



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2022-10-02
Bydgoszcz
5 km

III BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MACIŃSKI Waldek	123		M40	1	00:10:08	00:20:42.00	00:20:45.90		4:08	14.5 (100%)
2	JAGIEŁA Adam	212		M40	2	00:10:29	00:21:14.90	00:21:21.75	+00:00:35 (2.8%)	4:14	14.1 (97.2%)
3	UMIŃSKI Robert	195		M40	3	00:10:24	00:21:08.80	00:21:34.05	+00:00:48 (3.7%)	4:13	14.2 (97.9%)
4	HADOWSKI Piotr	336		M40	4	00:10:55	00:21:43.15	00:21:49.00	+00:01:03 (4.8%)	4:20	13.8 (95.2%)
5	SZYSZKA Radosław	308		M40	5	00:10:58	00:22:24.20	00:22:27.05	+00:01:41 (7.5%)	4:28	13.4 (92.4%)
6	BRZESKI Sebastian	366		M40	6	00:11:18	00:22:33.65	00:22:39.10	+00:01:53 (8.3%)	4:30	13.3 (91.7%)
7	DROCIAK Michał	302		M40	7	00:11:30	00:23:18.00	00:23:18.00	+00:02:32 (10.9%)	4:39	12.9 (89.0%)
8	ZIELIŃSKI Tomasz	391		M40	8	00:11:27	00:22:58.10	00:23:28.55	+00:02:42 (11.5%)	4:35	13.1 (90.3%)
9	MACIEJEWSKI Maciej	280		M40	9	00:11:45	00:23:49.70	00:23:59.80	+00:03:13 (13.5%)	4:45	12.6 (86.9%)
10	KRUSZYNA Robert	107		M40	10	00:11:39	00:24:05.20	00:24:14.05	+00:03:28 (14.3%)	4:49	12.5 (86.2%)
11	SZEIB Robert	327		M40	11	00:12:16	00:25:17.65	00:25:26.75	+00:04:40 (18.4%)	5:03	11.9 (82.1%)
12	RACIBORSKI Grzegorz	294		M40	12	00:12:36	00:25:11.20	00:25:27.75	+00:04:41 (18.4%)	5:02	11.9 (82.1%)
13	FRYDRYCH Marcin	296		M40	13	00:12:40	00:25:21.95	00:25:30.05	+00:04:44 (18.6%)	5:04	11.8 (81.4%)
14	RAJKOWSKI Maciej	305		M40	14	00:13:23	00:27:37.50	00:27:44.30	+00:06:58 (25.1%)	5:31	10.9 (75.2%)
15	SŁOWIŃSKI Sławomir	356		M40	15	00:13:15	00:27:46.00	00:27:51.25	+00:07:05 (25.5%)	5:33	10.8 (74.5%)
16	DOLATA Rafał	326		M40	16	00:13:33	00:27:54.50	00:27:58.25	+00:07:12 (25.8%)	5:34	10.8 (74.5%)
17	SCHMIDT Marcin	262		M40	17	00:13:30	00:27:51.35	00:27:58.85	+00:07:12 (25.8%)	5:34	10.8 (74.5%)
18	BUTOWSKI Michał	11		M40	18	00:13:55	00:27:33.85	00:28:01.90	+00:07:16 (25.9%)	5:30	10.9 (75.2%)
19	KURCZEWSKI Mikołaj	197		M40	19	00:14:16	00:27:53.35	00:28:28.35	+00:07:42 (27.1%)	5:34	10.8 (74.5%)
19	SŁOWIŃSKI Paweł	252		M40	19	00:14:18	00:27:54.10	00:28:28.35	+00:07:42 (27.1%)	5:34	10.8 (74.5%)
21	NOWICKI Marek	183		M40	21	00:14:01	00:28:44.35	00:29:10.05	+00:08:24 (28.8%)	5:44	10.4 (71.7%)
22	PAPPELBAUM Jarosław	288		M40	22	00:15:01	00:28:47.35	00:29:14.80	+00:08:28 (29.0%)	5:45	10.4 (71.7%)
23	JANULEWICZ Jakub	181		M40	23	00:14:59	00:29:41.75	00:30:01.20	+00:09:15 (30.8%)	5:56	10.1 (69.7%)
24	KRAWCZAK Jarosław	155		M40	24	00:15:10	00:29:51.90	00:30:05.65	+00:09:19 (31.0%)	5:58	10.1 (69.7%)
25	WOLSZCZAK Rafał	377		M40	25	00:15:08	00:29:52.10	00:30:07.55	+00:09:21 (31.1%)	5:58	10 (69.0%)
26	BAKOWSKI Dawid	26		M40	26	00:14:36	00:30:02.50	00:30:15.30	+00:09:29 (31.4%)	6:00	10 (69.0%)
27	BOROWA Łukasz	234		M40	27	00:14:56	00:31:20.40	00:31:25.40	+00:10:39 (33.9%)	6:16	9.6 (66.2%)
28	GIERSZEWSKI Dariusz	285		M40	28	00:15:01	00:31:26.35	00:32:04.45	+00:11:18 (35.3%)	6:17	9.5 (65.5%)
29	JANUSZEWSKI Marcin	223		M40	29	00:16:20	00:32:33.25	00:33:07.30	+00:12:21 (37.3%)	6:30	9.2 (63.4%)
30	KOTECKI Marcin	191		M40	30	00:16:18	00:32:38.65	00:33:12.00	+00:12:26 (37.5%)	6:31	9.2 (63.4%)

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31	KUGLARZ Dominik	225		M40	31	00:17:21	00:32:46.05	00:33:21.05	+00:12:35 (37.7%)	6:33	9.2 (63.4%)
32	MĘŻYKOWSKI Krzysztof	43		M40	32	00:16:28	00:32:46.80	00:33:25.50	+00:12:39 (37.9%)	6:33	9.2 (63.4%)
33	NOWIŃSKI Jarosław	283		M40	33	00:15:43	00:33:31.25	00:33:49.10	+00:13:03 (38.6%)	6:42	9 (62.1%)
34	TYBORSKI Michał	386		M40	34	00:16:52	00:33:19.00	00:33:56.80	+00:13:10 (38.8%)	6:39	9 (62.1%)
35	ZBIRANEK Remigiusz	361		M40	35	00:16:40	00:33:54.10	00:33:59.95	+00:13:14 (38.9%)	6:46	8.8 (60.7%)
36	SOŁDYGA Paweł	295		M40	36	00:17:18	00:35:21.55	00:35:52.85	+00:15:06 (42.1%)	7:04	8.5 (58.6%)
37	LEWANDOWSKI Robert	369		M40	37	00:16:10	00:36:28.20	00:36:31.55	+00:15:45 (43.1%)	7:17	8.2 (56.6%)
37	WOJCZAKOWSKI Jarek	41		M40	37	00:16:57	00:36:19.80	00:36:31.55	+00:15:45 (43.1%)	7:15	8.3 (57.2%)
39	KUŁAKOWSKI Robert	344		M40	39	00:19:18	00:39:17.20	00:39:36.20	+00:18:50 (47.6%)	7:51	7.6 (52.4%)
40	IWANIUK Jacek	36		M40	40	00:21:01	00:43:10.15	00:43:26.65	+00:22:40 (52.2%)	8:38	6.9 (47.6%)
41	WESOŁOWSKI Sławomir	416		M40	41	00:19:31	00:44:34.30	00:45:00.55	+00:24:14 (53.9%)	8:54	6.7 (46.2%)

Znaleziono 41 wynik(ów)