



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

Miasto Bydgoszcz

2023-04-23

Bydgoszcz

5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FUZ Marek	1007	KABEL TEAM BYDGOSZCZ	M50	1	00:00:04	00:19:18.30	00:19:22.65		3:51	15.5 (100%)
2	KOZŁOWSKI Rafał	489		M50	2	00:00:03	00:19:31.55	00:19:35.00	+00:00:13 (1.1%)	3:54	15.4 (99.4%)
3	KWAŚNIEWSKI Waldemar	1195	AMATOR	M50	3	00:00:15	00:19:59.85	00:20:15.10	+00:00:41 (3.5%)	3:59	15 (96.8%)
4	CIUPA Jarosław	1151	AKADEMIA MISTRZÓW SPORTU	M50	4	00:00:25	00:21:19.25	00:21:44.70	+00:02:00 (9.5%)	4:15	14.1 (91.0%)
5	SZYMCZAK Maciej	762		M50	5	00:00:10	00:21:26.55	00:21:36.95	+00:02:08 (10.0%)	4:17	14 (90.3%)
6	JUREK Sławomir	88	BBN	M50	6	00:00:00	00:21:37.00	00:21:37.00	+00:02:18 (10.7%)	4:19	13.9 (89.7%)
7	BARANOWSKI Tomasz	359	SAPER TEAM	M50	7	00:00:07	00:21:45.55	00:21:53.50	+00:02:27 (11.3%)	4:21	13.8 (89.0%)
8	KAŻMIRSKI Dariusz	605	SUPRAVIS	M50	8	00:00:07	00:22:15.40	00:22:23.00	+00:02:57 (13.3%)	4:27	13.5 (87.1%)
9	WŁODARCZYK Wojciech	502		M50	9	00:00:53	00:22:31.65	00:23:25.35	+00:03:13 (14.3%)	4:30	13.3 (85.8%)
10	POPIELARZ Robert	511	MAKE LOVE NOT WAR	M50	10	00:01:25	00:22:53.75	00:24:18.90	+00:03:35 (15.7%)	4:34	13.1 (84.5%)
11	KRÓL Maciej	650		M50	11	00:00:38	00:23:09.00	00:23:47.00	+00:03:50 (16.6%)	4:37	13 (83.9%)
12	KAZUBOWSKI Jacek	219	TRIDARKO	M50	12	00:00:08	00:23:11.15	00:23:20.05	+00:03:52 (16.7%)	4:38	12.9 (83.2%)
13	WĘGRZYNOWSKI Sławomir	1105	KABEL TEAM BYDGOSZCZ	M50	13	00:00:57	00:23:16.55	00:24:13.60	+00:03:58 (17.1%)	4:39	12.9 (83.2%)
14	CIEMNY Tomasz	985		M50	14	00:00:28	00:23:21.05	00:23:50.00	+00:04:02 (17.3%)	4:40	12.8 (82.6%)
15	SZULC Andrzej	1180		M50	15	00:00:05	00:23:29.85	00:23:35.55	+00:04:11 (17.8%)	4:41	12.8 (82.6%)
16	KAPANOWSKI Sylwester	49		M50	16	00:00:39	00:23:33.15	00:24:13.00	+00:04:14 (18.0%)	4:42	12.7 (81.9%)
17	GACKOWSKI Krzysztof	154		M50	17	00:00:14	00:23:46.95	00:24:01.60	+00:04:28 (18.8%)	4:45	12.6 (81.3%)
18	SIERADZKI Bartosz	176		M50	18	00:02:22	00:24:03.70	00:26:26.65	+00:04:45 (19.8%)	4:48	12.5 (80.6%)
19	RUNNER Andrzej	688	RUN BDG	M50	19	00:00:16	00:24:11.95	00:24:28.10	+00:04:53 (20.2%)	4:50	12.4 (80.0%)
