:06    | <b>00:33:53.15</b> | <b>00:35:59.15</b> | +00:13:13 (39.0%) | 6:46         | 8.9 (61.4%)  |
| 42  | <b>RYMER Jarosław</b>     | <b>504</b>  |              | M10       | 42   | 00:02:02    | <b>00:34:25.00</b> | <b>00:36:27.90</b> | +00:13:45 (40.0%) | 6:53         | 8.7 (60.0%)  |
| 43  | <b>SĘKOWSKI Bartosz</b>   | <b>906</b>  |              | M10       | 43   | 00:01:44    | <b>00:34:25.90</b> | <b>00:36:10.05</b> | +00:13:46 (40.0%) | 6:53         | 8.7 (60.0%)  |
| 44  | <b>OLECHNOWICZ Maciej</b> | <b>1342</b> |              | M10       | 44   | 00:01:50    | <b>00:34:31.95</b> | <b>00:36:22.10</b> | +00:13:52 (40.2%) | 6:54         | 8.7 (60.0%)  |
| 45  | <b>PIJAROWSKI Milan</b>   | <b>1488</b> |              | M10       | 45   | 00:02:12    | <b>00:35:02.40</b> | <b>00:37:14.65</b> | +00:14:22 (41.0%) | 7:00         | 8.6 (59.3%)  |
| 46  | <b>WIĘCKOWSKA Denisa</b>  | <b>1454</b> |              | M10       | 46   | 00:00:50    | <b>00:35:27.25</b> | <b>00:36:17.75</b> | +00:14:47 (41.7%) | 7:05         | 8.5 (58.6%)  |
| 47  | <b>FOJUTOWSKI Jan</b>     | <b>1163</b> |              | M10       | 47   | 00:00:45    | <b>00:35:29.40</b> | <b>00:36:14.70</b> | +00:14:49 (41.8%) | 7:05         | 8.5 (58.6%)  |
| 48  | <b>KOWALSKI Tymoteusz</b> | <b>888</b>  |              | M10       | 48   | 00:01:18    | <b>00:35:35.75</b> | <b>00:36:54.05</b> | +00:14:55 (42.0%) | 7:07         | 8.4 (57.9%)  |
| 49  | <b>KRUSZYŃSKI Aleks</b>   | <b>1411</b> |              | M10       | 49   | 00:02:06    | <b>00:37:37.20</b> | <b>00:39:44.15</b> | +00:16:57 (45.1%) | 7:31         | 8 (55.2%)    |

Znaleziono 49 wynik(ów)