



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2024-04-14
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KWAŚNIEWSKA Waldemar	556		M50	1		00:00:04	00:20:01.85	00:20:06.75		4:00	15 (100%)
2	FUZ Marek	213	KABEL TEAM BYDGOSZCZ	M50	2		00:00:04	00:20:11.80	00:20:15.90	+00:00:09 (0.8%)	4:02	14.9 (99.3%)
3	KOZŁOWSKI Rafał	503		M50	3		00:00:03	00:20:20.55	00:20:23.80	+00:00:18 (1.5%)	4:04	14.8 (98.7%)
4	BEJGIER Edmund	39	BIEGAM Z DĘBAMI OSIELSKO	M50	4		00:00:05	00:20:36.85	00:20:41.90	+00:00:35 (2.8%)	4:07	14.6 (97.3%)
5	JUREK Sławomir	385		M50	5		00:00:04	00:22:05.95	00:22:09.95	+00:02:04 (9.4%)	4:25	13.6 (90.7%)
6	KRUSZYNA Adam	521		M50	6		00:00:10	00:22:57.80	00:23:07.95	+00:02:55 (12.8%)	4:35	13.1 (87.3%)
7	PAWLIK Stanisław	781		M50	7		00:00:09	00:23:00.00	00:23:09.25	+00:02:58 (12.9%)	4:36	13 (86.7%)
7	RYDLEWSKI Marek	905	TEAM RUDNIK	M50	7		00:00:16	00:23:00.00	00:23:16.20	+00:02:58 (12.9%)	4:36	13 (86.7%)
9	RUNNER Andrzej	894	RUN BYDGOSZCZ	M50	9		00:00:08	00:23:24.05	00:23:32.60	+00:03:22 (14.4%)	4:40	12.8 (85.3%)
10	BUZALSKI Robert	89	ORANGE POLSKA	M50	10		00:00:13	00:23:24.50	00:23:37.60	+00:03:22 (14.4%)	4:40	12.8 (85.3%)
11	KOSZOWSKI Rafał	480	TRITRYSZCZYNTTEAM	M50	11		00:00:23	00:23:27.95	00:23:50.95	+00:03:26 (14.6%)	4:41	12.8 (85.3%)
12	WĘGRZYNOWSKI Sławomir	1099	KABEL TEAM BYDGOSZCZ	M50	12		00:00:08	00:23:29.60	00:23:37.65	+00:03:27 (14.7%)	4:41	12.8 (85.3%)
13	ŚWIĘCICKI Andrzej	1046	BYDGOSKIE ŻÓŁWIE	M50	13		00:00:18	00:24:14.65	00:24:32.95	+00:04:12 (17.4%)	4:50	12.4 (82.7%)
14	ZAKRZEWSKI Jarosław	1167		M50	14		00:00:38	00:24:22.60	00:25:01.25	+00:04:20 (17.8%)	4:52	12.3 (82.0%)
15	HYRA Grzegorz	323		M50	15		00:00:15	00:24:54.45	00:25:10.20	+00:04:52 (19.6%)	4:58	12 (80.0%)
16	RYGIEWICZ Wojciech	906		M50	16		00:00:13	00:25:11.70	00:25:24.75	+00:05:09 (20.5%)	5:02	11.9 (79.3%)

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17	NOSEK Krzysztof	723	RCI BYDGOSZCZ	M50	17		00:00:04	00:25:24.85	00:25:29.25	+00:05:23 (21.2%)	5:04	11.8 (78.7%)
18	PALIGA Antoni	763	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M50	18		00:00:41	00:25:27.05	00:26:08.15	+00:05:25 (21.3%)	5:05	11.8 (78.7%)
19	GACKOWSKI Krzysztof	1275		M50	19		00:00:08	00:25:33.80	00:25:42.65	+00:05:31 (21.6%)	5:06	11.7 (78.0%)
20	KOSEK Mariusz	478	RCI	M50	20		00:00:59	00:25:35.55	00:26:34.80	+00:05:33 (21.7%)	5:07	11.7 (78.0%)
21	DŁUŻEWSKI Wojciech	157		M50	21		00:02:13	00:25:37.05	00:27:50.25	+00:05:35 (21.8%)	5:07	11.7 (78.0%)
22	GALICKI Jakub	223	AKADEMIA MISTRZÓW SPORTU	M50	22		00:01:01	00:25:40.75	00:26:42.55	+00:05:38 (22.0%)	5:08	11.7 (78.0%)
