



# BYDGOSKI BIEG URODZINOWY

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MRUK Tomasz</b>	<b>436</b>	CZARNE STOPY.SM	M40	1	00:00:02	<b>00:17:57.95</b>	<b>00:18:00.80</b>		3:35	16.7 (100%)
2	<b>BASA Jacek</b>	<b>844</b>	ROZBIEGANA KRUSZWICA	M40	2	00:00:02	<b>00:19:50.90</b>	<b>00:19:53.00</b>	+00:01:52 (9.5%)	3:58	15.1 (90.4%)
3	<b>CZARNECKI Piotr</b>	<b>787</b>	BRZOZA BIEGA	M40	3	00:00:04	<b>00:19:59.90</b>	<b>00:20:04.70</b>	+00:02:01 (10.2%)	4:00	15 (89.8%)
4	<b>KOWALSKI Jacek</b>	<b>145</b>		M40	4	00:00:06	<b>00:20:24.05</b>	<b>00:20:30.15</b>	+00:02:26 (11.9%)	4:04	14.7 (88.0%)
5	<b>ŁADNIAK Dariusz</b>	<b>887</b>		M40	5	00:00:13	<b>00:20:32.65</b>	<b>00:20:46.15</b>	+00:02:34 (12.6%)	4:06	14.6 (87.4%)
6	<b>CHODKIEWICZ Tomasz</b>	<b>605</b>	GARDENFLORA MTB TEAM	M40	6	00:00:04	<b>00:20:35.65</b>	<b>00:20:39.70</b>	+00:02:37 (12.8%)	4:07	14.6 (87.4%)
7	<b>KŁOSOWSKI Marcin</b>	<b>592</b>	GRUPA BANKIETOWA SPECJAL	M40	7	00:00:02	<b>00:20:41.90</b>	<b>00:20:44.80</b>	+00:02:43 (13.2%)	4:08	14.5 (86.8%)
8	<b>DROSDOWSKI Sebastian</b>	<b>1086</b>		M40	8	00:00:04	<b>00:20:44.15</b>	<b>00:20:48.25</b>	+00:02:46 (13.4%)	4:08	14.5 (86.8%)
9	<b>HOC Marek</b>	<b>801</b>	LEGE ARTIS	M40	9	00:00:06	<b>00:21:03.85</b>	<b>00:21:10.65</b>	+00:03:05 (14.7%)	4:12	14.2 (85.0%)
10	<b>KUTOWSKI Przemysław</b>	<b>828</b>		M40	10	00:00:05	<b>00:21:13.75</b>	<b>00:21:18.95</b>	+00:03:15 (15.4%)	4:14	14.1 (84.4%)
11	<b>BRZEZIŃSKI Maciej</b>	<b>1072</b>		M40	11	00:00:06	<b>00:21:32.55</b>	<b>00:21:38.55</b>	+00:03:34 (16.6%)	4:18	13.9 (83.2%)
12	<b>NISZCZOTA Karol</b>	<b>524</b>	BRZOZA BIEGA	M40	12	00:00:14	<b>00:21:34.70</b>	<b>00:21:49.45</b>	+00:03:36 (16.7%)	4:19	13.9 (83.2%)
13	<b>FRANKOWSKI Paweł</b>	<b>233</b>		M40	13	00:00:23	<b>00:21:49.80</b>	<b>00:22:13.55</b>	+00:03:51 (17.7%)	4:22	13.7 (82.0%)
14	<b>SZULC Andrzej</b>	<b>649</b>		M40	14	00:00:12	<b>00:21:58.15</b>	<b>00:22:10.65</b>	+00:04:00 (18.2%)	4:23	13.7 (82.0%)
15	<b>SOKOŁOWSKI Marcin</b>	<b>1055</b>		M40	15	00:00:06	<b>00:22:18.35</b>	<b>00:22:25.30</b>	+00:04:20 (19.5%)	4:27	13.4 (80.2%)
16	<b>CIEŚLEWICZ Karol</b>	<b>1075</b>	OLAFCREW	M40	16	00:00:10	<b>00:22:23.80</b>	<b>00:22:34.40</b>	+00:04:25 (19.8%)	4:28	13.4 (80.2%)
17	<b>AUGUSTYNOWICZ Andrzej</b>	<b>790</b>	RCI BYDGOSZCZ	M40	17	00:00:09	<b>00:22:24.85</b>	<b>00:22:34.60</b>	+00:04:26 (19.8%)	4:29	13.4 (80.2%)
18	<b>JASIŃSKI Artur</b>	<b>19</b>		M40	18	00:00:20	<b>00:22:25.30</b>	<b>00:22:46.20</b>	+00:04:27 (19.9%)	4:29	13.4 (80.2%)
19	<b>BIEL Marek</b>	<b>922</b>		M40	19	00:00:11	<b>00:22:36.20</b>	<b>00:22:47.80</b>	+00:04:38 (20.5%)	4:31	13.3 (79.6%)
20	<b>DOLNY Marcin</b>	<b>577</b>	FOREST GANG	M40	20	00:00:12	<b>00:22:36.55</b>	<b>00:22:48.80</b>	+00:04:38 (20.5%)	4:31	13.3 (79.6%)
21	<b>SUDOŁ Jacek</b>	<b>484</b>		M40	21	00:01:35	<b>00:22:42.45</b>	<b>00:24:17.85</b>	+00:04:44 (20.9%)	4:32	13.2 (79.0%)
22	<b>BARSZCZEWSKI Sebastian</b>	<b>358</b>		M40	22	00:00:15	<b>00:22:48.20</b>	<b>00:23:03.45</b>	+00:04:50 (21.2%)	4:33	13.2 (79.0%)
23	<b>GWIAZDOWSKI Krzysztof</b>	<b>173</b>		M40	23	00:00:06	<b>00:22:55.70</b>	<b>00:23:02.15</b>	+00:04:57 (21.6%)	4:35	13.1 (78.4%)