20	DŁUŻEWSKI Wojciech	326		M50	20	00:00:17	00:24:12.50	00:24:30.10	+00:04:54 (20.3%)	4:50	12.4 (80.0%)
21	WNUCZYŃSKI Andrzej	869	ORANGE POLSKA	M50	21	00:00:00	00:24:20.15	00:24:20.15	+00:05:01 (20.7%)	4:52	12.3 (79.4%)
22	JAWORSKI Krzysztof	297		M50	22	00:00:29	00:24:25.20	00:24:54.20	+00:05:06 (20.9%)	4:53	12.3 (79.4%)
23	ROBACZEWSKI Artur	842		M50	23	00:00:20	00:24:25.25	00:24:45.50	+00:05:06 (20.9%)	4:53	12.3 (79.4%)
24	GLAMA Stanisław	316		M50	24	00:00:55	00:24:28.20	00:25:23.90	+00:05:09 (21.1%)	4:53	12.3 (79.4%)
25	RYDLEWSKI Marek	481	TEAM RUDNIK / RUN BYDGOSZCZ	M50	25	00:00:09	00:24:28.70	00:24:38.30	+00:05:10 (21.1%)	4:53	12.3 (79.4%)
26	KOSEK Mariusz	801	RCI	M50	26	00:00:15	00:24:31.20	00:24:47.10	+00:05:12 (21.3%)	4:54	12.2 (78.7%)
27	KOLASIŃSKI Tomasz	358		M50	27	00:00:16	00:24:56.10	00:25:12.80	+00:05:37 (22.6%)	4:59	12 (77.4%)
28	PIETRASZAK Tomasz	38	RUN BYDGOSZCZ	M50	28	00:00:18	00:25:18.20	00:25:36.55	+00:05:59 (23.7%)	5:03	11.9 (76.8%)
29	ROSSA Sławomir	118		M50	29	00:00:11	00:25:33.80	00:25:45.50	+00:06:15 (24.5%)	5:06	11.7 (75.5%)
30	MICHALAK Mariusz	342		M50	30	00:01:30	00:25:37.80	00:27:08.50	+00:06:19 (24.7%)	5:07	11.7 (75.5%)

							Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu			Różn		
31	CIESIELSKI Arkadiusz	799		M50	31	00:00:31	00:25:39.70	00:26:11.15	+00:06:21 (24.8%)	5:07	11.7 (75.5%)
32	RYGIEWICZ Wojciech	785		M50	32	00:00:21	00:25:41.00	00:26:02.70	+00:06:22 (24.8%)	5:08	11.7 (75.5%)
33	JESKE Marek	938	RUN BYDGOSZCZ	M50	33	00:00:16	00:25:47.10	00:26:03.50	+00:06:28 (25.1%)	5:09	11.6 (74.8%)
34	NURKIEWICZ Jarosław	1069	KUNG FU PANDY 3	M50	34	00:00:30	00:25:52.95	00:26:23.45	+00:06:34 (25.4%)	5:10	11.6 (74.8%)
35	PACEK Mirosław	818		M50	35	00:00:19	00:26:00.45	00:26:19.55	+00:06:42 (25.8%)	5:12	11.5 (74.2%)
36	ZAPARUCHA Mikołaj	1062		M50	36	00:01:00	00:26:02.85	00:27:03.00	+00:06:44 (25.9%)	5:12	11.5 (74.2%)
37	DONARSKI Janusz	530	DONARY	M50	37	00:00:38	00:26:14.05	00:26:52.10	+00:06:55 (26.4%)	5:14	11.4 (73.5%)
38	KWASEK Wojciech	1047	KABEL TEAM BYDGOSZCZ	M50	38	00:00:53	00:26:15.95	00:27:09.00	+00:06:57 (26.5%)	5:15	11.4 (73.5%)
39	KIERNICKI Jarosław	286		M50	39	00:01:23	00:26:16.55	00:27:40.00	+00:06:58 (26.5%)	5:15	11.4 (73.5%)
