

# III MARATON PUSZCZY BYDGOSKIEJ

B4SPORT

**Wydarzenie:** Biegi Puszczy Bydgoskiej  
**Organizator:** Life+ Joanna Maciejewska-Błachewicz; Łukasz Telejko bydgoscybiegacze.plbydgoscybiegacze.pl i Life+  
**Data:** 2018-10-06  
**Miejsce:** BYDGOSZCZ  
**Dystans:** 42 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Start_All 23km	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
1	KOŚMIEJA Marcin	114	TKKF KOLEJARZ BYDGOSZCZ	M30	1	00:38:06	01:39:16	<b>03:19:51.60</b>		4:32	13.2 (100%)
2	BOROWSKI Adam	133		M40	1	00:39:32	01:42:19	<b>03:37:40.50</b>	+00:17:48 (8.2%)	4:56	12.1 (91.7%)
3	TESSA Karol	211	BYDGOSZCZ FAN MARATON	M30	2		01:54:11	<b>03:49:31.95</b>	+00:29:40 (12.9%)	5:12	11.5 (87.1%)
4	KOSIARKIEWICZ Krzysztof	299		M40	2	00:43:23	01:54:11	<b>03:49:43.45</b>	+00:29:51 (13.0%)	5:13	11.5 (87.1%)
5	SZYCHOWSKI Jarosław	207	TKKF KOLEJARZ BYDGOSZCZ	M30	3	00:46:59	02:01:47	<b>03:56:01.60</b>	+00:36:10 (15.3%)	5:21	11.2 (84.8%)
6	NIC Jakub	68		M40	3	00:48:12	02:01:54	<b>04:06:49.00</b>	+00:46:57 (19.0%)	5:36	10.7 (81.1%)
7	RESZKA Jarosław	197	JRULEZZ	M30	4	00:43:48	01:54:36	<b>04:07:28.60</b>	+00:47:37 (19.2%)	5:37	10.7 (81.1%)
8	KOZIŃSKI Marek	164	RUN BYDGOSZCZ	M40	4	00:49:05	02:05:08	<b>04:13:09.95</b>	+00:53:18 (21.1%)	5:45	10.4 (78.8%)
9	SMYKOWSKI Marcin	203		M40	5	00:49:19	02:09:16	<b>04:18:10.70</b>	+00:58:19 (22.6%)	5:52	10.2 (77.3%)
10	GRABIAS Aleksandra	153		K30	1	00:48:24	02:08:20	<b>04:18:33.90</b>	+00:58:42 (22.7%)	5:52	10.2 (77.3%)
11	STEFANIAK Maciej	94	GRUNWALD TEAM POZNAŃ	M30	5	00:43:22	01:55:36	<b>04:20:26.40</b>	+01:00:34 (23.3%)	5:55	10.1 (76.5%)
12	BŁĘDOWSKI Mariusz	132		M40	6	00:44:48	01:59:07	<b>04:21:14.15</b>	+01:01:22 (23.5%)	5:56	10.1 (76.5%)
13	KRZEMIŃSKI Maciej	165	MSU S.A.	M30	6	00:52:16	02:12:08	<b>04:27:31.25</b>	+01:07:39 (25.3%)	6:04	9.9 (75.0%)
14	GÓRSKI Krzysztof	152	OSOWATEAM	M40	7	00:41:41	01:52:44	<b>04:28:46.80</b>	+01:08:55 (25.6%)	6:06	9.8 (74.2%)
15	BRYMORA Andrzej	134		M40	8	00:48:20	02:05:10	<b>04:29:04.90</b>	+01:09:13 (25.7%)	6:06	9.8 (74.2%)
16	TOMCZAK Agnieszka	214		K40	1	00:48:25	02:08:21	<b>04:31:26.95</b>	+01:11:35 (26.4%)	6:10	9.7 (73.5%)
17	CHMARA Sylwia	138		K30	2	00:48:50	02:06:41	<b>04:33:31.45</b>	+01:13:39 (26.9%)	6:12	9.7 (73.5%)
