



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

Miasto Bydgoszcz

2023-04-23

Bydgoszcz

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	MAJEWSKI Robert	130	TEAMOCHAL	M40	1	00:00:03	00:18:58.75	00:19:02.55		3:47	15.8 (100%)
2	PERLIKOWSKI Sławek	1072	KLINIKA TLENOWA INOWROCŁAW	M40	2	00:00:04	00:19:21.70	00:19:26.60	+00:00:22 (2.0%)	3:52	15.5 (98.1%)
3	WIŚNIEWSKI Dawid	1086		M40	3	00:00:08	00:19:27.65	00:19:36.00	+00:00:28 (2.5%)	3:53	15.4 (97.5%)
4	SAWICKI Marcin	1009		M40	4	00:00:00	00:19:29.30	00:19:29.30	+00:00:30 (2.6%)	3:53	15.4 (97.5%)
5	KĄŁEK Artur	321	TM IRON TEAM	M40	5	00:00:03	00:19:41.55	00:19:45.00	+00:00:42 (3.6%)	3:56	15.2 (96.2%)
6	LEWANDOWSKI Tomasz	858	WIHURRA SOBIEJUCHY	M40	6	00:00:06	00:19:50.80	00:19:57.00	+00:00:52 (4.4%)	3:58	15.1 (95.6%)
7	MACIŃSKI Waldek	556		M40	7	00:00:12	00:20:04.10	00:20:16.40	+00:01:05 (5.4%)	4:00	15 (94.9%)
8	ARNDT Jarek	383		M40	8	00:00:04	00:21:16.20	00:21:20.80	+00:02:17 (10.8%)	4:15	14.1 (89.2%)
9	CHODKIEWICZ Tomasz	1038	GARDE FLORA MTB TEAM	M40	9	00:00:09	00:21:22.30	00:21:31.70	+00:02:23 (11.2%)	4:16	14 (88.6%)
10	BYRTEK Marcin	472		M40	10	00:00:04	00:21:27.85	00:21:32.55	+00:02:29 (11.6%)	4:17	14 (88.6%)
11	GŻYL Mikołaj	31	JANUSZE TRIATHLONU EXODUS TEAM	M40	11	00:01:07	00:21:31.05	00:22:38.75	+00:02:32 (11.8%)	4:18	13.9 (88.0%)
12	KOWALSKI Jacek	510	BYDGOSKIE OKONIE	M40	12	00:00:07	00:21:32.75	00:21:40.25	+00:02:34 (11.9%)	4:18	13.9 (88.0%)
13	MROTEK Michał	71	AKADEMIA MISTRZOW SPORTU	M40	13	00:00:26	00:21:34.60	00:22:00.90	+00:02:35 (12.0%)	4:18	13.9 (88.0%)
14	NOWOTNIK Mariusz	460		M40	14	00:00:04	00:21:35.75	00:21:40.70	+00:02:37 (12.1%)	4:19	13.9 (88.0%)
15	SZYSZKA Radosław	1164		M40	15	00:00:05	00:21:44.50	00:21:50.00	+00:02:45 (12.7%)	4:20	13.8 (87.3%)
16	JANUSZKIEWICZ Piotr	93	REBELIA UNDERGROUND TRIATHLON	M40	16	00:01:36	00:21:52.80	00:23:29.20	+00:02:54 (13.3%)	4:22	13.7 (86.7%)
17	MIKOŁAJCZAK Jakub	408	RADA MIASTA BYDGOSZCZY	M40	17	00:00:30	00:21:58.35	00:22:28.50	+00:02:59 (13.6%)	4:23	13.7 (86.7%)
18	SZOPIŃSKI Rafał	856		M40	18	00:00:31	00:21:58.45	00:22:30.35	+00:02:59 (13.6%)	4:23	13.7 (86.7%)
19	MAJCHRZAK Łukasz	986		M40	19	00:00:07	00:22:05.05	00:22:12.05	+00:03:06 (14.1%)	4:25	13.6 (86.1%)
20	CHRAPKOWSKI Marcel	333	IRON HOUSE TRIATHLON WŁOCŁAWEK	M40	20	00:02:02	00:22:14.80	00:24:17.60	+00:03:16 (14.7%)	4:26	13.5 (85.4%)
21	GRUBICH Arkadiusz	210		M40	21	00:00:00	00:22:15.60	00:22:15.60	+00:03:16 (14.7%)	4:27	13.5 (85.4%)
22	ZBIRANEK Remigiusz	615	1 POMORSKA BRYGADA LOGISTYCZNA	M40	22	00:00:58	00:22:18.50	00:23:16.50	+00:03:19 (14.9%)	4:27	13.5 (85.4%)
23	KRUPA Piotr	525		M40	23	00:01:14	00:22:19.25	00:23:34.00	+00:03:20 (15.0%)	4:27	13.4 (84.8%)
24	SIKORSKI Jarek	596	KABEL TEAM BYDGOSZCZ	M40	24	00:00:55	00:22:27.25	00:23:22.65	+00:03:28 (15.5%)	4:29	13.4 (84.8%)
25	DRZEWIECKI Rafał	1065	AKADEMIA MISTRZÓW SPORTU	M40	25	00:00:24	00:22:28.40	00:22:52.80	+00:03:29 (15.5%)	4:29	13.4 (84.8%)
26	GRACZYKOWSKI Marek	752		M40	26	00:00:44	00:22:28.45	00:23:12.95	+00:03:29 (15.6%)	4:29	13.4 (84.8%)
27	BISKUPSKI Marcin	717		M40	27	00:02:16	00:22:31.10	00:24:47.80	+00:03:32 (15.7%)	4:30	13.3 (84.2%)
28	WESOŁOWSKI Piotr	920	WSTAWAJ I WALCZ	M40	28	00:01:08	00:22:33.55	00:23:42.10	+00:03:34 (15.9%)	4:30	13.3 (84.2%)
