



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2022-04-24
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	MRUK Tomasz	424	CZARNE STOPY	M40	1	00:00:01	00:17:47.70	00:17:49.05		3:33	16.9 (100%)
2	STANIEC Tomasz	571		M40	2	00:00:01	00:18:45.60	00:18:46.90	+00:00:57 (5.1%)	3:45	16 (94.7%)
3	KOZŁOWSKI Rafał	302	RUN PASJA	M40	3	00:00:01	00:19:01.45	00:19:03.20	+00:01:13 (6.5%)	3:48	15.8 (93.5%)
4	KUŁAKOWSKI Artur	331		M40	4	00:00:03	00:19:29.55	00:19:33.35	+00:01:41 (8.7%)	3:53	15.4 (91.1%)
5	DERING Tomasz	99	BYDGOSKIE ŻÓŁWIE	M40	5	00:00:09	00:19:30.10	00:19:39.55	+00:01:42 (8.8%)	3:54	15.4 (91.1%)
6	MACIŃSKI Waldemar	379		M40	6	00:00:02	00:19:42.70	00:19:45.40	+00:01:55 (9.7%)	3:56	15.2 (89.9%)
7	SZCZEPANIAK Cezary	596		M40	7	00:00:02	00:19:53.70	00:19:56.30	+00:02:06 (10.6%)	3:58	15.1 (89.3%)
8	GILL Daniel	787	LKS OSTROMECKO	M40	8	00:00:05	00:20:05.45	00:20:11.40	+00:02:17 (11.4%)	4:01	14.9 (88.2%)
9	KUJDA Arkadiusz	326	1 BRYGADA LOGISTYCZNA	M40	9	00:00:05	00:20:20.90	00:20:26.80	+00:02:33 (12.5%)	4:04	14.8 (87.6%)
10	DEJEWSKI Arkadiusz	94	ÓSEMKA	M40	10	00:00:14	00:20:39.55	00:20:53.70	+00:02:51 (13.9%)	4:07	14.5 (85.8%)
11	RYBAK Remigiusz	751	TRISPACE/TREK	M40	11	00:00:11	00:20:48.45	00:21:00.15	+00:03:00 (14.5%)	4:09	14.4 (85.2%)
12	BARSZCZEWSKI Sebastian	14		M40	12	00:00:12	00:20:54.60	00:21:06.75	+00:03:06 (14.9%)	4:10	14.4 (85.2%)
13	JANUSZKIEWICZ Piotr	211	REBELIA UNDERGROUND TRIATHLON	M40	13	00:00:06	00:21:01.80	00:21:08.60	+00:03:14 (15.4%)	4:12	14.3 (84.6%)
14	CHODKIEWICZ Tomasz	66	GARDENFLORA SPORT KLUB	M40	14	00:00:03	00:21:10.40	00:21:13.75	+00:03:22 (16.0%)	4:14	14.2 (84.0%)
15	GRUBICH Arkadiusz	178		M40	15	00:00:04	00:21:20.90	00:21:25.85	+00:03:33 (16.6%)	4:16	14.1 (83.4%)
16	KŁOSOWSKI Marcin	271	CSM POLSKA	M40	16	00:00:05	00:21:21.85	00:21:27.15	+00:03:34 (16.7%)	4:16	14.1 (83.4%)
17	DROCIAK Michał	110	OSOWA GÓRA RUNNER	M40	17	00:00:12	00:21:25.30	00:21:38.00	+00:03:37 (16.9%)	4:17	14 (82.8%)
18	SZYSZKA Radosław	612		M40	18	00:00:03	00:21:27.05	00:21:30.10	+00:03:39 (17.0%)	4:17	14 (82.8%)
19	KRUSZKA Łukasz	313		M40	19	00:00:03	00:21:29.75	00:21:33.20	+00:03:42 (17.2%)	4:17	14 (82.8%)
20	BALCER Remigiusz	6		M40	20	00:00:12	00:21:34.60	00:21:47.05	+00:03:46 (17.5%)	4:18	13.9 (82.2%)