18	PUSZCZ Sławek	194	VEGE RUNNERS	M30	7	00:47:26	02:03:45	<b>04:34:31.15</b>	+01:14:39 (27.2%)	6:14	9.6 (72.7%)
19	NOWAK Jarosław	189	SPC	M50	1	00:46:30	02:02:52	<b>04:35:49.05</b>	+01:15:57 (27.5%)	6:16	9.6 (72.7%)
20	KOŚLACZ Seweryn	161		M20	1	00:45:36	02:00:45	<b>04:36:11.10</b>	+01:16:19 (27.6%)	6:16	9.6 (72.7%)
21	ROSZCZYN Dawid	198	CB163	M30	8	00:54:51	02:19:22	<b>04:42:40.35</b>	+01:22:48 (29.3%)	6:25	9.3 (70.5%)
22	MROTEK Katarzyna	182		K30	3	00:51:14	02:14:00	<b>04:42:58.05</b>	+01:23:06 (29.4%)	6:25	9.3 (70.5%)
23	JANKOWSKA Barbara	32		K40	2	00:51:30	02:16:57	<b>04:44:23.85</b>	+01:24:32 (29.7%)	6:27	9.3 (70.5%)
24	ŁOŚ Piotr	59		M40	9	00:47:31	02:04:07	<b>04:45:54.00</b>	+01:26:02 (30.1%)	6:29	9.2 (69.7%)
25	KACZOROWSKI Rafał	157	DĄBROWSKI TEAM	M20	2	00:52:29	02:20:17	<b>04:46:25.65</b>	+01:26:34 (30.2%)	6:30	9.2 (69.7%)
26	MARĆ Robert	222		M40	10	00:49:26	02:06:58	<b>04:47:46.75</b>	+01:27:55 (30.6%)	6:32	9.2 (69.7%)
27	ZACHWIEJA Piotr	218		M30	9		02:12:36	<b>04:49:52.85</b>	+01:30:01 (31.1%)	6:35	9.1 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Start_All 23km	Czas		Tempo min/km	Tempo km/h
								netto 44km	Różn		
28	<b>MROTEK Michał</b>	<b>183</b>	QUAPRO TEAM	M30	10	00:51:03	02:14:00	<b>04:51:09.10</b>	+01:31:17 (31.4%)	6:37	9.1 (68.9%)
29	<b>SOBAŃSKI Michał</b>	<b>204</b>	CNN	M30	11	00:55:26	02:23:10	<b>04:56:29.10</b>	+01:36:37 (32.6%)	6:44	8.9 (67.4%)
30	<b>DRWĘCKI Daniel</b>	<b>147</b>	BIEGNIJ Z PROSERVICE	M30	12	00:56:07	02:22:10	<b>04:56:33.90</b>	+01:36:42 (32.6%)	6:44	8.9 (67.4%)
31	<b>KOSZEWSKI Michał</b>	<b>160</b>		M30	13	00:48:04	02:05:04	<b>04:57:22.85</b>	+01:37:31 (32.8%)	6:45	8.9 (67.4%)
32	<b>CHMARA Rafał</b>	<b>137</b>	AMBAR	M40	11	00:51:25	02:13:25	<b>04:57:46.40</b>	+01:37:54 (32.9%)	6:46	8.9 (67.4%)
33	<b>MIGDALCZYK Maciej</b>	<b>180</b>	PCH_RUN / LODOŻERCY CHODZIEŻ	M30	14	00:52:57	02:18:27	<b>04:58:13.65</b>	+01:38:22 (33.0%)	6:46	8.9 (67.4%)
34	<b>FRANKOWSKI Michał</b>	<b>148</b>	LODOŻERCY CHODZIEŻ	M30	15	00:52:57	02:18:27	<b>04:58:14.20</b>	+01:38:22 (33.0%)	6:46	8.9 (67.4%)
35	<b>CZELIŃSKI Leszek</b>	<b>139</b>		M50	2	00:47:29	02:06:09	<b>04:59:20.55</b>	+01:39:28 (33.2%)	6:48	8.8 (66.7%)