29	BUZAŁSKI Robert	24	ORANGE POLSKA	M40	29	00:00:21	00:22:36.05	00:22:57.05	+00:03:37 (16.0%)	4:31	13.3 (84.2%)
30	KRUSZKA Łukasz	763		M40	30	00:00:10	00:22:41.50	00:22:52.10	+00:03:42 (16.4%)	4:32	13.2 (83.5%)

							Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
31	WISNIEWSKI Rafał	1108	AMS	M40	31	00:00:25	00:22:42.50	00:23:08.25	+00:03:43 (16.4%)	4:32	13.2 (83.5%)
32	KRUSZYNA Robert	923		M40	32	00:00:39	00:22:46.85	00:23:26.15	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
33	LEWANDOWSKI Rafał	700		M40	33	00:01:15	00:23:02.65	00:24:17.70	+00:04:03 (17.6%)	4:36	13 (82.3%)
34	MOROSZCZAK Bogumił	544	PGB SPORTOWA PACZKA	M40	34	00:00:06	00:23:03.70	00:23:10.15	+00:04:04 (17.7%)	4:36	13 (82.3%)
35	PULC Marcin	720	PULASS	M40	35	00:00:24	00:23:06.60	00:23:31.15	+00:04:07 (17.9%)	4:37	13 (82.3%)
36	KUBAŃSKI Mateusz	557		M40	36	00:00:05	00:23:06.95	00:23:12.05	+00:04:08 (17.9%)	4:37	13 (82.3%)
37	ROSÓŁ Jacek	12		M40	37	00:00:10	00:23:10.90	00:23:21.00	+00:04:12 (18.1%)	4:38	12.9 (81.6%)
38	JAGIEŁA Adam	1053	TKKF KOLEJARZ BYDGOSZCZ	M40	38	00:00:13	00:23:13.30	00:23:26.75	+00:04:14 (18.3%)	4:38	12.9 (81.6%)
39	PIOTROWSKI Dariusz	404	GARDENFLORA SPORT TEAM	M40	39	00:00:47	00:23:13.65	00:24:01.00	+00:04:14 (18.3%)	4:38	12.9 (81.6%)
40	BYRTEK Grzegorz	418	TRIDROPSY	M40	40	00:00:05	00:23:14.60	00:23:20.50	+00:04:15 (18.3%)	4:38	12.9 (81.6%)
41	LEŚNIEWSKI Łukasz	783		M40	41	00:01:58	00:23:16.70	00:25:15.65	+00:04:17 (18.5%)	4:39	12.9 (81.6%)
42	NAGOW Michał	529		M40	42	00:00:09	00:23:20.75	00:23:30.20	+00:04:22 (18.7%)	4:40	12.9 (81.6%)
43	BARSZCZ Tomasz	747		M40	43	00:01:06	00:23:26.80	00:24:32.80	+00:04:28 (19.1%)	4:41	12.8 (81.0%)
44	KOWALSKI Krzysztof	844	OCELOTY KRUSZYN KRAJEŃSKI	M40	44	00:00:27	00:23:29.60	00:23:56.65	+00:04:30 (19.2%)	4:41	12.8 (81.0%)
45	JANKOWSKI Marcin	240	YES ENGLISH	M40	45	00:00:15	00:23:32.45	00:23:47.45	+00:04:33 (19.4%)	4:42	12.7 (80.4%)
46	KRASIŃSKI Piotr	108		M40	46	00:01:16	00:23:32.85	00:24:49.80	+00:04:34 (19.4%)	4:42	12.7 (80.4%)
47	ZBIRANEK Artur	689		M40	47	00:01:31	00:23:40.25	00:25:11.55	+00:04:41 (19.8%)	4:44	12.7 (80.4%)
48	BUTRYM Piotr	586		M40	48	00:03:05	00:23:42.75	00:26:48.10	+00:04:44 (20.0%)	4:44	12.7 (80.4%)
49	SALAMON Wojciech	173		M40	49	00:00:41	00:23:43.15	00:24:24.35	+00:04:44 (20.0%)	4:44	12.6 (79.7%)
50	ŚLAZIŃSKI Daniel	181		M40	50	00:00:50	00:23:51.55	00:24:42.20	+00:04:52 (20.5%)	4:46	12.6 (79.7%)
51	ŁADNIAK Dariusz	323		M40	51	00:02:00	00:23:56.85	00:25:57.45	+00:04:58 (20.7%)	4:47	12.5 (79.1%)
52	BARAŃSKI Władysław	536		M40	52	00:00:10	00:23:59.50	00:24:10.40	+00:05:00 (20.9%)	4:47	12.5 (79.1%)
53	WAWRZYNIAK Maciej	215		M40	53	00:00:50	00:24:04.10	00:24:55.05	+00:05:05 (21.1%)	4:48	12.5 (79.1%)
54	GALICKI Jakub	1107	AKADEMIA MISTRZÓW SPORTU	M40	54	00:00:42	00:24:04.60	00:24:46.70	+00:05:05 (21.2%)	4:48	12.5 (79.1%)
55	MALEC Karol	313	BIUEL TEAM	M40	55	00:01:54	00:24:09.10	00:26:03.65	+00:05:10 (21.4%)	4:49	12.4 (78.5%)
56	FELINIAK Daniel	546		M40	56	00:00:41	00:24:11.10	00:24:52.50	+00:05:12 (21.5%)	4:50	12.4 (78.5%)
57	LESZCZYŃSKI Tomasz	956	FOREST GUMP	M40	57	00:00:31	00:24:13.05	00:24:45.00	+00:05:14 (21.6%)	4:50	12.4 (78.5%)
58	HELIASZ Krystian	847		M40	58	00:00:00	00:24:16.65	00:24:16.65	+00:05:17 (21.8%)	4:51	12.4 (78.5%)
59	LEWANDOWSKI Michał	87		M40	59	00:01:19	00:24:20.80	00:25:39.90	+00:05:22 (22.0%)	4:52	12.3 (77.8%)
