



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

**Organizator:** Aktywna Bydgoszcz  
**Data:** 2022-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>TULEJA Jakub</b>	<b>571</b>	CWZS ZAWISZA BYDGOSZCZ	M-20	1	00:00:00	<b>00:15:52.95</b>	<b>00:15:53.60</b>		3:10	18.9
2	<b>NALEWALSKI Rafał</b>	<b>1140</b>	1 POMORSKA BRYGADA LOGISTYCZNA	M-20	2	00:00:00	<b>00:15:58.50</b>	<b>00:15:59.15</b>	+00:00:05	3:11	18.8
3	<b>WITKOWSKI Mateusz</b>	<b>1180</b>	ELENSPORT SKLEP INTERNETOWY	M-20	3	00:00:00	<b>00:16:17.15</b>	<b>00:16:17.70</b>	+00:00:24	3:15	18.4
4	<b>SAWIEŁAJC Jakub</b>	<b>1002</b>	TM IRON TEAM	M-20	4	00:00:02	<b>00:17:42.05</b>	<b>00:17:44.25</b>	+00:01:49	3:32	16.9
5	<b>ZEBIDA Kader</b>	<b>978</b>	-	M-20	5	00:00:01	<b>00:18:13.65</b>	<b>00:18:14.70</b>	+00:02:20	3:38	16.5
6	<b>GRZĄDZIELEWSKI Igor</b>	<b>1187</b>	IRON RESORTS	M-20	6	00:00:02	<b>00:18:47.25</b>	<b>00:18:50.10</b>	+00:02:54	3:45	16
7	<b>MENDEL Patryk</b>	<b>114</b>	TM IRON TEAM/SLKB	M-20	7	00:00:03	<b>00:18:49.65</b>	<b>00:18:52.70</b>	+00:02:56	3:45	15.9
8	<b>JAŹDŹEWSKI Kacper</b>	<b>943</b>		M-20	8	00:00:01	<b>00:19:05.65</b>	<b>00:19:07.50</b>	+00:03:12	3:49	15.7
9	<b>TELEJKO Łukasz</b>	<b>980</b>	RUN BYDGOSZCZ	M-20	9	00:00:04	<b>00:19:33.55</b>	<b>00:19:38.40</b>	+00:03:40	3:54	15.3
10	<b>ALEKSANDROWICZ Sebastian</b>	<b>289</b>	ŁOMŻA GÓRZNO	M-20	10	00:00:02	<b>00:19:35.50</b>	<b>00:19:37.65</b>	+00:03:42	3:55	15.3
11	<b>KENSIK Łukasz</b>	<b>1156</b>	MLKS TUCHOLANKA TUCHOLA	M-20	11	00:00:05	<b>00:19:37.35</b>	<b>00:19:42.40</b>	+00:03:44	3:55	15.3
12	<b>PITUŁA Dominik</b>	<b>524</b>	PARKRUN GDAŃSK POŁUDNIE	M-20	12	00:00:09	<b>00:19:46.55</b>	<b>00:19:55.90</b>	+00:03:53	3:57	15.2
13	<b>LEWANDOWSKI Piotr</b>	<b>538</b>	STREET WORKOUT ACADEMY TERMINATOR	M-20	13	00:00:05	<b>00:19:51.40</b>	<b>00:19:56.65</b>	+00:03:58	3:58	15.1
14	<b>SIELECKI Arkadiusz</b>	<b>608</b>		M-20	14	00:00:05	<b>00:20:09.60</b>	<b>00:20:15.50</b>	+00:04:16	4:01	14.9
15	<b>KRZEWIŃSKI Radosław</b>	<b>772</b>		M-20	15	00:00:02	<b>00:20:20.50</b>	<b>00:20:23.25</b>	+00:04:27	4:04	14.8
16	<b>ONDRA Karol</b>	<b>990</b>		M-20	16	00:00:17	<b>00:20:25.60</b>	<b>00:20:43.00</b>	+00:04:32	4:05	14.7