21	RADZIEJEWSKI Tomasz	503		M40	21	00:00:08	00:22:01.75	00:22:10.15	+00:04:14 (19.2%)	4:24	13.6 (80.5%)
22	SIKORSKI Jarek	552	KABEL TEAM BYDGOSZCZ	M40	22	00:00:28	00:22:05.70	00:22:34.50	+00:04:18 (19.5%)	4:25	13.6 (80.5%)
23	KRASIŃSKI Piotr	306		M40	23	00:00:16	00:22:12.60	00:22:29.05	+00:04:24 (19.9%)	4:26	13.5 (79.9%)
24	ZBIRANEK Remigiusz	707	1BLOG	M40	24	00:00:29	00:22:34.20	00:23:04.05	+00:04:46 (21.2%)	4:30	13.3 (78.7%)
25	ROBACZEWSKI Artur	518		M40	25	00:00:05	00:22:34.80	00:22:40.15	+00:04:47 (21.2%)	4:30	13.3 (78.7%)
26	JAŹDŹEWSKI Dawid	221		M40	26	00:00:10	00:22:35.30	00:22:45.35	+00:04:47 (21.2%)	4:31	13.3 (78.7%)
27	KLOMFAS Miron	266	AS BOX / TRISPACE	M40	27	00:01:12	00:22:35.65	00:23:47.90	+00:04:47 (21.2%)	4:31	13.3 (78.7%)
28	TOMASZEWSKI Marcin	624		M40	28	00:00:15	00:22:38.10	00:22:53.95	+00:04:50 (21.4%)	4:31	13.3 (78.7%)
29	KOPACZEWSKI Marcin	279	SZKOŁA JAZDY BYDGOSC	M40	29	00:00:22	00:22:40.85	00:23:02.85	+00:04:53 (21.5%)	4:32	13.2 (78.1%)
30	BUZALSKI Robert	57	ORANGE POLSKA	M40	30	00:00:14	00:22:44.35	00:22:58.50	+00:04:56 (21.7%)	4:32	13.2 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	PILARSKI Radosław	476		M40	31	00:00:05	00:22:46.05	00:22:51.95	+00:04:58 (21.8%)	4:33	13.2 (78.1%)
32	ROSÓŁ Jacek	522		M40	32	00:00:09	00:22:46.90	00:22:56.45	+00:04:59 (21.9%)	4:33	13.2 (78.1%)
33	BĄCZKOWSKI Rafał	741	BUDSTOL INVEST	M40	33	00:00:13	00:23:01.05	00:23:14.90	+00:05:13 (22.7%)	4:36	13 (76.9%)
34	SZEWCZYKOWSKI Grzegorz	600	BYDGOSKIE ŻÓŁWIE	M40	34	00:01:08	00:23:09.05	00:24:17.20	+00:05:21 (23.1%)	4:37	13 (76.9%)
35	GACKOWSKI Krzysztof	134		M40	35	00:00:09	00:23:09.95	00:23:19.90	+00:05:22 (23.2%)	4:37	13 (76.9%)
36	KIEŁCZYŃSKI Marek	257	CSM POLSKA	M40	36	00:00:06	00:23:14.65	00:23:21.00	+00:05:26 (23.4%)	4:38	12.9 (76.3%)
37	PAPROCKI Rafał	460	SLK POLONIA BYDGOSZCZ	M40	37	00:01:27	00:23:15.90	00:24:43.75	+00:05:28 (23.5%)	4:39	12.9 (76.3%)
38	ZBIRANEK Artur	706		M40	38	00:00:36	00:23:16.35	00:23:52.60	+00:05:28 (23.5%)	4:39	12.9 (76.3%)
39	WOLSKI Marcin	677		M40	39	00:00:19	00:23:24.25	00:23:43.60	+00:05:36 (24.0%)	4:40	12.8 (75.7%)
40	DACH Łukasz	731		M40	40	00:00:07	00:23:27.70	00:23:34.95	+00:05:40 (24.2%)	4:41	12.8 (75.7%)