36	<b>DACH Łukasz</b>	<b>140</b>	PASACO	M30	16	00:49:18	02:14:12	<b>05:01:04.90</b>	+01:41:13 (33.6%)	6:50	8.8 (66.7%)
37	<b>RUDOL Sebastian</b>	<b>84</b>	RUN PASJA	M40	12	00:52:10	02:18:35	<b>05:04:27.75</b>	+01:44:36 (34.4%)	6:55	8.7 (65.9%)
38	<b>RUDOL Magdalena</b>	<b>85</b>	RUN PASJA	K40	3	00:52:10	02:18:35	<b>05:04:28.10</b>	+01:44:36 (34.4%)	6:55	8.7 (65.9%)
39	<b>ZIMON Marcin</b>	<b>221</b>		M30	17	00:50:37	02:08:27	<b>05:05:10.25</b>	+01:45:18 (34.5%)	6:56	8.7 (65.9%)
40	<b>RADKOWSKI Dariusz</b>	<b>195</b>	ZMUSILI MNIE TO BIEGAM	M40	13	00:52:17	02:14:27	<b>05:06:27.70</b>	+01:46:36 (34.8%)	6:57	8.6 (65.2%)
41	<b>FRĄCKOWIAK Ewelina</b>	<b>149</b>	AMAT*ORKA	K40	4	00:53:47	02:18:27	<b>05:06:28.20</b>	+01:46:36 (34.8%)	6:57	8.6 (65.2%)
42	<b>NOWAK Agnieszka</b>	<b>188</b>		K30	4	00:55:49	02:28:14	<b>05:06:29.10</b>	+01:46:37 (34.8%)	6:57	8.6 (65.2%)
43	<b>MALINA Grzegorz</b>	<b>177</b>		M30	18	00:55:36	02:23:19	<b>05:06:29.80</b>	+01:46:38 (34.8%)	6:57	8.6 (65.2%)
44	<b>DRANICKI Łukasz</b>	<b>146</b>		M30	19	00:50:45	02:13:25	<b>05:06:39.05</b>	+01:46:47 (34.8%)	6:58	8.6 (65.2%)
45	<b>DĄBROWSKI Artur</b>	<b>141</b>		M30	20	00:57:03	02:31:09	<b>05:07:57.90</b>	+01:48:06 (35.1%)	6:59	8.6 (65.2%)
46	<b>KRZYKANOWSKI Marcin</b>	<b>166</b>		M30	21	00:51:19	02:12:13	<b>05:09:06.60</b>	+01:49:15 (35.3%)	7:01	8.5 (64.4%)
47	<b>ŚPIEWAK Radek</b>	<b>209</b>	BOHAR PALETY RUNNERS	M30	22	00:53:42	02:22:11	<b>05:10:19.85</b>	+01:50:28 (35.6%)	7:03	8.5 (64.4%)
48	<b>OLEJNICZAK Alina</b>	<b>190</b>		K30	5	01:00:12	02:31:53	<b>05:12:24.00</b>	+01:52:32 (36.0%)	7:06	8.5 (64.4%)
49	<b>KWAPISZEWSKI Marcin</b>	<b>172</b>	CZESŁAW GNIEZNO	M30	23	00:58:25	02:24:28	<b>05:14:39.30</b>	+01:54:47 (36.5%)	7:09	8.4 (63.6%)
50	<b>TOMASZEWSKI Krzysztof</b>	<b>213</b>	HUSARIA RACE TEAM	M30	24	00:50:05	02:13:49	<b>05:15:15.05</b>	+01:55:23 (36.6%)	7:09	8.4 (63.6%)
51	<b>DĄBROWSKI Jarosław</b>	<b>142</b>	CB163	M20	3	00:54:51	02:19:22	<b>05:15:48.40</b>	+01:55:56 (36.7%)	7:10	8.4 (63.6%)
52	<b>KOŁOCH Krzysztof</b>	<b>158</b>	NIGHT RUNNERS	M20	4	00:59:21	02:32:50	<b>05:19:29.00</b>	+01:59:37 (37.4%)	7:15	8.3 (62.9%)
