



III PÓŁMARATON PUSZCZY BYDGOSKIEJ

B4SPORT

Wydarzenie:
Organizator:

Biegi Puszczy Bydgoskiej
Joanna Maciejewska reprezentująca firmę Life+
Joanna Maciejewska oraz Wojciech Wrzesiński i
Arkadiusz Koryciński.

Data:
Miejsce:
Dystans:

2018-10-06
BYDGOSZCZ
21 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	WOŁOSZCZAK Leszek	382	6. KILOMETR	M20	1	00:37:47	01:38:29.20		4:16	14 (100%)
2	CIMACHOWSKI Jakub	394		M30	1	00:38:21	01:39:50.20	+00:01:21 (1.4%)	4:20	13.8 (98.6%)
3	DANIELAK Michał	269	ORKIESTRA WOJSKOWA W TORUNIU	M40	1	00:38:12	01:40:44.20	+00:02:15 (2.2%)	4:22	13.7 (97.9%)
4	OLEJNIK Krzysztof	335		M30	2	00:39:30	01:41:56.35	+00:03:27 (3.4%)	4:25	13.5 (96.4%)
5	MŁYNARCZYK Zbigniew	327	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M30	3	00:39:31	01:43:39.65	+00:05:10 (5.0%)	4:30	13.3 (95.0%)
6	WILLMA Jarosław	379	BRZOZA BIEGA	M50	1	00:39:40	01:44:03.50	+00:05:34 (5.4%)	4:31	13.3 (95.0%)
7	MILEWSKI Zbigniew	389	TKKF KOLEJARZ BYDGOSZCZ	M40	2	00:39:58	01:44:34.85	+00:06:05 (5.8%)	4:32	13.2 (94.3%)
8	KOWALSKI Jacek	301		M40	3	00:40:23	01:48:19.30	+00:09:50 (9.1%)	4:42	12.7 (90.7%)
9	KUROWSKI Kamil	312	3GRAVITY	M30	4	00:40:13	01:49:44.10	+00:11:14 (10.3%)	4:46	12.6 (90.0%)
10	ALSKI Łukasz	392		M30	5	00:44:42	01:51:43.55	+00:13:14 (11.8%)	4:51	12.4 (88.6%)
11	CZAJKOWSKA Sylwia	265	#ŻÓŁTOKRÓLEWSCY	K40	1	00:43:23	01:51:48.10	+00:13:18 (11.9%)	4:51	12.3 (87.9%)
12	KŁOPOCKI Jan	292	#WPISZCOKOLWIEK	M20	2	00:45:35	01:53:39.95	+00:15:10 (13.4%)	4:56	12.1 (86.4%)
13	PALACZ Wioletta	339		K40	2	00:44:15	01:55:56.35	+00:17:27 (15.1%)	5:02	11.9 (85.0%)
14	SŁOMKA Maciej	362		M30	6	00:46:05	01:56:36.90	+00:18:07 (15.5%)	5:04	11.8 (84.3%)
15	KUBIAK Sławomir	310		M40	4	00:45:20	01:57:22.30	+00:18:53 (16.1%)	5:06	11.8 (84.3%)
16	KORPAL Emil	298	PRONATURA BYDGOSZCZ	M30	7	00:45:23	01:58:03.55	+00:19:34 (16.6%)	5:07	11.7 (83.6%)
17	LEWANDOWSKI Marcin	316	KEEPPER	M20	3	00:46:04	01:58:21.40	+00:19:52 (16.8%)	5:08	11.7 (83.6%)
17	RYBAK Remigiusz	352	KEEPPER	M40	5	00:46:04	01:58:21.40	+00:19:52 (16.8%)	5:08	11.7 (83.6%)
19	OLSZEWSKI Piotr	336		M30	8	00:46:07	01:58:24.45	+00:19:55 (16.8%)	5:08	11.7 (83.6%)
20	NOWICKI Mateusz	334	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30	9	00:46:34	01:58:36.40	+00:20:07 (17.0%)	5:09	11.6 (82.9%)
21	BUZALSKI Robert	261	ORANGE POLSKA	M40	6	00:46:12	01:58:55.05	+00:20:25 (17.2%)	5:10	11.6 (82.9%)
22	KRYGIER Staszek	308		M30	10	00:47:41	01:59:10.35	+00:20:41 (17.4%)	5:10	11.6 (82.9%)
23	KUŚ Sławomir	313	DSV	M30	11	00:42:21	01:59:56.70	+00:21:27 (17.9%)	5:12	11.5 (82.1%)