24	<b>URBAŃSKI Tomasz</b>	<b>198</b>	JW 4326	M40	24	00:00:09	<b>00:22:56.05</b>	<b>00:23:05.70</b>	+00:04:58 (21.7%)	4:35	13.1 (78.4%)
25	<b>JANCOWSKI Wojciech</b>	<b>3</b>		M40	25	00:00:09	<b>00:22:58.00</b>	<b>00:23:07.95</b>	+00:05:00 (21.8%)	4:35	13.1 (78.4%)
26	<b>WNUK Sławomir</b>	<b>1009</b>		M40	26	00:00:20	<b>00:23:05.25</b>	<b>00:23:25.70</b>	+00:05:07 (22.2%)	4:37	13 (77.8%)
27	<b>STĘPSKI Marek</b>	<b>23</b>		M40	27	00:00:12	<b>00:23:08.15</b>	<b>00:23:20.15</b>	+00:05:10 (22.3%)	4:37	13 (77.8%)
28	<b>WOJTYNOWSKI Artur</b>	<b>1405</b>	RUN FOR FUN	M40	28	00:00:08	<b>00:23:10.05</b>	<b>00:23:18.15</b>	+00:05:12 (22.5%)	4:38	12.9 (77.2%)
29	<b>SZYMCZAK Maciej</b>	<b>1039</b>		M40	29	00:00:04	<b>00:23:10.30</b>	<b>00:23:14.85</b>	+00:05:12 (22.5%)	4:38	12.9 (77.2%)
30	<b>KOWALSKI Marek</b>	<b>778</b>		M40	30	00:00:24	<b>00:23:14.10</b>	<b>00:23:38.35</b>	+00:05:16 (22.7%)	4:38	12.9 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	CICHOWICZ Marcin	365		M40	31	00:00:17	00:23:27.05	00:23:44.15	+00:05:29 (23.4%)	4:41	12.8 (76.6%)
32	CHMURA Tomasz	1290		M40	32	00:00:16	00:23:29.75	00:23:46.05	+00:05:31 (23.5%)	4:42	12.8 (76.6%)
33	ŁATKA Marcin	1450		M40	33	00:00:16	00:23:32.00	00:23:48.00	+00:05:34 (23.7%)	4:42	12.7 (76.0%)
34	BRZEZIŃSKI Sławomir	952	CZARNE STOPY.SM	M40	34	00:00:17	00:23:37.60	00:23:55.05	+00:05:39 (24.0%)	4:43	12.7 (76.0%)
35	KĘDZIERSKI Wojciech	1021		M40	35	00:00:12	00:23:37.95	00:23:50.20	+00:05:40 (24.0%)	4:43	12.7 (76.0%)
36	LEWICKI Maciej	120	BYDGOSZCZ NA START!	M40	36	00:00:27	00:23:40.95	00:24:08.20	+00:05:43 (24.1%)	4:44	12.7 (76.0%)
37	BYRTEK Grzegorz	400		M40	37	00:00:07	00:23:41.35	00:23:48.65	+00:05:43 (24.2%)	4:44	12.7 (76.0%)
38	KORTAS Marcin	1062		M40	38	00:00:21	00:23:43.65	00:24:05.45	+00:05:45 (24.3%)	4:44	12.6 (75.4%)
39	RYBICKI Artur	911		M40	39	00:00:42	00:23:46.20	00:24:29.05	+00:05:48 (24.4%)	4:45	12.6 (75.4%)
40	BURCZYK Roman	380		M40	40	00:00:18	00:23:46.40	00:24:04.85	+00:05:48 (24.4%)	4:45	12.6 (75.4%)
41	GŁOWACKI Robert	72		M40	41	00:00:06	00:23:46.45	00:23:53.15	+00:05:48 (24.4%)	4:45	12.6 (75.4%)
42	STAWCZYK Dariusz	240		M40	42	00:00:18	00:23:53.45	00:24:12.25	+00:05:55 (24.8%)	4:46	12.6 (75.4%)
43	NADRATOWSKI Maciej	231	KABEL TEAM BYDGOSZCZ	M40	43	00:00:54	00:24:00.15	00:24:54.70	+00:06:02 (25.2%)	4:48	12.5 (74.9%)
44	MIKOŁAJCZAK Sławomir	697		M40	44	00:00:05	00:24:03.95	00:24:09.90	+00:06:06 (25.3%)	4:48	12.5 (74.9%)
45	KRASIŃSKI Piotr	98		M40	45	00:01:01	00:24:04.30	00:25:05.70	+00:06:06 (25.4%)	4:48	12.5 (74.9%)
46	STAFIEJ Wojciech	1391		M40	46	00:00:12	00:24:08.60	00:24:20.95	+00:06:10 (25.6%)	4:49	12.4 (74.3%)
47	ORZECHOWSKI Zbigniew	690		M40	47	00:00:32	00:24:09.90	00:24:42.15	+00:06:11 (25.7%)	4:50	12.4 (74.3%)
47	MAZURKIEWICZ Piotr	306		M40	48	00:00:11	00:24:09.90	00:24:21.25	+00:06:11 (25.7%)	4:50	12.4 (74.3%)
49	KOWALSKI Marek	1017	BYDGOSKIE ŻÓŁWIE	M40	49	00:00:08	00:24:26.40	00:24:34.75	+00:06:28 (26.5%)	4:53	12.3 (73.7%)
50	KIEŁCZYŃSKI Marek	667		M40	50	00:01:19	00:24:35.25	00:25:54.25	+00:06:37 (26.9%)	4:55	12.2 (73.1%)
51	RADECKI Przemysław	138		M40	51	00:00:28	00:24:39.05	00:25:07.80	+00:06:41 (27.1%)	4:55	12.2 (73.1%)
52	KRYSTOFIAK Michał	1219	ULUNG TEAM	M40	52	00:00:10	00:24:45.30	00:24:55.70	+00:06:47 (27.4%)	4:57	12.1 (72.5%)
