



III MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IGNASIA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organiser: Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy
Date: 2018-12-02
Place: Bydgoszcz
Distance: 5 km

Classification: M-30

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	ŚLUSARSKI Przemysław	338	RUN PASJA	M-30	1	00:00:02	00:17:32.25	00:17:34.95		3:30	17.1 (100%)
2	MAĆKOWSKI Maciej	7	UPS BYDGOSZCZ	M-30	2	00:00:02	00:17:46.80	00:17:49.20	+00:00:14 (1.4%)	3:33	16.9 (98.8%)
3	KOLMAJER Rafał	238		M-30	3	00:00:02	00:17:56.20	00:17:58.75	+00:00:23 (2.2%)	3:35	16.7 (97.7%)
4	WIĘCKOWSKI Dariusz	36	AMS TRIATHLON BYDGOSZCZ	M-30	4	00:00:02	00:18:02.90	00:18:05.20	+00:00:30 (2.8%)	3:36	16.6 (97.1%)
5	KUŁAKOWSKI Krzysztof	432	RUN PASJA	M-30	5	00:00:04	00:18:16.05	00:18:20.50	+00:00:43 (4.0%)	3:39	16.4 (95.9%)
6	PIOTROWSKI Radosław	474		M-30	6	00:00:03	00:18:28.60	00:18:31.80	+00:00:56 (5.1%)	3:41	16.2 (94.7%)
7	BALCEREK Mateusz	640		M-30	7	00:00:03	00:19:20.60	00:19:24.05	+00:01:48 (9.3%)	3:52	15.5 (90.6%)
8	RZESZOTARSKI Daniel	124		M-30	8	00:00:05	00:19:40.85	00:19:46.40	+00:02:08 (10.9%)	3:56	15.2 (88.9%)
9	RESZKA Jarosław	648		M-30	9	00:00:05	00:19:45.75	00:19:51.25	+00:02:13 (11.3%)	3:57	15.2 (88.9%)
10	JAGIEŁA Bartosz	25	TKKF KOLEJARZ BYDGOSZCZ.#BIEGACZE	M-30	10	00:00:07	00:19:55.95	00:20:03.55	+00:02:23 (12.0%)	3:59	15.1 (88.3%)
11	LEWANDOWSKI Filip	628		M-30	11	00:00:06	00:20:01.30	00:20:08.20	+00:02:29 (12.4%)	4:00	15 (87.7%)
12	JACIUBEK Przemysław	484		M-30	12	00:00:03	00:20:03.50	00:20:07.15	+00:02:31 (12.6%)	4:00	15 (87.7%)
13	HENDRZAK Sylwester	653		M-30	13	00:00:18	00:20:18.35	00:20:36.50	+00:02:46 (13.6%)	4:03	14.8 (86.5%)
14	SZYMAŃSKI Łukasz	367		M-30	14	00:00:04	00:20:26.20	00:20:30.50	+00:02:53 (14.2%)	4:05	14.7 (86.0%)
15	KRZEMIŃSKI Bartosz	347	RUN PASJA	M-30	15	00:00:05	00:20:26.40	00:20:31.90	+00:02:54 (14.2%)	4:05	14.7 (86.0%)
16	ŚLEFARSKI Marcin	389		M-30	16	00:00:06	00:21:07.90	00:21:14.40	+00:03:35 (17.0%)	4:13	14.2 (83.0%)
17	MIĘKCZYŃSKI Miłosz	492	LUPUS TEAM	M-30	17	00:00:09	00:21:14.85	00:21:24.00	+00:03:42 (17.5%)	4:15	14.1 (82.5%)
18	LEWIŃSKI Jacek	494		M-30	18	00:00:14	00:21:43.35	00:21:57.40	+00:04:11 (19.3%)	4:20	13.8 (80.7%)
19	RADTKE Paweł	462	SISU OWB TEAM	M-30	19	00:00:14	00:21:44.85	00:21:59.35	+00:04:12 (19.4%)	4:21	13.8 (80.7%)
20	LEWANDOWSKI Sławomir	423	KLUBZDROWIA24H	M-30	20	00:00:23	00:21:46.30	00:22:09.85	+00:04:14 (19.4%)	4:21	13.8 (80.7%)
