



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organizator:** Miasto Bydgoszcz  
**Data:** 2017-04-23  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>ŻAL Robert</b>	<b>1008</b>	JFTC	M30	1	00:00:03	<b>00:17:22.40</b>	<b>00:17:26.05</b>		3:28	17.3 (100%)
2	<b>DEROŃ Waldemar</b>	<b>337</b>	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M30	2	00:00:03	<b>00:17:37.40</b>	<b>00:17:40.90</b>	+00:00:15 (1.4%)	3:31	17 (98.3%)
3	<b>BEDRA Robert</b>	<b>39</b>		M30	3	00:00:02	<b>00:18:10.35</b>	<b>00:18:12.95</b>	+00:00:47 (4.4%)	3:38	16.5 (95.4%)
4	<b>KARASZEWSKI Norbert</b>	<b>373</b>	56 BAZA LOTNICZA	M30	4	00:00:05	<b>00:18:17.05</b>	<b>00:18:22.90</b>	+00:00:54 (5.0%)	3:39	16.4 (94.8%)
5	<b>MACKOWSKI Maciej</b>	<b>131</b>	MYSLECINEK BDG	M30	5	00:00:01	<b>00:18:25.00</b>	<b>00:18:26.30</b>	+00:01:02 (5.7%)	3:41	16.3 (94.2%)
6	<b>ŚLEFARSKI Jacek</b>	<b>1025</b>	TRIFRIENDS	M30	6	00:00:04	<b>00:18:38.20</b>	<b>00:18:42.40</b>	+00:01:15 (6.8%)	3:43	16.1 (93.1%)
7	<b>FLOREK Paweł</b>	<b>16</b>	RE MEDIA BYDGOSZCZ	M30	7	00:00:02	<b>00:18:39.65</b>	<b>00:18:41.65</b>	+00:01:17 (6.9%)	3:43	16.1 (93.1%)
8	<b>PRZYBYLSKI Bartek</b>	<b>830</b>	RUN BYDGOSZCZ	M30	8	00:00:30	<b>00:18:45.25</b>	<b>00:19:16.10</b>	+00:01:22 (7.4%)	3:45	16 (92.5%)
9	<b>KUROWSKI Kamil</b>	<b>287</b>	ROWEROWA BRZOZA	M30	9	00:00:06	<b>00:19:07.15</b>	<b>00:19:13.70</b>	+00:01:44 (9.1%)	3:49	15.7 (90.8%)
10	<b>SZOPINSKI Rafał</b>	<b>665</b>		M30	10	00:00:09	<b>00:19:29.95</b>	<b>00:19:39.85</b>	+00:02:07 (10.9%)	3:54	15.4 (89.0%)
11	<b>BANACH Tomasz</b>	<b>1347</b>		M30	11	00:00:12	<b>00:19:42.55</b>	<b>00:19:55.00</b>	+00:02:20 (11.9%)	3:56	15.2 (87.9%)
12	<b>ROMANOWSKI Michał</b>	<b>369</b>		M30	12	00:00:08	<b>00:19:48.00</b>	<b>00:19:56.55</b>	+00:02:25 (12.3%)	3:57	15.2 (87.9%)
13	<b>MUCHA Marcin</b>	<b>150</b>	BATRUNNERS	M30	13	00:00:09	<b>00:19:48.95</b>	<b>00:19:57.95</b>	+00:02:26 (12.3%)	3:57	15.2 (87.9%)
14	<b>KLUSKA Adam</b>	<b>1104</b>	IWSP SZ BYDGOSZCZ	M30	14	00:00:02	<b>00:19:51.75</b>	<b>00:19:54.50</b>	+00:02:29 (12.5%)	3:58	15.1 (87.3%)
15	<b>KOZIŃSKI Marek</b>	<b>736</b>	RUN BYDGOSZCZ	M30	15	00:00:15	<b>00:19:53.20</b>	<b>00:20:08.20</b>	+00:02:30 (12.6%)	3:58	15.1 (87.3%)
16	<b>SPRYSZYŃSKI Wojciech</b>	<b>1273</b>		M30	16	00:02:02	<b>00:20:03.15</b>	<b>00:22:05.20</b>	+00:02:40 (13.4%)	4:00	15 (86.7%)
17	<b>BORCZYKOWSKI Rafał</b>	<b>318</b>		M30	17	00:00:03	<b>00:20:07.70</b>	<b>00:20:11.35</b>	+00:02:45 (13.7%)	4:01	14.9 (86.1%)
18	<b>DĘBSKI Adrian</b>	<b>409</b>		M30	18	00:00:15	<b>00:20:08.40</b>	<b>00:20:23.90</b>	+00:02:46 (13.7%)	4:01	14.9 (86.1%)
19	<b>MARTIN Paweł</b>	<b>606</b>		M30	19	00:00:29	<b>00:20:14.90</b>	<b>00:20:44.20</b>	+00:02:52 (14.2%)	4:03	14.8 (85.5%)
20	<b>KUJAWA Kamil</b>	<b>96</b>	ZESPÓŁ SZKÓŁ BUDOWLANYCH W BYDGOSZCZY	M30	20	00:00:13	<b>00:20:17.90</b>	<b>00:20:31.55</b>	+00:02:55 (14.4%)	4:03	14.8 (85.5%)
21	<b>GWITT Bartosz</b>	<b>1420</b>		M30	21	00:00:35	<b>00:20:21.90</b>	<b>00:20:57.10</b>	+00:02:59 (14.7%)	4:04	14.7 (85.0%)
22	<b>WALDA Łukasz</b>	<b>631</b>		M30	22	00:00:17	<b>00:20:24.65</b>	<b>00:20:41.85</b>	+00:03:02 (14.9%)	4:04	14.7 (85.0%)
23	<b>ŁYSZCZARZ Błażej</b>	<b>871</b>		M30	23	00:00:13	<b>00:20:26.20</b>	<b>00:20:40.15</b>	+00:03:03 (15.0%)	4:05	14.7 (85.0%)
24	<b>ANDRZEJEWSKI Paweł</b>	<b>1039</b>		M30	24	00:00:09	<b>00:20:34.45</b>	<b>00:20:44.05</b>	+00:03:12 (15.6%)	4:07	14.6 (84.4%)