53	PACZKOWSKI Mirosław	580	CB163	M40	53	00:00:45	00:24:48.25	00:25:33.85	+00:06:50 (27.6%)	4:57	12.1 (72.5%)
54	BISKUPIAK Robert	555		M40	54	00:00:39	00:24:51.85	00:25:31.55	+00:06:53 (27.7%)	4:58	12.1 (72.5%)
55	FRAĆKOWIAK Waldemar	392		M40	55	00:00:22	00:24:53.05	00:25:15.55	+00:06:55 (27.8%)	4:58	12.1 (72.5%)
56	MICHALAK Mariusz	349		M40	56	00:00:28	00:24:54.15	00:25:22.80	+00:06:56 (27.9%)	4:58	12 (71.9%)
57	BAUMGART Krzysztof	1057	METAL INDUSTRY	M40	57	00:00:07	00:24:57.25	00:25:04.25	+00:06:59 (28.0%)	4:59	12 (71.9%)
58	DROZDOWSKI Krzysztof	610		M40	58	00:00:20	00:25:06.00	00:25:26.45	+00:07:08 (28.4%)	5:01	12 (71.9%)
59	GAŁKA Krzysztof	430		M40	59	00:00:49	00:25:06.20	00:25:56.10	+00:07:08 (28.4%)	5:01	11.9 (71.3%)
60	KOSIARSKI Tomasz	685		M40	60	00:00:44	00:25:06.50	00:25:50.55	+00:07:08 (28.4%)	5:01	12 (71.9%)
61	KAMPER Jarosław	443		M40	61	00:00:11	00:25:06.95	00:25:18.55	+00:07:09 (28.5%)	5:01	11.9 (71.3%)
62	CZAJA Jarosław	101		M40	62	00:01:31	00:25:10.10	00:26:41.95	+00:07:12 (28.6%)	5:02	11.9 (71.3%)
63	LEWANDOWSKI Michał	719		M40	63	00:01:37	00:25:10.15	00:26:48.10	+00:07:12 (28.6%)	5:02	11.9 (71.3%)
64	ZIELIŃSKI Marcin	1499		M40	64	00:00:04	00:25:13.60	00:25:18.40	+00:07:15 (28.8%)	5:02	11.9 (71.3%)
65	OLEJNICZAK Jacek	1472		M40	65	00:00:29	00:25:17.70	00:25:47.30	+00:07:19 (29.0%)	5:03	11.9 (71.3%)
66	HEIDAK Piotr	979		M40	66	00:00:09	00:25:23.70	00:25:33.10	+00:07:25 (29.3%)	5:04	11.8 (70.7%)
67	SUCHOMSKA Beata	908		M40	67	00:00:21	00:25:29.10	00:25:50.35	+00:07:31 (29.5%)	5:05	11.8 (70.7%)
68	BRUNKE Tomasz	313		M40	68	00:01:33	00:25:31.90	00:27:05.25	+00:07:33 (29.6%)	5:06	11.7 (70.1%)
69	SOBOTA Piotr	499		M40	69	00:01:06	00:25:35.70	00:26:42.60	+00:07:37 (29.8%)	5:07	11.7 (70.1%)
70	PYTLIŃSKI Paweł	914	BYDGOSKIE ŻÓŁWIE	M40	70	00:00:09	00:25:40.40	00:25:49.70	+00:07:42 (30.0%)	5:08	11.7 (70.1%)
71	GONIA Robert	982		M40	71	00:01:06	00:25:48.30	00:26:54.85	+00:07:50 (30.4%)	5:09	11.6 (69.5%)
72	ZWOLINSKI Robert	1040		M40	72	00:00:55	00:25:53.15	00:26:48.20	+00:07:55 (30.6%)	5:10	11.6 (69.5%)
73	CHUDECKI Robert	609		M40	73	00:01:24	00:25:56.60	00:27:21.50	+00:07:58 (30.7%)	5:11	11.6 (69.5%)
74	GÓŹDŹ Tomasz	777	JĄŚ BIEGA	M40	74	00:00:57	00:25:58.80	00:26:56.65	+00:08:00 (30.8%)	5:11	11.5 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	MARĆ Robert	842		M40	75	00:01:11	00:25:59.95	00:27:11.50	+00:08:02 (30.9%)	5:12	11.5 (68.9%)
76	ORCHOLSKI Piotr	1016		M40	76	00:00:59	00:26:00.80	00:26:59.95	+00:08:02 (30.9%)	5:12	11.5 (68.9%)
77	ZGÓRSKI Maciej	1360	WKURW TEAM BYDGOSZCZ	M40	77	00:00:41	00:26:01.50	00:26:42.60	+00:08:03 (31.0%)	5:12	11.5 (68.9%)
78	KARPIŃSKI Łukasz	249		M40	78	00:01:06	00:26:02.65	00:27:09.50	+00:08:04 (31.0%)	5:12	11.5 (68.9%)
79	GRUBICH Arkadiusz	780		M40	79	00:00:56	00:26:03.40	00:26:59.90	+00:08:05 (31.1%)	5:12	11.5 (68.9%)
80	KUKAWKA Maciej	1315		M40	80	00:01:47	00:26:07.80	00:27:55.40	+00:08:09 (31.2%)	5:13	11.5 (68.9%)
81	STASIEWSKI Mariusz	752	TRISPACE	M40	81	00:00:35	00:26:08.70	00:26:43.75	+00:08:10 (31.3%)	5:13	11.5 (68.9%)
82	ZAJĄC Tomasz	738	BIEGAJ Z DĘBAMI	M40	82	00:00:16	00:26:09.35	00:26:25.65	+00:08:11 (31.3%)	5:13	11.5 (68.9%)
