



## II MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IZY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy  
**Data:** 2017-12-03  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

Klasyfikacja: M-40

| Msc | Zawodnik               | Numer | Klub              | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 1   | MANUSZEWSKI Mariusz    | 561   |                   | M-40      | 1    | 00:00:00    | 00:18:17.50    | 00:18:17.50     |                   | 3:39         | 16.4 (100%)  |
| 2   | OBREBSKI Grzegorz      | 280   | BIEGASIE          | M-40      | 2    | 00:00:01    | 00:18:24.35    | 00:18:25.65     | +00:00:06 (0.6%)  | 3:40         | 16.3 (99.4%) |
| 3   | ZWIEWKA Sebastian      | 134   | BUSHIDO BYDGOSZCZ | M-40      | 3    | 00:00:00    | 00:19:29.35    | 00:19:29.35     | +00:01:11 (6.1%)  | 3:53         | 15.4 (93.9%) |
| 4   | KOWALSKI Jacek         | 17    |                   | M-40      | 4    | 00:00:02    | 00:20:08.75    | 00:20:11.10     | +00:01:51 (9.2%)  | 4:01         | 14.9 (90.9%) |
| 5   | POWALISZ Darek         | 330   |                   | M-40      | 5    | 00:00:01    | 00:20:37.30    | 00:20:38.60     | +00:02:19 (11.3%) | 4:07         | 14.6 (89.0%) |
| 6   | NAGOW Michał           | 76    |                   | M-40      | 6    | 00:00:01    | 00:21:17.90    | 00:21:19.30     | +00:03:00 (14.1%) | 4:15         | 14.1 (86.0%) |
| 7   | STAFIEJ Wojciech       | 83    |                   | M-40      | 7    | 00:00:15    | 00:21:39.40    | 00:21:54.60     | +00:03:21 (15.5%) | 4:19         | 13.9 (84.8%) |
| 8   | RUTKOWSKI Adam         | 175   |                   | M-40      | 8    | 00:00:20    | 00:21:50.90    | 00:22:11.00     | +00:03:33 (16.3%) | 4:22         | 13.7 (83.5%) |
| 9   | PRZEWYSZ KWINTO Michał | 552   |                   | M-40      | 9    | 00:00:31    | 00:21:56.85    | 00:22:28.65     | +00:03:39 (16.7%) | 4:23         | 13.7 (83.5%) |
| 10  | GROTA Artur            | 168   |                   | M-40      | 10   | 00:00:03    | 00:22:02.75    | 00:22:06.10     | +00:03:45 (17.0%) | 4:24         | 13.6 (82.9%) |
| 11  | GACKOWSKI Krzysztof    | 60    |                   | M-40      | 11   | 00:00:01    | 00:22:11.30    | 00:22:13.05     | +00:03:53 (17.6%) | 4:26         | 13.5 (82.3%) |
| 12  | PACZKOWSKI Mirosław    | 289   | CB 163            | M-40      | 12   | 00:00:04    | 00:22:12.35    | 00:22:16.60     | +00:03:54 (17.6%) | 4:26         | 13.5 (82.3%) |
| 13  | PIECHOWIAK Jacek       | 201   |                   | M-40      | 13   | 00:00:34    | 00:22:25.75    | 00:23:00.20     | +00:04:08 (18.4%) | 4:29         | 13.4 (81.7%) |
| 14  | SIUDA Sebastian        | 448   |                   | M-40      | 14   | 00:00:02    | 00:22:33.50    | 00:22:36.10     | +00:04:16 (18.9%) | 4:30         | 13.3 (81.1%) |
| 15  | BRUNKE Tomasz          | 335   | RUN BYDGOSZCZ     | M-40      | 15   | 00:00:37    | 00:22:37.65    | 00:23:14.80     | +00:04:20 (19.2%) | 4:31         | 13.3 (81.1%) |