17	<b>LEWANDOWSKI Bartłomiej</b>	<b>1058</b>		M-20	17	00:00:03	<b>00:20:34.25</b>	<b>00:20:37.90</b>	+00:04:41	4:06	14.6
18	<b>TOKARSKI Paweł</b>	<b>1081</b>		M-20	18	00:00:07	<b>00:20:34.35</b>	<b>00:20:42.00</b>	+00:04:41	4:06	14.6
19	<b>NIEMIR Tomasz</b>	<b>1054</b>		M-20	19	00:00:06	<b>00:20:39.95</b>	<b>00:20:46.90</b>	+00:04:47	4:07	14.5
20	<b>MAŁAS Marcin</b>	<b>963</b>	OPONEO.PL / AZS POLITECHNIKA GDAŃSKA	M-20	20	00:00:03	<b>00:21:06.10</b>	<b>00:21:09.20</b>	+00:05:13	4:13	14.2
21	<b>BZDZION Marcin</b>	<b>598</b>		M-20	21	00:00:04	<b>00:21:28.15</b>	<b>00:21:32.20</b>	+00:05:35	4:17	14
22	<b>KUCZMA Mikołaj</b>	<b>1057</b>		M-20	22	00:00:14	<b>00:21:45.90</b>	<b>00:22:00.85</b>	+00:05:52	4:21	13.8
23	<b>WALISZEWSKI Adrian</b>	<b>405</b>		M-20	23	00:00:48	<b>00:22:02.85</b>	<b>00:22:50.90</b>	+00:06:09	4:24	13.6
24	<b>DUDEK Marcin</b>	<b>322</b>	LATAJĄCY DUDEK	M-20	24	00:00:41	<b>00:22:07.80</b>	<b>00:22:49.00</b>	+00:06:14	4:25	13.6
25	<b>ŁASSA Rafał</b>	<b>753</b>	PARKA BIEGA	M-20	25	00:00:11	<b>00:22:24.65</b>	<b>00:22:35.80</b>	+00:06:31	4:28	13.4
26	<b>MIZERAKOWSKI Szymon</b>	<b>599</b>	HEX TORUŃ	M-20	26	00:00:12	<b>00:22:24.70</b>	<b>00:22:37.10</b>	+00:06:31	4:28	13.4
27	<b>KRETOWICZ Piotr</b>	<b>864</b>	POWAŻNI PRZEDSIĘBIORCY	M-20	27	00:00:35	<b>00:22:30.40</b>	<b>00:23:05.50</b>	+00:06:37	4:30	13.3
28	<b>PIERZGALSKI Damian</b>	<b>499</b>		M-20	28	00:00:19	<b>00:22:37.30</b>	<b>00:22:56.95</b>	+00:06:44	4:31	13.3
29	<b>MAZUR Łukasz</b>	<b>1139</b>		M-20	29	00:00:10	<b>00:22:44.95</b>	<b>00:22:55.60</b>	+00:06:52	4:32	13.2
30	<b>ŻEGLICZ Marek</b>	<b>40</b>	SPÓJNIA BIAŁE BŁOTA	M-20	30	00:00:06	<b>00:22:48.80</b>	<b>00:22:54.80</b>	+00:06:55	4:33	13.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	WIECZOREK Michał	1110		M-20	31	00:00:08	00:22:48.90	00:22:57.65	+00:06:55	4:33	13.2
32	NIELEK Patryk	1182	TUCHOLANKA	M-20	32	00:00:51	00:22:49.40	00:23:41.35	+00:06:56	4:33	13.1
33	SZERWIŃSKI Mateusz	448	KU AZS PBŚ	M-20	33	00:00:04	00:22:59.45	00:23:04.10	+00:07:06	4:35	13.1
34	ZAJĄKAŁA Wojciech	717		M-20	34	00:00:11	00:23:08.10	00:23:19.70	+00:07:15	4:37	13
35	SPRAWSKI Oskar	134		M-20	35	00:00:08	00:23:11.80	00:23:19.90	+00:07:18	4:38	12.9