83	MORZYK Michał	446		M40	83	00:00:33	00:26:14.30	00:26:47.30	+00:08:16 (31.5%)	5:14	11.4 (68.3%)
83	SIKORSKI Norbert	81		M40	84	00:00:23	00:26:14.30	00:26:37.85	+00:08:16 (31.5%)	5:14	11.4 (68.3%)
85	BYSTREK Jarosław	993		M40	85	00:02:12	00:26:20.45	00:28:33.05	+00:08:22 (31.8%)	5:16	11.4 (68.3%)
86	LEWICKI Jarek	725		M40	86	00:00:18	00:26:26.95	00:26:45.40	+00:08:29 (32.1%)	5:17	11.3 (67.7%)
87	TKACZYK Tomasz	1376		M40	87	00:00:48	00:26:28.35	00:27:16.40	+00:08:30 (32.1%)	5:17	11.3 (67.7%)
88	BERENDA Damian	205		M40	88	00:00:23	00:26:28.75	00:26:51.90	+00:08:30 (32.2%)	5:17	11.3 (67.7%)
89	SIUDA Marek	786	KLINIKA TRIATHLONU BYDGOSZCZ	M40	89	00:00:56	00:26:29.50	00:27:25.70	+00:08:31 (32.2%)	5:17	11.3 (67.7%)
90	KOSIEDOWSKI Jacek	1088		M40	90	00:00:10	00:26:30.20	00:26:41.15	+00:08:32 (32.2%)	5:18	11.3 (67.7%)
91	KOZICKI Marcin	762	BYDGOSKIE ŻÓŁWIE	M40	91	00:00:08	00:26:30.50	00:26:38.90	+00:08:32 (32.2%)	5:18	11.3 (67.7%)
92	WILCZYŃSKI Jacek	763		M40	92	00:00:35	00:26:33.40	00:27:08.65	+00:08:35 (32.3%)	5:18	11.3 (67.7%)
93	KRUK Krzysztof	371		M40	93	00:00:17	00:26:33.45	00:26:51.10	+00:08:35 (32.4%)	5:18	11.3 (67.7%)
94	KOWALCZYK Karol	808		M40	94	00:01:30	00:26:35.50	00:28:06.25	+00:08:37 (32.4%)	5:19	11.3 (67.7%)
95	KOSIAK Jacek	1406	RUN FOR FUN	M40	95	00:00:08	00:26:36.30	00:26:44.65	+00:08:38 (32.5%)	5:19	11.3 (67.7%)
96	CICHOCKI Marcin	297	WATAHA BYDGOSZCZ	M40	96	00:02:09	00:26:37.80	00:28:47.35	+00:08:39 (32.5%)	5:19	11.3 (67.7%)
97	CĄBROWSKI Piotr	1053	ZK NR 2 W GRUDZIĄDZU	M40	97	00:01:37	00:26:41.10	00:28:18.10	+00:08:43 (32.7%)	5:20	11.2 (67.1%)
98	WOŹNIAK Piotr	899		M40	98	00:00:30	00:26:41.45	00:27:11.80	+00:08:43 (32.7%)	5:20	11.2 (67.1%)
99	KUBSKI Jarosław	845	MILUSIŃSCY	M40	99	00:00:08	00:26:46.85	00:26:54.85	+00:08:48 (32.9%)	5:21	11.2 (67.1%)
100	GRALAK Jacek	552	81 BLP	M40	100	00:01:27	00:26:47.40	00:28:14.85	+00:08:49 (32.9%)	5:21	11.2 (67.1%)
101	MALINOWSKI Waldemar	132	RUN LOTTO BYDGOSTIA	M40	101	00:01:51	00:26:48.90	00:28:40.60	+00:08:50 (33.0%)	5:21	11.2 (67.1%)
102	BUTOWSKI Michał	596	SEN O VICTORII	M40	102	00:00:53	00:26:49.55	00:27:42.75	+00:08:51 (33.0%)	5:21	11.2 (67.1%)
103	KUKLIŃSKI Rafał	203		M40	103	00:00:20	00:27:02.85	00:27:23.00	+00:09:04 (33.6%)	5:24	11.1 (66.5%)
104	BORYS Rafał	686		M40	104	00:00:31	00:27:04.65	00:27:36.10	+00:09:06 (33.7%)	5:25	11.1 (66.5%)
105	PIERZGALSKI Jarek	488		M40	105	00:00:24	00:27:10.05	00:27:34.80	+00:09:12 (33.9%)	5:26	11 (65.9%)
106	CEGŁOWSKI Marcin	806		M40	106	00:02:11	00:27:11.25	00:29:22.80	+00:09:13 (33.9%)	5:26	11 (65.9%)
107	CHRUŚCICKI Zbigniew	827	COACHING	M40	107	00:00:51	00:27:13.45	00:28:04.65	+00:09:15 (34.0%)	5:26	11 (65.9%)
108	ZAMROWSKI Tomasz	825		M40	108	00:00:24	00:27:13.55	00:27:38.05	+00:09:15 (34.0%)	5:26	11 (65.9%)
109	GOŁĘBIEWSKI Paweł	878		M40	109	00:01:13	00:27:14.70	00:28:28.50	+00:09:16 (34.1%)	5:27	11 (65.9%)
110	GOŁCZYŃSKI Tomasz	913		M40	110	00:00:38	00:27:15.70	00:27:54.20	+00:09:17 (34.1%)	5:27	11 (65.9%)
111	LINGO Piotr	1296	BIEGAJ Z DĘBAMI OSIELSKO	M40	111	00:00:27	00:27:27.55	00:27:54.80	+00:09:29 (34.6%)	5:29	10.9 (65.3%)
112	ROSZAK Tomasz	959	MILUSIŃSCY	M40	112	00:00:10	00:27:28.50	00:27:38.55	+00:09:30 (34.6%)	5:29	10.9 (65.3%)
