



# BYDGOSKI BIEG URODZINOWY

B4SPORT

**Organizator:** Miasto Bydgoszcz  
**Data:** 2018-04-22  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELGENTNE 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>98</b>	CZARNE STOPY.SM	M40	1	00:00:01	<b>00:17:27.45</b>	<b>00:17:28.45</b>		3:29	17.2 (100%)
2	<b>RADECKI Przemysław</b>	<b>288</b>		M40	2	00:00:06	<b>00:19:07.00</b>	<b>00:19:13.65</b>	+00:01:39 (8.7%)	3:49	15.7 (91.3%)
3	<b>STANIEC Tomasz</b>	<b>1139</b>		M40	3	00:00:04	<b>00:19:32.65</b>	<b>00:19:37.00</b>	+00:02:05 (10.7%)	3:54	15.3 (89.0%)
4	<b>GURDAK Leszek</b>	<b>622</b>		M40	4	00:00:03	<b>00:19:58.10</b>	<b>00:20:01.70</b>	+00:02:30 (12.6%)	3:59	15 (87.2%)
4	<b>FRAŃCZYK Jarosław</b>	<b>1131</b>	PARKRUN TORUŃ	M40	5	00:00:04	<b>00:19:58.10</b>	<b>00:20:02.85</b>	+00:02:30 (12.6%)	3:59	15 (87.2%)
6	<b>NAMIEŚNIK Krzysztof</b>	<b>1033</b>	KRZYSIEKN	M40	6	00:00:16	<b>00:20:10.40</b>	<b>00:20:27.00</b>	+00:02:42 (13.5%)	4:02	14.9 (86.6%)
7	<b>KŁOSOWSKI Marcin</b>	<b>667</b>	GRUPA BANKIETOWA SPECJAL	M40	7	00:00:02	<b>00:20:23.80</b>	<b>00:20:26.75</b>	+00:02:56 (14.4%)	4:04	14.7 (85.5%)
8	<b>KOWALSKI Jacek</b>	<b>545</b>		M40	8	00:00:07	<b>00:20:26.40</b>	<b>00:20:33.55</b>	+00:02:58 (14.6%)	4:05	14.7 (85.5%)
9	<b>KUTOWSKI Przemysław</b>	<b>929</b>		M40	9	00:00:02	<b>00:20:41.75</b>	<b>00:20:44.55</b>	+00:03:14 (15.6%)	4:08	14.5 (84.3%)
10	<b>SUSKI Piotr</b>	<b>872</b>		M40	10	00:00:13	<b>00:21:00.55</b>	<b>00:21:14.15</b>	+00:03:33 (16.9%)	4:12	14.3 (83.1%)
11	<b>HOC Marek</b>	<b>956</b>	LEGE ARTIS	M40	11	00:01:21	<b>00:21:09.15</b>	<b>00:22:30.25</b>	+00:03:41 (17.5%)	4:13	14.2 (82.6%)
12	<b>RATAJCZAK Arkadiusz</b>	<b>335</b>		M40	12	00:00:02	<b>00:21:15.25</b>	<b>00:21:18.15</b>	+00:03:47 (17.9%)	4:15	14.1 (82.0%)
13	<b>BUZALSKI Robert</b>	<b>1298</b>	ORANGE POLSKA	M40	13	00:00:08	<b>00:21:18.10</b>	<b>00:21:26.65</b>	+00:03:50 (18.0%)	4:15	14.1 (82.0%)
14	<b>TUBAJA Albert</b>	<b>1087</b>	KABEL TEAM BYDGOSZCZ	M40	14	00:00:15	<b>00:21:23.20</b>	<b>00:21:38.70</b>	+00:03:55 (18.4%)	4:16	14 (81.4%)
15	<b>JANCOWSKI Wojciech</b>	<b>33</b>		M40	15	00:00:09	<b>00:21:26.50</b>	<b>00:21:36.10</b>	+00:03:59 (18.6%)	4:17	14 (81.4%)
16	<b>RUDOL Sebastian</b>	<b>824</b>		M40	16	00:00:24	<b>00:21:27.15</b>	<b>00:21:52.00</b>	+00:03:59 (18.6%)	4:17	14 (81.4%)
17	<b>PRZYBYLSKI Remi</b>	<b>917</b>		M40	17	00:00:23	<b>00:21:27.25</b>	<b>00:21:50.40</b>	+00:03:59 (18.6%)	4:17	14 (81.4%)
18	<b>SUDOŁ Jacek</b>	<b>222</b>		M40	18	00:00:04	<b>00:21:29.75</b>	<b>00:21:34.60</b>	+00:04:02 (18.8%)	4:18	14 (81.4%)
19	<b>APANASIEWICZ Bartosz</b>	<b>1301</b>	RUN PASJA	M40	19	00:00:22	<b>00:21:38.55</b>	<b>00:22:01.50</b>	+00:04:11 (19.3%)	4:19	13.9 (80.8%)