36	CHROMIŃSKI Fabian	2		M-20	36	00:00:17	00:23:24.00	00:23:41.70	+00:07:31	4:40	12.8
37	SUDOŁ Paweł	224		M-20	37	00:00:39	00:23:29.30	00:24:09.15	+00:07:36	4:41	12.8
38	NIESTĘPSKI Bartosz	951		M-20	38	00:00:12	00:23:29.45	00:23:41.80	+00:07:36	4:41	12.8
39	SZYMAŃSKI Damian	417		M-20	39	00:00:45	00:23:37.40	00:24:22.65	+00:07:44	4:43	12.7
40	BRUDNICKI Mateusz	1194		M-20	40	00:00:38	00:23:57.15	00:24:35.70	+00:08:04	4:47	12.5
41	FIRYN Piotr	559		M-20	41	00:00:43	00:23:58.05	00:24:41.55	+00:08:05	4:47	12.5
42	ŚWIDERSKI Bartosz	348		M-20	42	00:00:42	00:23:58.55	00:24:40.95	+00:08:05	4:47	12.5
43	ŁEPEK Patryk	956		M-20	43	00:00:15	00:24:13.90	00:24:29.30	+00:08:20	4:50	12.4
44	WRZESIŃSKI Jan	380	ORANGE	M-20	44	00:00:24	00:24:17.55	00:24:42.05	+00:08:24	4:51	12.4
44	GÓRECKI Łukasz	971		M-20	44	00:00:47	00:24:17.55	00:25:05.35	+00:08:24	4:51	12.4
46	JANKOWSKI Jakub	1161		M-20	46	00:01:03	00:24:21.35	00:25:24.70	+00:08:28	4:52	12.3
47	SIEMIŃSKI Karol	953		M-20	47	00:00:18	00:24:51.95	00:25:10.90	+00:08:59	4:58	12.1
48	JANUSZEWSKI Radosław	1066		M-20	48	00:00:30	00:25:00.60	00:25:30.60	+00:09:07	5:00	12
49	DROBCZYŃSKI Wojciech	330		M-20	49	00:00:21	00:25:11.20	00:25:32.45	+00:09:18	5:02	11.9
50	LIZIK Aleksander	396		M-20	50	00:00:53	00:25:14.65	00:26:07.95	+00:09:21	5:02	11.9
50	RODAK Robert	397		M-20	50	00:00:53	00:25:14.65	00:26:07.65	+00:09:21	5:02	11.9
52	CHOJNACKI Patryk	1071		M-20	52	00:00:12	00:25:14.90	00:25:27.20	+00:09:21	5:02	11.9
53	DĄBROWSKI Arkadiusz	442		M-20	53	00:01:04	00:25:19.40	00:26:23.70	+00:09:26	5:03	11.8
54	PUK Oskar	872		M-20	54	00:00:40	00:25:26.35	00:26:06.80	+00:09:33	5:05	11.8
55	SZMYT Patryk	465	CSAIU	M-20	55	00:01:17	00:25:31.45	00:26:49.05	+00:09:38	5:06	11.8
56	KOCHAŃSKI Sebastian	1088		M-20	56	00:01:10	00:25:37.80	00:26:48.30	+00:09:44	5:07	11.7
57	GROSICKI Stanisław	528		M-20	57	00:00:20	00:25:39.95	00:26:00.15	+00:09:47	5:07	11.7
58	KILAN Kacper	789	SPOGLO	M-20	58	00:00:44	00:25:43.80	00:26:28.00	+00:09:50	5:08	11.7
59	KOPCZYŃSKI Piotr	900		M-20	59	00:00:33	00:25:55.25	00:26:29.10	+00:10:02	5:11	11.6
60	GREŃ Sebastian	814		M-20	60	00:00:03	00:25:55.75	00:25:59.70	+00:10:02	5:11	11.6