24	ORZECZOWSKI Radosław	337	WALECZNI BYDGOSZCZ	M30	12	00:43:04	01:59:56.80	+00:21:27 (17.9%)	5:12	11.5 (82.1%)
25	ZALEWSKI Andrzej	383	WKURW_TEAM	M30	13	00:47:04	02:00:06.80	+00:21:37 (18.0%)	5:13	11.5 (82.1%)
26	WIŚNIEWSKI Maciej	380		M40	7	00:46:58	02:02:00.30	+00:23:31 (19.3%)	5:18	11.3 (80.7%)
27	DZIUBA Arkadiusz	271	ŚWINKA RAĆKA TEAM	M30	14	00:41:55	02:02:11.50	+00:23:42 (19.4%)	5:18	11.3 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
28	ĆWIKLIŃSKA Anna	267		K40	3	01:07:33	02:02:18.85	+00:23:49 (19.5%)	5:19	11.3 (80.7%)
29	PAWLACZYK Szymon	340	TRISPACE	M30	15	00:42:04	02:02:21.40	+00:23:52 (19.5%)	5:19	11.3 (80.7%)
30	IGNACZAK Piotr	283	TRISPACE	M40	8	00:42:05	02:02:21.45	+00:23:52 (19.5%)	5:19	11.3 (80.7%)
31	TARCZYŃSKI Łukasz	373	TEAM KUCYKI	M30	16	00:47:35	02:02:30.40	+00:24:01 (19.6%)	5:19	11.3 (80.7%)
32	SZCZUDLIŃSKI Dariusz	369	BBL INOWROCŁAW	M50	2	00:47:18	02:03:02.40	+00:24:33 (20.0%)	5:20	11.2 (80.0%)
33	SZOPIŃSKA Agnieszka	370	STRZELECKA 3	K30	1	00:48:12	02:03:05.15	+00:24:35 (20.0%)	5:21	11.2 (80.0%)
34	URBAŃSKI Marcin	376	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	9	00:46:29	02:03:26.90	+00:24:57 (20.2%)	5:22	11.2 (80.0%)
35	MIERNIK Mateusz	326	POLKRYŚ TEAM	M30	17	00:46:30	02:05:06.60	+00:26:37 (21.3%)	5:26	11 (78.6%)
36	SYNAKIEWICZ Tomasz	367	SGB-BANK S.A.	M30	18	00:49:23	02:05:26.75	+00:26:57 (21.5%)	5:27	11 (78.6%)
37	HYRA Grzegorz	282		M40	10	00:46:49	02:05:42.70	+00:27:13 (21.7%)	5:27	11 (78.6%)
38	GRODZICKI Sebastian	154	AGB TORFY	M40	11	00:47:19	02:07:03.60	+00:28:34 (22.5%)	5:31	10.9 (77.9%)
39	NAPIERAŁSKI Artur	332		M40	12	00:48:57	02:07:26.95	+00:28:57 (22.7%)	5:32	10.8 (77.1%)
40	MICHALIK Joanna	324	ARUN	K30	2	00:47:54	02:07:34.65	+00:29:05 (22.8%)	5:32	10.8 (77.1%)
41	SIUDA Sebastian	359	SOLECCY BIEGACZE	M40	13	00:47:49	02:07:56.90	+00:29:27 (23.0%)	5:33	10.8 (77.1%)
42	GOŁĘBIEWSKI Krzysztof	275		M20	4	00:47:10	02:08:08.10	+00:29:38 (23.1%)	5:34	10.8 (77.1%)
43	JABŁOŃSKI Michał	284	PKO BP S.A.	M30	19	00:49:25	02:08:10.40	+00:29:41 (23.2%)	5:34	10.8 (77.1%)
44	REDMANN Edyta	391		K40	4	00:50:03	02:09:23.80	+00:30:54 (23.9%)	5:37	10.7 (76.4%)
45	SIEJEK Błażej	356	NORDCLOUD	M30	20	00:50:57	02:09:28.70	+00:30:59 (23.9%)	5:37	10.7 (76.4%)
46	RATKOWSKA Małgorzata	346	THE RUNNERS ŚWIECIE	K40	5	00:49:33	02:09:49.90	+00:31:20 (24.1%)	5:38	10.6 (75.7%)
47	KRZYŻANOWSKI Robert	309	RUN PASJA	M50	3	00:44:44	02:10:02.55	+00:31:33 (24.3%)	5:39	10.6 (75.7%)
48	BILSKI Marcin	256		M30	21	00:46:28	02:11:09.45	+00:32:40 (24.9%)	5:42	10.5 (75.0%)