53	<b>SIEWERT Hanna</b>	<b>199</b>		K30	6	00:58:21	02:31:35	<b>05:19:40.80</b>	+01:59:49 (37.5%)	7:15	8.3 (62.9%)
54	<b>TOCZKIEWICZ Piotr</b>	<b>212</b>		M40	14	00:51:29	02:22:47	<b>05:21:37.25</b>	+02:01:45 (37.9%)	7:18	8.2 (62.1%)
55	<b>BIELIŃSKI Tomasz</b>	<b>131</b>		M30	25	00:54:38	02:21:50	<b>05:21:53.20</b>	+02:02:01 (37.9%)	7:18	8.2 (62.1%)
56	<b>MRÓWCZYŃSKI Tomasz</b>	<b>184</b>	KS SOKÓL GAŚAWA	M30	26	00:56:06	02:17:59	<b>05:23:49.50</b>	+02:03:57 (38.3%)	7:21	8.2 (62.1%)
57	<b>ZAGALSKI Jakub</b>	<b>219</b>		M30	27	00:55:10	02:24:52	<b>05:27:55.80</b>	+02:08:04 (39.1%)	7:27	8.1 (61.4%)
58	<b>KURDELSKI Michał</b>	<b>170</b>	JUST 5	M20	5	00:52:05	02:16:57	<b>05:28:55.30</b>	+02:09:03 (39.2%)	7:28	8 (60.6%)
59	<b>ZBYTEK Przemysław</b>	<b>220</b>	PUSZCZALSCY	M40	15	00:55:26	02:30:17	<b>05:33:38.00</b>	+02:13:46 (40.1%)	7:34	7.9 (59.8%)
60	<b>MANTAJ Agnieszka</b>	<b>178</b>	DĄBROWSKI TEAM	K30	7	00:56:19	02:30:50	<b>05:33:44.45</b>	+02:13:52 (40.1%)	7:35	7.9 (59.8%)
61	<b>KOPACZ Hanka</b>	<b>159</b>	BIEGAM BRUM BRUM	K30	8	00:56:18	02:30:50	<b>05:33:44.50</b>	+02:13:52 (40.1%)	7:35	7.9 (59.8%)
62	<b>SPRYSZYŃSKI Michał</b>	<b>205</b>	TRIRODZINKA.PL	M30	28	00:56:08	02:24:59	<b>05:35:17.15</b>	+02:15:25 (40.4%)	7:37	7.9 (59.8%)
63	<b>NAPIERAŁA Karolina</b>	<b>186</b>		K30	9	00:55:55	02:28:51	<b>05:36:45.70</b>	+02:16:54 (40.7%)	7:39	7.8 (59.1%)
64	<b>MAJEWSKI Marcin</b>	<b>176</b>	CB163	M20	6	00:55:56	02:28:52	<b>05:36:46.40</b>	+02:16:54 (40.7%)	7:39	7.8 (59.1%)
65	<b>WODEJKO Artur</b>	<b>215</b>	TBKM WILK SOLEC KUJAWSKI	M40	16	00:52:56	02:22:36	<b>05:37:10.45</b>	+02:17:18 (40.7%)	7:39	7.8 (59.1%)
66	<b>SIKORA Artur</b>	<b>200</b>		M40	17		02:33:56	<b>05:38:48.30</b>	+02:18:56 (41.0%)	7:42	7.8 (59.1%)
67	<b>WORZAŁA Wojciech</b>	<b>216</b>		M40	18	00:53:39	02:21:54	<b>05:39:26.55</b>	+02:19:34 (41.1%)	7:42	7.8 (59.1%)
68	<b>NAPIÓRSKI Maciej</b>	<b>187</b>		M30	29	00:55:21	02:26:04	<b>05:39:39.95</b>	+02:19:48 (41.2%)	7:43	7.8 (59.1%)
69	<b>LACH Paweł</b>	<b>173</b>		M30	30	00:57:23	02:34:10	<b>05:40:13.25</b>	+02:20:21 (41.3%)	7:43	7.8 (59.1%)
70	<b>LACH Bogumiła</b>	<b>174</b>		K30	10	00:57:23	02:34:09	<b>05:40:13.40</b>	+02:20:21 (41.3%)	7:43	7.8 (59.1%)