20	<b>BYRTEK Marcin</b>	<b>844</b>		M40	20	00:00:35	<b>00:21:51.15</b>	<b>00:22:26.40</b>	+00:04:23 (20.1%)	4:22	13.7 (79.7%)
21	<b>BARCZAK Tomasz</b>	<b>1026</b>		M40	21	00:00:06	<b>00:21:52.50</b>	<b>00:21:58.55</b>	+00:04:25 (20.2%)	4:22	13.7 (79.7%)
22	<b>BINIENDA Mateusz</b>	<b>535</b>	BIMAT	M40	22	00:00:08	<b>00:21:59.20</b>	<b>00:22:07.55</b>	+00:04:31 (20.6%)	4:23	13.6 (79.1%)
23	<b>STĘPSKI Marek</b>	<b>157</b>		M40	23	00:00:12	<b>00:22:06.90</b>	<b>00:22:19.15</b>	+00:04:39 (21.1%)	4:25	13.6 (79.1%)
24	<b>CIEPŁOWSKI Robert</b>	<b>926</b>	GRUPA WODA	M40	24	00:00:16	<b>00:22:07.90</b>	<b>00:22:24.70</b>	+00:04:40 (21.1%)	4:25	13.6 (79.1%)
25	<b>MAZURKIEWICZ Piotr</b>	<b>831</b>		M40	25	00:00:09	<b>00:22:08.40</b>	<b>00:22:18.35</b>	+00:04:40 (21.1%)	4:25	13.5 (78.5%)
26	<b>SZULC Andrzej</b>	<b>357</b>		M40	26	00:00:06	<b>00:22:13.50</b>	<b>00:22:20.35</b>	+00:04:46 (21.5%)	4:26	13.5 (78.5%)
27	<b>ŁADNIAK Dariusz</b>	<b>1224</b>		M40	27	00:00:55	<b>00:22:23.60</b>	<b>00:23:19.15</b>	+00:04:56 (22.0%)	4:28	13.4 (77.9%)
28	<b>ZYGLER Zbigniew</b>	<b>524</b>	22.ODN	M40	28	00:00:13	<b>00:22:37.05</b>	<b>00:22:50.45</b>	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
29	<b>WESOŁOWSKI Dariusz</b>	<b>990</b>		M40	29	00:00:08	<b>00:22:39.10</b>	<b>00:22:47.35</b>	+00:05:11 (22.9%)	4:31	13.2 (76.7%)
30	<b>BRZEZIŃSKI Sławomir</b>	<b>557</b>	CZARNE STOPY.SM BYDGOSZCZ	M40	30	00:00:19	<b>00:22:44.30</b>	<b>00:23:03.65</b>	+00:05:16 (23.2%)	4:32	13.2 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	<b>GACKOWSKI Krzysztof</b>	<b>280</b>		M40	31	00:00:04	<b>00:22:45.90</b>	<b>00:22:50.65</b>	+00:05:18 (23.3%)	4:33	13.2 (76.7%)
32	<b>SIUDA Sebastian</b>	<b>58</b>	SOLECCY BIEGACZE	M40	32	00:00:26	<b>00:22:47.90</b>	<b>00:23:14.10</b>	+00:05:20 (23.4%)	4:33	13.2 (76.7%)
33	<b>GŁOWSKI Dariusz</b>	<b>200</b>		M40	33	00:00:22	<b>00:22:49.05</b>	<b>00:23:12.00</b>	+00:05:21 (23.5%)	4:34	13.1 (76.2%)
34	<b>PIOTROWSKI Dariusz</b>	<b>326</b>		M40	34	00:00:19	<b>00:22:55.65</b>	<b>00:23:15.55</b>	+00:05:28 (23.9%)	4:35	13.1 (76.2%)
35	<b>SZUBERT Maciej</b>	<b>230</b>		M40	35	00:01:40	<b>00:22:57.70</b>	<b>00:24:38.65</b>	+00:05:30 (24.0%)	4:35	13.1 (76.2%)
36	<b>KAMPER Jarosław</b>	<b>717</b>		M40	36	00:00:28	<b>00:22:59.30</b>	<b>00:23:28.20</b>	+00:05:31 (24.1%)	4:36	13 (75.6%)
37	<b>PACZKOWSKI Mirosław</b>	<b>950</b>	CB163	M40	37	00:00:32	<b>00:23:00.25</b>	<b>00:23:32.90</b>	+00:05:32 (24.1%)	4:36	13 (75.6%)
38	<b>MIKOŁAJCZAK Sławomir</b>	<b>231</b>		M40	38	00:00:32	<b>00:23:07.50</b>	<b>00:23:40.35</b>	+00:05:40 (24.5%)	4:37	13 (75.6%)
39	<b>STAWCZYK Dariusz</b>	<b>126</b>		M40	39	00:00:07	<b>00:23:20.45</b>	<b>00:23:28.05</b>	+00:05:53 (25.2%)	4:40	12.8 (74.4%)