23	KOLASIŃSKI Tomasz	460		M50	23		00:00:59	00:26:04.85	00:27:04.65	+00:06:03 (23.2%)	5:12	11.5 (76.7%)
24	JESKE Marek	377	RUN BYDGOSZCZ	M50	24		00:00:21	00:26:16.30	00:26:37.45	+00:06:14 (23.8%)	5:15	11.4 (76.0%)
25	RÓŻYCKI Dariusz	891	BYDGOSKIE ŻÓŁWIE	M50	25		00:00:19	00:26:26.15	00:26:45.20	+00:06:24 (24.2%)	5:17	11.3 (75.3%)
26	ROSIŃSKI Marek	886	METAL-TECHNIK	M50	26		00:00:18	00:26:26.25	00:26:44.25	+00:06:24 (24.2%)	5:17	11.3 (75.3%)
27	SZAPAR Witold	998		M50	27		00:00:01	00:26:29.55	00:26:31.35	+00:06:27 (24.4%)	5:17	11.3 (75.3%)
28	CIEMNY Tomasz	111		M50	28		00:00:13	00:26:41.25	00:26:54.90	+00:06:39 (24.9%)	5:20	11.2 (74.7%)
29	OSIŃSKI Adam	751		M50	29		00:00:51	00:26:42.10	00:27:33.60	+00:06:40 (25.0%)	5:20	11.2 (74.7%)
30	CIESIELSKI Mirosław	113		M50	30		00:00:22	00:26:42.70	00:27:05.25	+00:06:40 (25.0%)	5:20	11.2 (74.7%)
31	OBRZANOWSKI Maciej	735		M50	31		00:00:17	00:26:43.05	00:27:00.60	+00:06:41 (25.0%)	5:20	11.2 (74.7%)
32	MICHALAK Wojciech	660		M50	32		00:00:46	00:26:44.40	00:27:30.45	+00:06:42 (25.1%)	5:20	11.2 (74.7%)
33	KONECKI Wojciech	470	WATAHA L-PAAK	M50	33		00:00:03	00:26:51.95	00:26:55.55	+00:06:50 (25.4%)	5:22	11.2 (74.7%)
34	JANKOWSKI Dariusz	346		M50	34		00:01:22	00:26:52.75	00:28:15.50	+00:06:50 (25.5%)	5:22	11.2 (74.7%)
35	KANTORSKI Zbysław	407	COCA-COLA RUNNERS	M50	35		00:00:54	00:26:54.40	00:27:48.90	+00:06:52 (25.6%)	5:22	11.2 (74.7%)
36	KRUK Krzysztof	515		M50	36		00:00:30	00:26:56.05	00:27:26.05	+00:06:54 (25.6%)	5:23	11.1 (74.0%)
37	DONARSKI Janusz	168	DONARY	M50	37		00:00:19	00:27:00.45	00:27:20.05	+00:06:58 (25.8%)	5:24	11.1 (74.0%)
38	ZAGÓRSKI Artur	1166		M50	38		00:00:56	00:27:01.65	00:27:58.05	+00:06:59 (25.9%)	5:24	11.1 (74.0%)
38	KAŻMIERCZAK Sławomir	427		M50	38		00:00:57	00:27:01.65	00:27:58.70	+00:06:59 (25.9%)	5:24	11.1 (74.0%)

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40	KRAWIEC Jacek	511		M50	40		00:00:37	00:27:05.60	00:27:43.10	+00:07:03 (26.1%)	5:25	11.1 (74.0%)
41	KORPALA Daniel	475	TRAGED TEAM	M50	41		00:00:57	00:27:12.20	00:28:09.70	+00:07:10 (26.4%)	5:26	11 (73.3%)
42	CZĘSZ Waldemar	129		M50	42		00:01:02	00:27:25.75	00:28:27.75	+00:07:23 (27.0%)	5:29	10.9 (72.7%)
43	KORPALSKI Andrzej	476		M50	43		00:00:18	00:27:27.25	00:27:45.30	+00:07:25 (27.0%)	5:29	10.9 (72.7%)
44	GLAMA Stanisław	244		M50	44		00:01:53	00:27:39.70	00:29:33.30	+00:07:37 (27.6%)	5:31	10.8 (72.0%)
45	MICHALAK Mariusz	658		M50	45		00:00:20	00:27:44.80	00:28:04.80	+00:07:42 (27.8%)	5:32	10.8 (72.0%)
46	PIETRASZAK Tomasz	802	RUN BYDGOSZCZ	M50	46		00:00:23	00:27:46.40	00:28:10.35	+00:07:44 (27.9%)	5:33	10.8 (72.0%)