40	KRUPINSKI Tomasz	1185		M50	40	00:01:12	00:26:16.80	00:27:29.10	+00:06:58 (26.5%)	5:15	11.4 (73.5%)
41	OSZUBSKI Kazimierz	1093		M50	41	00:00:45	00:26:19.90	00:27:04.95	+00:07:01 (26.7%)	5:15	11.4 (73.5%)
42	CIESIELSKI Mirosław	840		M50	42	00:02:10	00:26:23.90	00:28:34.80	+00:07:05 (26.9%)	5:16	11.4 (73.5%)
43	RUTKOWSKI Tomasz	134		M50	43	00:00:22	00:26:27.65	00:26:50.15	+00:07:09 (27.0%)	5:17	11.3 (72.9%)
44	SŁODOWNIK Rafał	731	TOWARZYSKI MARATON PUSZCZY BYDGOSKIEJ	M50	44	00:02:17	00:26:35.50	00:28:52.95	+00:07:17 (27.4%)	5:19	11.3 (72.9%)
45	KRAWIEC Jacek	417		M50	45	00:02:34	00:26:50.20	00:29:25.00	+00:07:31 (28.1%)	5:22	11.2 (72.3%)
46	JANKOWSKI Dariusz	851		M50	46	00:00:39	00:27:04.50	00:27:44.35	+00:07:46 (28.7%)	5:24	11.1 (71.6%)
47	SIKORSKI Norbert	619		M50	47	00:01:18	00:27:24.50	00:28:43.10	+00:08:06 (29.6%)	5:28	10.9 (70.3%)
48	WACHOWSKI Piotr	776		M50	48	00:01:39	00:27:33.30	00:29:12.70	+00:08:15 (29.9%)	5:30	10.9 (70.3%)
49	SIUDA Marek	381		M50	49	00:01:38	00:27:35.20	00:29:13.85	+00:08:16 (30.0%)	5:31	10.9 (70.3%)
50	WALCZAK Maciej	932		M50	50	00:00:19	00:27:40.90	00:28:00.85	+00:08:22 (30.3%)	5:32	10.8 (69.7%)
51	KONWIŃSKI Dariusz	1155		M50	51	00:00:25	00:27:49.30	00:28:14.40	+00:08:31 (30.6%)	5:33	10.8 (69.7%)
52	OBRZANOWSKI Maciej	191		M50	52	00:00:35	00:27:50.65	00:28:25.85	+00:08:32 (30.7%)	5:34	10.8 (69.7%)
53	JANKOWSKI Tomasz	312	DĘBY OSIELSKO	M50	53	00:01:47	00:27:52.80	00:29:40.40	+00:08:34 (30.8%)	5:34	10.8 (69.7%)
54	PIERZGALSKI Jarek	676	KABEL TEAM BYDGOSZCZ	M50	54	00:01:33	00:27:58.25	00:29:32.20	+00:08:39 (31.0%)	5:35	10.7 (69.0%)
55	SZYMCZYK Radosław	1140	SOLANKOWI BIEGACZE INOWROCŁAW	M50	55	00:00:36	00:28:08.15	00:28:44.50	+00:08:49 (31.4%)	5:37	10.7 (69.0%)
56	KORPALSKI Andrzej	908		M50	56	00:01:37	00:28:09.50	00:29:47.30	+00:08:51 (31.4%)	5:37	10.7 (69.0%)
57	KRUCZKOWSKI Piotr	247		M50	57	00:00:09	00:28:12.40	00:28:21.50	+00:08:54 (31.6%)	5:38	10.6 (68.4%)
58	JASIENIECKI Piotr	391		M50	58	00:01:12	00:28:19.10	00:29:31.95	+00:09:00 (31.8%)	5:39	10.6 (68.4%)
59	ŻUCHOWSKI Dariusz	656	PARKRUN BYDGOSZCZ	M50	59	00:00:57	00:28:21.45	00:29:18.60	+00:09:03 (31.9%)	5:40	10.6 (68.4%)