60	SZYMAŃSKI Paweł	1112		M40	60	00:00:48	00:24:26.30	00:25:14.50	+00:05:27 (22.3%)	4:53	12.3 (77.8%)
61	BERENDA Damian	435	BREMAX DAMIAN BERENDA	M40	61	00:00:40	00:24:27.40	00:25:08.30	+00:05:28 (22.4%)	4:53	12.3 (77.8%)
62	SZUKALSKI Michał	47		M40	62	00:00:10	00:24:28.00	00:24:38.20	+00:05:29 (22.4%)	4:53	12.3 (77.8%)
63	NADOLNY Sebastian	527		M40	63	00:00:12	00:24:29.15	00:24:41.55	+00:05:30 (22.5%)	4:53	12.3 (77.8%)
64	TOMACKI Michał	1119		M40	64	00:02:55	00:24:29.80	00:27:25.10	+00:05:31 (22.5%)	4:53	12.3 (77.8%)
65	DROCIĄK Michał	577	OGR OSOWA GÓRA RUNNER	M40	65	00:00:31	00:24:38.70	00:25:10.15	+00:05:39 (23.0%)	4:55	12.2 (77.2%)
66	URBAŃSKI Dawid	773		M40	66	00:01:31	00:24:40.95	00:26:12.10	+00:05:42 (23.1%)	4:56	12.2 (77.2%)
67	BYLICA Robert	120		M40	67	00:00:49	00:24:41.30	00:25:30.75	+00:05:42 (23.1%)	4:56	12.2 (77.2%)
68	GRAJEWSKI Tomasz	379		M40	68	00:02:06	00:24:43.25	00:26:49.30	+00:05:44 (23.2%)	4:56	12.1 (76.6%)
69	SZEIB Robert	1158		M40	69	00:00:40	00:24:47.95	00:25:28.90	+00:05:49 (23.5%)	4:57	12.1 (76.6%)
70	KIEŁCZYŃSKI Marek	669	CSM POLSKA	M40	70	00:01:54	00:24:48.30	00:26:43.20	+00:05:49 (23.5%)	4:57	12.1 (76.6%)
71	KŁOSOWSKI Marcin	648	CSM POLSKA	M40	71	00:01:55	00:24:50.80	00:26:46.00	+00:05:52 (23.6%)	4:58	12.1 (76.6%)
72	MAZUR Dariusz	464		M40	72	00:02:27	00:24:56.25	00:27:23.25	+00:05:57 (23.9%)	4:59	12 (75.9%)
73	WIDŹGOWSKI Przemysław	137		M40	73	00:00:31	00:24:58.75	00:25:29.95	+00:06:00 (24.0%)	4:59	12 (75.9%)
74	BRĄGIEL Jakub	755	VEGE RUNNERS	M40	74	00:02:15	00:25:03.80	00:27:19.75	+00:06:05 (24.3%)	5:00	12 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	DOBIECKI Szczepan	174		M40	75	00:01:20	00:25:05.60	00:26:26.50	+00:06:06 (24.4%)	5:01	12 (75.9%)
76	KUCZEWSKI Łukasz	285		M40	76	00:00:57	00:25:10.70	00:26:07.95	+00:06:11 (24.6%)	5:02	11.9 (75.3%)
77	SŁODOWNIK Maciej	721	TMPB	M40	77	00:02:18	00:25:13.50	00:27:32.20	+00:06:14 (24.8%)	5:02	11.9 (75.3%)
78	SZUBIŃSKI Ireneusz	563		M40	78	00:00:24	00:25:14.40	00:25:39.25	+00:06:15 (24.8%)	5:02	11.9 (75.3%)
79	NIEDBALSKI Paweł	684	MARTYRIA BYDGOSZCZ	M40	79	00:01:50	00:25:19.75	00:27:10.20	+00:06:21 (25.1%)	5:03	11.8 (74.7%)
80	ADAMCZYK Wojciech	966		M40	80	00:00:56	00:25:22.10	00:26:18.20	+00:06:23 (25.2%)	5:04	11.8 (74.7%)
81	KOSIARSKI Tomasz	830		M40	81	00:00:46	00:25:28.80	00:26:15.75	+00:06:30 (25.5%)	5:05	11.8 (74.7%)
82	ZŁOTOWSKI Piotr	934	RUN BYDGOSZCZ	M40	82	00:00:17	00:25:30.75	00:25:47.75	+00:06:32 (25.6%)	5:06	11.8 (74.7%)
83	MODRAKOWSKI Roland	1063	DYSTRYBUCJA-REKLAM.PL	M40	83	00:01:09	00:25:34.80	00:26:44.20	+00:06:36 (25.8%)	5:06	11.7 (74.1%)
84	SZYMAŃSKI Jakub	1074		M40	84	00:00:48	00:25:39.30	00:26:27.50	+00:06:40 (26.0%)	5:07	11.7 (74.1%)
85	SIUDA Piotr	939		M40	85	00:02:26	00:25:50.60	00:28:17.40	+00:06:51 (26.6%)	5:10	11.6 (73.4%)
86	KAMIŃSKI Michał	569		M40	86	00:01:19	00:25:52.05	00:27:11.05	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
87	STĘPIEŃ Tomasz	778		M40	87	00:01:32	00:25:53.20	00:27:25.20	+00:06:54 (26.7%)	5:10	11.6 (73.4%)
88	PRĄDZYŃSKI Marcin	83	TMIRONTEAM	M40	88	00:00:33	00:25:56.15	00:26:29.75	+00:06:57 (26.8%)	5:11	11.6 (73.4%)
89	MIKOŁAJEWSKI Piotr	1192		M40	89	00:00:23	00:26:03.25	00:26:26.65	+00:07:04 (27.2%)	5:12	11.5 (72.8%)
90	RAMZA Adam	734		M40	90	00:02:03	00:26:13.50	00:28:17.30	+00:07:14 (27.6%)	5:14	11.4 (72.2%)