40	<b>SZYMCZAK Maciej</b>	<b>723</b>		M40	40	00:00:09	<b>00:23:22.00</b>	<b>00:23:31.50</b>	+00:05:54 (25.3%)	4:40	12.8 (74.4%)
41	<b>ŁATKA Marcin</b>	<b>35</b>		M40	41	00:00:12	<b>00:23:22.85</b>	<b>00:23:34.85</b>	+00:05:55 (25.3%)	4:40	12.8 (74.4%)
42	<b>RZENTKOWSKI Grzegorz</b>	<b>1055</b>		M40	42	00:00:15	<b>00:23:23.55</b>	<b>00:23:38.85</b>	+00:05:56 (25.4%)	4:40	12.8 (74.4%)
43	<b>RAK Waldemar</b>	<b>725</b>		M40	43	00:00:06	<b>00:23:24.30</b>	<b>00:23:30.45</b>	+00:05:56 (25.4%)	4:40	12.8 (74.4%)
44	<b>KRÓL Maciej</b>	<b>896</b>		M40	44	00:00:13	<b>00:23:30.35</b>	<b>00:23:43.95</b>	+00:06:02 (25.7%)	4:42	12.8 (74.4%)
45	<b>KORTAS Marcin</b>	<b>567</b>		M40	45	00:00:42	<b>00:23:33.25</b>	<b>00:24:15.55</b>	+00:06:05 (25.9%)	4:42	12.7 (73.8%)
46	<b>NURKIEWICZ Jarosław</b>	<b>501</b>	KUNG FU PANDY 3	M40	46	00:00:09	<b>00:23:35.55</b>	<b>00:23:45.05</b>	+00:06:08 (26.0%)	4:43	12.7 (73.8%)
47	<b>KOPICKI Mariusz</b>	<b>71</b>		M40	47	00:00:03	<b>00:23:36.25</b>	<b>00:23:40.05</b>	+00:06:08 (26.0%)	4:43	12.7 (73.8%)
48	<b>GWIAZDOWSKI Krzysztof</b>	<b>451</b>		M40	48	00:00:10	<b>00:23:37.50</b>	<b>00:23:47.55</b>	+00:06:10 (26.1%)	4:43	12.7 (73.8%)
49	<b>ŚWIĘCICKI Andrzej</b>	<b>459</b>		M40	49	00:00:31	<b>00:23:45.55</b>	<b>00:24:17.35</b>	+00:06:18 (26.5%)	4:45	12.6 (73.3%)
50	<b>KABACIŃSKI Maciej</b>	<b>733</b>	WUKAES	M40	50	00:00:04	<b>00:23:48.00</b>	<b>00:23:52.25</b>	+00:06:20 (26.6%)	4:45	12.6 (73.3%)
51	<b>FRAĆKOWIAK Waldemar</b>	<b>605</b>		M40	51	00:00:41	<b>00:23:49.00</b>	<b>00:24:30.00</b>	+00:06:21 (26.7%)	4:45	12.6 (73.3%)
52	<b>ZAMROWSKI Tomasz</b>	<b>419</b>		M40	52	00:00:14	<b>00:23:51.60</b>	<b>00:24:06.30</b>	+00:06:24 (26.8%)	4:46	12.6 (73.3%)
53	<b>SZCZERBINSKI Mariusz</b>	<b>312</b>		M40	53	00:01:07	<b>00:24:00.00</b>	<b>00:25:07.10</b>	+00:06:32 (27.3%)	4:48	12.5 (72.7%)
54	<b>BYRTEK Grzegorz</b>	<b>142</b>	CAŁY CZAS DO PRZODU	M40	54	00:00:34	<b>00:24:03.10</b>	<b>00:24:38.00</b>	+00:06:35 (27.4%)	4:48	12.5 (72.7%)
55	<b>SKOPOWSKI Krzysztof</b>	<b>430</b>		M40	55	00:00:18	<b>00:24:05.25</b>	<b>00:24:24.00</b>	+00:06:37 (27.5%)	4:49	12.4 (72.1%)
56	<b>POPIELARZ Robert</b>	<b>807</b>		M40	56	00:00:21	<b>00:24:17.40</b>	<b>00:24:38.55</b>	+00:06:49 (28.1%)	4:51	12.4 (72.1%)
57	<b>SADOWSKI Bartosz</b>	<b>1111</b>		M40	57	00:00:37	<b>00:24:23.95</b>	<b>00:25:01.55</b>	+00:06:56 (28.5%)	4:52	12.3 (71.5%)
58	<b>JASIŃSKI Artur</b>	<b>421</b>		M40	58	00:00:47	<b>00:24:25.95</b>	<b>00:25:13.00</b>	+00:06:58 (28.5%)	4:53	12.3 (71.5%)
58	<b>KOWALSKI Marek</b>	<b>1012</b>	BYDGOSKIE ŻÓŁWIE	M40	59	00:00:52	<b>00:24:25.95</b>	<b>00:25:18.05</b>	+00:06:58 (28.5%)	4:53	12.3 (71.5%)