47	ROSSA Sławomir	888		M50	47		00:00:06	00:27:58.50	00:28:04.80	+00:07:56 (28.4%)	5:35	10.7 (71.3%)
48	RUTKOWSKI Tomasz	898		M50	48		00:00:25	00:28:02.55	00:28:28.40	+00:08:00 (28.6%)	5:36	10.7 (71.3%)
49	BOROWIECKI Maciej	68		M50	49		00:01:28	00:28:08.05	00:29:36.70	+00:08:06 (28.8%)	5:37	10.7 (71.3%)
50	WITKOWSKI Maciej	1122		M50	50		00:00:52	00:28:08.10	00:29:00.45	+00:08:06 (28.8%)	5:37	10.7 (71.3%)
51	SŁOWIŃSKI Sławek	948		M50	51		00:00:44	00:28:08.55	00:28:53.45	+00:08:06 (28.8%)	5:37	10.7 (71.3%)
52	JASKÓLSKI Andrzej	369		M50	52		00:01:31	00:28:13.65	00:29:45.15	+00:08:11 (29.0%)	5:38	10.6 (70.7%)
53	KAPANOWSKI Sylwester	408		M50	53		00:01:20	00:28:15.65	00:29:35.80	+00:08:13 (29.1%)	5:39	10.6 (70.7%)
54	GIERSZ Krzysztof	236		M50	54		00:01:29	00:28:17.35	00:29:46.35	+00:08:15 (29.2%)	5:39	10.6 (70.7%)
55	CYGANEK Grzegorz	119	TEAM RUDNIK	M50	55		00:01:11	00:28:31.15	00:29:42.70	+00:08:29 (29.8%)	5:42	10.5 (70.0%)
56	JANKOWSKI Tomasz	345	BIEGAJ Z DĘBAMI	M50	56		00:01:07	00:28:36.70	00:29:44.45	+00:08:34 (30.0%)	5:43	10.5 (70.0%)
57	JANASZ Krzysztof	340		M50	57		00:01:11	00:28:42.05	00:29:53.75	+00:08:40 (30.2%)	5:44	10.5 (70.0%)
58	DZIADOWIEC Krzysztof	188		M50	58		00:01:24	00:28:44.95	00:30:08.95	+00:08:43 (30.3%)	5:44	10.4 (69.3%)
59	ANGLART Roman	6		M50	59		00:01:28	00:28:47.60	00:30:15.70	+00:08:45 (30.4%)	5:45	10.4 (69.3%)
60	BIAŁOWĄS Dariusz	43		M50	60		00:01:01	00:28:50.00	00:29:51.25	+00:08:48 (30.5%)	5:46	10.4 (69.3%)
61	RÓŻYCKI Waldemar	890		M50	61		00:01:40	00:28:51.20	00:30:31.65	+00:08:49 (30.6%)	5:46	10.4 (69.3%)
62	MACIEJCZYK Jacek	1271		M50	62		00:00:42	00:29:04.15	00:29:46.65	+00:09:02 (31.1%)	5:48	10.3 (68.7%)

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63	SIKORSKI Norbert	933		M50	63		00:00:37	00:29:08.30	00:29:46.05	+00:09:06 (31.3%)	5:49	10.3 (68.7%)
64	KWASEK Wojciech	552	KABEL TEAM BYDGOSZCZ	M50	64		00:00:37	00:29:12.25	00:29:49.65	+00:09:10 (31.4%)	5:50	10.3 (68.7%)
65	DEMBSKI Marek	149	TEAM PATROL	M50	65		00:01:07	00:29:13.75	00:30:21.45	+00:09:11 (31.5%)	5:50	10.3 (68.7%)
66	WÓJCIK Tomasz	1159		M50	66		00:00:32	00:29:15.70	00:29:47.95	+00:09:13 (31.5%)	5:51	10.3 (68.7%)
67	PIERZGALSKI Jarek	799	KABEL TEAM BYDGOSZCZ	M50	67		00:00:31	00:29:17.05	00:29:48.05	+00:09:15 (31.6%)	5:51	10.2 (68.0%)
68	KRUPINSKI Tomasz	520		M50	68		00:01:11	00:29:23.70	00:30:35.20	+00:09:21 (31.9%)	5:52	10.2 (68.0%)
69	KAŁUŻNY Bartłomiej	403		M50	69		00:01:20	00:29:30.75	00:30:51.15	+00:09:28 (32.1%)	5:54	10.2 (68.0%)