113	MLICKI Marcin	118		M40	113	00:01:28	00:27:38.95	00:29:07.25	+00:09:41 (35.0%)	5:31	10.8 (64.7%)
114	BIAŁOWĄS Dariusz	496		M40	114	00:01:35	00:27:39.00	00:29:14.05	+00:09:41 (35.0%)	5:31	10.8 (64.7%)
115	GRAPATYN Piotr	951	ARESZT ŚLED CZY BYDGOSZCZ	M40	115	00:00:38	00:27:40.70	00:28:19.55	+00:09:42 (35.1%)	5:32	10.8 (64.7%)
116	SZULC Jarosław	701		M40	116	00:03:06	00:27:45.15	00:30:51.70	+00:09:47 (35.3%)	5:33	10.8 (64.7%)
117	GORZYCKI Dariusz	161	BYDGOSKA SEKCJA KARATE IKO KYOKUSHINKAIKAN	M40	117	00:00:13	00:27:50.95	00:28:03.95	+00:09:53 (35.5%)	5:34	10.8 (64.7%)
118	IWAN Remigiusz	121		M40	118	00:00:56	00:27:51.15	00:28:47.85	+00:09:53 (35.5%)	5:34	10.8 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	<b>RYBICKI Dariusz</b>	<b>382</b>		M40	119	00:00:52	<b>00:27:53.30</b>	<b>00:28:46.00</b>	+00:09:55 (35.6%)	5:34	10.8 (64.7%)
120	<b>SARNECKI Sławomir</b>	<b>723</b>		M40	120	00:01:07	<b>00:27:54.65</b>	<b>00:29:02.35</b>	+00:09:56 (35.6%)	5:35	10.7 (64.1%)
121	<b>KASPRZAK Wojciech</b>	<b>943</b>		M40	121	00:00:46	<b>00:27:56.50</b>	<b>00:28:42.90</b>	+00:09:58 (35.7%)	5:35	10.7 (64.1%)
122	<b>ADAMCZAK Damian</b>	<b>1353</b>		M40	122	00:00:42	<b>00:27:56.65</b>	<b>00:28:39.20</b>	+00:09:58 (35.7%)	5:35	10.7 (64.1%)
123	<b>KARSKI Marcin</b>	<b>1140</b>		M40	123	00:00:56	<b>00:27:57.15</b>	<b>00:28:53.35</b>	+00:09:59 (35.7%)	5:35	10.7 (64.1%)
124	<b>GUŹDZIÓŁ Jarek</b>	<b>513</b>	TBKM WILK SOLEC KUJAWSKI	M40	124	00:01:32	<b>00:27:59.90</b>	<b>00:29:32.45</b>	+00:10:01 (35.8%)	5:36	10.7 (64.1%)
125	<b>WESOŁOWSKI Dariusz</b>	<b>1433</b>		M40	125	00:00:16	<b>00:28:00.55</b>	<b>00:28:16.55</b>	+00:10:02 (35.9%)	5:36	10.7 (64.1%)
126	<b>KĘCKI Grzegorz</b>	<b>918</b>		M40	126	00:01:20	<b>00:28:01.65</b>	<b>00:29:22.20</b>	+00:10:03 (35.9%)	5:36	10.7 (64.1%)
127	<b>ŚMIAŁOWICZ Adam</b>	<b>1313</b>	ŚMIAŁYTEAM	M40	127	00:01:42	<b>00:28:05.55</b>	<b>00:29:47.60</b>	+00:10:07 (36.0%)	5:37	10.7 (64.1%)
128	<b>BOROWICKI Paweł</b>	<b>1461</b>		M40	128	00:00:34	<b>00:28:07.05</b>	<b>00:28:41.95</b>	+00:10:09 (36.1%)	5:37	10.7 (64.1%)
129	<b>KUTKA Czesia</b>	<b>581</b>		M40	129	00:00:21	<b>00:28:10.20</b>	<b>00:28:31.25</b>	+00:10:12 (36.2%)	5:38	10.7 (64.1%)
130	<b>KOZIŃSKI Grzegorz</b>	<b>809</b>	81 BLP	M40	130	00:01:28	<b>00:28:14.65</b>	<b>00:29:43.45</b>	+00:10:16 (36.4%)	5:39	10.6 (63.5%)
131	<b>SZYPERSKI Sławomir</b>	<b>201</b>		M40	131	00:01:25	<b>00:28:18.05</b>	<b>00:29:43.10</b>	+00:10:20 (36.5%)	5:39	10.6 (63.5%)
132	<b>JANIK Mariusz</b>	<b>1073</b>		M40	132	00:00:37	<b>00:28:20.25</b>	<b>00:28:57.40</b>	+00:10:22 (36.6%)	5:40	10.6 (63.5%)
133	<b>GRZELAK Łukasz</b>	<b>980</b>		M40	133	00:01:18	<b>00:28:21.55</b>	<b>00:29:39.90</b>	+00:10:23 (36.6%)	5:40	10.6 (63.5%)
134	<b>AUGUSTYNIAK Piotr</b>	<b>94</b>	SHIUZ BYDGOSZCZ FLOW RUNNERS	M40	134	00:01:05	<b>00:28:26.60</b>	<b>00:29:32.55</b>	+00:10:28 (36.8%)	5:41	10.5 (62.9%)
135	<b>ŁUKASIEWICZ Krzysztof</b>	<b>749</b>		M40	135	00:02:09	<b>00:28:27.05</b>	<b>00:30:36.35</b>	+00:10:29 (36.9%)	5:41	10.5 (62.9%)
136	<b>ANDRZEJEWSKI Adam</b>	<b>463</b>		M40	136	00:01:42	<b>00:28:29.20</b>	<b>00:30:11.95</b>	+00:10:31 (36.9%)	5:41	10.5 (62.9%)