41	RADECKI Maciej	502	CYBORGI	M40	41	00:00:27	00:23:46.20	00:24:13.35	+00:05:58 (25.1%)	4:45	12.6 (74.6%)
42	CIEŚLEWICZ Karol	76		M40	42	00:00:30	00:23:55.30	00:24:26.05	+00:06:07 (25.6%)	4:47	12.5 (74.0%)
43	URBAŃSKI Dawid	636		M40	43	00:00:41	00:24:02.50	00:24:44.25	+00:06:14 (26.0%)	4:48	12.5 (74.0%)
44	SIERADZKI Bartosz	547		M40	44	00:01:13	00:24:04.80	00:25:18.05	+00:06:17 (26.1%)	4:48	12.5 (74.0%)
45	GOŁĘBIEWSKI Piotr	153		M40	45	00:00:18	00:24:18.50	00:24:37.45	+00:06:30 (26.8%)	4:51	12.3 (72.8%)
46	BYLICA Robert	58		M40	46	00:00:10	00:24:20.80	00:24:30.95	+00:06:33 (26.9%)	4:52	12.3 (72.8%)
47	ZAJDLEWICZ Daniel	701		M40	47	00:00:05	00:24:23.10	00:24:28.70	+00:06:35 (27.0%)	4:52	12.3 (72.8%)
48	KASPROWICZ Piotr	243	JW 1515	M40	48	00:00:20	00:24:35.55	00:24:55.65	+00:06:47 (27.6%)	4:55	12.2 (72.2%)
49	CZAJA Jarosław	80		M40	49	00:00:28	00:24:36.80	00:25:05.05	+00:06:49 (27.7%)	4:55	12.2 (72.2%)
50	SZEIB Robert	775		M40	50	00:00:11	00:24:37.70	00:24:48.80	+00:06:50 (27.7%)	4:55	12.2 (72.2%)
51	STASIEWSKI Mariusz	573	TRISPACE / TRCK	M40	51	00:01:13	00:24:40.65	00:25:54.30	+00:06:52 (27.9%)	4:56	12.2 (72.2%)
52	CHOJNACKI Tomasz	69	STARY FORDON	M40	52	00:00:30	00:24:46.05	00:25:16.30	+00:06:58 (28.2%)	4:57	12.1 (71.6%)
53	PIOTROWSKI Dariusz	478	GARDENFLORA SPORT TEAM	M40	53	00:00:47	00:24:46.55	00:25:33.60	+00:06:58 (28.2%)	4:57	12.1 (71.6%)
54	KOSIARSKI Tomasz	287		M40	54	00:00:16	00:24:51.15	00:25:07.55	+00:07:03 (28.4%)	4:58	12.1 (71.6%)
55	STAWCZYK Dariusz	574		M40	55	00:00:13	00:24:58.40	00:25:11.50	+00:07:10 (28.7%)	4:59	12 (71.0%)
56	JABŁOŃSKI Tomasz	761	ŁOCHOWICE TEAM	M40	56	00:00:37	00:25:08.60	00:25:45.70	+00:07:20 (29.2%)	5:01	11.9 (70.4%)
57	ŚWIĘCICKI Andrzej	617		M40	57	00:01:08	00:25:17.95	00:26:26.40	+00:07:30 (29.7%)	5:03	11.9 (70.4%)
58	KUCZEWSKI Łukasz	322		M40	58	00:01:15	00:25:18.25	00:26:33.75	+00:07:30 (29.7%)	5:03	11.9 (70.4%)
59	NOWOTNIK Mariusz	447		M40	59	00:00:42	00:25:18.75	00:26:00.85	+00:07:31 (29.7%)	5:03	11.9 (70.4%)
60	JANUSZEWSKI Radosław	210		M40	60	00:00:29	00:25:18.90	00:25:48.15	+00:07:31 (29.7%)	5:03	11.9 (70.4%)
61	GUZMAN Daniel	186		M40	61	00:01:08	00:25:26.20	00:26:35.10	+00:07:38 (30.0%)	5:05	11.8 (69.8%)