70	SZMELTER Michał	1016		M50	70		00:00:42	00:29:31.85	00:30:14.75	+00:09:30 (32.2%)	5:54	10.2 (68.0%)
71	SKOPIŃSKI Leszek	1283		M50	71		00:00:15	00:29:43.60	00:29:59.20	+00:09:41 (32.6%)	5:56	10.1 (67.3%)
72	SZKOPIAK Marcin	1013		M50	72		00:00:23	00:29:45.25	00:30:08.70	+00:09:43 (32.7%)	5:57	10.1 (67.3%)
73	CZAJKOWSKI Adam	1214		M50	73		00:02:11	00:29:45.60	00:31:57.05	+00:09:43 (32.7%)	5:57	10.1 (67.3%)
74	KĘSIK Roman	436	13 WOG GRUDZIĄDZ	M50	74		00:01:01	00:29:47.85	00:30:48.85	+00:09:46 (32.8%)	5:57	10.1 (67.3%)
75	RACHWAŁSKI Zbigniew	856		M50	75		00:00:51	00:29:48.50	00:30:39.95	+00:09:46 (32.8%)	5:57	10.1 (67.3%)
76	NOWACKI Rafał	725	RAKIETA ZAMOŚĆ	M50	76		00:01:18	00:29:50.30	00:31:08.30	+00:09:48 (32.9%)	5:58	10.1 (67.3%)
77	SIUDA Marek	937		M50	77		00:01:44	00:29:59.70	00:31:44.30	+00:09:57 (33.2%)	5:59	10 (66.7%)
78	SCIGOCKI Waldemar	921		M50	78		00:01:11	00:30:00.50	00:31:12.20	+00:09:58 (33.2%)	6:00	10 (66.7%)
79	JASIENIECKI Piotr	362		M50	79		00:00:30	00:30:08.50	00:30:39.20	+00:10:06 (33.5%)	6:01	10 (66.7%)
80	MALINOWSKI Przemysław	628		M50	80		00:00:19	00:30:13.50	00:30:32.65	+00:10:11 (33.7%)	6:02	9.9 (66.0%)
81	WOJCIESZAK Dariusz	1135		M50	81		00:01:20	00:30:39.05	00:31:59.90	+00:10:37 (34.6%)	6:07	9.8 (65.3%)
82	WICHROWSKI Jarosław	1102		M50	82		00:01:23	00:30:49.25	00:32:12.95	+00:10:47 (35.0%)	6:09	9.7 (64.7%)
83	SZYMCZYK Radosław	1029	SOLANKOWI BIEGACZE	M50	83		00:01:00	00:30:50.40	00:31:50.70	+00:10:48 (35.0%)	6:10	9.7 (64.7%)
84	DOMŻALSKI Marek	167		M50	84		00:01:28	00:30:55.95	00:32:24.65	+00:10:54 (35.2%)	6:11	9.7 (64.7%)
85	KLINIEWSKI Piotr	449		M50	85		00:02:00	00:31:02.50	00:33:03.20	+00:11:00 (35.5%)	6:12	9.7 (64.7%)

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86	GACKOWSKI Artur	218	OD JUTRA NIE BIEGAM	M50	86		00:02:00	00:31:07.30	00:33:07.60	+00:11:05 (35.6%)	6:13	9.6 (64.0%)
87	NAUMCHYK Ihar	715		M50	87		00:01:23	00:31:41.55	00:33:05.15	+00:11:39 (36.8%)	6:20	9.5 (63.3%)
88	JASIŃSKI Grzegorz	365	JASINSKI.IT	M50	88		00:01:10	00:32:00.30	00:33:10.70	+00:11:58 (37.4%)	6:24	9.4 (62.7%)
89	PREUSS Daniel	831		M50	89		00:01:19	00:32:02.05	00:33:21.10	+00:12:00 (37.5%)	6:24	9.4 (62.7%)
90	JASIŃSKI Kacper	366	JASINSKI.IT	M50	90		00:01:09	00:32:08.05	00:33:17.85	+00:12:06 (37.7%)	6:25	9.3 (62.0%)
91	KEMPA Marek	431		M50	91		00:01:21	00:32:08.25	00:33:29.30	+00:12:06 (37.7%)	6:25	9.3 (62.0%)
92	ASTUKIEWICZ Tomasz	14		M50	92		00:00:30	00:32:08.70	00:32:39.65	+00:12:06 (37.7%)	6:25	9.3 (62.0%)
93	ŻUCHOWSKI Dariusz	1243	TKKF KOLEJARZ	M50	93		00:00:00	00:32:11.80	00:32:11.80	+00:12:09 (37.8%)	6:26	9.3 (62.0%)
