



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2021-10-03
Bydgoszcz
5 km

II BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	134		M30	1	00:09:40	00:19:21.45	00:19:23.30		3:52	15.5 (100%)
2	SIWIAK Filip	246		M20	1	00:09:49	00:19:26.30	00:19:28.00	+00:00:04 (0.4%)	3:53	15.4 (99.4%)
3	KOLIŃSKI Dawid	124		M30	2	00:09:50	00:19:56.05	00:19:56.80	+00:00:33 (2.8%)	3:59	15.1 (97.4%)
4	HOŁTYN Patryk	89		M30	3	00:09:58	00:20:22.95	00:20:25.40	+00:01:02 (5.1%)	4:04	14.7 (94.8%)
5	KOTULA Sławomir	130		M30	4	00:09:59	00:20:30.20	00:20:31.90	+00:01:08 (5.6%)	4:06	14.6 (94.2%)
6	UMIŃSKI Robert	283		M40	1	00:10:27	00:21:09.85	00:21:12.50	+00:01:49 (8.6%)	4:13	14.2 (91.6%)
7	NAGORZYSKI Arek	188		M30	5	00:10:26	00:21:24.30	00:21:25.55	+00:02:02 (9.5%)	4:16	14 (90.3%)
8	KRYGOWSKI Tomasz	133		M40	2	00:10:31	00:21:27.60	00:21:28.80	+00:02:05 (9.7%)	4:17	14 (90.3%)
9	MACIŃSKI Waldek	171		M30	6	00:10:29	00:21:36.05	00:21:37.50	+00:02:14 (10.3%)	4:19	13.9 (89.7%)
10	ZAJĄKAŁA Wojciech	309		M20	2	00:10:40	00:21:52.55	00:21:53.80	+00:02:30 (11.5%)	4:22	13.7 (88.4%)
11	DROCIAK Michał	54		M40	3	00:10:25	00:21:56.55	00:21:57.75	+00:02:34 (11.7%)	4:23	13.7 (88.4%)
12	JOPPEK Łukasz	105		M30	7	00:10:48	00:22:25.00	00:22:25.95	+00:03:02 (13.6%)	4:29	13.4 (86.5%)
13	MUSZYŃSKI Łukasz	186		M30	8	00:11:04	00:22:37.45	00:22:40.65	+00:03:17 (14.5%)	4:31	13.3 (85.8%)
14	BUZALSKI Robert	30		M40	4	00:11:17	00:23:09.70	00:23:12.65	+00:03:49 (16.5%)	4:37	13 (83.9%)
15	LEWANDOWSKI Sebastian	163		M30	9	00:10:52	00:23:22.05	00:23:24.95	+00:04:01 (17.2%)	4:40	12.8 (82.6%)
16	KULIK Stanislav	144		M30	10	00:11:19	00:23:47.20	00:23:50.15	+00:04:26 (18.7%)	4:45	12.6 (81.3%)
17	BAZAK Cezary	10		M50	1	00:11:50	00:23:50.40	00:23:53.80	+00:04:30 (18.9%)	4:46	12.6 (81.3%)
18	LEWANDOWSKI Maciej	159		M20	3	00:11:57	00:24:29.60	00:24:32.20	+00:05:08 (21.0%)	4:53	12.3 (79.4%)
19	LIS Krzysztof	167		M50	2	00:11:52	00:24:33.55	00:24:36.20	+00:05:12 (21.2%)	4:54	12.2 (78.7%)
20	HRYCZ Paweł	93		M40	5	00:12:20	00:24:47.40	00:24:51.40	+00:05:28 (22.0%)	4:57	12.1 (78.1%)
21	PASZKIET Remigiusz	210		M40	6	00:12:49	00:24:57.20	00:24:57.20	+00:05:33 (22.3%)	4:59	12 (77.4%)
22	ŻYWICA Szymon	321		M20	4	00:12:14	00:24:53.50	00:24:59.55	+00:05:36 (22.4%)	4:58	12.1 (78.1%)
23	ROSZAK Zbigniew	235		M30	11	00:12:18	00:25:05.05	00:25:16.85	+00:05:53 (23.3%)	5:01	12 (77.4%)
24	BARTKOWIAK Franciszek	9		D1	1	00:12:31	00:25:37.00	00:25:39.90	+00:06:16 (24.5%)	5:07	11.7 (75.5%)
25	SZEIB Robert	273		M40	7	00:12:01	00:25:40.15	00:25:43.55	+00:06:20 (24.6%)	5:08	11.7 (75.5%)