60	<b>KUSZYŃSKI Robert</b>	<b>151</b>	PJB	M40	60	00:00:35	<b>00:24:29.05</b>	<b>00:25:04.20</b>	+00:07:01 (28.7%)	4:53	12.3 (71.5%)
61	<b>KĘDZIERSKI Wojciech</b>	<b>1013</b>		M40	61	00:00:22	<b>00:24:34.10</b>	<b>00:24:56.40</b>	+00:07:06 (28.9%)	4:54	12.2 (70.9%)
62	<b>KOZICKI Marcin</b>	<b>657</b>	BYDGOSKIE ŻÓŁWIE	M40	62	00:00:52	<b>00:24:35.40</b>	<b>00:25:28.05</b>	+00:07:07 (29.0%)	4:55	12.2 (70.9%)
63	<b>HEIDAK Piotr</b>	<b>1042</b>		M40	63	00:00:19	<b>00:24:38.05</b>	<b>00:24:57.40</b>	+00:07:10 (29.1%)	4:55	12.2 (70.9%)
64	<b>DROZDOWSKI Krzysztof</b>	<b>663</b>		M40	64	00:00:48	<b>00:24:39.15</b>	<b>00:25:27.30</b>	+00:07:11 (29.2%)	4:55	12.2 (70.9%)
65	<b>PRZERACKI Mirosław</b>	<b>336</b>	SZOSZONI	M40	65	00:01:20	<b>00:24:39.95</b>	<b>00:26:00.75</b>	+00:07:12 (29.2%)	4:56	12.2 (70.9%)
66	<b>ŚWIATLAK Marek</b>	<b>963</b>		M40	66	00:00:39	<b>00:24:40.75</b>	<b>00:25:20.25</b>	+00:07:13 (29.3%)	4:56	12.2 (70.9%)
67	<b>KAŻMIERCZAK Paweł</b>	<b>1172</b>		M40	67	00:00:10	<b>00:24:59.70</b>	<b>00:25:10.40</b>	+00:07:32 (30.2%)	5:00	12 (69.8%)
68	<b>BUSSE Dariusz</b>	<b>1352</b>		M40	68	00:00:59	<b>00:25:01.35</b>	<b>00:26:00.45</b>	+00:07:33 (30.2%)	5:00	12 (69.8%)
69	<b>CZAJA Jarosław</b>	<b>251</b>		M40	69	00:00:37	<b>00:25:02.60</b>	<b>00:25:40.05</b>	+00:07:35 (30.3%)	5:00	12 (69.8%)
70	<b>OSZUBSKI Kazimierz</b>	<b>934</b>		M40	70	00:00:22	<b>00:25:04.85</b>	<b>00:25:27.75</b>	+00:07:37 (30.4%)	5:01	12 (69.8%)
71	<b>GŁOWACKI Robert</b>	<b>400</b>		M40	71	00:00:10	<b>00:25:05.15</b>	<b>00:25:15.75</b>	+00:07:37 (30.4%)	5:01	12 (69.8%)
72	<b>ANDRZEJEWSKI Adam</b>	<b>406</b>		M40	72	00:01:50	<b>00:25:05.75</b>	<b>00:26:56.50</b>	+00:07:38 (30.4%)	5:01	12 (69.8%)
73	<b>SIKORSKI Norbert</b>	<b>211</b>		M40	73	00:00:18	<b>00:25:08.00</b>	<b>00:25:26.30</b>	+00:07:40 (30.5%)	5:01	11.9 (69.2%)
74	<b>NOWOSIELSKI Marcin</b>	<b>656</b>		M40	74	00:00:38	<b>00:25:16.25</b>	<b>00:25:55.00</b>	+00:07:48 (30.9%)	5:03	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	RADECKI Maciej	1149	CYBORGI	M40	75	00:01:55	00:25:22.35	00:27:17.90	+00:07:54 (31.2%)	5:04	11.8 (68.6%)
76	ŁABENDA Piotr	792	TERENOWA MASAKRA TEAM	M40	76	00:00:42	00:25:31.85	00:26:14.35	+00:08:04 (31.6%)	5:06	11.7 (68.0%)
77	MALINOWSKI Waldemar	457	RUN LOTTO-BYDGOSTIA	M40	77	00:01:21	00:25:40.45	00:27:01.45	+00:08:13 (32.0%)	5:08	11.7 (68.0%)
78	GOŁCZYŃSKI Tomasz	995		M40	78	00:00:22	00:25:40.70	00:26:02.75	+00:08:13 (32.0%)	5:08	11.7 (68.0%)
79	DANKOWSKI Rafał	1142		M40	79	00:00:10	00:25:46.35	00:25:56.55	+00:08:18 (32.3%)	5:09	11.6 (67.4%)
80	DERESZYŃSKI Piotr	592		M40	80	00:00:57	00:25:47.95	00:26:45.60	+00:08:20 (32.3%)	5:09	11.6 (67.4%)
81	GRZELAK Łukasz	1337		M40	81	00:01:07	00:25:55.50	00:27:03.40	+00:08:28 (32.7%)	5:11	11.6 (67.4%)