| 16  | GUT Mariusz            | 557   |                   | M-40      | 16   | 00:00:00    | 00:22:41.20    | 00:22:41.20     | +00:04:23 (19.4%) | 4:32         | 13.2 (80.5%) |
| 17  | GŁOWSKI Dariusz        | 353   |                   | M-40      | 17   | 00:00:39    | 00:22:43.95    | 00:23:22.95     | +00:04:26 (19.5%) | 4:32         | 13.2 (80.5%) |
| 18  | CHMARA Sebastian       | 603   |                   | M-40      | 18   | 00:00:09    | 00:22:59.05    | 00:23:08.15     | +00:04:41 (20.4%) | 4:35         | 13.1 (79.9%) |
| 19  | STEFAŃSKI Marcin       | 86    |                   | M-40      | 19   | 00:00:29    | 00:23:14.65    | 00:23:43.85     | +00:04:57 (21.3%) | 4:38         | 12.9 (78.7%) |
| 20  | WILCZYŃSKI Jacek       | 245   |                   | M-40      | 20   | 00:00:12    | 00:23:15.75    | 00:23:27.95     | +00:04:58 (21.4%) | 4:39         | 12.9 (78.7%) |
| 21  | KALINOWSKI Zbigniew    | 228   |                   | M-40      | 21   | 00:00:00    | 00:23:21.40    | 00:23:21.40     | +00:05:03 (21.7%) | 4:40         | 12.8 (78.0%) |
| 22  | NURKIEWICZ Jarosław    | 26    | KUNG FU PANDY 3   | M-40      | 22   | 00:00:50    | 00:23:28.20    | 00:24:18.60     | +00:05:10 (22.1%) | 4:41         | 12.8 (78.0%) |
| 23  | RYBAK Remigiusz        | 462   |                   | M-40      | 23   | 00:00:11    | 00:23:28.45    | 00:23:39.55     | +00:05:10 (22.1%) | 4:41         | 12.8 (78.0%) |
| 24  | JAWORSKI Krzysztof     | 260   |                   | M-40      | 24   | 00:00:08    | 00:23:30.55    | 00:23:38.80     | +00:05:13 (22.2%) | 4:42         | 12.8 (78.0%) |
| 25  | ŻUCHOWSKI Dariusz      | 508   |                   | M-40      | 25   | 00:00:16    | 00:23:33.30    | 00:23:50.10     | +00:05:15 (22.3%) | 4:42         | 12.7 (77.4%) |
| 26  | KOŁODZIEJSKI Stanisław | 212   |                   | M-40      | 26   | 00:00:00    | 00:23:47.95    | 00:23:47.95     | +00:05:30 (23.1%) | 4:45         | 12.6 (76.8%) |
| 27  | DURAŁEK Andrzej        | 370   |                   | M-40      | 27   | 00:00:26    | 00:23:50.75    | 00:24:17.20     | +00:05:33 (23.3%) | 4:46         | 12.6 (76.8%) |

| Msc | Zawodnik                | Numer | Klub                 | Kategoria | Mkat | Czas startu | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|----------------------|-----------|------|-------------|-------------|-------------|-------------------|--------------|--------------|
|     |                         |       |                      |           |      |             | 5km         | 5km         |                   |              |              |
| 28  | KUJAWA Piotr            | 556   |                      | M-40      | 28   | 00:00:36    | 00:23:55.20 | 00:24:31.40 | +00:05:37 (23.5%) | 4:47         | 12.5 (76.2%) |