26	DOMBROWSKI Rafał	53		M30	12	00:12:43	00:25:54.65	00:25:58.05	+00:06:34 (25.3%)	5:10	11.6 (74.8%)
27	NOWAKOWSKI Grzegorz	192		M30	13	00:13:01	00:25:49.80	00:26:07.70	+00:06:44 (25.8%)	5:09	11.6 (74.8%)
28	LEWANDOWSKI Marcin	160		M30	14	00:04:31	00:26:14.40	00:26:14.40	+00:06:51 (26.1%)	5:14	11.4 (73.5%)
29	BUTOWSKI Michał	28		M40	8	00:13:04	00:26:03.75	00:26:15.65	+00:06:52 (26.2%)	5:12	11.5 (74.2%)
30	BRZYKCY Artur	23		M20	5	00:12:48	00:26:13.55	00:26:20.80	+00:06:57 (26.4%)	5:14	11.4 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
31	FRYDRYCH Marcin	65		M40	9	00:12:34	00:26:00.65	00:26:43.45	+00:07:20 (27.5%)	5:12	11.5 (74.2%)
32	HAN Sławomir	87		M30	15	00:12:41	00:26:37.85	00:26:53.00	+00:07:29 (27.9%)	5:19	11.3 (72.9%)
33	BRYLIŃSKI Jakub	222		M30	16	00:13:06	00:26:28.70	00:27:02.40	+00:07:39 (28.3%)	5:17	11.3 (72.9%)
34	ZAPARUCHA Mikołaj	312		M40	10	00:13:10	00:26:59.90	00:27:06.35	+00:07:43 (28.5%)	5:23	11.1 (71.6%)
35	SŁOWIŃSKKI Paweł	250		M40	11	00:14:10	00:26:54.50	00:27:10.35	+00:07:47 (28.6%)	5:22	11.2 (72.3%)
36	FIK Marek	62		M30	17	00:13:17	00:27:06.80	00:27:11.15	+00:07:47 (28.7%)	5:25	11.1 (71.6%)
37	LEWANDOWSKI Michał	164		M40	12	00:13:10	00:27:08.95	00:27:18.45	+00:07:55 (29.0%)	5:25	11.1 (71.6%)
38	KOZŁOWSKI Krzysztof	131		M30	18	00:12:56	00:27:20.30	00:27:30.65	+00:08:07 (29.5%)	5:28	11 (71.0%)
39	MAKUSZEWSKI Mateusz	174		M30	19	00:13:44	00:27:26.75	00:27:42.95	+00:08:19 (30.0%)	5:29	10.9 (70.3%)
40	ZAGÓRSKI Maciej	330		M40	13	00:13:50	00:27:53.10	00:28:01.20	+00:08:37 (30.8%)	5:34	10.8 (69.7%)
41	SKÓRCZEWSKI Jacek	248		M50	3	00:13:16	00:27:58.25	00:28:03.90	+00:08:40 (30.9%)	5:35	10.7 (69.0%)
42	POTRZEBOWSKI Marek	224		M30	20	00:14:11	00:28:12.35	00:28:31.95	+00:09:08 (32.0%)	5:38	10.6 (68.4%)
43	PRZYBYLSKI Dariusz	227		M30	21	00:13:26	00:28:41.30	00:28:46.35	+00:09:23 (32.6%)	5:44	10.5 (67.7%)
44	KRZYWDZIŃSKI Tomasz	135		M20	6	00:14:07	00:28:29.80	00:28:51.85	+00:09:28 (32.8%)	5:41	10.5 (67.7%)
45	MIKOŁAJCZAK Mateusz	180		M20	7	00:16:21	00:28:52.75	00:28:59.95	+00:09:36 (33.1%)	5:46	10.4 (67.1%)
46	DUDZIK Andrzej	56		M40	14	00:14:10	00:28:49.55	00:29:01.35	+00:09:38 (33.2%)	5:45	10.4 (67.1%)
47	OKRĘGLICKI Antoni	198		M70	1	00:14:08	00:28:59.95	00:29:05.60	+00:09:42 (33.4%)	5:47	10.4 (67.1%)
48	PIĄTKOWSKI Mateusz	212		M30	22	00:14:05	00:29:00.90	00:29:09.35	+00:09:46 (33.5%)	5:48	10.3 (66.5%)
49	GLINKOWSKI Dariusz	73		M30	23	00:14:08	00:28:46.30	00:29:11.10	+00:09:47 (33.6%)	5:45	10.4 (67.1%)