91	PRIETZ Bartosz	661	SUPRAVIS	M40	91	00:02:18	00:26:15.55	00:28:33.70	+00:07:16 (27.7%)	5:15	11.4 (72.2%)
92	SCHMIDT Marcin	119	BB ACTIVE TEAM	M40	92	00:01:40	00:26:18.85	00:27:59.60	+00:07:20 (27.9%)	5:15	11.4 (72.2%)
93	GRACZ Adam	458		M40	93	00:00:32	00:26:22.15	00:26:54.55	+00:07:23 (28.0%)	5:16	11.4 (72.2%)
93	WOLAK Piotr	465		M40	93	00:00:32	00:26:22.15	00:26:55.00	+00:07:23 (28.0%)	5:16	11.4 (72.2%)
95	JANUSZEWSKI Radosław	90		M40	95	00:01:41	00:26:22.75	00:28:04.10	+00:07:24 (28.1%)	5:16	11.4 (72.2%)
96	PYTLIŃSKI Paweł	64	BYDGOSKIE ŻÓŁWIE	M40	96	00:00:36	00:26:23.80	00:27:00.75	+00:07:25 (28.1%)	5:16	11.4 (72.2%)
97	CZAJA Jarosław	81		M40	97	00:00:40	00:26:29.45	00:27:10.00	+00:07:30 (28.4%)	5:17	11.3 (71.5%)
98	POTRZEBOWSKI Marek	439	LIFE BALANCE PLACE I DEAF	M40	98	00:00:43	00:26:35.55	00:27:18.55	+00:07:36 (28.6%)	5:19	11.3 (71.5%)
99	KARPIŃSKI Łukasz Cezary	459	AKTYWNA BYDGOSZCZ	M40	99	00:00:25	00:26:42.45	00:27:08.20	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
100	WOLNY Tomasz	13		M40	100	00:00:11	00:26:43.10	00:26:54.60	+00:07:44 (29.0%)	5:20	11.2 (70.9%)
101	GIL Wiktor	106	#MAMWYBIEGANE	M40	101	00:01:41	00:26:50.45	00:28:32.35	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
102	CIEŚLEWICZ Karol	187	OLAFCREW	M40	102	00:01:32	00:26:50.70	00:28:23.45	+00:07:51 (29.3%)	5:22	11.2 (70.9%)
103	FURMAN Paweł	952		M40	103	00:02:22	00:26:56.85	00:29:19.40	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
104	DEMBSKI Marek	20	TEAM PATROL	M40	104	00:00:27	00:26:57.55	00:27:25.20	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
105	SZALA Marcin	944		M40	105	00:00:30	00:26:58.55	00:27:29.35	+00:07:59 (29.6%)	5:23	11.1 (70.3%)
106	GORGOL Tomasz	315	LP500	M40	106	00:00:52	00:26:59.65	00:27:52.00	+00:08:00 (29.7%)	5:23	11.1 (70.3%)
107	LEŚNIEWSKI Tomasz	450		M40	107	00:01:05	00:27:01.75	00:28:07.20	+00:08:03 (29.8%)	5:24	11.1 (70.3%)
107	KRÓL Karol	564	TKKF KOLEJARZ BYDGOSZCZ	M40	107	00:02:44	00:27:01.75	00:29:45.75	+00:08:03 (29.8%)	5:24	11.1 (70.3%)
109	ŻUCHELKOWSKI Rafał	448	BIEGNĘ BO MI ŻONA KAZAŁA	M40	109	00:02:49	00:27:05.10	00:29:54.15	+00:08:06 (29.9%)	5:25	11.1 (70.3%)
110	LEWANDOWSKI Jacek	692	AKADEMIA MISTRZÓW SPORTU	M40	110	00:00:40	00:27:07.20	00:27:47.85	+00:08:08 (30.0%)	5:25	11.1 (70.3%)
111	BERES Marcin	761		M40	111	00:02:19	00:27:07.55	00:29:27.25	+00:08:08 (30.0%)	5:25	11.1 (70.3%)
112	PUJANEK Piotr	1174		M40	112	00:01:07	00:27:10.80	00:28:18.75	+00:08:12 (30.2%)	5:26	11 (69.6%)
113	GŁADYSZ Krzysztof	982	GLADZIORKI	M40	113	00:00:49	00:27:19.40	00:28:09.15	+00:08:20 (30.5%)	5:27	11 (69.6%)
114	WOŹNIAK Krzysztof	949		M40	114	00:01:50	00:27:29.65	00:29:19.80	+00:08:30 (31.0%)	5:29	10.9 (69.0%)
115	SŁOWIŃSKI Sławek	104		M40	115	00:00:29	00:27:34.80	00:28:04.10	+00:08:36 (31.2%)	5:30	10.9 (69.0%)
116	JAKUBCZAK Łukasz	17		M40	116	00:00:58	00:27:35.80	00:28:34.70	+00:08:37 (31.2%)	5:31	10.9 (69.0%)
117	PIASECZNY Dawid	860		M40	117	00:01:43	00:27:36.50	00:29:19.70	+00:08:37 (31.3%)	5:31	10.9 (69.0%)
118	KULCZYŃSKI Przemysław	687	TYPYGRUBE	M40	118	00:01:36	00:27:37.70	00:29:13.95	+00:08:38 (31.3%)	5:31	10.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
119	SOSINSKI Marcin	1189	GANG KOCURA	M40	119	00:00:34	00:27:46.75	00:28:21.20	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