| 29  | ŁUŻYŃSKI Zbigniew       | 562   |                      | M-40      | 29   | 00:00:20    | 00:24:00.70 | 00:24:20.70 | +00:05:43 (23.8%) | 4:48         | 12.5 (76.2%) |
| 30  | KOWALCZYK Tomasz        | 318   |                      | M-40      | 30   | 00:00:20    | 00:24:16.60 | 00:24:37.50 | +00:05:59 (24.7%) | 4:51         | 12.4 (75.6%) |
| 31  | DRĘRZEWSKI Andrzej      | 483   |                      | M-40      | 31   | 00:00:18    | 00:24:17.85 | 00:24:36.75 | +00:06:00 (24.7%) | 4:51         | 12.3 (75.0%) |
| 32  | SZMELTER Michał         | 154   |                      | M-40      | 32   | 00:00:27    | 00:24:27.75 | 00:24:55.70 | +00:06:10 (25.2%) | 4:53         | 12.3 (75.0%) |
| 33  | WOJCIECHOWSKI Jarosław  | 5     |                      | M-40      | 33   | 00:00:11    | 00:24:33.10 | 00:24:44.80 | +00:06:15 (25.5%) | 4:54         | 12.2 (74.4%) |
| 34  | JASIŃSKI Artur          | 174   |                      | M-40      | 34   | 00:00:05    | 00:24:33.20 | 00:24:38.40 | +00:06:15 (25.5%) | 4:54         | 12.2 (74.4%) |
| 35  | CHROBAK Przemysław      | 293   | ILO                  | M-40      | 35   | 00:00:22    | 00:24:40.65 | 00:25:03.40 | +00:06:23 (25.9%) | 4:56         | 12.2 (74.4%) |
| 36  | WĘGRZYNOWSKI Sławomir   | 166   | KABEL TEAM BYDGOSZCZ | M-40      | 36   | 00:01:01    | 00:24:44.90 | 00:25:45.90 | +00:06:27 (26.1%) | 4:56         | 12.1 (73.8%) |
| 37  | KLISZEWSKI Damian       | 55    | GWIAZDA BYDGOSZCZ    | M-40      | 37   | 00:00:49    | 00:24:52.20 | 00:25:41.55 | +00:06:34 (26.5%) | 4:58         | 12.1 (73.8%) |
| 38  | SZULC Andrzej           | 121   |                      | M-40      | 38   | 00:00:00    | 00:24:59.55 | 00:24:59.55 | +00:06:42 (26.8%) | 4:59         | 12 (73.2%)   |
| 39  | JURSKI Robert           | 180   |                      | M-40      | 39   | 00:00:15    | 00:25:01.50 | 00:25:16.60 | +00:06:44 (26.9%) | 5:00         | 12 (73.2%)   |
| 40  | STAFIEJ Mariusz         | 479   |                      | M-40      | 40   | 00:00:18    | 00:25:25.30 | 00:25:43.50 | +00:07:07 (28.0%) | 5:05         | 11.8 (72.0%) |
| 41  | ZYGLER Zbigniew         | 313   | 22. ODN              | M-40      | 41   | 00:00:26    | 00:25:33.15 | 00:25:59.95 | +00:07:15 (28.4%) | 5:06         | 11.7 (71.3%) |
| 42  | KLUZ Jacek              | 358   |                      | M-40      | 42   | 00:00:16    | 00:25:39.15 | 00:25:55.20 | +00:07:21 (28.7%) | 5:07         | 11.7 (71.3%) |
| 43  | KUNZ Wojciech           | 288   |                      | M-40      | 43   | 00:00:05    | 00:26:02.45 | 00:26:08.15 | +00:07:44 (29.8%) | 5:12         | 11.5 (70.1%) |
| 44  | SKUBISZAK Jacek         | 332   |                      | M-40      | 44   | 00:00:14    | 00:26:24.10 | 00:26:38.10 | +00:08:06 (30.7%) | 5:16         | 11.4 (69.5%) |
| 45  | MINDYKOWSKI Zbigniew    | 103   |                      | M-40      | 45   | 00:00:35    | 00:26:36.00 | 00:27:11.90 | +00:08:18 (31.2%) | 5:19         | 11.3 (68.9%) |