24	<b>KRUPA Piotr</b>	<b>751</b>		M30	25	00:00:19	<b>00:20:34.45</b>	<b>00:20:53.65</b>	+00:03:12 (15.6%)	4:06	14.6 (84.4%)
26	<b>PAWLAK Jakub</b>	<b>446</b>	JFTC SU	M30	26	00:00:28	<b>00:20:35.00</b>	<b>00:21:03.30</b>	+00:03:12 (15.6%)	4:07	14.6 (84.4%)
27	<b>JUCHACZ Michał</b>	<b>336</b>	DZIKI /TRI TEAM INO	M30	27	00:00:06	<b>00:20:35.25</b>	<b>00:20:41.85</b>	+00:03:12 (15.6%)	4:07	14.6 (84.4%)
28	<b>DZIEKAN Wojtek</b>	<b>826</b>	KABEL TEAM BYDGOSZCZ	M30	28	00:00:17	<b>00:20:38.35</b>	<b>00:20:56.05</b>	+00:03:15 (15.8%)	4:07	14.5 (83.8%)
29	<b>JANYSKA Krzysztof</b>	<b>104</b>		M30	29	00:00:10	<b>00:20:43.55</b>	<b>00:20:54.40</b>	+00:03:21 (16.2%)	4:08	14.5 (83.8%)
30	<b>MAGDZIARZ Jakub</b>	<b>931</b>	KANCELARIA - HMM	M30	30	00:00:18	<b>00:20:45.65</b>	<b>00:21:04.10</b>	+00:03:23 (16.3%)	4:09	14.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	<b>TOMASZEWSKI Jordan</b>	<b>119</b>	TRIFRIENDS	M30	31	00:00:11	<b>00:20:46.55</b>	<b>00:20:58.45</b>	+00:03:24 (16.4%)	4:09	14.4 (83.2%)
32	<b>TRYT Maciej</b>	<b>1003</b>	RUN BYDGOSZCZ	M30	32	00:00:11	<b>00:20:46.90</b>	<b>00:20:58.50</b>	+00:03:24 (16.4%)	4:09	14.4 (83.2%)
33	<b>SUDOŁ Jacek</b>	<b>911</b>	IPA BYDGOSZCZ	M30	33	00:00:08	<b>00:20:51.05</b>	<b>00:20:59.80</b>	+00:03:28 (16.7%)	4:10	14.4 (83.2%)
34	<b>NAGORZYSKI Arkadiusz</b>	<b>384</b>		M30	34	00:00:18	<b>00:20:54.50</b>	<b>00:21:12.95</b>	+00:03:32 (16.9%)	4:10	14.4 (83.2%)
35	<b>SZWARC Paweł</b>	<b>191</b>	RUN BYDGOSZCZ	M30	35	00:00:36	<b>00:21:01.90</b>	<b>00:21:38.70</b>	+00:03:39 (17.4%)	4:12	14.3 (82.7%)
36	<b>ZIOMEK Piotr</b>	<b>1381</b>	STRAŻ MIEJSKA TORUŃ	M30	36	00:00:03	<b>00:21:04.75</b>	<b>00:21:08.70</b>	+00:03:42 (17.6%)	4:13	14.2 (82.1%)
37	<b>BANASZAK Dawid</b>	<b>1176</b>		M30	37	00:00:17	<b>00:21:06.15</b>	<b>00:21:23.60</b>	+00:03:43 (17.7%)	4:13	14.2 (82.1%)
38	<b>GLIWKA Artur</b>	<b>1398</b>	1. BLWL	M30	38	00:00:48	<b>00:21:11.85</b>	<b>00:21:59.95</b>	+00:03:49 (18.0%)	4:14	14.2 (82.1%)
39	<b>GRECHUTA Tomasz</b>	<b>256</b>		M30	39	00:00:05	<b>00:21:12.50</b>	<b>00:21:17.60</b>	+00:03:50 (18.1%)	4:14	14.2 (82.1%)
40	<b>DACH Łukasz</b>	<b>676</b>	MATATA	M30	40	00:00:08	<b>00:21:17.75</b>	<b>00:21:26.00</b>	+00:03:55 (18.4%)	4:15	14.1 (81.5%)
41	<b>SOBCZAK Marcin</b>	<b>179</b>	CZARNE STOPY.SM	M30	41	00:00:10	<b>00:21:20.55</b>	<b>00:21:31.20</b>	+00:03:58 (18.6%)	4:16	14.1 (81.5%)
42	<b>HASS Adam</b>	<b>701</b>		M30	42	00:00:10	<b>00:21:23.25</b>	<b>00:21:33.55</b>	+00:04:00 (18.8%)	4:16	14 (80.9%)
43	<b>GACKOWSKI Szymon</b>	<b>1132</b>	SŁUŻBA WIĘZIENNA	M30	43	00:00:11	<b>00:21:27.10</b>	<b>00:21:39.00</b>	+00:04:04 (19.0%)	4:17	14 (80.9%)
44	<b>SZCZĘSNY Arkadiusz</b>	<b>401</b>	DYNAMO SKARPA	M30	44	00:00:23	<b>00:21:32.20</b>	<b>00:21:56.05</b>	+00:04:09 (19.3%)	4:18	13.9 (80.3%)
45	<b>BONKOWSKI Wojciech</b>	<b>177</b>		M30	45	00:00:02	<b>00:21:37.85</b>	<b>00:21:40.10</b>	+00:04:15 (19.7%)	4:19	13.9 (80.3%)
46	<b>SALAMON Wojtek</b>	<b>1296</b>		M30	46	00:00:09	<b>00:21:39.45</b>	<b>00:21:49.20</b>	+00:04:17 (19.8%)	4:20	13.8 (79.8%)
47	<b>WIDŹGOWSKI Przemysław</b>	<b>250</b>		M30	47	00:00:09	<b>00:21:39.55</b>	<b>00:21:48.65</b>	+00:04:17 (19.8%)	4:19	13.9 (80.3%)
48	<b>SOKOŁOWSKI Piotr</b>	<b>28</b>	GORDON RUN	M30	48	00:00:19	<b>00:21:48.00</b>	<b>00:22:07.30</b>	+00:04:25 (20.3%)	4:21	13.8 (79.8%)