50	LEWANDOWSKI Oskar	162		D1	2	00:15:13	00:29:11.65	00:29:12.50	+00:09:49 (33.6%)	5:50	10.3 (66.5%)
51	KURCZEWSKI Mikołaj	146		M40	15	00:14:35	00:28:57.90	00:29:14.45	+00:09:51 (33.7%)	5:47	10.4 (67.1%)
52	OLSZEWSKI Paweł	202		M40	16	00:14:30	00:29:00.80	00:29:17.95	+00:09:54 (33.8%)	5:48	10.3 (66.5%)
53	KUJAWA Przemysław	138		M30	24	00:14:17	00:29:27.80	00:29:30.10	+00:10:06 (34.3%)	5:53	10.2 (65.8%)
54	WOLSZCZAK Rafał	301		M40	17	00:15:01	00:29:27.75	00:29:35.85	+00:10:12 (34.5%)	5:53	10.2 (65.8%)
55	DĘBSKI Jan	46		M60	1	00:14:36	00:29:32.40	00:29:41.40	+00:10:18 (34.7%)	5:54	10.2 (65.8%)
56	GLAZIK Jan	72		M30	25	00:14:06	00:29:36.70	00:29:47.30	+00:10:24 (34.9%)	5:55	10.1 (65.2%)
57	WÓJCIK Piotr	306		D2	2	00:15:29	00:29:44.50	00:29:50.90	+00:10:27 (35.0%)	5:56	10.1 (65.2%)
58	CHMIELARSKI Michał	33		M30	26	00:15:14	00:29:40.70	00:29:57.85	+00:10:34 (35.3%)	5:56	10.1 (65.2%)
59	POLAWSKI Marcin	221		M40	18	00:15:16	00:29:59.05	00:30:10.50	+00:10:47 (35.7%)	5:59	10 (64.5%)
60	KUCHARCZYK Dariusz	137		M50	4	00:14:50	00:29:21.15	00:30:12.90	+00:10:49 (35.8%)	5:52	10.2 (65.8%)
61	BUREK Radosław	316		M40	19	00:15:19	00:30:10.70	00:30:15.15	+00:10:51 (35.9%)	6:02	9.9 (63.9%)
62	KOSZOWSKI Bartosz	127		D2	3	00:13:53	00:30:21.60	00:30:25.75	+00:11:02 (36.3%)	6:04	9.9 (63.9%)
63	WARMUZ Adam	286		D2	4	00:15:28	00:30:18.95	00:30:29.95	+00:11:06 (36.4%)	6:03	9.9 (63.9%)
64	MĘŻYKOWSKI Krzysztof	177		M40	20	00:14:42	00:30:25.00	00:30:35.25	+00:11:11 (36.6%)	6:05	9.9 (63.9%)
65	SPRAWA Zbigniew	258		M30	27	00:14:31	00:29:25.00	00:30:39.50	+00:11:16 (36.8%)	5:53	10.2 (65.8%)
66	GULKA Wojciech	84		M20	8	00:15:16	00:30:37.45	00:30:39.75	+00:11:16 (36.8%)	6:07	9.8 (63.2%)
67	JÓZWIK Jacek	106		M70	2	00:14:23	00:30:45.20	00:30:52.40	+00:11:29 (37.2%)	6:09	9.8 (63.2%)
68	PRZYGORSKI Łukasz	226		M20	9	00:16:06	00:30:45.85	00:31:07.55	+00:11:44 (37.7%)	6:09	9.8 (63.2%)
69	GOLIK Krzysztof	74		M40	21	00:15:31	00:31:02.80	00:31:21.90	+00:11:58 (38.2%)	6:12	9.7 (62.6%)
70	KĘDZIELSKI Adam	117		D2	5	00:13:54	00:30:54.40	00:31:21.95	+00:11:58 (38.2%)	6:10	9.7 (62.6%)
71	STANISZEWSKI Konrad	259		M30	28	00:15:46	00:31:21.95	00:31:34.65	+00:12:11 (38.6%)	6:16	9.6 (61.9%)
72	TEMPSKI Aleksander	278		M20	10	00:15:13	00:31:36.80	00:31:44.10	+00:12:20 (38.9%)	6:19	9.5 (61.3%)
73	WOŹNIAK Jurand	302		M30	29	00:15:37	00:31:47.05	00:31:57.35	+00:12:34 (39.3%)	6:21	9.4 (60.6%)
74	KIEDROWSKI Krystian	119		M20	11	00:15:31	00:32:11.70	00:32:28.45	+00:13:05 (40.3%)	6:26	9.3 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	JANUSZEWSKI Marcin	98		M40	22	00:16:16	00:32:28.60	00:32:48.75	+00:13:25 (40.9%)	6:29	9.2 (59.4%)