21	ŁOBOCKI Krzysztof	135	TKKF KOLEJARZ BYDGOSZCZ	M-30	21	00:00:09	00:21:50.40	00:21:59.45	+00:04:18 (19.7%)	4:22	13.7 (80.1%)
22	CIEŚLEWICZ Karol	185	OLAFCREW	M-30	22	00:00:13	00:21:51.00	00:22:04.85	+00:04:18 (19.7%)	4:22	13.7 (80.1%)
23	DZIEKAN Wojciech	466	KABEL TEAM BYDGOSZCZ	M-30	23	00:00:05	00:21:51.45	00:21:56.60	+00:04:19 (19.8%)	4:22	13.7 (80.1%)
24	ŻAK Mariusz	532		M-30	24	00:00:17	00:22:00.15	00:22:17.40	+00:04:27 (20.3%)	4:24	13.6 (79.5%)
25	MICHALSKI Paweł	603		M-30	25	00:00:09	00:22:04.55	00:22:14.50	+00:04:32 (20.6%)	4:25	13.6 (79.5%)
26	ŁABENDA Robert	3	SZURUSIE TEAM	M-30	26	00:00:25	00:22:11.00	00:22:36.15	+00:04:38 (20.9%)	4:26	13.5 (78.9%)
27	JARANTOWICZ Adam	227	THE RUNNERS ŚWIECIE	M-30	27	00:00:16	00:22:15.95	00:22:32.35	+00:04:43 (21.2%)	4:27	13.5 (78.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
28	WESOŁEK Kacper	421	PROJECT SOCIETY	M-30	28	00:00:12	00:22:24.00	00:22:36.10	+00:04:51 (21.7%)	4:28	13.4 (78.4%)
29	ŻUCHELKOWSKI Rafał	514	AGATA & RAFAŁ & ADAŚ TEAM	M-30	29	00:00:06	00:22:45.40	00:22:51.90	+00:05:13 (22.9%)	4:33	13.2 (77.2%)
30	MIERNIK Szymon	90		M-30	30	00:00:10	00:22:48.30	00:22:58.65	+00:05:16 (23.1%)	4:33	13.2 (77.2%)
31	KOWALIK Patryk	654		M-30	31	00:00:10	00:22:54.85	00:23:05.20	+00:05:22 (23.5%)	4:35	13.1 (76.6%)
32	OZDOBA Rafał	167		M-30	32	00:00:06	00:22:55.00	00:23:01.60	+00:05:22 (23.5%)	4:35	13.1 (76.6%)
33	KABACIŃSKI Jarosław	295		M-30	33	00:00:38	00:23:05.00	00:23:43.90	+00:05:32 (24.0%)	4:37	13 (76.0%)
34	MIKOŁAJCZAK Tomasz	261		M-30	34	00:00:14	00:23:07.25	00:23:22.20	+00:05:35 (24.1%)	4:37	13 (76.0%)
35	BIELEC Michał	634		M-30	35	00:00:04	00:23:07.95	00:23:12.10	+00:05:35 (24.2%)	4:37	13 (76.0%)
36	GACKOWSKI Szymon	525	BYDGOSZCZ NASTART	M-30	36	00:00:32	00:23:12.40	00:23:44.80	+00:05:40 (24.4%)	4:38	12.9 (75.4%)
37	PUZIO Tomasz	218		M-30	37	00:00:18	00:23:23.05	00:23:41.20	+00:05:50 (25.0%)	4:40	12.8 (74.9%)
38	WALUSIAK Miłosz	420	RUN PASJA	M-30	38	00:00:07	00:23:31.80	00:23:39.50	+00:05:59 (25.5%)	4:42	12.7 (74.3%)
39	SPYCHALSKI Tomasz	444	WOZKIMOTOCYKLOWE.PL	M-30	39	00:00:21	00:23:42.20	00:24:03.95	+00:06:09 (26.0%)	4:44	12.7 (74.3%)
40	RAPCA Krzysztof	545		M-30	40	00:01:00	00:23:44.10	00:24:44.70	+00:06:11 (26.1%)	4:44	12.6 (73.7%)
41	ZIELINSKI Pawel	457		M-30	41	00:00:18	00:24:02.85	00:24:21.05	+00:06:30 (27.1%)	4:48	12.5 (73.1%)
42	KISZKA Marcin	255	RUN PASJA	M-30	42	00:00:14	00:24:20.40	00:24:35.25	+00:06:48 (27.9%)	4:52	12.3 (71.9%)
43	KILANOWSKI Darek	110		M-30	43	00:00:12	00:24:33.90	00:24:46.30	+00:07:01 (28.6%)	4:54	12.2 (71.3%)