62	GOŁĘBIEWSKI Paweł	154		M40	62	00:01:27	00:25:31.30	00:26:58.65	+00:07:43 (30.3%)	5:06	11.8 (69.8%)
63	KORPALSKI Andrzej	283		M40	63	00:00:39	00:25:33.05	00:26:12.05	+00:07:45 (30.4%)	5:06	11.7 (69.2%)
64	ZGÓRSKI Maciej	712		M40	64	00:00:30	00:25:58.15	00:26:28.95	+00:08:10 (31.5%)	5:11	11.6 (68.6%)
65	KRÓL Karol	765	TKKF KOLEJARZ	M40	65	00:00:29	00:26:09.75	00:26:38.90	+00:08:22 (32.0%)	5:13	11.5 (68.0%)
66	SIKORSKI Jarek	551	RUN BYDGOSZCZ	M40	66	00:00:32	00:26:14.55	00:26:46.95	+00:08:26 (32.2%)	5:14	11.4 (67.5%)
67	ZAJĄC Tomasz	699		M40	67	00:00:48	00:26:14.90	00:27:03.05	+00:08:27 (32.2%)	5:14	11.4 (67.5%)
68	LEWANDOWSKI Michał	365		M40	68	00:00:59	00:26:17.85	00:27:16.85	+00:08:30 (32.3%)	5:15	11.4 (67.5%)
69	SZAFKOWSKI Arkadiusz	590	SOLECCY BIEGACZE	M40	69	00:00:13	00:26:19.30	00:26:32.85	+00:08:31 (32.4%)	5:15	11.4 (67.5%)
70	CEGŁOWSKI Tomasz	60		M40	70	00:01:22	00:26:19.75	00:27:41.80	+00:08:32 (32.4%)	5:15	11.4 (67.5%)
71	DEMBSKI Marek	96	TEAM PATROL	M40	71	00:00:07	00:26:20.50	00:26:27.75	+00:08:32 (32.4%)	5:16	11.4 (67.5%)
72	ŁADNIAK Dariusz	373	RUNMORS	M40	72	00:00:48	00:26:32.60	00:27:20.60	+00:08:44 (33.0%)	5:18	11.3 (66.9%)
73	WOLNY Tomasz	676		M40	73	00:00:14	00:26:40.40	00:26:54.85	+00:08:52 (33.3%)	5:20	11.3 (66.9%)
74	SURMACZ Marcin	585		M40	74	00:00:48	00:26:41.10	00:27:29.20	+00:08:53 (33.3%)	5:20	11.2 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	FABROWSKI Dawid	120	TEAMOCHAL	M40	75	00:01:05	00:26:42.05	00:27:47.35	+00:08:54 (33.4%)	5:20	11.2 (66.3%)
76	LECH Marek	352	WHM TEAM	M40	76	00:00:22	00:26:45.45	00:27:07.85	+00:08:57 (33.5%)	5:21	11.2 (66.3%)
77	KUŚ Marcin Tomasz	340	AKTYWNA BYDGOSZCZ	M40	77	00:00:54	00:26:45.50	00:27:40.10	+00:08:57 (33.5%)	5:21	11.2 (66.3%)
78	ZŁOTOWSKI Piotr	718	RUN BYDGOSZCZ	M40	78	00:00:31	00:26:50.75	00:27:22.65	+00:09:03 (33.7%)	5:22	11.2 (66.3%)
79	CHĘSY Jacek	62		M40	79	00:01:22	00:26:52.30	00:28:15.05	+00:09:04 (33.8%)	5:22	11.2 (66.3%)
80	BUDZYŃSKI Witold	51		M40	80	00:01:30	00:26:55.75	00:28:26.05	+00:09:08 (33.9%)	5:23	11.1 (65.7%)
81	GŁOWACKI Tomek	149		M40	81	00:01:06	00:26:56.45	00:28:03.30	+00:09:08 (33.9%)	5:23	11.1 (65.7%)
82	MUCHA Marcin	425		M40	82	00:00:42	00:27:03.45	00:27:45.85	+00:09:15 (34.2%)	5:24	11.1 (65.7%)