76	WÓJCIK Tomasz	305		M50	5	00:15:29	00:32:42.85	00:32:49.45	+00:13:26 (40.9%)	6:32	9.2 (59.4%)
77	STRZYŻOWSKI Nikodem	267		D2	6	00:15:09	00:32:39.25	00:32:50.55	+00:13:27 (41.0%)	6:31	9.2 (59.4%)
78	CZERWIŃSKI Michał	40		M20	12	00:15:39	00:32:59.30	00:33:08.95	+00:13:45 (41.5%)	6:35	9.1 (58.7%)
79	GIERACH Krzysztof	69		M60	2	00:16:37	00:33:03.25	00:33:14.70	+00:13:51 (41.7%)	6:36	9.1 (58.7%)
80	OBREŃBSKI Kamil	196		M20	13	00:14:17	00:33:28.45	00:33:28.45	+00:14:05 (42.1%)	6:41	9 (58.1%)
81	CIEŚLIK Marek	37		M60	3	00:17:07	00:33:45.40	00:33:45.40	+00:14:22 (42.6%)	6:45	8.9 (57.4%)
82	CZERNIAK Marcin	38		M30	30	00:17:11	00:33:35.15	00:34:07.90	+00:14:44 (43.2%)	6:43	8.9 (57.4%)
83	RĘDZINA Michał	230		M30	31	00:17:12	00:33:36.00	00:34:07.95	+00:14:44 (43.2%)	6:43	8.9 (57.4%)
84	SKONIECZKA Piotr	247		M30	32	00:17:08	00:34:18.75	00:34:25.35	+00:15:02 (43.7%)	6:51	8.7 (56.1%)
85	BOROWA Łukasz	20		M30	33	00:15:57	00:34:29.65	00:34:41.50	+00:15:18 (44.1%)	6:53	8.7 (56.1%)
86	DECOWSKI Adam	44		D1	3	00:16:04	00:34:18.30	00:34:44.85	+00:15:21 (44.2%)	6:51	8.7 (56.1%)
87	WIŚNIEWSKI Remigiusz	294		M40	23	00:16:41	00:34:42.95	00:34:52.65	+00:15:29 (44.4%)	6:56	8.6 (55.5%)
88	LEWANDOWSKI Robert	161		M40	24	00:16:50	00:35:45.50	00:35:47.60	+00:16:24 (45.8%)	7:09	8.4 (54.2%)
89	WITKOWSKI Dawid	296		M30	34	00:16:36	00:35:22.30	00:35:50.35	+00:16:27 (45.9%)	7:04	8.5 (54.8%)
90	ŁUKASZ Wawrzyniak	168		M30	35	00:15:29	00:35:30.10	00:35:54.00	+00:16:30 (46.0%)	7:06	8.5 (54.8%)
91	KOMOROWSKI Wojciech	126		M30	36	00:17:38	00:35:46.60	00:36:09.55	+00:16:46 (46.4%)	7:09	8.4 (54.2%)
92	SUCHARA Jan	270		D1	6	00:16:33	00:36:34.50	00:36:45.80	+00:17:22 (47.3%)	7:18	8.2 (52.9%)
93	KOŚMIEJA Filip	128		D2	7	00:17:48	00:36:30.25	00:36:46.60	+00:17:23 (47.3%)	7:18	8.2 (52.9%)
94	SZCZESIK Damian	272		M40	25	00:18:46	00:36:25.10	00:36:46.65	+00:17:23 (47.3%)	7:17	8.2 (52.9%)
95	SUCHARA Dariusz	269		M30	37	00:16:32	00:36:36.00	00:36:47.45	+00:17:24 (47.3%)	7:19	8.2 (52.9%)
96	PACHOLSKI Tadeusz	205		M40	26	00:18:49	00:36:47.45	00:37:07.50	+00:17:44 (47.8%)	7:21	8.2 (52.9%)
97	RUDNIKOWSKI Andrzej	238		M50	6	00:17:29	00:37:07.35	00:37:12.70	+00:17:49 (47.9%)	7:25	8.1 (52.3%)
98	OLECHNOWICZ Tomasz	201		M50	7	00:16:55	00:36:53.70	00:37:16.30	+00:17:53 (48.0%)	7:22	8.1 (52.3%)
99	DOMARACKI Wojciech	51		M30	38	00:18:27	00:37:12.45	00:37:22.90	+00:17:59 (48.1%)	7:26	8.1 (52.3%)
100	BRYLIŃSKI Jakub	22		M30	39	00:17:46	00:37:20.20	00:37:39.60	+00:18:16 (48.5%)	7:28	8 (51.6%)