82	LEŚNIEWSKI Tomasz	125		M40	82	00:00:23	00:25:57.40	00:26:21.25	+00:08:29 (32.7%)	5:11	11.6 (67.4%)
83	KLINIKOWSKI Jacek	367	KOCHAM ŻYCIE I...	M40	83	00:00:47	00:26:02.10	00:26:49.95	+00:08:34 (32.9%)	5:12	11.5 (66.9%)
84	GRALAK Jacek	601		M40	84	00:00:11	00:26:04.70	00:26:16.55	+00:08:37 (33.1%)	5:13	11.5 (66.9%)
85	KIEŁCZYŃSKI Marek	1278		M40	85	00:00:15	00:26:12.40	00:26:27.95	+00:08:44 (33.4%)	5:14	11.5 (66.9%)
86	JESKE Marek	870	RUN BYDGOSZCZ	M40	86	00:00:22	00:26:15.70	00:26:38.10	+00:08:48 (33.5%)	5:15	11.4 (66.3%)
87	CĄBROWSKI Piotr	1006		M40	87	00:00:50	00:26:16.70	00:27:07.55	+00:08:49 (33.6%)	5:15	11.4 (66.3%)
88	KAPELA Jacek	415	KS WISŁKA BYDGOSZCZ-FORDON	M40	88	00:00:14	00:26:32.60	00:26:47.20	+00:09:05 (34.2%)	5:18	11.3 (65.7%)
89	WALENCIAK Jarosław	289	CZARNE STOPY.SM	M40	89	00:00:19	00:26:46.45	00:27:06.35	+00:09:19 (34.8%)	5:21	11.2 (65.1%)
90	OGRODOWICZ Marcin	354	MIODOWE	M40	90	00:00:31	00:26:53.45	00:27:25.05	+00:09:26 (35.1%)	5:22	11.2 (65.1%)
91	DURĄŁEK Andrzej	888		M40	91	00:00:57	00:27:10.70	00:28:08.00	+00:09:43 (35.8%)	5:26	11 (64.0%)
92	SOBOTA Piotr	482		M40	92	00:00:19	00:27:17.15	00:27:36.75	+00:09:49 (36.0%)	5:27	11 (64.0%)
93	ISKRA Jacek	849		M40	93	00:01:19	00:27:17.40	00:28:36.45	+00:09:49 (36.0%)	5:27	11 (64.0%)
94	GUŹDZIÓŁ Jarek	527	SOLECCY BIEGACZE	M40	94	00:00:30	00:27:18.05	00:27:48.55	+00:09:50 (36.1%)	5:27	11 (64.0%)
95	MARZEC Maciej	944	TEBI	M40	95	00:01:16	00:27:34.20	00:28:50.95	+00:10:06 (36.7%)	5:30	10.9 (63.4%)
96	JURCZYK Piotr	417	VIRTUAL RUNNER CLUB	M40	96	00:00:50	00:27:38.50	00:28:29.35	+00:10:11 (36.8%)	5:31	10.8 (62.8%)
97	KRUK Krzysztof	662		M40	97	00:00:40	00:27:38.60	00:28:18.90	+00:10:11 (36.8%)	5:31	10.9 (63.4%)
98	BURCZYK Roman	461		M40	98	00:01:32	00:27:58.40	00:29:30.95	+00:10:30 (37.6%)	5:35	10.7 (62.2%)
99	KRYSTOFIAK Robert	639		M40	99	00:00:48	00:28:00.60	00:28:48.80	+00:10:33 (37.7%)	5:36	10.7 (62.2%)
100	SCIGOCKI Waldemar	1001	BIEGNIJ Z PROSERVICE	M40	100	00:01:28	00:28:05.75	00:29:34.10	+00:10:38 (37.9%)	5:37	10.7 (62.2%)
101	RADZIKOWSKI Przemysław	285		M40	101	00:00:26	00:28:10.60	00:28:37.25	+00:10:43 (38.0%)	5:38	10.6 (61.6%)
102	GRACZYKOWSKI Andrzej	197	NADTO SIĘ JADŁO	M40	102	00:01:46	00:28:12.80	00:29:59.00	+00:10:45 (38.1%)	5:38	10.6 (61.6%)
103	LASKOWSKI Wojciech	1059		M40	103	00:01:10	00:28:19.20	00:29:29.45	+00:10:51 (38.4%)	5:39	10.6 (61.6%)
104	KIERNICKI Jarosław	1123		M40	104	00:01:09	00:28:27.40	00:29:36.45	+00:10:59 (38.7%)	5:41	10.5 (61.0%)
105	JASKÓLSKI Andrzej	1300		M40	105	00:00:30	00:28:28.20	00:28:58.50	+00:11:00 (38.7%)	5:41	10.5 (61.0%)
106	BUTRYM Dariusz	749		M40	106	00:01:47	00:28:32.60	00:30:19.95	+00:11:05 (38.8%)	5:42	10.5 (61.0%)