120	KOTECKI Marcin	127		M40	120	00:01:54	00:27:50.10	00:29:45.00	+00:08:51 (31.8%)	5:34	10.8 (68.4%)
121	ŁATKA Marcin	585		M40	121	00:00:59	00:27:52.30	00:28:52.00	+00:08:53 (31.9%)	5:34	10.8 (68.4%)
122	PISKRZYŃSKI Krzysztof	1066		M40	122	00:02:14	00:27:54.80	00:30:08.80	+00:08:56 (32.0%)	5:34	10.8 (68.4%)
123	BUKOWSKI Sebastian	282		M40	123	00:02:09	00:27:58.00	00:30:07.80	+00:08:59 (32.1%)	5:35	10.7 (67.7%)
124	GŁOWACKI Tomek	929	MORŚWIRY BYDGOSZCZ	M40	124	00:01:35	00:28:01.10	00:29:36.35	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
125	SŁOWIŃSKI Paweł	1030		M40	125	00:01:39	00:28:08.15	00:29:47.95	+00:09:09 (32.5%)	5:37	10.7 (67.7%)
126	MACHNIK Karol	1163		M40	126	00:00:51	00:28:08.65	00:29:00.55	+00:09:09 (32.6%)	5:37	10.7 (67.7%)
127	DANIELEK Piotr	599		M40	127	00:01:48	00:28:10.00	00:29:58.25	+00:09:11 (32.6%)	5:38	10.7 (67.7%)
128	KWIATKOWSKI Piotr	199		M40	128	00:02:18	00:28:10.85	00:30:29.40	+00:09:12 (32.7%)	5:38	10.7 (67.7%)
129	WILK Darek	900	TKKF KOLEJARZ BYDGOSZCZ	M40	129	00:01:03	00:28:11.00	00:29:14.15	+00:09:12 (32.7%)	5:38	10.6 (67.1%)
130	JAGIELSKI Łukasz	142		M40	130	00:01:09	00:28:19.30	00:29:28.90	+00:09:20 (33.0%)	5:39	10.6 (67.1%)
131	SURMACZ Marcin	206		M40	131	00:01:54	00:28:22.40	00:30:16.95	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
132	RACIBORSKI Grzegorz	732		M40	132	00:02:13	00:28:23.40	00:30:36.70	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
133	MAGDZIARZ Jakub	821		M40	133	00:02:51	00:28:25.65	00:31:17.40	+00:09:26 (33.2%)	5:41	10.6 (67.1%)
134	DOLATA Rafał	815	MUD FOXES	M40	134	00:00:38	00:28:26.00	00:29:04.40	+00:09:27 (33.3%)	5:41	10.6 (67.1%)
135	WŁODARCZYK Sławomir	254		M40	135	00:01:20	00:28:30.60	00:29:50.70	+00:09:31 (33.4%)	5:42	10.5 (66.5%)
135	SPEJER Piotr	304		M40	135	00:01:30	00:28:30.60	00:30:00.70	+00:09:31 (33.4%)	5:42	10.5 (66.5%)
137	LECH Marek	642		M40	137	00:07:25	00:28:33.25	00:35:58.25	+00:09:34 (33.5%)	5:42	10.5 (66.5%)
138	LOSEK Michał	1081		M40	138	00:00:45	00:28:37.20	00:29:22.95	+00:09:38 (33.7%)	5:43	10.5 (66.5%)
139	SOBIERAJ Krzysztof	1080	ORZECZ BIEGA	M40	139	00:01:15	00:28:39.75	00:29:55.60	+00:09:41 (33.8%)	5:43	10.5 (66.5%)
140	NAGORZYSKI Arkadiusz	559		M40	140	00:02:14	00:28:43.75	00:30:57.80	+00:09:45 (33.9%)	5:44	10.4 (65.8%)
141	KONOPIŃSKI Tomasz	771		M40	141	00:00:44	00:28:46.25	00:29:30.35	+00:09:47 (34.0%)	5:45	10.4 (65.8%)
142	BINDEK Łukasz	880		M40	142	00:01:18	00:28:47.45	00:30:05.85	+00:09:48 (34.1%)	5:45	10.4 (65.8%)
143	CIESIÓŁKA Marcin	413		M40	143	00:00:00	00:28:48.65	00:28:48.65	+00:09:49 (34.1%)	5:45	10.4 (65.8%)
144	ORZECZOWSKI Zbigniew	80	ROLLTEAM BYDGOSZCZ	M40	144	00:00:38	00:28:55.10	00:29:33.85	+00:09:56 (34.4%)	5:47	10.4 (65.8%)
145	GRACZYK Krzysztof	1023		M40	145	00:01:30	00:29:05.85	00:30:36.55	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
146	DOLNY Marcin	519		M40	146	00:03:13	00:29:08.65	00:32:22.05	+00:10:09 (34.9%)	5:49	10.3 (65.2%)
147	PILCH Ariel	330		M40	147	00:01:28	00:29:09.70	00:30:38.05	+00:10:10 (34.9%)	5:49	10.3 (65.2%)
148	OWCZARSKI Krzysztof	272		M40	148	00:00:47	00:29:15.25	00:30:02.65	+00:10:16 (35.1%)	5:51	10.3 (65.2%)
149	SZCZERBA Dariusz	616	SAINT- GOBAIN SQUAD	M40	149	00:02:07	00:29:18.25	00:31:26.10	+00:10:19 (35.2%)	5:51	10.2 (64.6%)