49	<b>SKRZYPIŃSKI Marek</b>	<b>1195</b>		M30	49	00:00:16	<b>00:21:57.70</b>	<b>00:22:14.05</b>	+00:04:35 (20.9%)	4:23	13.7 (79.2%)
50	<b>STARSZAK Paweł</b>	<b>1113</b>		M30	50	00:00:09	<b>00:21:59.40</b>	<b>00:22:08.50</b>	+00:04:37 (21.0%)	4:23	13.6 (78.6%)
51	<b>CHORZĘPA Bogusław</b>	<b>1061</b>	BYDGOSZCZ	M30	51	00:00:27	<b>00:22:06.45</b>	<b>00:22:34.40</b>	+00:04:44 (21.4%)	4:25	13.6 (78.6%)
52	<b>SZARLEJ Marcin</b>	<b>316</b>		M30	52	00:00:14	<b>00:22:09.10</b>	<b>00:22:23.65</b>	+00:04:46 (21.6%)	4:25	13.5 (78.0%)
53	<b>ROGALSKI Maciej</b>	<b>928</b>		M30	53	00:02:08	<b>00:22:10.40</b>	<b>00:24:19.20</b>	+00:04:48 (21.6%)	4:26	13.5 (78.0%)
54	<b>KOPACZEWSKI Marcin</b>	<b>453</b>		M30	54	00:00:15	<b>00:22:14.40</b>	<b>00:22:29.60</b>	+00:04:52 (21.9%)	4:26	13.5 (78.0%)
55	<b>GRZONKA Michał</b>	<b>1232</b>	TCMS PESA BYDGOSZCZ	M30	55	00:01:30	<b>00:22:16.90</b>	<b>00:23:47.05</b>	+00:04:54 (22.0%)	4:27	13.5 (78.0%)
56	<b>BINIENDA Mateusz</b>	<b>340</b>	BIMAT	M30	56	00:00:18	<b>00:22:17.20</b>	<b>00:22:36.00</b>	+00:04:54 (22.0%)	4:27	13.5 (78.0%)
57	<b>WYSOCKI Piotr</b>	<b>568</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30	57	00:01:53	<b>00:22:17.60</b>	<b>00:24:11.10</b>	+00:04:55 (22.1%)	4:27	13.5 (78.0%)
58	<b>WAJCHERT Łukasz</b>	<b>472</b>		M30	58	00:00:05	<b>00:22:18.55</b>	<b>00:22:23.55</b>	+00:04:56 (22.1%)	4:27	13.5 (78.0%)
59	<b>CYL Dawid</b>	<b>351</b>	RUN BYDGOSZCZ	M30	59	00:00:22	<b>00:22:27.75</b>	<b>00:22:50.25</b>	+00:05:05 (22.7%)	4:29	13.4 (77.5%)
60	<b>SZULC Rafał</b>	<b>208</b>	RUN BYDGOSZCZ	M30	60	00:00:37	<b>00:22:35.50</b>	<b>00:23:12.60</b>	+00:05:13 (23.1%)	4:31	13.3 (76.9%)
61	<b>GRZECHOWIAK Krzysztof</b>	<b>581</b>		M30	61	00:01:45	<b>00:22:36.95</b>	<b>00:24:22.00</b>	+00:05:14 (23.2%)	4:31	13.3 (76.9%)
62	<b>BRYWCZYŃSKI Krystian</b>	<b>75</b>	RODOS TEAM	M30	62	00:00:49	<b>00:22:37.25</b>	<b>00:23:26.70</b>	+00:05:14 (23.2%)	4:31	13.3 (76.9%)
63	<b>LEWANDOWSKI Sławomir</b>	<b>1043</b>	KLUBZDROWIA24H	M30	63	00:00:56	<b>00:22:43.65</b>	<b>00:23:40.40</b>	+00:05:21 (23.6%)	4:32	13.2 (76.3%)
64	<b>KARPIŃSKI Daniel</b>	<b>305</b>	FC KOBYLARNIA	M30	64	00:00:17	<b>00:22:47.00</b>	<b>00:23:04.90</b>	+00:05:24 (23.7%)	4:33	13.2 (76.3%)
65	<b>ZIELINSKI Marcin</b>	<b>745</b>		M30	65	00:00:07	<b>00:22:52.55</b>	<b>00:22:59.85</b>	+00:05:30 (24.1%)	4:34	13.1 (75.7%)
66	<b>OWCZARSKI Krzysztof</b>	<b>1036</b>		M30	66	00:00:45	<b>00:22:54.45</b>	<b>00:23:40.40</b>	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
67	<b>SIEMASZKO Michał</b>	<b>1225</b>	SZYSZKI	M30	67	00:00:11	<b>00:22:54.90</b>	<b>00:23:06.80</b>	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
68	<b>BISKUPSKI Marcin</b>	<b>375</b>		M30	68	00:01:33	<b>00:22:55.00</b>	<b>00:24:28.85</b>	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
69	<b>SZEWczykowski Grzegorz</b>	<b>1197</b>	BYDGOSKIE ŻÓŁWIE	M30	69	00:01:00	<b>00:22:55.20</b>	<b>00:23:55.85</b>	+00:05:32 (24.2%)	4:35	13.1 (75.7%)
70	<b>CZAPLEWSKI Krzysztof</b>	<b>1365</b>		M30	70	00:01:18	<b>00:22:58.80</b>	<b>00:24:16.80</b>	+00:05:36 (24.4%)	4:35	13.1 (75.7%)
71	<b>ROSÓŁ Jacek</b>	<b>26</b>		M30	71	00:00:28	<b>00:23:01.20</b>	<b>00:23:29.70</b>	+00:05:38 (24.5%)	4:36	13 (75.1%)
72	<b>KARASZEWSKI Marcin</b>	<b>510</b>		M30	72	00:00:42	<b>00:23:05.70</b>	<b>00:23:47.95</b>	+00:05:43 (24.8%)	4:37	13 (75.1%)