137	<b>GRABIŃSKI Henryk</b>	<b>928</b>	MILUSIŃSKICH INOWROCŁAW	M40	137	00:00:07	<b>00:28:30.50</b>	<b>00:28:38.20</b>	+00:10:32 (37.0%)	5:42	10.5 (62.9%)
138	<b>JAROCH Rafał</b>	<b>226</b>		M40	138	00:00:55	<b>00:28:31.30</b>	<b>00:29:26.35</b>	+00:10:33 (37.0%)	5:42	10.5 (62.9%)
139	<b>SKORUPKA Radek</b>	<b>1220</b>	ULUNG TEAM	M40	139	00:00:49	<b>00:28:33.35</b>	<b>00:29:23.00</b>	+00:10:35 (37.1%)	5:42	10.5 (62.9%)
140	<b>DOLATA Rafał</b>	<b>1143</b>		M40	140	00:00:24	<b>00:28:37.25</b>	<b>00:29:01.70</b>	+00:10:39 (37.2%)	5:43	10.5 (62.9%)
141	<b>WOLAN Krzysztof</b>	<b>18</b>	AMORKI	M40	141	00:00:24	<b>00:28:38.10</b>	<b>00:29:03.05</b>	+00:10:40 (37.3%)	5:43	10.5 (62.9%)
142	<b>RYDLEWSKI Marek</b>	<b>464</b>	RUN BYDGOSZCZ	M40	142	00:01:48	<b>00:28:46.75</b>	<b>00:30:35.00</b>	+00:10:48 (37.6%)	5:45	10.4 (62.3%)
143	<b>JURCZYK Piotr</b>	<b>759</b>	VIRTUAL RUNNING CLUB	M40	143	00:00:38	<b>00:28:48.50</b>	<b>00:29:27.15</b>	+00:10:50 (37.6%)	5:45	10.4 (62.3%)
144	<b>JEGIERSKI Dariusz</b>	<b>645</b>	AMATOR	M40	144	00:00:37	<b>00:28:48.95</b>	<b>00:29:26.90</b>	+00:10:51 (37.7%)	5:45	10.4 (62.3%)
145	<b>LUDKOWSKI Dawid</b>	<b>862</b>		M40	145	00:00:43	<b>00:29:07.15</b>	<b>00:29:50.25</b>	+00:11:09 (38.3%)	5:49	10.3 (61.7%)
146	<b>NIEWIEDZIAŁA Artur</b>	<b>698</b>		M40	146	00:00:37	<b>00:29:08.95</b>	<b>00:29:46.50</b>	+00:11:11 (38.4%)	5:49	10.3 (61.7%)
147	<b>NOWICKI Adam</b>	<b>903</b>		M40	147	00:00:21	<b>00:29:12.15</b>	<b>00:29:33.35</b>	+00:11:14 (38.5%)	5:50	10.3 (61.7%)
148	<b>WÓJCIK Tomasz</b>	<b>39</b>		M40	148	00:00:51	<b>00:29:19.25</b>	<b>00:30:10.90</b>	+00:11:21 (38.7%)	5:51	10.2 (61.1%)
149	<b>IWANIUK Jacek</b>	<b>78</b>		M40	149	00:00:50	<b>00:29:20.75</b>	<b>00:30:11.00</b>	+00:11:22 (38.8%)	5:52	10.2 (61.1%)
150	<b>DURĄŁEK Andrzej</b>	<b>438</b>		M40	150	00:00:26	<b>00:29:22.15</b>	<b>00:29:48.40</b>	+00:11:24 (38.8%)	5:52	10.2 (61.1%)
151	<b>JAGIELSKI Łukasz</b>	<b>1205</b>	LEBIEGA	M40	151	00:01:30	<b>00:29:27.25</b>	<b>00:30:57.75</b>	+00:11:29 (39.0%)	5:53	10.2 (61.1%)
152	<b>KOWAL Michał</b>	<b>736</b>	REC-STAL	M40	152	00:02:03	<b>00:29:28.55</b>	<b>00:31:32.05</b>	+00:11:30 (39.0%)	5:53	10.2 (61.1%)
153	<b>BOMBAS Jacek</b>	<b>266</b>		M40	153	00:00:32	<b>00:29:33.10</b>	<b>00:30:05.25</b>	+00:11:35 (39.2%)	5:54	10.2 (61.1%)
154	<b>ZNANIECKI Michał</b>	<b>769</b>		M40	154	00:00:42	<b>00:29:38.80</b>	<b>00:30:20.80</b>	+00:11:40 (39.4%)	5:55	10.1 (60.5%)
155	<b>PROSEK Krzysztof</b>	<b>683</b>		M40	155	00:02:03	<b>00:29:41.80</b>	<b>00:31:45.25</b>	+00:11:43 (39.5%)	5:56	10.1 (60.5%)
156	<b>JAW Pablo</b>	<b>1321</b>		M40	156	00:01:44	<b>00:29:46.70</b>	<b>00:31:31.15</b>	+00:11:48 (39.7%)	5:57	10.1 (60.5%)
157	<b>NIEMCZEWSKI Mirosław</b>	<b>1091</b>	ŁABISZYN RUNNERS	M40	157	00:01:12	<b>00:29:49.75</b>	<b>00:31:01.90</b>	+00:11:51 (39.8%)	5:57	10.1 (60.5%)
158	<b>FOJUTOWSKI Sławek</b>	<b>386</b>		M40	158	00:00:45	<b>00:29:50.05</b>	<b>00:30:35.20</b>	+00:11:52 (39.8%)	5:58	10.1 (60.5%)
159	<b>STASIAK Jacek</b>	<b>1386</b>		M40	159	00:00:44	<b>00:29:52.50</b>	<b>00:30:37.20</b>	+00:11:54 (39.9%)	5:58	10 (59.9%)
160	<b>STEGNERSKI Maciej</b>	<b>1467</b>		M40	160	00:01:39	<b>00:29:55.35</b>	<b>00:31:34.55</b>	+00:11:57 (40.0%)	5:59	10 (59.9%)