150	LEWANDOWSKI Andrzej	790		M40	150	00:02:02	00:29:22.10	00:31:24.75	+00:10:23 (35.4%)	5:52	10.2 (64.6%)
151	PROKOPOWICZ Paweł	462		M40	151	00:02:27	00:29:25.95	00:31:53.00	+00:10:27 (35.5%)	5:53	10.2 (64.6%)
152	SIKORSKI Wojtek	551		M40	152	00:00:00	00:29:30.05	00:29:30.05	+00:10:31 (35.7%)	5:54	10.2 (64.6%)
153	LIPSKI Tomasz	837		M40	153	00:00:00	00:29:41.60	00:29:41.60	+00:10:42 (36.1%)	5:56	10.1 (63.9%)
154	STASIAK Jacek	491	ROLLTEAM BYDGOSZCZ	M40	154	00:01:50	00:29:41.90	00:31:31.90	+00:10:43 (36.1%)	5:56	10.1 (63.9%)
155	WITKOWSKI Marek	971		M40	155	00:01:28	00:29:45.25	00:31:13.35	+00:10:46 (36.2%)	5:57	10.1 (63.9%)
156	KUSA Piotr	583		M40	156	00:01:25	00:29:47.70	00:31:13.65	+00:10:48 (36.3%)	5:57	10.1 (63.9%)
157	ZGÓRSKI Maciej	420		M40	157	00:01:22	00:29:49.25	00:31:12.05	+00:10:50 (36.4%)	5:57	10.1 (63.9%)
158	JANUSZEWSKI Marcin	495		M40	158	00:02:52	00:29:55.30	00:32:47.65	+00:10:56 (36.6%)	5:59	10 (63.3%)
159	ZIELIŃSKI Robert	963	ROLLTEAM BYDGOSZCZ	M40	159	00:01:34	00:29:57.15	00:31:31.85	+00:10:58 (36.6%)	5:59	10 (63.3%)
160	STRZYŻEWSKI Mariusz	886		M40	160	00:01:20	00:29:57.25	00:31:17.30	+00:10:58 (36.6%)	5:59	10 (63.3%)
161	KORWEL Robert	1083		M40	161	00:01:38	00:29:57.45	00:31:36.40	+00:10:58 (36.6%)	5:59	10 (63.3%)
162	KUGLARZ Dominik	353		M40	162	00:02:51	00:29:59.50	00:32:51.35	+00:11:00 (36.7%)	5:59	10 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
163	GRAMCZEWSKI Michal	503		M40	163	00:00:44	00:30:13.25	00:30:57.25	+00:11:14 (37.2%)	6:02	9.9 (62.7%)
164	SZKOPIAK Marcin	19		M40	164	00:00:28	00:30:14.05	00:30:42.15	+00:11:15 (37.2%)	6:02	9.9 (62.7%)
165	CHESY Jacek	449		M40	165	00:00:27	00:30:20.85	00:30:47.90	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
166	JABŁOŃSKI Michał	977	PKO BP	M40	166	00:01:47	00:30:23.45	00:32:10.90	+00:11:24 (37.5%)	6:04	9.9 (62.7%)
167	CHRUŚCICKI Zbigniew	882	CST COACHING	M40	167	00:01:01	00:30:36.95	00:31:38.75	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
168	KĘDZIERSKI Wojtek	748		M40	168	00:01:26	00:30:37.55	00:32:04.40	+00:11:38 (38.0%)	6:07	9.8 (62.0%)
169	KIJEWSKI Maciej	1199		M40	169	00:00:59	00:30:40.05	00:31:39.50	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
170	ŚWIERCZYŃSKI Michał	228		M40	170	00:02:31	00:31:10.70	00:33:42.35	+00:12:11 (39.1%)	6:14	9.6 (60.8%)
171	SIUDA Bartosz	540	OSOWAGÓRA	M40	171	00:01:45	00:31:16.25	00:33:01.70	+00:12:17 (39.3%)	6:15	9.6 (60.8%)
172	BARTOSZ Marek	192	GKS FABIANKI	M40	172	00:02:15	00:31:16.40	00:33:31.45	+00:12:17 (39.3%)	6:15	9.6 (60.8%)
173	PUZYREWSKI Michał	896	ASTORIA BYDGOSZCZ	M40	173	00:00:21	00:31:18.10	00:31:40.00	+00:12:19 (39.4%)	6:15	9.6 (60.8%)
174	BIAŁEK Łukasz	919		M40	174	00:01:49	00:31:18.25	00:33:07.25	+00:12:19 (39.4%)	6:15	9.6 (60.8%)
175	GOLIK Krzysztof	74	FORDONRUNNERS	M40	175	00:00:47	00:31:19.75	00:32:07.00	+00:12:21 (39.4%)	6:15	9.6 (60.8%)
176	ZDUNIAK Krzysztof	1136		M40	176	00:02:00	00:31:21.95	00:33:22.50	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
177	HALAREWICZ Artur	1132		M40	177	00:00:00	00:31:22.85	00:31:22.85	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
178	OPALA Marcin	744		M40	178	00:02:06	00:31:23.55	00:33:29.60	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
179	SEKLECKI Artur	884	MORŚWIRY	M40	179	00:02:15	00:31:24.65	00:33:39.90	+00:12:25 (39.6%)	6:16	9.6 (60.8%)