73	<b>BUTRYM Piotr</b>	<b>700</b>		M30	73	00:01:06	<b>00:23:06.10</b>	<b>00:24:12.15</b>	+00:05:43 (24.8%)	4:37	13 (75.1%)
74	<b>KOŚCIELAK Maciej</b>	<b>1030</b>	ŻANDARMI Z BYDGOSZCZY	M30	74	00:00:35	<b>00:23:08.00</b>	<b>00:23:43.10</b>	+00:05:45 (24.9%)	4:37	13 (75.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	KANIEWSKI Łukasz	67		M30	75	00:00:30	00:23:09.50	00:23:39.65	+00:05:47 (25.0%)	4:37	13 (75.1%)
76	CECHOWSKI Marcin	27		M30	76	00:00:32	00:23:10.90	00:23:43.30	+00:05:48 (25.1%)	4:38	12.9 (74.6%)
77	PAWLAK Waldemar	11	VEGERUNNERS	M30	77	00:00:06	00:23:15.45	00:23:21.55	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
78	DERENDA Mirosław	714		M30	78	00:00:47	00:23:15.65	00:24:02.95	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
79	JANUSZKIEWICZ Piotr	424		M30	79	00:00:11	00:23:15.75	00:23:27.25	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
80	MINTA Adam	579		M30	80	00:00:31	00:23:16.35	00:23:47.50	+00:05:53 (25.3%)	4:39	12.9 (74.6%)
81	CADER Ryszard	185	SPÓJNIA BIAŁE BŁOTA	M30	81	00:00:17	00:23:22.75	00:23:40.45	+00:06:00 (25.7%)	4:40	12.8 (74.0%)
82	SKÓRA Damian	1222		M30	82	00:00:25	00:23:23.00	00:23:48.50	+00:06:00 (25.7%)	4:40	12.8 (74.0%)
83	LASKA Artur	1110		M30	83	00:00:20	00:23:23.25	00:23:44.15	+00:06:00 (25.7%)	4:40	12.8 (74.0%)
84	JURKOWSKI Paweł	1252	KANCELARIA HMM	M30	84	00:00:23	00:23:23.40	00:23:46.60	+00:06:01 (25.7%)	4:40	12.8 (74.0%)
85	ROSZCZYN Dawid	229	AS BOX	M30	85	00:00:25	00:23:24.65	00:23:50.60	+00:06:02 (25.8%)	4:41	12.8 (74.0%)
86	PORAJ Artur	967		M30	86	00:00:35	00:23:28.85	00:24:04.65	+00:06:06 (26.0%)	4:41	12.8 (74.0%)
87	KORZENECKI Piotr	1102	4RUN	M30	87	00:00:21	00:23:36.30	00:23:57.30	+00:06:13 (26.4%)	4:43	12.7 (73.4%)
88	SZEWCZUK Sebastian	176	ASSECO ACTIVE TEAM	M30	88	00:00:35	00:23:36.70	00:24:11.75	+00:06:14 (26.4%)	4:43	12.7 (73.4%)
89	GEHRKE Szymon	435	VISATON POLSKA	M30	89	00:00:47	00:23:39.20	00:24:27.10	+00:06:16 (26.6%)	4:44	12.7 (73.4%)
90	KOSIŁO Marcin	898	RUNBUSTERS	M30	90	00:00:49	00:23:39.50	00:24:29.35	+00:06:17 (26.6%)	4:44	12.7 (73.4%)
91	RYMER Adam	398		M30	91	00:00:18	00:23:43.55	00:24:02.15	+00:06:21 (26.8%)	4:44	12.6 (72.8%)
92	GROCHOWSKI Jakub	312	JW 1515 BYDGOSZCZ	M30	92	00:00:16	00:23:50.40	00:24:06.75	+00:06:28 (27.1%)	4:46	12.6 (72.8%)
93	BRZUCHALSKI Krzysztof	1150		M30	93	00:01:16	00:23:50.50	00:25:07.40	+00:06:28 (27.1%)	4:46	12.6 (72.8%)
94	WALUSIAK Miłosz	744		M30	94	00:00:29	00:23:52.75	00:24:22.50	+00:06:30 (27.2%)	4:46	12.6 (72.8%)
95	LACH Paweł	1260		M30	95	00:00:38	00:23:54.30	00:24:33.00	+00:06:31 (27.3%)	4:47	12.5 (72.3%)
96	STRYCZYŃSKI Marek	203	KLINIKA TRIATHLONU BYDGOSZCZ	M30	96	00:00:08	00:23:56.20	00:24:04.40	+00:06:33 (27.4%)	4:47	12.5 (72.3%)
97	GUMMER Andrzej	282		M30	97	00:00:22	00:23:59.10	00:24:21.50	+00:06:36 (27.6%)	4:47	12.5 (72.3%)
98	MATEUSZCZYK Dawid	1215		M30	98	00:00:04	00:24:00.15	00:24:04.60	+00:06:37 (27.6%)	4:48	12.5 (72.3%)
99	ŁABENDA Robert	1361		M30	99	00:01:04	00:24:02.65	00:25:07.15	+00:06:40 (27.7%)	4:48	12.5 (72.3%)
100	WOJTYSIAK Kamil	657		M30	100	00:00:38	00:24:05.75	00:24:44.35	+00:06:43 (27.9%)	4:49	12.4 (71.7%)
101	WIECZOREK Waldek	86		M30	101	00:01:54	00:24:06.30	00:26:00.75	+00:06:43 (27.9%)	4:49	12.4 (71.7%)
102	BŁAWAT Damian	1267		M30	102	00:00:34	00:24:11.10	00:24:45.50	+00:06:48 (28.2%)	4:50	12.4 (71.7%)