161	<b>BOREK Marcin</b>	<b>222</b>		M40	161	00:00:35	<b>00:29:57.40</b>	<b>00:30:32.65</b>	+00:11:59 (40.0%)	5:59	10 (59.9%)
162	<b>OGRODOWICZ Marcin</b>	<b>479</b>		M40	162	00:01:22	<b>00:29:58.85</b>	<b>00:31:21.60</b>	+00:12:00 (40.1%)	5:59	10 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	<b>WRÓBLEWSKI Rafał</b>	<b>1456</b>		M40	163	00:00:47	<b>00:30:00.10</b>	<b>00:30:48.05</b>	+00:12:02 (40.1%)	6:00	10 (59.9%)
164	<b>KOTECKI Marcin</b>	<b>308</b>	GANG KOCURA	M40	164	00:01:03	<b>00:30:11.10</b>	<b>00:31:14.50</b>	+00:12:13 (40.5%)	6:02	9.9 (59.3%)
165	<b>GOLIK Krzysztof</b>	<b>553</b>		M40	165	00:01:47	<b>00:30:21.55</b>	<b>00:32:08.70</b>	+00:12:23 (40.8%)	6:04	9.9 (59.3%)
166	<b>ZBAŚKI Leszek</b>	<b>1327</b>		M40	166	00:01:46	<b>00:30:22.00</b>	<b>00:32:08.55</b>	+00:12:24 (40.8%)	6:04	9.9 (59.3%)
167	<b>ARENDT Paweł</b>	<b>426</b>		M40	167	00:00:39	<b>00:30:23.80</b>	<b>00:31:03.75</b>	+00:12:25 (40.9%)	6:04	9.9 (59.3%)
168	<b>ANDRZEJEWSKI Paweł</b>	<b>221</b>		M40	168	00:00:19	<b>00:30:25.00</b>	<b>00:30:44.60</b>	+00:12:27 (40.9%)	6:05	9.9 (59.3%)
169	<b>SZCZĘSNY Arkadiusz</b>	<b>1275</b>	DYNAMO SKARPA	M40	169	00:01:50	<b>00:30:25.55</b>	<b>00:32:15.80</b>	+00:12:27 (41.0%)	6:05	9.9 (59.3%)
170	<b>WYCZLING Piotr</b>	<b>1363</b>	INNOVAD TEAM	M40	170	00:00:41	<b>00:30:29.25</b>	<b>00:31:10.45</b>	+00:12:31 (41.1%)	6:05	9.8 (58.7%)
171	<b>RATAJ Maciej</b>	<b>217</b>		M40	171	00:01:27	<b>00:30:35.45</b>	<b>00:32:02.80</b>	+00:12:37 (41.3%)	6:07	9.8 (58.7%)
172	<b>MICHNIEWICZ Małgorzata</b>	<b>330</b>		M40	172	00:00:43	<b>00:30:55.00</b>	<b>00:31:38.45</b>	+00:12:57 (41.9%)	6:11	9.7 (58.1%)
173	<b>PIOTROWSKI Sławomir</b>	<b>1076</b>		M40	173	00:02:05	<b>00:30:58.30</b>	<b>00:33:03.55</b>	+00:13:00 (42.0%)	6:11	9.7 (58.1%)
174	<b>CYGOWSKI Paweł</b>	<b>1066</b>		M40	174	00:00:57	<b>00:30:58.85</b>	<b>00:31:56.35</b>	+00:13:00 (42.0%)	6:11	9.7 (58.1%)
175	<b>TOMASZEK Sebastian</b>	<b>1156</b>		M40	175	00:00:40	<b>00:31:01.75</b>	<b>00:31:42.35</b>	+00:13:03 (42.1%)	6:12	9.7 (58.1%)
176	<b>KOZAKIEWICZ Marcin</b>	<b>136</b>		M40	176	00:01:12	<b>00:31:04.40</b>	<b>00:32:17.35</b>	+00:13:06 (42.2%)	6:13	9.7 (58.1%)
177	<b>DANIELEK Piotr</b>	<b>909</b>		M40	177	00:01:13	<b>00:31:12.05</b>	<b>00:32:25.25</b>	+00:13:14 (42.4%)	6:14	9.6 (57.5%)
178	<b>CZARNECKI Marek</b>	<b>568</b>		M40	178	00:00:34	<b>00:31:13.85</b>	<b>00:31:48.50</b>	+00:13:15 (42.5%)	6:14	9.6 (57.5%)
179	<b>MROTEK Michał</b>	<b>1078</b>	QUAPRO TEAM	M40	179	00:01:33	<b>00:31:36.35</b>	<b>00:33:09.55</b>	+00:13:38 (43.2%)	6:19	9.5 (56.9%)
180	<b>SAWIEŁAJC Michał</b>	<b>1399</b>		M40	180	00:00:32	<b>00:31:45.35</b>	<b>00:32:18.00</b>	+00:13:47 (43.4%)	6:21	9.4 (56.3%)
181	<b>LEWANDOWSKA Piotr</b>	<b>466</b>		M40	181	00:01:45	<b>00:32:01.05</b>	<b>00:33:46.50</b>	+00:14:03 (43.9%)	6:24	9.4 (56.3%)
182	<b>STACHEWICZ Sławomir</b>	<b>1007</b>		M40	182	00:00:22	<b>00:32:05.45</b>	<b>00:32:28.05</b>	+00:14:07 (44.0%)	6:25	9.3 (55.7%)
183	<b>MICHAŁOWSKI Krzysztof</b>	<b>1435</b>		M40	183	00:01:54	<b>00:32:17.85</b>	<b>00:34:12.55</b>	+00:14:19 (44.4%)	6:27	9.3 (55.7%)
184	<b>ZAWADZKI Wojciech</b>	<b>1032</b>		M40	184	00:01:09	<b>00:32:20.20</b>	<b>00:33:29.55</b>	+00:14:22 (44.4%)	6:28	9.3 (55.7%)