107	SIUDA Marek	1025		M40	107	00:01:31	00:28:32.75	00:30:04.40	+00:11:05 (38.8%)	5:42	10.5 (61.0%)
108	PROSEK Krzysztof	841		M40	108	00:01:30	00:28:33.90	00:30:04.00	+00:11:06 (38.9%)	5:42	10.5 (61.0%)
109	LEWANDOWSKI Piotr	1118		M40	109	00:01:15	00:28:37.85	00:29:53.75	+00:11:10 (39.0%)	5:43	10.5 (61.0%)
110	PIÓRKOWSKI Rafał	343		M40	110	00:00:49	00:28:41.45	00:29:30.55	+00:11:14 (39.2%)	5:44	10.5 (61.0%)
111	GERLACH Waldemar	1060		M40	111	00:01:33	00:28:41.55	00:30:14.65	+00:11:14 (39.2%)	5:44	10.5 (61.0%)
112	KAMINSKI Mariusz	1080		M40	112	00:01:17	00:28:43.90	00:30:01.60	+00:11:16 (39.2%)	5:44	10.4 (60.5%)
113	LUKASIEWICZ Krzysztof	777		M40	113	00:01:47	00:28:43.95	00:30:31.75	+00:11:16 (39.2%)	5:44	10.4 (60.5%)
114	ŻMICH Tomasz	1329		M40	114	00:01:26	00:28:48.30	00:30:14.55	+00:11:20 (39.4%)	5:45	10.4 (60.5%)
115	SZCZĘSNY Arkadiusz	201	DYNAMO SKARPA	M40	115	00:01:51	00:28:48.80	00:30:40.50	+00:11:21 (39.4%)	5:45	10.4 (60.5%)
116	NOWICKI Adam	650		M40	116	00:01:06	00:29:03.20	00:30:09.95	+00:11:35 (39.9%)	5:48	10.3 (59.9%)
117	AUGUSTYNIAK Piotr	103		M40	117	00:01:15	00:29:08.55	00:30:23.80	+00:11:41 (40.1%)	5:49	10.3 (59.9%)
118	PISZCZ Andrzej	706		M40	118	00:01:06	00:29:10.90	00:30:17.35	+00:11:43 (40.2%)	5:50	10.3 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	<b>GODZIK Kamil</b>	<b>174</b>	DYNAMO SKARPA	M40	119	00:00:29	<b>00:29:12.60</b>	<b>00:29:42.35</b>	+00:11:45 (40.2%)	5:50	10.3 (59.9%)
120	<b>BOREK Marcin</b>	<b>432</b>		M40	120	00:00:49	<b>00:29:18.10</b>	<b>00:30:08.00</b>	+00:11:50 (40.4%)	5:51	10.2 (59.3%)
121	<b>RUTKOWSKI Tomasz</b>	<b>40</b>		M40	121	00:00:23	<b>00:29:27.90</b>	<b>00:29:51.40</b>	+00:12:00 (40.8%)	5:53	10.2 (59.3%)
122	<b>KULCZYK Sebastian</b>	<b>973</b>		M40	122	00:00:38	<b>00:29:29.15</b>	<b>00:30:07.90</b>	+00:12:01 (40.8%)	5:53	10.2 (59.3%)
123	<b>ZABOROWSKI Robert</b>	<b>742</b>		M40	123	00:00:43	<b>00:29:32.20</b>	<b>00:30:15.90</b>	+00:12:04 (40.9%)	5:54	10.2 (59.3%)
124	<b>DANIELEK Adam</b>	<b>25</b>	BIEGAM, ŻEBY SIĘ NIE SPOCIĆ!	M40	124	00:01:12	<b>00:29:32.40</b>	<b>00:30:44.45</b>	+00:12:04 (40.9%)	5:54	10.2 (59.3%)
125	<b>KAMIŃSKI Michał</b>	<b>345</b>		M40	125	00:00:51	<b>00:29:35.75</b>	<b>00:30:27.35</b>	+00:12:08 (41.0%)	5:55	10.1 (58.7%)
126	<b>ANDRZEJEWSKI Paweł</b>	<b>911</b>		M40	126	00:00:31	<b>00:29:40.95</b>	<b>00:30:12.30</b>	+00:12:13 (41.2%)	5:56	10.1 (58.7%)
127	<b>SMERLIŃSKI Robert</b>	<b>710</b>	-	M40	127	00:01:36	<b>00:29:45.80</b>	<b>00:31:22.45</b>	+00:12:18 (41.3%)	5:57	10.1 (58.7%)
128	<b>STACHEWICZ Sławomir</b>	<b>617</b>		M40	128	00:00:25	<b>00:29:52.30</b>	<b>00:30:17.50</b>	+00:12:24 (41.6%)	5:58	10 (58.1%)