83	KRAJDA Piotr	788	BBL BYDGOSZCZ	M40	83	00:01:34	00:27:05.15	00:28:39.85	+00:09:17 (34.3%)	5:25	11.1 (65.7%)
84	BUTOWSKI Michał	55		M40	84	00:01:17	00:27:07.95	00:28:25.80	+00:09:20 (34.4%)	5:25	11.1 (65.7%)
85	ŁUKASIEWICZ Krzysztof	748	MAJA	M40	85	00:00:18	00:27:09.25	00:27:27.45	+00:09:21 (34.5%)	5:25	11 (65.1%)
86	BIAŁOWAŚ Dariusz	29		M40	86	00:01:23	00:27:13.65	00:28:37.60	+00:09:25 (34.6%)	5:26	11 (65.1%)
87	PRĄDZYŃSKI Marcin	490	AKADEMIAMISTRZOWSPORTU	M40	87	00:00:09	00:27:16.80	00:27:26.35	+00:09:29 (34.8%)	5:27	11 (65.1%)
88	SIUDA Marek	554		M40	88	00:01:18	00:27:19.45	00:28:38.20	+00:09:31 (34.9%)	5:27	11 (65.1%)
89	KARSKI Marcin	239		M40	89	00:01:12	00:27:21.60	00:28:33.95	+00:09:33 (35.0%)	5:28	11 (65.1%)
90	BIDAS Piotr	31		M40	90	00:00:06	00:27:24.75	00:27:30.95	+00:09:37 (35.1%)	5:28	10.9 (64.5%)
91	DERESZYŃSKI Piotr	97		M40	91	00:00:43	00:27:29.70	00:28:12.75	+00:09:42 (35.3%)	5:29	10.9 (64.5%)
92	SZOSTEK Tomasz	605	KWIDZYN BIEGA	M40	92	00:00:11	00:27:39.85	00:27:51.55	+00:09:52 (35.7%)	5:31	10.8 (63.9%)
93	SOSNA Mikołaj	568		M40	93	00:01:22	00:27:41.35	00:29:03.60	+00:09:53 (35.7%)	5:32	10.8 (63.9%)
94	KRUK Krzysztof	309		M40	94	00:00:52	00:27:41.60	00:28:34.00	+00:09:53 (35.7%)	5:32	10.8 (63.9%)
95	CHLEBOWSKI Marcin	63	EXIMO TEAM	M40	95	00:00:56	00:27:43.10	00:28:39.35	+00:09:55 (35.8%)	5:32	10.8 (63.9%)
96	ORZECHOWSKI Zbigniew	456	ORZECZ BIEGA	M40	96	00:00:30	00:27:44.30	00:28:14.55	+00:09:56 (35.8%)	5:32	10.8 (63.9%)
97	LASKOWSKA Wojciech	350		M40	97	00:00:45	00:27:46.45	00:28:31.55	+00:09:58 (35.9%)	5:33	10.8 (63.9%)
98	GŁOWACKI Robert	147		M40	98	00:00:44	00:27:49.45	00:28:33.85	+00:10:01 (36.0%)	5:33	10.8 (63.9%)
99	KOWALSKI Marek	294	BYDGOSKIE ŻÓŁWIE	M40	99	00:01:09	00:28:01.20	00:29:10.90	+00:10:13 (36.5%)	5:36	10.7 (63.3%)
100	PYTLIŃSKI Paweł	500	BYDGOSKIE ŻÓŁWIE	M40	100	00:01:09	00:28:01.30	00:29:11.10	+00:10:13 (36.5%)	5:36	10.7 (63.3%)
101	JAGIELSKI Łukasz	198		M40	101	00:01:18	00:28:05.45	00:29:24.30	+00:10:17 (36.7%)	5:37	10.7 (63.3%)
102	JASKÓLSKI Andrzej	218		M40	102	00:01:26	00:28:05.60	00:29:31.95	+00:10:17 (36.7%)	5:37	10.7 (63.3%)
103	GOLIK Krzysztof	152	FORDONRUNNERS	M40	103	00:00:46	00:28:07.95	00:28:54.85	+00:10:20 (36.7%)	5:37	10.7 (63.3%)