| 46  | KLONOWSKI Sławomir      | 266   |                      | M-40      | 46   | 00:00:32    | 00:26:47.15 | 00:27:20.00 | +00:08:29 (31.7%) | 5:21         | 11.2 (68.3%) |
| 47  | LEWANDOWSKI Adam        | 82    | BEZ KLUBU            | M-40      | 47   | 00:00:20    | 00:27:04.95 | 00:27:25.60 | +00:08:47 (32.5%) | 5:25         | 11.1 (67.7%) |
| 48  | MINDYKOWSKI Roman       | 80    | SZALONE INDYKI       | M-40      | 48   | 00:00:36    | 00:27:06.10 | 00:27:42.60 | +00:08:48 (32.5%) | 5:25         | 11.1 (67.7%) |
| 49  | CZERWIAKOWSKI Sebastian | 45    |                      | M-40      | 49   | 00:00:14    | 00:27:15.45 | 00:27:30.20 | +00:08:57 (32.9%) | 5:27         | 11 (67.1%)   |
| 50  | SZAMROWICZ Jacek        | 516   |                      | M-40      | 50   | 00:00:25    | 00:27:35.90 | 00:28:01.70 | +00:09:18 (33.7%) | 5:31         | 10.9 (66.5%) |
| 51  | DOLATA Grzegorz         | 85    |                      | M-40      | 51   | 00:00:24    | 00:27:40.40 | 00:28:04.70 | +00:09:22 (33.9%) | 5:32         | 10.8 (65.9%) |
| 52  | ROGUSZCZAK Maciej       | 88    |                      | M-40      | 52   | 00:00:28    | 00:27:59.35 | 00:28:28.25 | +00:09:41 (34.6%) | 5:36         | 10.7 (65.2%) |
| 53  | PREUSS Daniel           | 591   |                      | M-40      | 53   | 00:00:12    | 00:28:03.65 | 00:28:16.60 | +00:09:46 (34.8%) | 5:36         | 10.7 (65.2%) |
| 54  | RADKOWSKI Dariusz       | 623   |                      | M-40      | 54   | 00:00:42    | 00:28:07.50 | 00:28:50.30 | +00:09:50 (35.0%) | 5:37         | 10.7 (65.2%) |
| 55  | RACZYCKI Tomasz         | 244   |                      | M-40      | 55   | 00:00:42    | 00:28:08.20 | 00:28:50.30 | +00:09:50 (35.0%) | 5:37         | 10.7 (65.2%) |
| 56  | KŁOSOWSKI Piotr         | 250   |                      | M-40      | 56   | 00:00:44    | 00:28:53.10 | 00:29:37.40 | +00:10:35 (36.7%) | 5:46         | 10.4 (63.4%) |
| 57  | KONIEC Piotr            | 239   | BLACKSTARMTB         | M-40      | 57   | 00:00:45    | 00:29:01.65 | 00:29:47.55 | +00:10:44 (37.0%) | 5:48         | 10.3 (62.8%) |
| 58  | LEWANDOWSKI Piotr       | 519   |                      | M-40      | 58   | 00:00:29    | 00:29:27.90 | 00:29:57.20 | +00:11:10 (37.9%) | 5:53         | 10.2 (62.2%) |
| 59  | WESOŁOWSKI Rafał        | 150   | SZURUSIE TEAM        | M-40      | 59   | 00:00:35    | 00:29:36.00 | 00:30:11.40 | +00:11:18 (38.2%) | 5:55         | 10.1 (61.6%) |
| 60  | TREPANOWSKI Tomasz      | 338   |                      | M-40      | 60   | 00:00:40    | 00:29:41.80 | 00:30:22.60 | +00:11:24 (38.4%) | 5:56         | 10.1 (61.6%) |
| 61  | KAWA Marcin             | 575   |                      | M-40      | 61   | 00:00:55    | 00:29:45.55 | 00:30:41.20 | +00:11:28 (38.5%) | 5:57         | 10.1 (61.6%) |
| 62  | CHILEWSKI Arkadiusz     | 424   |                      | M-40      | 62   | 00:00:59    | 00:30:37.10 | 00:31:36.40 | +00:12:19 (40.3%) | 6:07         | 9.8 (59.8%)  |