101	TARCZYŃSKI Kamil	276		M30	40	00:17:59	00:37:25.50	00:38:13.15	+00:18:49 (49.3%)	7:29	8 (51.6%)
102	JĘDRZEJCZAK Jakub	104		D1	7	00:18:03	00:37:47.25	00:38:15.25	+00:18:51 (49.3%)	7:33	7.9 (51.0%)
103	WIŚNIEWSKI Leszek	293		M30	41	00:18:41	00:37:56.15	00:38:20.80	+00:18:57 (49.4%)	7:35	7.9 (51.0%)
104	WÓJCIK Mikołaj	307		D1	8	00:18:32	00:38:42.45	00:38:46.65	+00:19:23 (50.0%)	7:44	7.8 (50.3%)
105	GRZEMPA Bartosz	82		M30	42	00:19:26	00:38:47.00	00:39:08.85	+00:19:45 (50.5%)	7:45	7.7 (49.7%)
106	JAROCH Rafał	100		M40	27	00:19:13	00:39:05.20	00:39:18.80	+00:19:55 (50.7%)	7:49	7.7 (49.7%)
107	BARTCZAK Piotr	5		M30	43	00:19:34	00:39:14.15	00:39:31.30	+00:20:08 (50.9%)	7:50	7.6 (49.0%)
108	WELC Michał	288		M30	44	00:19:54	00:39:37.25	00:39:55.45	+00:20:32 (51.4%)	7:55	7.6 (49.0%)
109	FRASZ Robert	63		M30	45	00:19:55	00:39:38.00	00:39:55.60	+00:20:32 (51.4%)	7:55	7.6 (49.0%)
110	ŁUKASZEWSKI Kamil	331		M30	46	00:19:50	00:40:42.05	00:40:42.05	+00:21:18 (52.4%)	8:08	7.4 (47.7%)
111	GROCHOWSKI Jan	80		D1	9	00:20:11	00:40:38.55	00:40:56.15	+00:21:32 (52.6%)	8:07	7.4 (47.7%)
112	UMIŃSKI Kacper	282		M30	47	00:19:51	00:41:42.90	00:42:07.60	+00:22:44 (54.0%)	8:20	7.2 (46.5%)
113	SIDOROWICZ Paweł	245		M30	48	00:21:23	00:41:57.70	00:42:11.80	+00:22:48 (54.1%)	8:23	7.2 (46.5%)
114	STANKIEWICZ Miłosz	260		M20	14	00:19:02	00:41:38.60	00:42:12.80	+00:22:49 (54.1%)	8:19	7.2 (46.5%)
115	MIĘTKIEWICZ Paweł	178		M30	49	00:19:01	00:41:39.30	00:42:14.40	+00:22:51 (54.1%)	8:19	7.2 (46.5%)
116	JAGIEŁA Bartosz	95		M30	50	00:20:26	00:42:53.30	00:42:53.30	+00:23:30 (54.8%)	8:34	7 (45.2%)
117	KWIATKOWSKI Wojciech	147		M50	8	00:19:54	00:42:45.55	00:42:57.65	+00:23:34 (54.9%)	8:33	7 (45.2%)
118	DUSZKIEWICZ Adam	57		M30	51	00:20:46	00:43:07.85	00:43:38.15	+00:24:14 (55.6%)	8:37	7 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	LASOTA Filip	151		D1	12	00:21:24	00:43:50.20	00:44:16.35	+00:24:53 (56.2%)	8:46	6.8 (43.9%)
120	KULIGOWSKI Damian	143		D1	13	00:21:19	00:44:24.25	00:44:26.55	+00:25:03 (56.4%)	8:52	6.8 (43.9%)
121	RĘDZINA Szymon	232		D1	14	00:21:39	00:43:54.85	00:44:29.00	+00:25:05 (56.4%)	8:46	6.8 (43.9%)
122	HORKA Adam	92		M40	28	00:22:09	00:45:16.65	00:45:39.00	+00:26:15 (57.5%)	9:03	6.6 (42.6%)
123	SOŁDYGA Paweł	254		M40	29	00:23:51	00:48:19.45	00:48:33.10	+00:29:09 (60.1%)	9:39	6.2 (40.0%)
124	HUZAKOWSKI Zbigniew	94		M50	9	00:23:27	00:48:33.05	00:48:51.00	+00:29:27 (60.3%)	9:42	6.2 (40.0%)
125	MAJEK Adam	173		D1	17	00:29:21	00:55:32.90	00:55:32.90	+00:36:09 (65.1%)	11:06	5.4 (34.8%)

Znaleziono 125 wynik(ów)