129	<b>JANKOWSKI Rafał</b>	<b>80</b>	7 BDH SZARE WILKI	M40	129	00:00:55	<b>00:29:53.80</b>	<b>00:30:49.45</b>	+00:12:26 (41.6%)	5:58	10 (58.1%)
130	<b>DOLATA Grzegorz</b>	<b>404</b>		M40	130	00:00:57	<b>00:30:06.55</b>	<b>00:31:03.60</b>	+00:12:39 (42.0%)	6:01	10 (58.1%)
131	<b>LEMIEŻ Andrzej</b>	<b>842</b>	SOLECCY BIEGACZE	M40	131	00:01:05	<b>00:30:11.75</b>	<b>00:31:17.10</b>	+00:12:44 (42.2%)	6:02	9.9 (57.6%)
132	<b>ASTUKIEWICZ Tomasz</b>	<b>24</b>		M40	132	00:01:52	<b>00:30:16.70</b>	<b>00:32:09.25</b>	+00:12:49 (42.3%)	6:03	9.9 (57.6%)
133	<b>MIKOŁAJEWSKI Jacek</b>	<b>1161</b>	'ROWER' S.C. WIŚLANA	M40	133	00:01:14	<b>00:30:22.65</b>	<b>00:31:36.90</b>	+00:12:55 (42.5%)	6:04	9.9 (57.6%)
134	<b>IWAN Remigiusz</b>	<b>1160</b>		M40	134	00:01:13	<b>00:30:23.00</b>	<b>00:31:36.70</b>	+00:12:55 (42.5%)	6:04	9.9 (57.6%)
135	<b>WESOŁOWSKI Rafał</b>	<b>1076</b>	SZURUSIE TEAM	M40	135	00:00:32	<b>00:30:24.20</b>	<b>00:30:56.75</b>	+00:12:56 (42.6%)	6:04	9.9 (57.6%)
136	<b>PRZYBYSZEWSKI Marcin</b>	<b>1175</b>		M40	136	00:00:25	<b>00:30:44.75</b>	<b>00:31:10.25</b>	+00:13:17 (43.2%)	6:09	9.8 (57.0%)
137	<b>WÓJCIK Tomasz</b>	<b>113</b>		M40	137	00:00:31	<b>00:30:51.10</b>	<b>00:31:22.15</b>	+00:13:23 (43.4%)	6:10	9.7 (56.4%)
138	<b>GUMIENNY Maciej</b>	<b>673</b>		M40	138	00:01:47	<b>00:30:52.75</b>	<b>00:32:40.35</b>	+00:13:25 (43.5%)	6:10	9.7 (56.4%)
139	<b>BUDZIAK Bartosz</b>	<b>282</b>		M40	139	00:01:40	<b>00:31:04.85</b>	<b>00:32:45.00</b>	+00:13:37 (43.8%)	6:13	9.7 (56.4%)
140	<b>FARBOTKO Marcin</b>	<b>1285</b>	FARBOTKI	M40	140	00:01:41	<b>00:31:19.05</b>	<b>00:33:00.95</b>	+00:13:51 (44.3%)	6:15	9.6 (55.8%)
141	<b>DOBROWOLSKI Krzysztof</b>	<b>943</b>		M40	141	00:00:47	<b>00:31:26.20</b>	<b>00:32:13.40</b>	+00:13:58 (44.5%)	6:17	9.5 (55.2%)
142	<b>WANKE Przemysław</b>	<b>311</b>		M40	142	00:01:26	<b>00:31:53.80</b>	<b>00:33:20.00</b>	+00:14:26 (45.3%)	6:22	9.4 (54.7%)
143	<b>ŚLĘZAK Rafał</b>	<b>1317</b>		M40	143	00:01:22	<b>00:32:01.75</b>	<b>00:33:23.95</b>	+00:14:34 (45.5%)	6:24	9.4 (54.7%)
144	<b>MODRZEWSKI Łukasz</b>	<b>579</b>		M40	144	00:00:19	<b>00:32:05.00</b>	<b>00:32:24.60</b>	+00:14:37 (45.6%)	6:25	9.4 (54.7%)
145	<b>LISOWSKI Sebastian</b>	<b>572</b>		M40	145	00:01:40	<b>00:32:12.45</b>	<b>00:33:53.40</b>	+00:14:45 (45.8%)	6:26	9.3 (54.1%)
146	<b>KMIEĆ Norbert</b>	<b>565</b>	NORBI	M40	146	00:00:32	<b>00:32:13.90</b>	<b>00:32:46.85</b>	+00:14:46 (45.8%)	6:26	9.3 (54.1%)
147	<b>GROCHOWALSKI Arkadiusz</b>	<b>1074</b>		M40	147	00:01:41	<b>00:32:23.70</b>	<b>00:34:05.15</b>	+00:14:56 (46.1%)	6:28	9.3 (54.1%)
148	<b>MARĆ Robert</b>	<b>1235</b>		M40	148	00:01:27	<b>00:32:26.05</b>	<b>00:33:53.90</b>	+00:14:58 (46.2%)	6:29	9.2 (53.5%)
149	<b>GRUBICH Arkadiusz</b>	<b>750</b>		M40	149	00:01:17	<b>00:32:43.80</b>	<b>00:34:00.95</b>	+00:15:16 (46.7%)	6:32	9.2 (53.5%)