71	<b>GRZYWACZ Rafał</b>	<b>155</b>	NIGHT RUNNERS	M30	31	00:59:20	02:32:50	<b>05:40:42.50</b>	+02:20:50 (41.3%)	7:44	7.7 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Start_All 23km	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
72	<b>WÓJCIK Łukasz</b>	<b>217</b>	OLEJ RUNNING TEAM	M30	32	00:58:36	02:36:35	<b>05:57:22.45</b>	+02:37:30 (44.1%)	8:07	7.4 (56.1%)
73	<b>MOŹDŻYŃSKA Lidia</b>	<b>181</b>	WIECZORNE BIEGANIE W SZCZECINIE	K20	1	00:57:41	02:39:12	<b>06:10:08.60</b>	+02:50:17 (46.0%)	8:24	7.1 (53.8%)
74	<b>KUCIŃSKA Magdalena</b>	<b>168</b>		K30	11		02:42:16	<b>06:10:53.10</b>	+02:51:01 (46.1%)	8:25	7.1 (53.8%)
75	<b>PODEMSKA Patrycja</b>	<b>193</b>	WATAHA BYDGOSZCZ	K30	12	01:00:11	02:42:33	<b>06:14:11.20</b>	+02:54:19 (46.6%)	8:30	7.1 (53.8%)
76	<b>DOBRZYŃSKA Małgorzata</b>	<b>143</b>	SPC	K50	1	01:02:08	02:44:39	<b>06:16:37.60</b>	+02:56:46 (46.9%)	8:33	7 (53.0%)
77	<b>JANISZEWSKI Jakub</b>	<b>156</b>		M40	19	01:02:09	02:42:01	<b>06:16:50.75</b>	+02:56:59 (47.0%)	8:33	7 (53.0%)
78	<b>RADZIŃSKA-KAMYSZEK Ewa</b>	<b>196</b>	SPC	K50	2	01:02:09	02:45:41	<b>06:19:33.55</b>	+02:59:41 (47.3%)	8:37	7 (53.0%)
79	<b>GAUDEN Piotr</b>	<b>151</b>	SPC / KM UMK TORUŃ	M40	20	01:02:09	02:40:22	<b>06:19:34.30</b>	+02:59:42 (47.3%)	8:37	7 (53.0%)
80	<b>GAJEWSKI Jacek</b>	<b>150</b>	4TH SECTION	M50	3	01:02:43	02:52:50	<b>06:22:26.45</b>	+03:02:34 (47.7%)	8:41	6.9 (52.3%)
81	<b>KUJAWA Katarzyna</b>	<b>169</b>	KURCZAK CROW TEAM	K40	5	01:02:44	02:52:51	<b>06:22:26.70</b>	+03:02:35 (47.7%)	8:41	6.9 (52.3%)
82	<b>KUBALSKI Paweł</b>	<b>167</b>	KOWALE TEAM	M30	33	01:00:45	02:50:21	<b>06:45:56.25</b>	+03:26:04 (50.8%)	9:13	6.5 (49.2%)
83	<b>KOWALSKA Agnieszka</b>	<b>162</b>	KOWALE TEAM	K30	13	01:00:50	02:53:00	<b>06:45:57.50</b>	+03:26:05 (50.8%)	9:13	6.5 (49.2%)
84	<b>MAŁKIŃSKI Józef</b>	<b>223</b>		M60+	1	00:54:54	02:26:04	<b>06:57:46.90</b>	+03:37:55 (52.2%)	9:29	6.3 (47.7%)
	<b>PACUSZKA Krzysztof</b>	<b>191</b>	ŁUBUDUBU	M40		00:44:23 DNF	01:58:44 DNF	<b>DNF</b>		-	- (0.0%)
	<b>DORDZIK Katarzyna</b>	<b>144</b>		K30		DNF	02:03:30 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MAĆKOWIAK Tomasz</b>	<b>175</b>	CB163	M40		00:55:49 DNF	02:28:14 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 87 wynik(ów)