60	JANASZ Krzysztof	30		M50	60	00:01:43	00:28:24.45	00:30:07.95	+00:09:06 (32.0%)	5:40	10.6 (68.4%)
61	BUTOWSKI Michał	136		M50	61	00:01:39	00:28:26.55	00:30:05.55	+00:09:08 (32.1%)	5:41	10.6 (68.4%)
62	KRUK Krzysztof	863		M50	62	00:01:57	00:28:29.65	00:30:26.80	+00:09:11 (32.2%)	5:41	10.5 (67.7%)
63	CYGANEK Grzegorz	227		M50	63	00:00:26	00:28:30.80	00:28:56.80	+00:09:12 (32.3%)	5:42	10.5 (67.7%)
64	WOJCIESZAK Dariusz	591		M50	64	00:00:33	00:28:44.35	00:29:17.95	+00:09:26 (32.8%)	5:44	10.4 (67.1%)
65	SZYPERSKI Sławomir	1110		M50	65	00:00:00	00:29:11.05	00:29:11.05	+00:09:52 (33.9%)	5:50	10.3 (66.5%)
66	BIAŁOWĄS Dariusz	1141		M50	66	00:02:36	00:29:18.80	00:31:55.00	+00:10:00 (34.1%)	5:51	10.2 (65.8%)
67	KUBSKI Jarosław	1138		M50	67	00:00:19	00:29:23.85	00:29:43.45	+00:10:05 (34.3%)	5:52	10.2 (65.8%)
68	PIĘTA Darek	40		M50	68	00:01:54	00:29:46.85	00:31:41.00	+00:10:28 (35.2%)	5:57	10.1 (65.2%)
69	KEMPA Marek	360	MŁYNY ROTHERA	M50	69	00:00:40	00:30:00.25	00:30:40.25	+00:10:41 (35.7%)	6:00	10 (64.5%)
70	DOMŻALSKI Marek	848		M50	70	00:02:48	00:30:23.85	00:33:12.25	+00:11:05 (36.5%)	6:04	9.9 (63.9%)
71	SZYMCZAK Jacek	133		M50	71	00:02:10	00:30:48.65	00:32:59.10	+00:11:30 (37.3%)	6:09	9.7 (62.6%)
72	ZIÓŁKOWSKI Piotr	124	MORŚWIRY	M50	72	00:02:19	00:31:20.45	00:33:40.20	+00:12:02 (38.4%)	6:16	9.6 (61.9%)
73	WÓJCIK Tomasz	46		M50	73	00:01:51	00:31:31.50	00:33:23.45	+00:12:13 (38.8%)	6:18	9.5 (61.3%)
74	KRUTUL Maciej	693	AMATOR	M50	74	00:00:56	00:31:39.45	00:32:36.30	+00:12:21 (39.0%)	6:19	9.5 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	GRZELAK Robert	257	GMINA GARDEJA BIEGA	M50	75	00:01:09	00:31:41.85	00:32:51.10	+00:12:23 (39.1%)	6:20	9.5 (61.3%)
76	STACHOWIAK Jacek	809	MORŚWIRY	M50	76	00:02:17	00:31:51.90	00:34:09.75	+00:12:33 (39.4%)	6:22	9.4 (60.6%)
77	LEWANDOWSKI Marek	878	ROLLTEAM BYDGOSZCZ	M50	77	00:01:16	00:32:30.10	00:33:46.45	+00:13:11 (40.6%)	6:30	9.2 (59.4%)
78	PRZYBYSZEWSKI Marcin	984		M50	78	00:00:35	00:32:50.55	00:33:26.15	+00:13:32 (41.2%)	6:34	9.1 (58.7%)
79	BURDAK Janusz	680		M50	79	00:02:26	00:33:12.70	00:35:39.10	+00:13:54 (41.9%)	6:38	9 (58.1%)
80	KRAJEWSKI Adam	271		M50	80	00:01:07	00:33:54.85	00:35:02.25	+00:14:36 (43.1%)	6:46	8.8 (56.8%)