49	KARCZ Anna	290		K20	1	00:49:36	02:11:45.55	+00:33:16 (25.3%)	5:43	10.5 (75.0%)
50	KOWALSKI Marek	302		M40	14	00:52:48	02:12:53.95	+00:34:24 (25.9%)	5:46	10.4 (74.3%)
51	SKONIECZNY Marcin	360	FORDONRUNNERS	M40	15	00:53:09	02:13:16.30	+00:34:47 (26.1%)	5:47	10.4 (74.3%)
52	SALWA Justyna	355	POLKRYŚ TEAM	K30	3	00:49:38	02:14:20.80	+00:35:51 (26.7%)	5:50	10.3 (73.6%)
53	STAWECKI Arkadiusz	366	POLKRYŚ TEAM	M40	16	00:49:48	02:14:21.05	+00:35:51 (26.7%)	5:50	10.3 (73.6%)
54	CERAN Tomasz	263		M30	22	00:55:00	02:14:30.95	+00:36:01 (26.8%)	5:50	10.3 (73.6%)
55	SZYNKIEWICZ Agnieszka	393		K40	6	00:51:11	02:16:08.50	+00:37:39 (27.7%)	5:55	10.1 (72.1%)
56	KOZŁOWSKI Norbert	304	POLKRYŚ TEAM	M30	23	00:51:11	02:16:08.60	+00:37:39 (27.7%)	5:55	10.1 (72.1%)
57	PACZKOWSKI Mirosław	338	CB163	M40	17	00:54:52	02:17:12.65	+00:38:43 (28.2%)	5:57	10.1 (72.1%)
58	ŁUKASZEWICZ Arkadiusz	318	REBEL CROSS SPORT	M20	5	00:53:09	02:17:42.45	+00:39:13 (28.5%)	5:59	10 (71.4%)
59	SKORUPA Sebastian	361	REBEL CROSS SPORT	M40	18	00:53:09	02:17:42.55	+00:39:13 (28.5%)	5:59	10 (71.4%)
60	KACZMAREK Krzysztof	287	BROS TEAM	M20	6	00:53:19	02:18:19.90	+00:39:50 (28.8%)	6:00	10 (71.4%)
61	ROMIŃSKI Patryk	349		M20	7	00:53:10	02:18:51.55	+00:40:22 (29.1%)	6:02	9.9 (70.7%)
62	BŁĄŻEJCZYK Michał	257		M20	8	00:53:10	02:18:51.85	+00:40:22 (29.1%)	6:02	9.9 (70.7%)
63	KALACZYŃSKI Miłosz	288	POLONIA BYDGOSZCZ SLA	M20	9	00:49:26	02:20:06.25	+00:41:37 (29.7%)	6:05	9.9 (70.7%)
64	POBIEDZIŃSKI Robert	344	PB SLA	M20	10	00:49:26	02:20:07.05	+00:41:37 (29.7%)	6:05	9.8 (70.0%)
65	JESKE Marek	286	RUN BYDGOSZCZ	M40	19	00:50:44	02:20:27.00	+00:41:57 (29.9%)	6:06	9.8 (70.0%)
66	RUTKOWSKI Adam	351		M20	11	00:52:42	02:20:38.95	+00:42:09 (30.0%)	6:06	9.8 (70.0%)
67	FÓRMAN Daniel	273	LODOŻERCY_CHODZIEŻ	M40	20	00:52:30	02:20:42.00	+00:42:12 (30.0%)	6:07	9.8 (70.0%)
68	ROBACZEWSKA Kinga	347		K30	4	00:54:26	02:20:46.50	+00:42:17 (30.0%)	6:07	9.8 (70.0%)
69	NASIADKA Leszek	333		M40	21	00:53:14	02:21:05.55	+00:42:36 (30.2%)	6:08	9.8 (70.0%)
70	MICHALSKA Daria	325	BOHAR PALETY RUNNERS	K30	5	00:52:22	02:21:35.95	+00:43:06 (30.4%)	6:09	9.7 (69.3%)
71	KWIATKOWSKI Karol	314	TEAMKUCYKI	M40	22	00:56:01	02:21:52.75	+00:43:23 (30.6%)	6:10	9.7 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas		Tempo min/km	Tempo km/h
							netto 23km	Różn		
72	TARCZYŃSKA Marta	372		K30	6	00:56:00	02:21:53.30	+00:43:24 (30.6%)	6:10	9.7 (69.3%)
73	EISERT Edyta	272		K30	7	00:54:25	02:23:17.15	+00:44:47 (31.3%)	6:13	9.6 (68.6%)
74	LEBIECKI Paweł	315		M30	24	00:54:09	02:23:24.05	+00:44:54 (31.3%)	6:14	9.6 (68.6%)