103	SZYMAŃSKI Andrzej	948		M30	103	00:01:02	00:24:13.25	00:25:16.00	+00:06:50 (28.3%)	4:50	12.4 (71.7%)
104	CZUBKOWSKI Sebastian	841	FIT CLUB	M30	104	00:00:15	00:24:14.45	00:24:29.95	+00:06:52 (28.3%)	4:50	12.4 (71.7%)
105	MAZURKIEWICZ Piotr	1295		M30	105	00:00:16	00:24:15.00	00:24:31.85	+00:06:52 (28.4%)	4:51	12.4 (71.7%)
106	ŚLEFARSKI Marcin	394		M30	106	00:00:41	00:24:15.40	00:24:56.60	+00:06:53 (28.4%)	4:51	12.4 (71.7%)
107	GŁYSZ Dawid	266		M30	107	00:00:18	00:24:16.55	00:24:35.25	+00:06:54 (28.4%)	4:51	12.4 (71.7%)
108	DĄBROWSKI Bartosz	834	SPORTOWA PASJA	M30	108	00:00:19	00:24:18.45	00:24:38.05	+00:06:56 (28.5%)	4:51	12.3 (71.1%)
109	GRYGIEL Mateusz	816		M30	109	00:00:37	00:24:20.65	00:24:58.30	+00:06:58 (28.6%)	4:52	12.3 (71.1%)
110	DWOJACZNY Jakub	762		M30	110	00:00:26	00:24:25.50	00:24:52.30	+00:07:03 (28.9%)	4:53	12.3 (71.1%)
111	BUSSE Piotr	969		M30	111	00:00:13	00:24:26.95	00:24:40.35	+00:07:04 (28.9%)	4:53	12.3 (71.1%)
112	SPIRYDOWICZ Piotr	695		M30	112	00:00:21	00:24:30.35	00:24:51.55	+00:07:07 (29.1%)	4:54	12.2 (70.5%)
113	NOWAKOWSKI Tomasz	615		M30	113	00:00:24	00:24:30.40	00:24:54.55	+00:07:08 (29.1%)	4:54	12.2 (70.5%)
114	PRIEWE Paweł	71	DYNAMO SKARPA	M30	114	00:00:24	00:24:34.80	00:24:58.95	+00:07:12 (29.3%)	4:54	12.2 (70.5%)
115	KITOWSKI Przemysław	1360		M30	115	00:01:03	00:24:35.00	00:25:38.55	+00:07:12 (29.3%)	4:55	12.2 (70.5%)
116	ILNICKI Artur	899		M30	116	00:00:27	00:24:38.30	00:25:06.15	+00:07:15 (29.5%)	4:55	12.2 (70.5%)
117	ZASKURSKI Tomasz	947	BYDGOSKIE ŻÓŁWIE	M30	117	00:01:02	00:24:40.20	00:25:42.75	+00:07:17 (29.6%)	4:56	12.2 (70.5%)
118	BELIŃSKI Maciej	255	TEAM MAKO	M30	118	00:00:54	00:24:41.90	00:25:36.55	+00:07:19 (29.7%)	4:56	12.1 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	KOZICKI Marcin	734	BYDGOSKIE ŻÓŁWIE	M30	119	00:01:02	00:24:44.00	00:25:46.75	+00:07:21 (29.8%)	4:56	12.1 (69.9%)
120	KLEPACZEWSKI Arkadiusz	1338		M30	120	00:00:33	00:24:47.50	00:25:21.15	+00:07:25 (29.9%)	4:57	12.1 (69.9%)
121	FELINIAK Daniel	1279		M30	121	00:01:10	00:24:47.75	00:25:58.45	+00:07:25 (29.9%)	4:57	12.1 (69.9%)
122	KONDEL Kamil	740		M30	122	00:00:28	00:24:48.50	00:25:16.65	+00:07:26 (30.0%)	4:57	12.1 (69.9%)
123	MICHAŁEK Daniel	818	BIEGAM PO PIWO	M30	123	00:00:32	00:24:49.70	00:25:22.25	+00:07:27 (30.0%)	4:58	12.1 (69.9%)
124	SZYMAŃSKI Tomasz	962		M30	124	00:01:00	00:24:51.45	00:25:52.10	+00:07:29 (30.1%)	4:58	12.1 (69.9%)
125	WŁODARSKI Paweł	352		M30	125	00:01:24	00:24:55.70	00:26:20.55	+00:07:33 (30.3%)	4:59	12 (69.4%)
126	NOWAKOWSKI Grzegorz	333		M30	126	00:00:38	00:24:57.35	00:25:35.95	+00:07:34 (30.4%)	4:59	12 (69.4%)
127	PALIGA Maciej	277		M30	127	00:01:34	00:24:57.95	00:26:31.95	+00:07:35 (30.4%)	4:59	12 (69.4%)
128	SOSNA Mikolaj	1096		M30	128	00:00:38	00:24:58.25	00:25:36.85	+00:07:35 (30.4%)	4:59	12 (69.4%)
129	MOCNY Piotr	1138	DYNAMO SKARPA	M30	129	00:00:24	00:24:59.10	00:25:23.15	+00:07:36 (30.5%)	4:59	12 (69.4%)
130	GRUBICH Arkadiusz	232	BRACIA DALTON	M30	130	00:00:49	00:25:00.85	00:25:50.40	+00:07:38 (30.5%)	5:00	12 (69.4%)
131	TADROWSKI Rafał	785		M30	131	00:01:36	00:25:06.75	00:26:43.40	+00:07:44 (30.8%)	5:01	11.9 (68.8%)
132	MAŁECKI Tomasz	327		M30	132	00:00:09	00:25:11.20	00:25:20.30	+00:07:48 (31.0%)	5:02	11.9 (68.8%)
133	ŁOBOCKI Krzysztof	7		M30	133	00:01:36	00:25:11.85	00:26:48.35	+00:07:49 (31.1%)	5:02	11.9 (68.8%)