104	MACIEJCZAK Marcin	378	3GRAVITY	M40	104	00:01:36	00:28:08.60	00:29:45.00	+00:10:20 (36.8%)	5:37	10.7 (63.3%)
105	GIL Wiktor	143		M40	105	00:01:45	00:28:14.90	00:30:00.15	+00:10:27 (37.0%)	5:38	10.6 (62.7%)
106	WALCZAK Maciej	638		M40	106	00:00:25	00:28:24.40	00:28:49.85	+00:10:36 (37.4%)	5:40	10.6 (62.7%)
107	ZMUDA Waldemar	720		M40	107	00:00:12	00:28:27.15	00:28:39.50	+00:10:39 (37.5%)	5:41	10.5 (62.1%)
108	NOWICKI Adam	446		M40	108	00:00:41	00:28:32.50	00:29:13.55	+00:10:44 (37.7%)	5:42	10.5 (62.1%)
109	ŁATKA Marcin	374		M40	109	00:00:49	00:28:42.75	00:29:32.20	+00:10:55 (38.0%)	5:44	10.5 (62.1%)
110	KĘDZIERSKI Wojciech	253	FAMILY MWS	M40	110	00:00:58	00:28:50.15	00:29:48.80	+00:11:02 (38.3%)	5:46	10.4 (61.5%)
111	KORWEL Robert	285		M40	111	00:01:08	00:29:02.25	00:30:10.85	+00:11:14 (38.7%)	5:48	10.3 (60.9%)
112	SZCZERBA Dariusz	597		M40	112	00:01:14	00:29:03.60	00:30:17.75	+00:11:15 (38.8%)	5:48	10.3 (60.9%)
113	BĄKOWSKI Dawid	20		M40	113	00:00:36	00:29:03.65	00:29:39.90	+00:11:15 (38.8%)	5:48	10.3 (60.9%)
114	GÓRSKI Roger	160		M40	114	00:01:16	00:29:05.00	00:30:21.00	+00:11:17 (38.8%)	5:49	10.3 (60.9%)
115	ISKRA Jacek	194		M40	115	00:01:27	00:29:06.75	00:30:34.35	+00:11:19 (38.9%)	5:49	10.3 (60.9%)
116	BUTRYM Piotr	56		M40	116	00:01:14	00:29:07.15	00:30:21.40	+00:11:19 (38.9%)	5:49	10.3 (60.9%)
117	DUDZIAK Tomasz	112		M40	117	00:00:44	00:29:09.95	00:29:54.75	+00:11:22 (39.0%)	5:49	10.3 (60.9%)
118	ZDUNKIEWICZ Marcin	708	#WIĘCEJ SPRZĘTU NIŻ TALENTU	M40	118	00:00:36	00:29:10.00	00:29:46.90	+00:11:22 (39.0%)	5:50	10.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	BĄBOLEWSKI Łukasz	18	#WIĘCEJSPRZĘTUNIŻTALENTU	M40	119	00:00:36	00:29:10.85	00:29:47.35	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
120	KOZICKI Marcin	297	BYDGOSKIE ŻÓŁWIE	M40	120	00:00:00	00:29:10.90	00:29:10.90	+00:11:23 (39.0%)	5:50	10.3 (60.9%)
121	RĘDZINA Michał	516	PEDZAŃCE ŚLIMAKI	M40	121	00:01:37	00:29:14.55	00:30:51.55	+00:11:26 (39.1%)	5:50	10.3 (60.9%)
122	SZKOPIAK Marcin	601		M40	122	00:00:06	00:29:16.90	00:29:23.75	+00:11:29 (39.2%)	5:51	10.3 (60.9%)
123	STASIAK Jacek	572		M40	123	00:00:31	00:29:20.10	00:29:51.70	+00:11:32 (39.3%)	5:52	10.2 (60.4%)
124	PISKRZYŃSKI Krzysztof	483		M40	124	00:01:30	00:29:30.45	00:31:01.40	+00:11:42 (39.7%)	5:54	10.2 (60.4%)