94	PIECZYŃSKI Marek	796		M50	94		00:00:51	00:32:18.05	00:33:09.30	+00:12:16 (38.0%)	6:27	9.3 (62.0%)
95	LELONKIEWICZ Krzysztof	565		M50	95		00:00:45	00:32:33.05	00:33:18.45	+00:12:31 (38.5%)	6:30	9.2 (61.3%)
96	MUSIAŁ Artur	698		M50	96		00:01:12	00:32:42.00	00:33:54.00	+00:12:40 (38.7%)	6:32	9.2 (61.3%)
97	WESOŁOWSKI Dariusz	1097		M50	97		00:00:55	00:32:45.95	00:33:41.90	+00:12:44 (38.9%)	6:33	9.2 (61.3%)
98	KAŁUŻNY Jakub	404		M50	98		00:00:00	00:32:51.70	00:32:51.70	+00:12:49 (39.0%)	6:34	9.1 (60.7%)
99	RATAJCZAK Arkadiusz	873	MKS 63	M50	99		00:00:49	00:34:04.60	00:34:54.15	+00:14:02 (41.2%)	6:48	8.8 (58.7%)
100	DWORNIK Radosław	186		M50	100		00:02:08	00:34:04.90	00:36:13.35	+00:14:03 (41.2%)	6:48	8.8 (58.7%)
101	DORNIAC Krzysztof	173		M50	101		00:01:09	00:34:08.15	00:35:17.20	+00:14:06 (41.3%)	6:49	8.8 (58.7%)
102	ISKRA Jacek	329		M50	102		00:00:17	00:34:17.65	00:34:35.60	+00:14:15 (41.6%)	6:51	8.8 (58.7%)
103	BURDAK Janusz	84		M50	103		00:01:56	00:34:49.80	00:36:45.95	+00:14:47 (42.5%)	6:57	8.6 (57.3%)
104	ALEXANDER Marek	4		M50	104		00:01:49	00:34:54.00	00:36:43.65	+00:14:52 (42.6%)	6:58	8.6 (57.3%)
105	KRAJEWSKI Adam	506		M50	105		00:01:54	00:35:02.70	00:36:56.85	+00:15:00 (42.8%)	7:00	8.6 (57.3%)
106	JANKOWSKI Rafał	344		M50	106		00:02:02	00:35:06.40	00:37:08.75	+00:15:04 (42.9%)	7:01	8.5 (56.7%)
107	PRZYBYSZEWSKI Marcin	842		M50	107		00:00:22	00:35:31.60	00:35:53.80	+00:15:29 (43.6%)	7:06	8.4 (56.0%)
108	CHOLEWCZYŃSKI Dariusz	107	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	M50	108		00:01:15	00:36:11.10	00:37:26.20	+00:16:09 (44.6%)	7:14	8.3 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	SZYPERSKI Sławomir	1031		M50	109		00:01:18	00:37:01.15	00:38:19.50	+00:16:59 (45.9%)	7:24	8.1 (54.0%)
110	WIŚNIEWSKI Krzysztof	1117	TRISPACE/TREK	M50	110		00:01:37	00:37:24.30	00:39:01.50	+00:17:22 (46.4%)	7:28	8 (53.3%)
111	BREJER Rafał	71		M50	111		00:00:27	00:40:19.00	00:40:46.65	+00:20:17 (50.3%)	8:03	7.4 (49.3%)
112	LEWANDOWSKI Robert	575	POMAGALSCY	M50	112		00:00:16	00:40:22.75	00:40:39.30	+00:20:20 (50.4%)	8:04	7.4 (49.3%)
113	MANTHEY Marek	633	MANY TEAM	M50	113		00:01:08	00:40:45.45	00:41:54.00	+00:20:43 (50.9%)	8:09	7.4 (49.3%)
114	BIELUSZEWSKI Artur	53		M50	114		00:02:10	00:41:18.85	00:43:28.90	+00:21:17 (51.5%)	8:15	7.3 (48.7%)
115	BUTOWSKI Michał	86		M50	115		00:01:44	00:42:35.35	00:44:19.75	+00:22:33 (53.0%)	8:31	7 (46.7%)
116	JAGODZIŃSKI Karol	334		M50	116		00:01:55	00:44:14.40	00:46:09.95	+00:24:12 (54.7%)	8:50	6.8 (45.3%)
	PIOTROWSKI Dariusz	814		M50			DNF	DNF	DNF		-	- (0.0%)

Znaleziono 117 wynik(ów)