61	SIEGNER Mateusz	1199		M-20	61	00:00:58	00:25:56.30	00:26:54.75	+00:10:03	5:11	11.6
62	JANYSKA Adam	308		M-20	62	00:00:11	00:26:07.85	00:26:19.15	+00:10:14	5:13	11.5
63	OSSOWSKI Wojciech	735		M-20	63	00:00:54	00:26:08.90	00:27:03.10	+00:10:15	5:13	11.5
64	MICHALAK Krzysztof	663		M-20	64	00:00:46	00:26:23.60	00:27:09.95	+00:10:30	5:16	11.4
65	GRACZYK Dawid	373	8 K-PBOT	M-20	65	00:00:33	00:26:26.20	00:27:00.00	+00:10:33	5:17	11.3
66	BEDNAREK Grzegorz	1113		M-20	66	00:00:53	00:26:33.85	00:27:27.05	+00:10:40	5:18	11.3
67	OLENDROWICZ Damian	880	BYDGOSKIE TOWARZYSTWO WIOŚLARSKIE	M-20	67	00:00:04	00:26:37.45	00:26:42.20	+00:10:44	5:19	11.3
68	CZARNECKI Michał	877	BIEGAJ Z DĘBAMI	M-20	68	00:00:27	00:26:37.70	00:27:05.00	+00:10:44	5:19	11.3
69	GŁOWACKI Bartosz	175		M-20	69	00:00:27	00:26:38.05	00:27:05.70	+00:10:45	5:19	11.3
70	STRZAŁKOWSKI Dawid	1154		M-20	70	00:00:23	00:26:45.35	00:27:08.50	+00:10:52	5:21	11.2
71	BARTNICZAK Bartosz	491	HM FAMILIA	M-20	71	00:00:29	00:26:50.90	00:27:20.35	+00:10:57	5:22	11.2
72	ZALEWSKI Patryk	495		M-20	72	00:00:01	00:27:02.45	00:27:04.15	+00:11:09	5:24	11.1
73	MENDOCHA Kornel	377	ORANGE	M-20	73	00:00:10	00:27:05.85	00:27:16.15	+00:11:12	5:25	11.1
74	DOMERACKI Cyprian	707		M-20	74	00:01:09	00:27:11.95	00:28:21.80	+00:11:19	5:26	11

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	KUNICKI Michał	428		M-20	75	00:00:47	00:27:14.35	00:28:01.40	+00:11:21	5:26	11
76	TOPOLEWSKI Jakub	972		M-20	76	00:00:54	00:27:18.85	00:28:13.25	+00:11:25	5:27	11
77	PAWELCZYK Grzegorz	589		M-20	77	00:00:11	00:27:21.15	00:27:33.05	+00:11:28	5:28	11
78	CZAJKOWSKI Kamil	216	IMS SOFA	M-20	78	00:00:12	00:27:21.85	00:27:34.50	+00:11:28	5:28	11
79	CHYŁKA Mikołaj	1084		M-20	79	00:00:38	00:27:22.70	00:28:01.20	+00:11:29	5:28	11
80	BYCZKOWSKI Michał	926	INDYWIDUALNIE	M-20	80	00:01:04	00:28:16.20	00:29:20.30	+00:12:23	5:39	10.6
81	PERLAK Maciej	1074		M-20	81	00:01:12	00:28:18.60	00:29:31.20	+00:12:25	5:39	10.6
82	ŻUBKOWSKI Jakub	818		M-20	82	00:01:07	00:28:46.20	00:29:53.50	+00:12:53	5:45	10.4
83	SERGOTT Gracjan	452		M-20	83	00:00:01	00:28:48.85	00:28:50.65	+00:12:55	5:45	10.4
84	KRUCZYŃSKI Łukasz	106		M-20	84	00:00:26	00:28:55.15	00:29:21.85	+00:13:02	5:47	10.4