81	MUSIAŁ Artur	918		M50	81	00:02:37	00:33:57.60	00:36:35.20	+00:14:39 (43.2%)	6:47	8.8 (56.8%)
82	ŁABENDA Piotr	37	TERENOWA MASAKRA TEAM	M50	82	00:02:19	00:34:19.90	00:36:39.55	+00:15:01 (43.8%)	6:51	8.7 (56.1%)
83	BIELUSZEWSKI Artur	565		M50	83	00:03:07	00:35:00.85	00:38:08.15	+00:15:42 (44.9%)	7:00	8.6 (55.5%)
84	PYTLIK Dariusz	845	SAINT GOBAIN SQUAD	M50	84	00:00:50	00:35:04.80	00:35:55.50	+00:15:46 (45.0%)	7:00	8.6 (55.5%)
85	WITKOWSKI Maciej	365		M50	85	00:01:29	00:35:12.45	00:36:42.35	+00:15:54 (45.2%)	7:02	8.5 (54.8%)
86	KWASIGROCH Krzysztof	601	TKKF KOLEJARZ	M50	86	00:02:48	00:35:15.95	00:38:04.50	+00:15:57 (45.3%)	7:03	8.5 (54.8%)
87	ASTUKIEWICZ Tomasz	543		M50	87	00:00:56	00:35:27.90	00:36:24.40	+00:16:09 (45.6%)	7:05	8.5 (54.8%)
88	ISKRA Jacek	386		M50	88	00:00:14	00:35:33.00	00:35:47.80	+00:16:14 (45.7%)	7:06	8.4 (54.2%)
89	IWANIUK Jacek	222	PĘDZĄCE CHOMIKI	M50	89	00:01:33	00:35:38.25	00:37:11.95	+00:16:19 (45.8%)	7:07	8.4 (54.2%)
90	SCIGOCKI Waldemar	953		M50	90	00:01:53	00:35:50.10	00:37:43.70	+00:16:31 (46.1%)	7:10	8.4 (54.2%)
91	MŁYNAREK Waldemar	256		M50	91	00:01:50	00:36:04.25	00:37:54.85	+00:16:45 (46.5%)	7:12	8.3 (53.5%)
92	LEWANDOWSKA Piotr	554	FREAKY_FIT	M50	92	00:00:55	00:37:36.80	00:38:32.70	+00:18:18 (48.7%)	7:31	8 (51.6%)
93	BYCZKOWSKI Zenon	597	INDYWIDUALNIE	M50	93	00:03:00	00:39:04.60	00:42:04.85	+00:19:46 (50.6%)	7:48	7.7 (49.7%)
94	KLINIKOWSKI Jacek	483	KOCHAM ŻYCIE I...	M50	94	00:00:58	00:39:26.75	00:40:24.85	+00:20:08 (51.1%)	7:53	7.6 (49.0%)
95	ALEXANDER Marek	440		M50	95	00:02:23	00:39:47.50	00:42:10.50	+00:20:29 (51.5%)	7:57	7.5 (48.4%)
96	SZMELTER Michał	382		M50	96	00:00:00	00:40:45.50	00:40:45.50	+00:21:27 (52.6%)	8:09	7.4 (47.7%)
97	JAGODZIŃSKI Karol	128		M50	97	00:02:38	00:41:37.65	00:44:15.70	+00:22:19 (53.6%)	8:19	7.2 (46.5%)
98	BOROWIECKI Maciej	637		M50	98	00:00:34	00:47:34.75	00:48:09.55	+00:28:16 (59.4%)	9:30	6.3 (40.6%)
99	GOLA Grzegorz	1160	GRZEGORZ GOLA	M50	99	00:03:10	00:47:45.95	00:50:56.50	+00:28:27 (59.6%)	9:33	6.3 (40.6%)
100	ŚWIETLIK Piotr	841		M50	100	00:01:44					(0.0%)
101	MALINOWSKI Przemysław	592		M50	101	00:01:53					(0.0%)

Znaleziono 101 wynik(ów)