125	WOŹNIAK Krzysztof	683		M40	125	00:00:34	00:29:31.35	00:30:06.00	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
126	SZULAKOWSKI Rafał	609	TERENOWA MASAKRA TEAM	M40	126	00:01:38	00:29:36.45	00:31:15.20	+00:11:48 (39.9%)	5:55	10.1 (59.8%)
127	LEWANDOWSKI Grzegorz	746		M40	127	00:00:13	00:29:38.75	00:29:52.30	+00:11:51 (40.0%)	5:55	10.1 (59.8%)
128	MĘŻYKOWSKI Krzysztof	404		M40	128	00:00:50	00:29:54.10	00:30:44.95	+00:12:06 (40.5%)	5:58	10 (59.2%)
129	LEWANDOWSKI Marek	363		M40	129	00:00:53	00:29:59.55	00:30:53.15	+00:12:11 (40.7%)	5:59	10 (59.2%)
130	GROCHOWSKI Piotr	810		M40	130	00:01:28	00:30:01.55	00:31:30.40	+00:12:13 (40.7%)	6:00	10 (59.2%)
131	CĄBROWSKI Piotr	59	PARKRUN GRUDZIĄDZ	M40	131	00:01:15	00:30:01.65	00:31:17.25	+00:12:13 (40.7%)	6:00	10 (59.2%)
132	SIEG Marcin	544		M40	132	00:01:03	00:30:01.75	00:31:05.20	+00:12:14 (40.7%)	6:00	10 (59.2%)
133	SCHMIDT Marcin	538		M40	133	00:01:10	00:30:03.05	00:31:13.15	+00:12:15 (40.8%)	6:00	10 (59.2%)
134	KUSA Piotr	336	ROLLTEAM BYDGOSZCZ	M40	134	00:00:53	00:30:07.20	00:31:01.15	+00:12:19 (40.9%)	6:01	10 (59.2%)
135	KARPIŃSKI Łukasz	237	AKTYWNA BYDGOSZCZ	M40	135	00:00:54	00:30:18.85	00:31:13.75	+00:12:31 (41.3%)	6:03	9.9 (58.6%)
136	SKOPOWSKI Krzysztof	809	SALUS	M40	136	00:01:51	00:30:21.75	00:32:12.85	+00:12:34 (41.4%)	6:04	9.9 (58.6%)
137	BIAŁEK Łukasz	26		M40	137	00:01:41	00:30:22.90	00:32:04.65	+00:12:35 (41.4%)	6:04	9.9 (58.6%)
138	LEWICKI Jarek	366		M40	138	00:00:56	00:30:40.05	00:31:36.85	+00:12:52 (42.0%)	6:08	9.8 (58.0%)
139	UMIŃSKI Robert	634		M40	139	00:01:15	00:30:44.75	00:32:00.10	+00:12:57 (42.1%)	6:08	9.8 (58.0%)
140	RITTER Tomasz	517	TM 52 TOMASZ RITTER	M40	140	00:01:16	00:30:47.05	00:32:03.95	+00:12:59 (42.2%)	6:09	9.7 (57.4%)
141	RZEPCZYŃSKI Tomasz	534	GRYF BYDGOSZCZ	M40	141	00:01:16	00:31:03.95	00:32:20.55	+00:13:16 (42.7%)	6:12	9.7 (57.4%)
142	DORNIAC Krzysztof	106		M40	142	00:00:52	00:31:14.70	00:32:07.50	+00:13:27 (43.0%)	6:14	9.6 (56.8%)
143	KOSIOL Mirek	288		M40	143	00:01:01	00:31:20.20	00:32:21.65	+00:13:32 (43.2%)	6:16	9.6 (56.8%)
144	DAMBECKI Piotr	91		M40	144	00:00:58	00:31:31.35	00:32:30.20	+00:13:43 (43.5%)	6:18	9.5 (56.2%)
145	MLICKI Marcin	417		M40	145	00:01:46	00:31:50.70	00:33:37.00	+00:14:03 (44.1%)	6:22	9.4 (55.6%)