| 63  | BUDZIAK Bartosz         | 14    |                      | M-40      | 63   | 00:00:50    | 00:30:44.90 | 00:31:35.80 | +00:12:27 (40.5%) | 6:09         | 9.8 (59.8%)  |
| 64  | RYMASZEWSKI Roman       | 461   |                      | M-40      | 64   | 00:00:39    | 00:30:49.45 | 00:31:28.85 | +00:12:31 (40.7%) | 6:09         | 9.7 (59.1%)  |
| 65  | BYRTEK Grzegorz         | 439   |                      | M-40      | 65   | 00:00:02    | 00:31:08.80 | 00:31:11.15 | +00:12:51 (41.3%) | 6:13         | 9.6 (58.5%)  |
| 66  | KOZICKI Damian          | 459   |                      | M-40      | 66   | 00:00:50    | 00:31:12.65 | 00:32:02.70 | +00:12:55 (41.4%) | 6:14         | 9.6 (58.5%)  |
| 67  | AGUSTYNIAK Piotr        | 454   |                      | M-40      | 67   | 00:00:40    | 00:31:39.00 | 00:32:19.70 | +00:13:21 (42.2%) | 6:19         | 9.5 (57.9%)  |
| 68  | ŚLĘZAK Rafał            | 159   |                      | M-40      | 68   | 00:00:46    | 00:32:10.55 | 00:32:57.30 | +00:13:53 (43.2%) | 6:26         | 9.3 (56.7%)  |
| 69  | DUDZIŃSKI Bogusław      | 621   |                      | M-40      | 69   | 00:00:12    | 00:33:06.75 | 00:33:19.55 | +00:14:49 (44.8%) | 6:37         | 9.1 (55.5%)  |
| 70  | SMYK Arkadiusz          | 442   |                      | M-40      | 70   | 00:00:15    | 00:33:13.10 | 00:33:28.70 | +00:14:55 (44.9%) | 6:38         | 9 (54.9%)    |
| 71  | JANKOWSKI Rafał         | 171   | 7 BDH                | M-40      | 71   | 00:00:56    | 00:33:38.95 | 00:34:35.05 | +00:15:21 (45.6%) | 6:43         | 8.9 (54.3%)  |

| Msc | Zawodnik                   | Numer      | Klub | Kategoria | Mkat | Czas startu | Czas netto<br>5km  | Czas brutto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|------------|------|-----------|------|-------------|--------------------|--------------------|-------------------|-----------------|---------------|
| 72  | <b>FURGAL Adam</b>         | <b>379</b> |      | M-40      | 72   | 00:00:49    | <b>00:33:48.05</b> | <b>00:34:37.50</b> | +00:15:30 (45.9%) | 6:45            | 8.9 (54.3%)   |
| 73  | <b>ANDERSOWN Paweł</b>     | <b>506</b> |      | M-40      | 73   | 00:00:58    | <b>00:35:42.10</b> | <b>00:36:41.00</b> | +00:17:24 (48.8%) | 7:08            | 8.4 (51.2%)   |
| 74  | <b>FORDON Sławek</b>       | <b>229</b> |      | M-40      | 74   | 00:00:58    | <b>00:37:19.95</b> | <b>00:38:18.00</b> | +00:19:02 (51.0%) | 7:28            | 8 (48.8%)     |
| 75  | <b>SMOLA Daniel</b>        | <b>259</b> | 3LO  | M-40      | 75   | 00:00:52    | <b>00:37:22.35</b> | <b>00:38:15.25</b> | +00:19:04 (51.1%) | 7:28            | 8 (48.8%)     |
| 76  | <b>KRZYWDZIŃSKI Daniel</b> | <b>67</b>  |      | M-40      | 76   | 00:00:30    | <b>00:37:27.85</b> | <b>00:37:58.55</b> | +00:19:10 (51.2%) | 7:29            | 8 (48.8%)     |

Znaleziono 76 wynik(ów)