44	OPASKA Marcin	320	RUN PASJA	M-30	44	00:00:27	00:24:34.20	00:25:01.50	+00:07:01 (28.6%)	4:54	12.2 (71.3%)
45	BURSZTYŃSKI Tomasz	535	CBY BORÓWKI TEAM	M-30	45	00:00:42	00:24:38.00	00:25:20.60	+00:07:05 (28.8%)	4:55	12.2 (71.3%)
46	NAGORZYSKI Arkadiusz	31	BIEGAMWSPIERAMMOTYWUJĘ	M-30	46	00:00:08	00:24:49.60	00:24:57.85	+00:07:17 (29.4%)	4:57	12.1 (70.8%)
47	RIVAT Emmanuel	456	ARRK	M-30	47	00:00:19	00:24:50.50	00:25:09.80	+00:07:18 (29.4%)	4:58	12.1 (70.8%)
48	SPYCHAJ Piotr	483	HERBALIFE	M-30	48	00:00:28	00:24:52.15	00:25:20.95	+00:07:19 (29.5%)	4:58	12.1 (70.8%)
49	LEWANDOWSKI Sebastian	154		M-30	49	00:00:10	00:24:56.40	00:25:06.90	+00:07:24 (29.7%)	4:59	12 (70.2%)
50	KASPRZYK Damian	63		M-30	50	00:00:09	00:25:38.35	00:25:48.00	+00:08:06 (31.6%)	5:07	11.7 (68.4%)
51	ŚLEDŹ Paweł	113		M-30	51	00:00:27	00:25:39.55	00:26:06.75	+00:08:07 (31.7%)	5:07	11.7 (68.4%)
52	ZUBRYCKI Tomasz	198	KLUB ZDROWIA 24	M-30	52	00:00:06	00:25:46.40	00:25:53.15	+00:08:14 (32.0%)	5:09	11.6 (67.8%)
53	JANUSZEWSKI Marcin	9		M-30	53	00:00:12	00:25:50.55	00:26:02.85	+00:08:18 (32.1%)	5:10	11.6 (67.8%)
54	GÓRSKI Bartłomiej	513		M-30	54	00:00:43	00:25:50.65	00:26:33.85	+00:08:18 (32.1%)	5:10	11.6 (67.8%)
55	WALEWSKI Andrzej	502	STOWARZYSZENIE KRWIODAWCÓW FARA	M-30	55	00:00:03	00:25:55.85	00:25:59.35	+00:08:23 (32.4%)	5:11	11.6 (67.8%)
56	ULASZEWSKI Bartosz	605		M-30	56	00:00:16	00:26:05.30	00:26:21.50	+00:08:33 (32.8%)	5:13	11.5 (67.3%)
57	LEWICKI Jarek	276		M-30	57	00:00:14	00:26:10.40	00:26:25.35	+00:08:38 (33.0%)	5:14	11.5 (67.3%)
58	SATRO Leszek	501	RRC	M-30	58	00:00:17	00:26:16.00	00:26:33.20	+00:08:43 (33.2%)	5:15	11.4 (66.7%)
59	KARPIŃSKI Łukasz	477		M-30	59	00:00:10	00:26:30.70	00:26:41.15	+00:08:58 (33.8%)	5:18	11.3 (66.1%)
60	MANIKOWSKI Dominik	6		M-30	60	00:00:20	00:26:43.55	00:27:04.00	+00:09:11 (34.4%)	5:20	11.2 (65.5%)
61	PAPIS Piotr	26	BACKONIK	M-30	61	00:00:38	00:26:49.90	00:27:28.10	+00:09:17 (34.6%)	5:22	11.2 (65.5%)
62	GŁOWACKI Krzysztof	364		M-30	62	00:00:08	00:27:09.90	00:27:18.75	+00:09:37 (35.4%)	5:26	11 (64.3%)
63	POTRZEBOWSKI Marek	116	DEAF I #B3K	M-30	63	00:00:20	00:27:22.05	00:27:42.20	+00:09:49 (35.9%)	5:28	11 (64.3%)
64	ŁAWSKI Piotr	449		M-30	64	00:00:14	00:27:33.80	00:27:48.50	+00:10:01 (36.4%)	5:30	10.9 (63.7%)
65	HOFFA Filip	245		M-30	65	00:00:08	00:27:46.80	00:27:55.20	+00:10:14 (36.9%)	5:33	10.8 (63.2%)
66	KACZMAREK Sebastian	537		M-30	66	00:00:24	00:28:19.90	00:28:44.85	+00:10:47 (38.1%)	5:40	10.6 (62.0%)
67	NOWAK Jakub	156	ILO	M-30	67	00:00:26	00:28:23.10	00:28:49.60	+00:10:50 (38.2%)	5:40	10.6 (62.0%)