134	PIASECZNY Dawid	593		M30	134	00:00:28	00:25:12.65	00:25:41.00	+00:07:50 (31.1%)	5:02	11.9 (68.8%)
135	QUAAS Łukasz	117	RUN PASJA	M30	135	00:00:05	00:25:12.85	00:25:18.10	+00:07:50 (31.1%)	5:02	11.9 (68.8%)
136	JARYSZ Adrian	558		M30	136	00:01:04	00:25:13.10	00:26:17.90	+00:07:50 (31.1%)	5:02	11.9 (68.8%)
137	MACKIEWICZ Piotr	1206		M30	137	00:01:19	00:25:14.60	00:26:33.80	+00:07:52 (31.2%)	5:02	11.9 (68.8%)
138	KOTECKI Marcin	1281		M30	138	00:00:24	00:25:14.95	00:25:39.45	+00:07:52 (31.2%)	5:03	11.9 (68.8%)
139	ROSINSKI Przemysław	1012		M30	139	00:00:12	00:25:21.25	00:25:33.45	+00:07:58 (31.5%)	5:04	11.8 (68.2%)
140	KRESIŃSKI Andrzej	403	BYDGOSZCZ	M30	140	00:01:03	00:25:21.80	00:26:25.65	+00:07:59 (31.5%)	5:04	11.8 (68.2%)
141	KORZEŃSKI Przemysław	858		M30	141	00:00:32	00:25:25.90	00:25:58.75	+00:08:03 (31.7%)	5:05	11.8 (68.2%)
142	ZGÓRSKI Maciej	144	LEVEL 10 TUCHOLA	M30	142	00:00:26	00:25:33.85	00:26:00.20	+00:08:11 (32.0%)	5:06	11.7 (67.6%)
143	KARSKI Przemysław	707		M30	143	00:01:26	00:25:34.80	00:27:00.80	+00:08:12 (32.1%)	5:06	11.7 (67.6%)
144	LATOS Piotr	1092		M30	144	00:01:29	00:25:35.15	00:27:05.10	+00:08:12 (32.1%)	5:07	11.7 (67.6%)
145	SZLINGER Jakub	823	BWM	M30	145	00:01:13	00:25:36.80	00:26:50.35	+00:08:14 (32.2%)	5:07	11.7 (67.6%)
146	RUBASZEWSKI Marcin	1099		M30	146	00:00:10	00:25:37.35	00:25:48.20	+00:08:14 (32.2%)	5:07	11.7 (67.6%)
147	KUBIAK Jarosław	50		M30	147	00:01:15	00:25:37.45	00:26:52.95	+00:08:15 (32.2%)	5:07	11.7 (67.6%)
148	DEREZIŃSKI Tomasz	341		M30	148	00:00:47	00:25:39.50	00:26:27.30	+00:08:17 (32.3%)	5:08	11.7 (67.6%)
149	MATTHEWS Karol	1249	DLA ZDROWIA	M30	149	00:00:27	00:25:48.15	00:26:15.70	+00:08:25 (32.7%)	5:09	11.6 (67.1%)
150	DORAWA Mirosław	677		M30	150	00:01:21	00:25:53.85	00:27:15.80	+00:08:31 (32.9%)	5:10	11.6 (67.1%)
151	PYTLIŃSKI Paweł	719	BYDGOSKIE ŻÓŁWIE	M30	151	00:01:03	00:25:58.05	00:27:01.10	+00:08:35 (33.1%)	5:11	11.6 (67.1%)
152	KARWASZ Adam	685		M30	152	00:00:26	00:26:00.50	00:26:27.10	+00:08:38 (33.2%)	5:12	11.5 (66.5%)
153	KŁOSIŃSKI Marian	1421		M30	153	00:01:28	00:26:03.55	00:27:32.45	+00:08:41 (33.3%)	5:12	11.5 (66.5%)
154	POTRZEBOWSKI Marek	156		M30	154	00:00:39	00:26:06.90	00:26:46.05	+00:08:44 (33.5%)	5:13	11.5 (66.5%)
155	CZAJA Jarosław	230		M30	155	00:00:45	00:26:06.95	00:26:52.20	+00:08:44 (33.5%)	5:13	11.5 (66.5%)
156	MILNER Szymon	1052		M30	156	00:01:40	00:26:07.80	00:27:48.55	+00:08:45 (33.5%)	5:13	11.5 (66.5%)
157	KIJEWSKI Maciej	323	KABEL TEAM BYDGOSZCZ	M30	157	00:01:08	00:26:08.60	00:27:17.05	+00:08:46 (33.5%)	5:13	11.5 (66.5%)
158	URBAŃSKI Dawid	675		M30	158	00:00:51	00:26:10.10	00:27:01.40	+00:08:47 (33.6%)	5:14	11.5 (66.5%)
159	JURCZAK Robert	986		M30	159	00:01:27	00:26:11.30	00:27:38.60	+00:08:48 (33.7%)	5:14	11.5 (66.5%)
160	KISIEL Krystian	40	EKIPABSW	M30	160	00:01:10	00:26:15.00	00:27:25.55	+00:08:52 (33.8%)	5:15	11.4 (65.9%)
161	TUCZYŃSKI Maciej	322		M30	161	00:00:33	00:26:21.90	00:26:55.35	+00:08:59 (34.1%)	5:16	11.4 (65.9%)
162	POPŁAWSKI Tomasz	1141	DYNAMO SKARPA	M30	162	00:00:23	00:26:24.10	00:26:47.50	+00:09:01 (34.2%)	5:16	11.4 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	ZDZIAREK Artur	1053		M30	163	00:01:16	00:26:39.85	00:27:56.20	+00:09:17 (34.8%)	5:20	11.3 (65.3%)
164	GIEŁDON Paweł	1158		M30	164	00:00:29	00:26:50.75	00:27:20.50	+00:09:28 (35.3%)	5:22	11.2 (64.7%)