75	TESSA Justyna	374		K40	7	00:53:56	02:24:13.60	+00:45:44 (31.7%)	6:16	9.6 (68.6%)
76	MISUN- NOWAK Katarzyna	385	AMS	K30	8	00:54:03	02:24:21.25	+00:45:52 (31.8%)	6:16	9.6 (68.6%)
77	KOLASIŃSKA Joanna	293		K30	9	00:55:33	02:24:56.15	+00:46:26 (32.0%)	6:18	9.5 (67.9%)
78	SIEKIERSKI Tomasz	357	PRONATURA BYDGOSZCZ	M40	23	00:54:07	02:25:34.70	+00:47:05 (32.3%)	6:19	9.5 (67.9%)
79	PODZEREK Iwona	345		K40	8	00:57:11	02:25:41.70	+00:47:12 (32.4%)	6:20	9.5 (67.9%)
80	QUAAS Łukasz	264	BIEGAM JA I ON CZYLI NA TRANINGU Z ŻYCIEM.	M30	25	00:55:35	02:26:23.30	+00:47:54 (32.7%)	6:21	9.4 (67.1%)
81	ZYGMUNT Robert	387		M40	24	00:55:34	02:26:24.35	+00:47:55 (32.7%)	6:21	9.4 (67.1%)
82	KOPKA Elżbieta	296	AGB TORFY	K40	9	00:54:42	02:26:28.50	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
83	ZIMIŃSKA Joanna	386	HAPPYRUNNERS	K40	10	00:54:43	02:26:28.75	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
84	KOPKA Tomasz	297	AGB TORFY	M50	4	00:54:43	02:26:28.85	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
85	ROGUT Katarzyna	348	AGB TORFY	K40	11	00:54:43	02:26:28.90	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
86	GROBELNA Monika	278		K30	10	00:55:00	02:28:09.10	+00:49:39 (33.5%)	6:26	9.3 (66.4%)
87	MACIAS Waldemar	319	DRUŻYNA GAZETY ZIELONA GÓRA	M60+	1	00:55:38	02:28:29.70	+00:50:00 (33.7%)	6:27	9.3 (66.4%)
88	ANDRZEJEWSKI Ryszard	388	SZKARŁATNI TEAM/ŻÓŁTOKRÓLEWSCY	M60+	2	00:51:45	02:28:37.45	+00:50:08 (33.7%)	6:27	9.3 (66.4%)
89	STACHOWIAK ZALEWSKA Joanna	364	POGRANICZNIK	K30	11	00:53:18	02:28:57.95	+00:50:28 (33.9%)	6:28	9.3 (66.4%)
90	ZALEWSKI Przemysław	384	POGRANICZNIK	M40	25	00:53:18	02:28:58.10	+00:50:28 (33.9%)	6:28	9.3 (66.4%)
91	JASINIECKI Wojciech	285		M30	26	00:55:42	02:30:29.00	+00:51:59 (34.6%)	6:32	9.2 (65.7%)
92	KLIMEK Paweł	64	PUSZCZALSCY Z PUSZCZY BYDGOSKIEJ	M20	12	00:57:55	02:31:45.55	+00:53:16 (35.1%)	6:35	9.1 (65.0%)
93	KRYGIER Paulina	307		K30	12	00:57:36	02:32:14.70	+00:53:45 (35.3%)	6:37	9.1 (65.0%)
94	MORGA Bogdan	329	COKE RUNNERS	M30	27	00:55:31	02:33:27.00	+00:54:57 (35.8%)	6:40	9 (64.3%)
95	MORGA Izabela	328	COKE RUNNERS	K40	12	00:55:31	02:33:27.25	+00:54:58 (35.8%)	6:40	9 (64.3%)
96	SOBKOWIAK Justyna	363		K30	13	00:57:02	02:37:09.05	+00:58:39 (37.3%)	6:49	8.8 (62.9%)
97	BUDZIAK Mirosława	390		K40	13	00:56:17	02:37:10.30	+00:58:41 (37.3%)	6:50	8.8 (62.9%)
98	WASZAK Michał	378		M30	28	01:00:28	02:37:33.70	+00:59:04 (37.5%)	6:51	8.8 (62.9%)
99	BARWIKOWSKA Bogusia	254		K40	14	00:59:50	02:40:24.10	+01:01:54 (38.6%)	6:58	8.6 (61.4%)