68	OBIDOWSKI Adam	344	L'ÉQUIPE DE CITROEN	M-30	68	00:00:31	00:28:37.30	00:29:09.00	+00:11:05 (38.7%)	5:43	10.5 (61.4%)
69	SZULC Michał	608		M-30	69	00:00:24	00:28:55.70	00:29:20.20	+00:11:23 (39.4%)	5:47	10.4 (60.8%)
70	PŁOSZAJ Maciej	22		M-30	70	00:00:43	00:28:55.95	00:29:39.05	+00:11:23 (39.4%)	5:47	10.4 (60.8%)
71	SZECÓWKA Marcin	351		M-30	71	00:00:48	00:29:11.20	00:29:59.70	+00:11:38 (39.9%)	5:50	10.3 (60.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
72	ŚWIETLIK Grzegorz	470	KRÓLOWIE ŻYCIA	M-30	72	00:00:06	00:29:17.00	00:29:23.45	+00:11:44 (40.1%)	5:51	10.2 (59.6%)
73	KAMIŃSKI Sławomir	523	MOBILNY WULKAN	M-30	73	00:00:05	00:29:17.65	00:29:23.30	+00:11:45 (40.1%)	5:51	10.2 (59.6%)
74	FERENZ Marcin	379		M-30	74	00:00:07	00:29:36.80	00:29:44.55	+00:12:04 (40.8%)	5:55	10.1 (59.1%)
75	BĄBOLEWSKI Łukasz	87	#WIĘCEJSPRZĘTUNIŻTALENTU	M-30	75	00:00:47	00:29:52.05	00:30:39.90	+00:12:19 (41.3%)	5:58	10 (58.5%)
76	WINOGRODZKI Radosław	376		M-30	76	00:00:16	00:30:02.35	00:30:19.20	+00:12:30 (41.6%)	6:00	10 (58.5%)
77	WENAL Adam	633		M-30	77	00:00:37	00:30:16.60	00:30:54.35	+00:12:44 (42.1%)	6:03	9.9 (57.9%)
78	GWIAZDZIŃSKI Kamil	385		M-30	78	00:00:18	00:30:27.05	00:30:45.70	+00:12:54 (42.4%)	6:05	9.9 (57.9%)
79	DOLSKI Tomek	490		M-30	79	00:00:38	00:30:36.85	00:31:15.50	+00:13:04 (42.7%)	6:07	9.8 (57.3%)
80	KACZYŃSKI Rafał	473	PLUSZOWE NORNICE	M-30	80	00:00:18	00:30:48.75	00:31:07.10	+00:13:16 (43.1%)	6:09	9.7 (56.7%)
81	PECHE Marek	439	KLUBZDROWIA 24H	M-30	81	00:00:29	00:30:52.85	00:31:22.40	+00:13:20 (43.2%)	6:10	9.7 (56.7%)
82	SIELUŻYCKI Mieszko	162		M-30	82	00:00:41	00:30:59.50	00:31:41.40	+00:13:27 (43.4%)	6:12	9.7 (56.7%)
83	WIŚNIEWSKI Jacek	139	PROJECT SOCIETY	M-30	83	00:00:26	00:31:27.40	00:31:54.00	+00:13:55 (44.2%)	6:17	9.5 (55.6%)
84	ZIELIŃSKI Paweł	397	FORDON ZAWISZA	M-30	84	00:00:51	00:31:35.25	00:32:26.35	+00:14:03 (44.5%)	6:19	9.5 (55.6%)
85	KRUPA Piotr	415		M-30	85	00:00:46	00:32:43.05	00:33:29.25	+00:15:10 (46.4%)	6:32	9.2 (53.8%)
86	GROCHOWSKI Patryk	274		M-30	86	00:00:09	00:33:41.20	00:33:51.10	+00:16:08 (47.9%)	6:44	8.9 (52.0%)
87	SZATKOWSKI Janusz	616		M-30	87	00:00:27	00:34:33.95	00:35:01.60	+00:17:01 (49.3%)	6:54	8.7 (50.9%)
88	ARACH Przemysław	323		M-30	88	00:00:23	00:34:47.20	00:35:10.80	+00:17:14 (49.6%)	6:57	8.6 (50.3%)
89	PEŻYŃSKI Piotr	278		M-30	89	00:00:40	00:37:55.00	00:38:35.40	+00:20:22 (53.7%)	7:35	7.9 (46.2%)
90	GIEZEK Sławomir	30		M-30	90	00:00:00	00:49:29.50	00:49:29.50	+00:31:57 (64.6%)	9:53	6.1 (35.7%)

Total 90 results.