165	RACIBORSKI Grzegorz	1389	TASAK TEAM	M30	165	00:00:38	00:26:52.65	00:27:31.25	+00:09:30 (35.4%)	5:22	11.2 (64.7%)
166	KALINOWSKI Dariusz	965		M30	166	00:00:45	00:26:57.40	00:27:42.60	+00:09:35 (35.6%)	5:23	11.1 (64.2%)
167	MADEJ Kamil	715		M30	167	00:01:02	00:26:58.95	00:28:00.95	+00:09:36 (35.6%)	5:23	11.1 (64.2%)
168	CYBUL Krzysztof	879		M30	168	00:01:40	00:27:04.10	00:28:45.00	+00:09:41 (35.8%)	5:25	11.1 (64.2%)
169	SZULC Radek	1112		M30	169	00:01:29	00:27:18.85	00:28:48.30	+00:09:56 (36.4%)	5:27	11 (63.6%)
170	KULINSKI Zbigniew	239		M30	170	00:01:37	00:27:22.90	00:29:00.30	+00:10:00 (36.6%)	5:28	11 (63.6%)
171	ŚLADEWSKI Rafał	264		M30	171	00:00:03	00:27:23.95	00:27:27.75	+00:10:01 (36.6%)	5:28	10.9 (63.0%)
172	ŚCIBAK Wojciech	1344	JFTC SU	M30	172	00:00:55	00:27:27.25	00:28:23.20	+00:10:04 (36.7%)	5:29	10.9 (63.0%)
173	JAGIEŁO Radosław	897		M30	173	00:00:51	00:27:31.20	00:28:23.15	+00:10:08 (36.9%)	5:30	10.9 (63.0%)
174	NOWICKI Sławomir	485	CZARNE STOPY.SM	M30	174	00:00:51	00:27:33.10	00:28:24.35	+00:10:10 (36.9%)	5:30	10.9 (63.0%)
175	AFELT Jarosław	908		M30	175	00:01:41	00:27:35.55	00:29:16.55	+00:10:13 (37.0%)	5:31	10.9 (63.0%)
176	TUPTANOWSKI Przemek	1388	WELD-LINE SPORTTEAM	M30	176	00:01:02	00:27:46.45	00:28:48.70	+00:10:24 (37.4%)	5:33	10.8 (62.4%)
177	ORNATOWSKI Marcin	59	GORDON RUN	M30	177	00:01:25	00:27:48.85	00:29:14.15	+00:10:26 (37.5%)	5:33	10.8 (62.4%)
178	ZNANIECKI Wojciech	317		M30	178	00:00:52	00:27:56.00	00:28:48.55	+00:10:33 (37.8%)	5:35	10.7 (61.8%)
179	NIEDBALSKI Paweł	498		M30	179	00:01:31	00:28:03.25	00:29:35.05	+00:10:40 (38.1%)	5:36	10.7 (61.8%)
180	SZCZYGIEŁ Michał	419		M30	180	00:00:55	00:28:05.65	00:29:01.30	+00:10:43 (38.2%)	5:37	10.7 (61.8%)
181	MUSIAŁA Adam	945		M30	181	00:00:51	00:28:23.35	00:29:15.10	+00:11:00 (38.8%)	5:40	10.6 (61.3%)
182	JASTRZEMBSKI Tomasz	1278	DYNAMO SKARPA	M30	182	00:01:39	00:28:26.95	00:30:06.65	+00:11:04 (38.9%)	5:41	10.5 (60.7%)
183	BASZANOWSKI Tomasz	960		M30	183	00:00:59	00:28:27.30	00:29:26.40	+00:11:04 (38.9%)	5:41	10.5 (60.7%)
184	ZABOROWSKI Robert	82	PGB SPORTOWA PACZKA	M30	184	00:00:33	00:28:30.95	00:29:04.80	+00:11:08 (39.1%)	5:42	10.5 (60.7%)
185	SKUCIŃSKI Rafał	491	KABEL TEAM BYDGOSZCZ	M30	185	00:01:13	00:28:37.40	00:29:50.45	+00:11:15 (39.3%)	5:43	10.5 (60.7%)
186	ŚNIECHOTA Konrad	519	TYPYGRUBE	M30	186	00:00:58	00:28:40.50	00:29:39.20	+00:11:18 (39.4%)	5:44	10.5 (60.7%)
186	DUDZIAK Tomasz	597	TATA FRANKA	M30	187	00:00:54	00:28:40.50	00:29:34.65	+00:11:18 (39.4%)	5:44	10.5 (60.7%)
188	PAPIS Piotr	1390	BACK_ON	M30	188	00:00:53	00:28:56.60	00:29:50.15	+00:11:34 (40.0%)	5:47	10.4 (60.1%)
189	LUTOWSKI Wojciech	1068	TKKF KOLEJARZ BYDGOSZCZ	M30	189	00:01:13	00:29:08.65	00:30:22.35	+00:11:46 (40.4%)	5:49	10.3 (59.5%)
190	STOKŁOSA Kamil	427		M30	190	00:01:21	00:29:09.05	00:30:30.05	+00:11:46 (40.4%)	5:49	10.3 (59.5%)
191	KONKEL Bartosz	405		M30	191	00:01:13	00:29:31.65	00:30:45.60	+00:12:09 (41.2%)	5:54	10.2 (59.0%)
192	RONKIEWICZ Bartosz	1084	SPORT FACTORY	M30	192	00:01:09	00:29:36.80	00:30:46.30	+00:12:14 (41.3%)	5:55	10.1 (58.4%)
193	KUKLIŃSKI Rafał	331		M30	193	00:01:15	00:29:39.05	00:30:54.05	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
194	POLEWSKI Damian	1024		M30	194	00:00:44	00:29:39.25	00:30:23.45	+00:12:16 (41.4%)	5:55	10.1 (58.4%)
195	PIASECKI Damian	1137	DYNAMO SKARPA	M30	195	00:00:40	00:29:39.50	00:30:19.90	+00:12:17 (41.4%)	5:55	10.1 (58.4%)