100	SZAFKOWSKI Arkadiusz	368	SOLECCY BIEGACZE	M40	26	00:54:52	02:40:24.25	+01:01:55 (38.6%)	6:58	8.6 (61.4%)
100	LORENC-KRUSZYŃSKA Sylwia	317		K30	14	00:59:51	02:40:24.25	+01:01:55 (38.6%)	6:58	8.6 (61.4%)
102	CZYŻEWSKA Anna	266		K30	15	00:58:37	02:40:58.65	+01:02:29 (38.8%)	6:59	8.6 (61.4%)
103	KOZŁOWSKA Katarzyna	303	WOMAN RUNNING PALMA DE MALLORCA	K20	2		02:41:14.80	+01:02:45 (38.9%)	7:00	8.6 (61.4%)
104	KROPIDŁOWSKA Magdalena	306	OCELOTY KRUSZYN KRAJEŃSKI	K30	16	00:59:52	02:41:39.15	+01:03:09 (39.1%)	7:01	8.5 (60.7%)
105	SZYMAŃSKA Alicja	371	FUNDACJA WIELKA RODZINA	K30	17	01:01:12	02:44:22.70	+01:05:53 (40.1%)	7:08	8.4 (60.0%)
106	WOJTANOWICZ Beata	381	AKADEMIA BIEGANIA GRUDZIĄDZ	K50	1	01:00:59	02:44:51.45	+01:06:22 (40.3%)	7:10	8.4 (60.0%)
106	HAUSMAN Magdalena	280		K40	15	01:00:59	02:44:51.45	+01:06:22 (40.3%)	7:10	8.4 (60.0%)
108	ANISZEWSKI Dariusz	253		M40	27	01:01:00	02:44:52.10	+01:06:22 (40.3%)	7:10	8.4 (60.0%)
109	MARCINIAK Przemysław	320		M20	13	01:02:48	02:46:54.40	+01:08:25 (41.0%)	7:15	8.3 (59.3%)
110	GARDYZA Lidia	274	NAKIELSKI KB	K40	16	01:03:07	02:48:38.35	+01:10:09 (41.6%)	7:19	8.2 (58.6%)
111	MAZUREK Anita	323		K40	17	01:02:00	02:51:08.00	+01:12:38 (42.5%)	7:26	8.1 (57.9%)
112	MENCFEL Andrzej	179		M40	28	01:01:21	02:52:48.15	+01:14:18 (43.0%)	7:30	8 (57.1%)
113	KARDACH Magdalena	291	WATAHA - ŁĄCZY NAS BIEGANIE	K30	18	01:03:17	02:53:13.00	+01:14:43 (43.1%)	7:31	8 (57.1%)
114	GRZYWACZ Karolina	279		K30	19	01:03:17	02:53:17.15	+01:14:47 (43.2%)	7:32	8 (57.1%)
115	KOWALCZYK Olka	300	AGB TORFY	K40	18	01:03:09	03:21:01.00	+01:42:31 (51.0%)	8:44	6.9 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
116	GÓRSKA Joanna	277	TASAK TEAM	K30	20	01:25:10	03:31:01.10	+01:52:31 (53.3%)	9:10	6.5 (46.4%)
117	RUDNICKA Karolina	350	TASAK TEAM	K30	21	01:25:09	03:31:01.45	+01:52:32 (53.3%)	9:10	6.5 (46.4%)
118	CEGIELSKI Maciej	262	SZKARŁATNI TEAM/ŻÓŁTOKRÓLEWSCY	M40	29	01:33:10	04:10:46.30	+02:32:17 (60.7%)	10:54	5.5 (39.3%)
119	SIERANT Anna	358		K40	19	01:33:10	04:10:46.40	+02:32:17 (60.7%)	10:54	5.5 (39.3%)
120	GORGOL Renata	276	LP500FORDONRUNNERS	K40	20	01:33:42	04:13:41.45	+02:35:12 (61.2%)	11:01	5.4 (38.6%)
121	ANDRYSZAK Karolina	252		K40	21	01:33:45	04:13:41.55	+02:35:12 (61.2%)	11:01	5.4 (38.6%)
DQ	KRASNODĘBSKI Maciej	305		M30		00:35:18 DQ	01:13:00.95 DQ		-	- (0.0%)
DQ	MRUK Tomasz	330	CZARNE STOPY.SM	M40		00:35:18 DQ	01:13:01.30 DQ		-	- (0.0%)
DQ	KOLMAJER Rafał	294		M30		00:36:19 DQ	01:15:53.15 DQ		-	- (0.0%)
	PERLIŃSKI Damian	341	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30		00:52:53 DNF	DNF		-	- (0.0%)

Znaleziono 125 wynik(ów)