146	KUKLIŃSKI Rafał	328		M40	146	00:01:09	00:32:11.40	00:33:20.45	+00:14:23 (44.7%)	6:26	9.3 (55.0%)
147	MUSIAŁA Adam	428		M40	147	00:00:49	00:32:21.65	00:33:10.70	+00:14:33 (45.0%)	6:28	9.3 (55.0%)
148	GROCHOWSKI Piotr	795		M40	148	00:00:13	00:32:44.75	00:32:58.05	+00:14:57 (45.7%)	6:32	9.2 (54.4%)
149	WOŹNIAK Bartłomiej	682		M40	149	00:01:51	00:33:03.50	00:34:54.60	+00:15:15 (46.2%)	6:36	9.1 (53.8%)
150	IWANIUK Jacek	196		M40	150	00:01:36	00:33:16.00	00:34:52.70	+00:15:28 (46.5%)	6:39	9 (53.3%)
151	KUGLARZ Dominik	324		M40	151	00:01:37	00:33:40.00	00:35:17.40	+00:15:52 (47.1%)	6:44	8.9 (52.7%)
152	KOTECKI Marcin	290	GANG KOCURA	M40	152	00:01:36	00:33:47.20	00:35:23.90	+00:15:59 (47.3%)	6:45	8.9 (52.7%)
153	SŁAWETA Michał	784		M40	153	00:01:20	00:34:53.15	00:36:13.65	+00:17:05 (49.0%)	6:58	8.6 (50.9%)
154	GRZYBOWSKI Marek	182		M40	154	00:00:15	00:34:55.00	00:35:10.05	+00:17:07 (49.0%)	6:59	8.6 (50.9%)
155	ŻEBROWSKI Radosław	737		M40	155	00:01:27	00:35:32.60	00:36:59.65	+00:17:44 (49.9%)	7:06	8.4 (49.7%)
156	DANIELEK Piotr	93	TEAMRUN	M40	156	00:01:38	00:35:33.05	00:37:11.30	+00:17:45 (49.9%)	7:06	8.4 (49.7%)
157	DANIELEK Adam	92	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40	157	00:01:33	00:35:37.55	00:37:10.95	+00:17:49 (50.1%)	7:07	8.4 (49.7%)
158	ŻURAWSKI Michał	729	RUN LOTTO-BYDGOSTIA	M40	158	00:01:46	00:36:02.30	00:37:49.10	+00:18:14 (50.6%)	7:12	8.3 (49.1%)
159	CZYNSZ Łukasz	84		M40	159	00:01:39	00:36:27.65	00:38:07.10	+00:18:39 (51.2%)	7:17	8.2 (48.5%)
160	WOLAN Krzysztof	675	DOBIEGNĘ ALBO NIE	M40	160	00:00:21	00:37:34.25	00:37:56.20	+00:19:46 (52.6%)	7:30	8 (47.3%)
161	ROBAKOWSKI Waldemar	519	PACTUM	M40	161	00:00:47	00:38:38.40	00:39:26.20	+00:20:50 (53.9%)	7:43	7.8 (46.2%)
162	GALICKI Jakub	137	AKADEMIA MISTRZÓW SPORTU	M40	162	00:01:05	00:38:38.75	00:39:44.45	+00:20:51 (54.0%)	7:43	7.8 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	KONDEK Jakub	277		M40	163	00:01:47	00:40:58.45	00:42:46.15	+00:23:10 (56.6%)	8:11	7.3 (43.2%)
164	BURCHARD Remigiusz	52		M40	164	00:01:35	00:41:02.00	00:42:37.60	+00:23:14 (56.6%)	8:12	7.3 (43.2%)
165	SZCZĘSNY Arkadiusz	598	DYNAMO SKARPA	M40	165	00:01:50					(0.0%)

Znaleziono 165 wynik(ów)