185	<b>JANKOWSKI Rafał</b>	<b>30</b>		M40	185	00:01:58	<b>00:32:23.85</b>	<b>00:34:22.10</b>	+00:14:25 (44.5%)	6:28	9.3 (55.7%)
186	<b>KRZYŻAŃSKI Przemysław</b>	<b>1233</b>	BYDGOSZCZ TRIATHLON TEAM	M40	186	00:01:41	<b>00:32:34.25</b>	<b>00:34:15.50</b>	+00:14:36 (44.8%)	6:30	9.2 (55.1%)
187	<b>ŻURAWSKI Michał</b>	<b>230</b>	RUN LOTTO-BYDGOSTIA	M40	187	00:01:54	<b>00:32:35.95</b>	<b>00:34:30.90</b>	+00:14:38 (44.9%)	6:31	9.2 (55.1%)
188	<b>WOŹNICKI Tomasz</b>	<b>327</b>		M40	188	00:01:36	<b>00:32:39.10</b>	<b>00:34:15.65</b>	+00:14:41 (45.0%)	6:31	9.2 (55.1%)
189	<b>PALIŃSKI Grzegorz</b>	<b>1004</b>		M40	189	00:01:51	<b>00:33:01.95</b>	<b>00:34:53.75</b>	+00:15:04 (45.6%)	6:36	9.1 (54.5%)
190	<b>BUDZIAK Bartosz</b>	<b>100</b>		M40	190	00:02:06	<b>00:33:14.30</b>	<b>00:35:20.30</b>	+00:15:16 (45.9%)	6:38	9 (53.9%)
191	<b>KONDEK Jakub</b>	<b>1394</b>		M40	191	00:02:09	<b>00:33:26.15</b>	<b>00:35:35.15</b>	+00:15:28 (46.3%)	6:41	9 (53.9%)
192	<b>DANIELEK Adam</b>	<b>31</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40	192	00:02:02	<b>00:33:30.60</b>	<b>00:35:32.65</b>	+00:15:32 (46.4%)	6:42	9 (53.9%)
193	<b>NIEDBALSKI Bartłomiej</b>	<b>316</b>		M40	193	00:01:01	<b>00:33:35.65</b>	<b>00:34:36.90</b>	+00:15:37 (46.5%)	6:43	8.9 (53.3%)
194	<b>ORLIŃSKI Andrzej</b>	<b>990</b>		M40	194	00:01:40	<b>00:33:36.45</b>	<b>00:35:16.50</b>	+00:15:38 (46.5%)	6:43	8.9 (53.3%)
195	<b>KEMPA Marek</b>	<b>833</b>		M40	195	00:01:22	<b>00:33:47.15</b>	<b>00:35:10.05</b>	+00:15:49 (46.8%)	6:45	8.9 (53.3%)
196	<b>KEMPA Beata</b>	<b>1212</b>		M40	196	00:01:22	<b>00:33:47.95</b>	<b>00:35:09.95</b>	+00:15:50 (46.8%)	6:45	8.9 (53.3%)
197	<b>SACKREUTER Jeremie</b>	<b>882</b>		M40	197	00:01:49	<b>00:33:57.75</b>	<b>00:35:47.60</b>	+00:15:59 (47.1%)	6:47	8.8 (52.7%)
198	<b>DANILEWICZ Ryszard</b>	<b>374</b>		M40	198	00:01:48	<b>00:34:11.50</b>	<b>00:35:59.65</b>	+00:16:13 (47.5%)	6:50	8.8 (52.7%)
199	<b>KLONOWSKI Sławomir</b>	<b>153</b>		M40	199	00:01:03	<b>00:34:14.40</b>	<b>00:35:17.65</b>	+00:16:16 (47.5%)	6:50	8.8 (52.7%)
200	<b>KOCHAŃSKI Dariusz</b>	<b>341</b>		M40	200	00:02:01	<b>00:34:40.35</b>	<b>00:36:42.00</b>	+00:16:42 (48.2%)	6:56	8.6 (51.5%)
201	<b>SĘKOWSKI Andrzej</b>	<b>855</b>		M40	201	00:01:44	<b>00:35:25.80</b>	<b>00:37:10.10</b>	+00:17:27 (49.3%)	7:05	8.5 (50.9%)
202	<b>KOWALSKI Piotr</b>	<b>883</b>		M40	202	00:01:18	<b>00:35:35.80</b>	<b>00:36:54.15</b>	+00:17:37 (49.5%)	7:07	8.4 (50.3%)
203	<b>ASTUKIEWICZ Tomasz</b>	<b>320</b>		M40	203	00:01:59	<b>00:35:37.75</b>	<b>00:37:37.50</b>	+00:17:39 (49.6%)	7:07	8.4 (50.3%)
204	<b>POLIWODZIŃSKI Michał</b>	<b>1118</b>	KS WISŁKA BYDGOSZCZ-FORDON	M40	204	00:01:52	<b>00:36:35.05</b>	<b>00:38:27.95</b>	+00:18:37 (50.9%)	7:19	8.2 (49.1%)
205	<b>KAPELA Jacek</b>	<b>1123</b>		M40	205	00:01:52	<b>00:36:35.40</b>	<b>00:38:28.15</b>	+00:18:37 (50.9%)	7:19	8.2 (49.1%)
206	<b>KUBIAK Rafał</b>	<b>74</b>		M40	206	00:01:40	<b>00:37:25.45</b>	<b>00:39:06.10</b>	+00:19:27 (52.0%)	7:29	8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	<b>PIOTROWSKA Katarzyna</b>	<b>1084</b>		M40	207	00:02:00	<b>00:39:12.40</b>	<b>00:41:12.90</b>	+00:21:14 (54.2%)	7:50	7.7 (46.1%)

Znaleziono 207 wynik(ów)