150	<b>ROBAKOWSKI Waldemar</b>	<b>788</b>	PACTUM	M40	150	00:01:33	<b>00:32:54.05</b>	<b>00:34:27.35</b>	+00:15:26 (46.9%)	6:34	9.1 (52.9%)
151	<b>KONIEC Piotr</b>	<b>466</b>	#IRONTATA	M40	151	00:01:27	<b>00:33:05.20</b>	<b>00:34:32.75</b>	+00:15:37 (47.2%)	6:37	9.1 (52.9%)
152	<b>ZELEK Janusz</b>	<b>523</b>		M40	152	00:00:51	<b>00:33:06.55</b>	<b>00:33:58.40</b>	+00:15:39 (47.3%)	6:37	9.1 (52.9%)
153	<b>KAWA Marcin</b>	<b>1311</b>		M40	153	00:00:48	<b>00:33:25.00</b>	<b>00:34:13.95</b>	+00:15:57 (47.8%)	6:41	9 (52.3%)
154	<b>TEWS Sebastian</b>	<b>869</b>		M40	154	00:01:01	<b>00:33:26.60</b>	<b>00:34:28.20</b>	+00:15:59 (47.8%)	6:41	9 (52.3%)
155	<b>URBANSKI Piotr</b>	<b>1129</b>	RUNTEAMPRUSZCZ	M40	155	00:01:14	<b>00:33:29.40</b>	<b>00:34:44.35</b>	+00:16:01 (47.9%)	6:42	9 (52.3%)
156	<b>GORZYCKI Dariusz</b>	<b>455</b>	BYDGOSKA SEKCJA KARATE IKO KYOKUSHINKAIKAN	M40	156	00:00:08	<b>00:33:47.75</b>	<b>00:33:55.90</b>	+00:16:20 (48.3%)	6:45	8.9 (51.7%)
157	<b>SZCZESZAK Miłosz</b>	<b>156</b>		M40	157	00:01:43	<b>00:34:04.85</b>	<b>00:35:48.55</b>	+00:16:37 (48.8%)	6:49	8.8 (51.2%)
158	<b>ŻURAWSKI Michał</b>	<b>378</b>	RUN LOTTO-BYDGOSTIA	M40	158	00:01:36	<b>00:34:12.75</b>	<b>00:35:49.00</b>	+00:16:45 (49.0%)	6:50	8.8 (51.2%)
159	<b>KITOWSKI Andrzej</b>	<b>1070</b>		M40	159	00:00:15	<b>00:34:20.05</b>	<b>00:34:35.85</b>	+00:16:52 (49.2%)	6:52	8.7 (50.6%)
160	<b>JURCZYK Artur</b>	<b>988</b>		M40	160	00:01:45	<b>00:34:35.50</b>	<b>00:36:21.15</b>	+00:17:08 (49.5%)	6:55	8.7 (50.6%)
161	<b>KLABACHA Piotr</b>	<b>381</b>		M40	161	00:00:27	<b>00:34:37.90</b>	<b>00:35:05.75</b>	+00:17:10 (49.6%)	6:55	8.7 (50.6%)
162	<b>ZALEWSKI Łukasz</b>	<b>350</b>		M40	162	00:01:29	<b>00:34:42.50</b>	<b>00:36:12.30</b>	+00:17:15 (49.7%)	6:56	8.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	<b>KLIMKIEWICZ Maciej</b>	<b>854</b>	SETOPOOLS	M40	163	00:01:25	<b>00:36:52.60</b>	<b>00:38:18.55</b>	+00:19:25 (52.7%)	7:22	8.1 (47.1%)
164	<b>SZTEJKA Damian</b>	<b>375</b>		M40	164	00:01:26	<b>00:37:17.55</b>	<b>00:38:43.55</b>	+00:19:50 (53.2%)	7:27	8 (46.5%)
165	<b>OLECHNOWICZ Tomasz</b>	<b>978</b>	SMUKAŁA TEAM	M40	165	00:01:47	<b>00:37:21.80</b>	<b>00:39:09.70</b>	+00:19:54 (53.3%)	7:28	8 (46.5%)
166	<b>RAKAŁOWICZ Krzysztof</b>	<b>683</b>	PL	M40	166	00:00:29	<b>00:38:21.85</b>	<b>00:38:50.95</b>	+00:20:54 (54.5%)	7:40	7.8 (45.3%)
167	<b>KONARZEWSKI Arkadiusz</b>	<b>539</b>		M40	167	00:01:13	<b>00:38:26.65</b>	<b>00:39:40.05</b>	+00:20:59 (54.6%)	7:41	7.8 (45.3%)
168	<b>ORLIŃSKI Andrzej</b>	<b>1008</b>		M40	168	00:01:33	<b>00:40:46.30</b>	<b>00:42:20.15</b>	+00:23:18 (57.2%)	8:09	7.4 (43.0%)

Znaleziono 168 wynik(ów)