85	KAZUBOWSKI Jeremiasz	718	KAZUBKI TEAM	M-20	85	00:00:28	00:29:11.65	00:29:39.90	+00:13:18	5:50	10.3
86	GAWŁOWSKI Kamil	1176		M-20	86	00:01:13	00:29:47.80	00:31:01.65	+00:13:54	5:57	10.1
87	KOTECKI Paweł	939		M-20	87	00:01:17	00:29:52.70	00:31:09.70	+00:13:59	5:58	10
88	ZAKRZEWSKI Adam	983		M-20	88	00:01:06	00:30:07.45	00:31:14.10	+00:14:14	6:01	10
89	ZIÓŁKOWSKI Piotr	922		M-20	89	00:01:13	00:30:36.80	00:31:49.80	+00:14:43	6:07	9.8
90	DALKIEWICZ Igor	311		M-20	90	00:01:10	00:30:38.35	00:31:48.60	+00:14:45	6:07	9.8
91	GOTOWICZ Kacper	896		M-20	91	00:00:58	00:30:51.90	00:31:50.65	+00:14:58	6:10	9.7
92	KWASIGROCH Wiktor	1149		M-20	92	00:00:37	00:30:52.25	00:31:29.60	+00:14:59	6:10	9.7
93	GRUZDOWSKI Jakub	878		M-20	93	00:01:14	00:30:57.25	00:32:11.50	+00:15:04	6:11	9.7
94	CZAJKA Michał	650		M-20	94	00:01:06	00:31:37.50	00:32:44.10	+00:15:44	6:19	9.5
95	GUZIKOWSKI Mateusz	713		M-20	95	00:00:50	00:31:39.10	00:32:30.05	+00:15:46	6:19	9.5
96	KAZUBOWSKI Michał	1166	KAZUBKI TEAM	M-20	96	00:00:28	00:32:16.60	00:32:44.95	+00:16:23	6:27	9.3
97	CIOSEK Patryk	960		M-20	97	00:01:06	00:32:25.05	00:33:31.25	+00:16:32	6:29	9.3
98	WRZOCHALSKI Jakub	837		M-20	98	00:01:02	00:32:30.25	00:33:32.45	+00:16:37	6:30	9.2
99	REZMER Kamil	356		M-20	99	00:00:59	00:32:51.20	00:33:50.20	+00:16:58	6:34	9.1
100	TWARDOWSKI Krzysztof	346		M-20	100	00:00:21	00:32:57.20	00:33:18.60	+00:17:04	6:35	9.1
101	DELIK Mikołaj	1017	SH HORYZONT	M-20	101	00:01:01	00:32:57.40	00:33:59.30	+00:17:04	6:35	9.1
102	KŁONOWSKI Kacper	409		M-20	102	00:01:09	00:33:19.95	00:34:29.25	+00:17:27	6:39	9
103	MAJEWSKI Daniel	1120		M-20	103	00:01:06	00:34:24.15	00:35:30.65	+00:18:31	6:52	8.7
104	DEMBOWSKI Łukasz	865		M-20	104	00:00:47	00:35:04.70	00:35:52.10	+00:19:11	7:00	8.6
105	BOSIACKI Mateusz	1086		M-20	105	00:00:57	00:35:36.85	00:36:34.25	+00:19:43	7:07	8.4
106	WOJTOWICZ Mateusz	291		M-20	106	00:01:19	00:35:59.35	00:37:19.20	+00:20:06	7:11	8.3
107	KOLCZYŃSKI Dawid	119		M-20	107	00:01:24	00:37:22.90	00:38:47.80	+00:21:29	7:28	8
108	FAC Kacper	355	TRI SUNRISE SYSTEM	M-20	108	00:00:32	00:37:46.35	00:38:18.95	+00:21:53	7:33	7.9
109	APTOWICZ Damian	714		M-20	109	00:00:27	00:38:05.40	00:38:32.65	+00:22:12	7:37	7.9

Znaleziono 109 wynik(ów)