196	WARACZEWSKI Paweł	88		M30	196	00:00:23	00:29:39.60	00:30:02.70	+00:12:17 (41.4%)	5:55	10.1 (58.4%)
197	PERA Marek	951		M30	197	00:01:28	00:29:49.35	00:31:17.90	+00:12:26 (41.7%)	5:57	10.1 (58.4%)
198	PALIŃSKI Grzegorz	1129		M30	198	00:01:32	00:29:51.80	00:31:24.00	+00:12:29 (41.8%)	5:58	10 (57.8%)
199	BRZOZOWSKI Krzysztof	388		M30	199	00:01:40	00:29:52.20	00:31:32.20	+00:12:29 (41.8%)	5:58	10 (57.8%)
200	MIKUŁA Tomasz	41	GORDON RUN	M30	200	00:01:25	00:29:54.45	00:31:19.95	+00:12:32 (41.9%)	5:58	10 (57.8%)
201	BRĄGIEL Jakub	51	VEGE RUNNERS	M30	201	00:01:55	00:29:57.50	00:31:53.35	+00:12:35 (42.0%)	5:59	10 (57.8%)
202	KULA Karol	1303		M30	202	00:00:33	00:30:01.45	00:30:34.50	+00:12:39 (42.1%)	6:00	10 (57.8%)
203	DUDZIAK Michał	207	CPR BYDGOSZCZ	M30	203	00:01:38	00:30:08.70	00:31:47.30	+00:12:46 (42.4%)	6:01	10 (57.8%)
203	ANTCZAK Filip	866		M30	204	00:01:08	00:30:08.70	00:31:16.95	+00:12:46 (42.4%)	6:01	10 (57.8%)
205	DANIELEK Adam	24	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M30	205	00:01:02	00:30:18.55	00:31:21.10	+00:12:56 (42.7%)	6:03	9.9 (57.2%)
206	KUZIOŁA Marcin	972		M30	206	00:01:27	00:30:19.50	00:31:47.10	+00:12:57 (42.7%)	6:04	9.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	<b>KOLASA Robert</b>	<b>651</b>		M30	207	00:00:56	<b>00:30:34.85</b>	<b>00:31:31.45</b>	+00:13:12 (43.2%)	6:07	9.8 (56.6%)
208	<b>ORZECZOWSKI Michał</b>	<b>5</b>		M30	208	00:01:21	<b>00:30:38.00</b>	<b>00:31:59.75</b>	+00:13:15 (43.3%)	6:07	9.8 (56.6%)
209	<b>GURYN Wiktor</b>	<b>749</b>		M30	209	00:02:06	<b>00:31:15.60</b>	<b>00:33:21.60</b>	+00:13:53 (44.4%)	6:15	9.6 (55.5%)
210	<b>JAWORSKI Paweł</b>	<b>554</b>		M30	210	00:00:41	<b>00:31:20.45</b>	<b>00:32:01.50</b>	+00:13:58 (44.6%)	6:16	9.6 (55.5%)
211	<b>LUKASIEWICZ Krzysztof</b>	<b>1089</b>		M30	211	00:01:25	<b>00:31:48.45</b>	<b>00:33:14.00</b>	+00:14:26 (45.4%)	6:21	9.4 (54.3%)
212	<b>GRODZKI Daniel</b>	<b>473</b>		M30	212	00:00:27	<b>00:31:55.15</b>	<b>00:32:22.85</b>	+00:14:32 (45.6%)	6:23	9.4 (54.3%)
213	<b>SMERLIŃSKI Robert</b>	<b>2</b>		M30	213	00:01:23	<b>00:32:00.90</b>	<b>00:33:24.50</b>	+00:14:38 (45.7%)	6:24	9.4 (54.3%)
214	<b>TYBURSKI Maciej</b>	<b>347</b>		M30	214	00:01:20	<b>00:32:04.10</b>	<b>00:33:24.25</b>	+00:14:41 (45.8%)	6:24	9.4 (54.3%)
215	<b>OSSOWSKI Łukasz</b>	<b>408</b>		M30	215	00:01:39	<b>00:33:04.05</b>	<b>00:34:43.15</b>	+00:15:41 (47.5%)	6:36	9.1 (52.6%)
216	<b>KIELMANN Marcin</b>	<b>1362</b>		M30	216	00:01:09	<b>00:33:13.65</b>	<b>00:34:22.90</b>	+00:15:51 (47.7%)	6:38	9 (52.0%)
217	<b>ŻEBROWSKI Michał</b>	<b>569</b>		M30	217	00:01:39	<b>00:33:20.85</b>	<b>00:35:00.80</b>	+00:15:58 (47.9%)	6:40	9 (52.0%)
218	<b>MRÓWCZYŃSKI Sebastian</b>	<b>260</b>	MRÓWKI	M30	218	00:00:39	<b>00:33:59.05</b>	<b>00:34:38.95</b>	+00:16:36 (48.9%)	6:47	8.8 (50.9%)
219	<b>RAKAŁOWICZ Krzysztof</b>	<b>576</b>	MANCHESTER	M30	219	00:00:48	<b>00:34:46.30</b>	<b>00:35:35.20</b>	+00:17:23 (50.0%)	6:57	8.6 (49.7%)
220	<b>LISOWSKI Sebastian</b>	<b>280</b>		M30	220	00:01:55	<b>00:39:59.00</b>	<b>00:41:54.15</b>	+00:22:36 (56.5%)	7:59	7.5 (43.4%)
221	<b>WIECZOREK Marcin</b>	<b>829</b>		M30	221	00:01:54	<b>00:41:19.65</b>	<b>00:43:13.95</b>	+00:23:57 (58.0%)	8:15	7.3 (42.2%)
222	<b>ZGIEP Maciej</b>	<b>142</b>		M30	222	00:01:12	<b>00:42:33.20</b>	<b>00:43:45.80</b>	+00:25:10 (59.2%)	8:30	7.1 (41.0%)

Znaleziono 222 wynik(ów)