180	SZYŁO Tomasz	371		M40	180	00:01:13	00:31:26.80	00:32:40.45	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
181	WOŹNIAK Bartłomiej	652		M40	181	00:01:12	00:31:31.20	00:32:43.70	+00:12:32 (39.8%)	6:18	9.5 (60.1%)
182	WALDEMAR Zmuda	344		M40	182	00:00:51	00:31:31.40	00:32:23.00	+00:12:32 (39.8%)	6:18	9.5 (60.1%)
183	TESSA Karol	767	BYDGOSZCZ FAN MARATON	M40	183	00:01:08	00:31:36.80	00:32:45.20	+00:12:38 (40.0%)	6:19	9.5 (60.1%)
184	DERESZYŃSKI Piotr	777		M40	184	00:02:39	00:31:38.70	00:34:17.90	+00:12:39 (40.0%)	6:19	9.5 (60.1%)
185	GACKOWSKI Szymon	988		M40	185	00:01:11	00:31:39.80	00:32:50.80	+00:12:41 (40.1%)	6:19	9.5 (60.1%)
186	GŁOWACKI Sławomir	269		M40	186	00:01:04	00:31:52.60	00:32:57.30	+00:12:53 (40.5%)	6:22	9.4 (59.5%)
187	KASPROWICZ Piotr	466	JW 1515	M40	187	00:01:20	00:32:03.75	00:33:24.00	+00:13:05 (40.8%)	6:24	9.4 (59.5%)
188	SKOPOWSKI Krzysztof	370	SALUS	M40	188	00:03:16	00:32:05.30	00:35:21.60	+00:13:06 (40.9%)	6:25	9.4 (59.5%)
189	BYSTREK Jarosław	657		M40	189	00:02:21	00:32:10.40	00:34:32.05	+00:13:11 (41.0%)	6:26	9.3 (58.9%)
190	BISKUPSKI Robert	1170		M40	190	00:02:33	00:32:11.10	00:34:44.40	+00:13:12 (41.0%)	6:26	9.3 (58.9%)
191	KASIOREK Tomasz	211	ZUOMPL	M40	191	00:02:08	00:32:12.45	00:34:21.15	+00:13:13 (41.1%)	6:26	9.3 (58.9%)
192	ŻEBROWSKI Radosław	654	SANDO	M40	192	00:02:00	00:32:15.80	00:34:16.70	+00:13:17 (41.2%)	6:27	9.3 (58.9%)
193	BURCZYK Roman	1099	GRUPA BIEGOWA AMATOR	M40	193	00:02:36	00:32:16.35	00:34:52.85	+00:13:17 (41.2%)	6:27	9.3 (58.9%)
194	MLICKI Marcin	426		M40	194	00:02:53	00:32:38.30	00:35:31.80	+00:13:39 (41.9%)	6:31	9.2 (58.2%)
195	SZULAKOWSKI Rafał	1144	TERENOWA MASAKRA TEAM	M40	195	00:01:43	00:32:38.75	00:34:22.40	+00:13:40 (41.9%)	6:31	9.2 (58.2%)
196	MACEK Rafał	349		M40	196	00:01:01	00:32:46.30	00:33:47.60	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
197	CYGANKIEWICZ Łukasz	965	SAINT- GOBAIN SQUAD	M40	197	00:00:49	00:32:47.10	00:33:36.40	+00:13:48 (42.1%)	6:33	9.2 (58.2%)
198	SONTOWSKI Sebastian	974		M40	198	00:01:07	00:32:49.60	00:33:56.70	+00:13:50 (42.2%)	6:33	9.1 (57.6%)
199	GELERT Dariusz	838		M40	199	00:00:19	00:32:50.90	00:33:10.00	+00:13:52 (42.2%)	6:34	9.1 (57.6%)
200	ZIELIŃSKI Maciej	1020	KABEL TEAM BYDGOSZCZ	M40	200	00:02:29	00:32:57.65	00:35:26.75	+00:13:58 (42.4%)	6:35	9.1 (57.6%)
201	HUZARSKI Jaroslaw	1002		M40	201	00:01:51	00:33:05.30	00:34:57.10	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
202	SZYMAŃSKI Bogdan	983		M40	202	00:01:51	00:33:05.55	00:34:57.35	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
203	NIEDBALSKI Karol	608		M40	203	00:03:02	00:33:10.25	00:36:13.00	+00:14:11 (42.8%)	6:38	9 (57.0%)
204	KUKLIŃSKI Rafał	958		M40	204	00:01:57	00:33:21.55	00:35:18.65	+00:14:22 (43.1%)	6:40	9 (57.0%)
205	UMIŃSKI Robert	384		M40	205	00:01:35	00:33:25.60	00:35:00.80	+00:14:26 (43.2%)	6:41	9 (57.0%)
206	WIERZBOWSKI Adam	607	VIVALAVIDA	M40	206	00:03:09	00:33:29.80	00:36:39.40	+00:14:31 (43.3%)	6:41	9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
207	STOJAK Norbert	138	MORŚWIRY BYDGOSZCZ	M40	207	00:02:14	00:33:32.25	00:35:47.15	+00:14:33 (43.4%)	6:42	8.9 (56.3%)
208	GRZYBOWSKA Marek	144		M40	208	00:02:12	00:33:47.00	00:35:59.35	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
209	SZULC Robert	1149		M40	209	00:02:32	00:34:01.70	00:36:34.60	+00:15:02 (44.2%)	6:48	8.8 (55.7%)
210	SOSNA Mikołaj	10		M40	210	00:01:28	00:34:23.45	00:35:52.40	+00:15:24 (44.8%)	6:52	8.7 (55.1%)
211	NOWACKI Rafał	299		M40	211	00:02:50	00:34:25.85	00:37:16.65	+00:15:27 (44.9%)	6:53	8.7 (55.1%)
212	CESARZ Bartosz	1165	BKTR GRYF	M40	212	00:01:52	00:34:42.70	00:36:35.35	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
213	GOŁATTA Tomasz	694		M40	213	00:01:43	00:34:44.65	00:36:28.60	+00:15:45 (45.4%)	6:56	8.6 (54.4%)
214	CICHOWICZ Marcin	340		M40	214	00:01:32	00:34:46.45	00:36:18.65	+00:15:47 (45.4%)	6:57	8.6 (54.4%)
215	KEDZIA Jarek	584		M40	215	00:00:42	00:34:53.15	00:35:35.35	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
216	GŁOWACKI Robert	177		M40	216	00:00:00	00:35:04.70	00:35:04.70	+00:16:05 (45.9%)	7:00	8.6 (54.4%)
217	RZEPCZYNSKI Tomasz	156	GRYF BYDGOSZCZ	M40	217	00:01:22	00:35:08.50	00:36:31.00	+00:16:09 (46.0%)	7:01	8.5 (53.8%)
218	STOŻEK Michał	636		M40	218	00:02:42	00:35:28.55	00:38:11.45	+00:16:29 (46.5%)	7:05	8.5 (53.8%)
219	ZDZIEBŁOWSKI Wojtek	894		M40	219	00:01:10	00:35:28.65	00:36:39.00	+00:16:29 (46.5%)	7:05	8.5 (53.8%)
220	GRZESZCZUK Karol	960		M40	220	00:01:03	00:35:56.10	00:36:59.85	+00:16:57 (47.2%)	7:11	8.3 (52.5%)
221	ŁUKASIEWICZ Krzysztof	403	MAJA ZIELONY PELIKAN	M40	221	00:02:25	00:36:13.70	00:38:39.50	+00:17:14 (47.6%)	7:14	8.3 (52.5%)
222	GURYN Wiktor	1040		M40	222	00:01:27	00:36:45.50	00:38:13.20	+00:17:46 (48.4%)	7:21	8.2 (51.9%)
223	BĄK Remigiusz	909		M40	223	00:00:44	00:37:05.00	00:37:49.00	+00:18:06 (48.8%)	7:25	8.1 (51.3%)
224	WOLAN Krzysztof	598		M40	224	00:01:57	00:37:11.25	00:39:09.05	+00:18:12 (49.0%)	7:26	8.1 (51.3%)
225	KARSKI Marcin	571		M40	225	00:02:45	00:37:19.65	00:40:05.05	+00:18:20 (49.2%)	7:27	8 (50.6%)
226	MUSIAŁA Adam	432		M40	226	00:00:51	00:37:30.15	00:38:21.80	+00:18:31 (49.4%)	7:30	8 (50.6%)
227	TALAŚKA Waldemar	902		M40	227	00:01:59	00:37:56.55	00:39:55.55	+00:18:57 (50.0%)	7:35	7.9 (50.0%)
228	CZYŻEWSKI Piotr	604		M40	228	00:00:58	00:38:14.05	00:39:12.65	+00:19:15 (50.4%)	7:38	7.8 (49.4%)
229	ZALEWSKI Łukasz	957		M40	229	00:02:50	00:38:19.60	00:41:10.20	+00:19:20 (50.5%)	7:39	7.8 (49.4%)
230	ZIELIŃSKI Andrzej	246		M40	230	00:02:15	00:38:30.55	00:40:45.70	+00:19:31 (50.7%)	7:42	7.8 (49.4%)
231	DWORCZAK Rafał	1106		M40	231	00:01:11	00:39:09.25	00:40:20.45	+00:20:10 (51.5%)	7:49	7.7 (48.7%)
232	CHOJNOWSKI Jordan	284		M40	232	00:01:49	00:39:41.85	00:41:31.40	+00:20:43 (52.2%)	7:56	7.6 (48.1%)
233	KOSNOWICZ Krzysztof	266		M40	233	00:02:12	00:39:51.05	00:42:03.15	+00:20:52 (52.4%)	7:58	7.5 (47.5%)
234	GOŁĘBIEWSKI Paweł	224		M40	234	00:02:49	00:40:02.40	00:42:52.25	+00:21:03 (52.6%)	8:00	7.5 (47.5%)
235	BREJER Rafał	802		M40	235	00:02:43	00:40:09.15	00:42:52.40	+00:21:10 (52.7%)	8:01	7.5 (47.5%)
236	PALIGA Arkadiusz	834		M40	236	00:03:05	00:40:29.50	00:43:34.80	+00:21:30 (53.1%)	8:05	7.4 (46.8%)
237	HEBISZ Artur	854		M40	237	00:02:09	00:41:15.05	00:43:24.05	+00:22:16 (54.0%)	8:15	7.3 (46.2%)
238	BURCHARD Remigiusz	289		M40	238	00:02:02	00:45:13.35	00:47:15.55	+00:26:14 (58.0%)	9:02	6.6 (41.8%)
239	ANTCZAK Krzysztof	620		M40	239	00:02:29	00:45:34.15	00:48:03.20	+00:26:35 (58.4%)	9:06	6.6 (41.8%)
240	KUSZYŃSKI Robert	1028		M40	240	00:02:54	00:47:19.75	00:50:14.10	+00:28:21 (59.9%)	9:27	6.3 (39.9%)

Znaleziono 240 wynik(ów)