



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

B4SPORT

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

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FUZ Marek	310	KABEL TEAM BYDGOSZCZ	M-50	1	00:00:02	00:19:01.90	00:19:04.50		3:48	15.8
2	PAWLIK Stanisław	923		M-50	2	00:00:03	00:19:17.70	00:19:20.80	+00:00:15	3:51	15.6
3	BEJGIER Edmund	641	BIEGAM Z DĘBAMI OSIELSKO	M-50	3	00:00:03	00:19:33.50	00:19:37.00	+00:00:31	3:54	15.3
4	KRYGOWSKI Tomasz	256		M-50	4	00:00:03	00:20:01.45	00:20:05.30	+00:00:59	4:00	15
5	SKARBEK Marek	979	RUN BYDGOSZCZ	M-50	5	00:00:05	00:21:08.40	00:21:13.40	+00:02:06	4:13	14.2
6	GAŚIOROWSKI Mariusz	431		M-50	6	00:00:13	00:21:25.05	00:21:38.95	+00:02:23	4:17	14
7	MEYER Marek	1070		M-50	7	00:00:39	00:21:27.60	00:22:07.45	+00:02:25	4:17	14
8	CHORAŻAK Sławek	966		M-50	8	00:00:18	00:21:47.90	00:22:06.70	+00:02:46	4:21	13.8
9	KRZYŻANOWSKI Robert	1167		M-50	9	00:00:09	00:22:08.80	00:22:18.15	+00:03:06	4:25	13.6
10	RYDLEWSKI Marek	661	RUN BYDGOSZCZ	M-50	10	00:00:09	00:22:13.40	00:22:23.20	+00:03:11	4:26	13.5
11	WNUCZYŃSKI Andrzej	379	ORANGE	M-50	11	00:00:08	00:22:15.05	00:22:23.65	+00:03:13	4:27	13.5
12	BARRKOWSKI Marek	1046	ENDURETEAM	M-50	12	00:00:15	00:22:16.15	00:22:31.80	+00:03:14	4:27	13.5
13	KAŻMIRSKI Dariusz	928	SUPRAVIS S.A.	M-50	13	00:00:02	00:22:30.60	00:22:32.85	+00:03:28	4:30	13.3
14	PAWŁOWSKI Radosław	233		M-50	14	00:00:27	00:22:31.80	00:22:59.60	+00:03:29	4:30	13.3
15	MICHALAK Wojciech	467		M-50	15	00:00:25	00:22:37.95	00:23:03.10	+00:03:36	4:31	13.3
16	JANCOWSKI Wojciech	1007		M-50	16	00:00:21	00:22:47.70	00:23:08.75	+00:03:45	4:33	13.2
17	DOMŻALSKI Marek	721		M-50	17	00:00:24	00:22:50.05	00:23:14.60	+00:03:48	4:34	13.1
18	KAZUBOWSKI Jacek	673	KAZUBKI TEAM/TRIDARKO	M-50	18	00:00:10	00:22:58.10	00:23:08.20	+00:03:56	4:35	13.1
19	NURKIEWICZ Jarosław	884	KUNG FU PANDY 3	M-50	19	00:00:22	00:23:01.10	00:23:24.00	+00:03:59	4:36	13
20	GLAMA Stanisław	414	ASBOX	M-50	20	00:00:23	00:23:04.65	00:23:27.95	+00:04:02	4:36	13
21	KAPANOWSKI Sylwester	39		M-50	21	00:00:36	00:23:21.95	00:23:58.30	+00:04:20	4:40	12.8
22	CIESIELSKI Arkadiusz	683	56 BLOT	M-50	22	00:00:17	00:23:28.45	00:23:45.85	+00:04:26	4:41	12.8
23	CIEMNY Tomasz	307		M-50	23	00:00:17	00:23:30.25	00:23:47.95	+00:04:28	4:42	12.8
24	SOBAŃSKI Mariusz	497		M-50	24	00:00:02	00:23:32.90	00:23:35.65	+00:04:31	4:42	12.7
25	WĘGRZYŃSKI Sławomir	312	KABEL TEAM BYDGOSZCZ	M-50	25	00:00:56	00:23:38.25	00:24:35.00	+00:04:36	4:43	12.7
26	KALINOWSKI Zbigniew	560		M-50	26	00:00:32	00:23:56.90	00:24:29.15	+00:04:55	4:47	12.5
27	RÓŻYCKI Dariusz	1111	BYDGOSKIE ŻÓŁWIE	M-50	27	00:00:04	00:24:03.45	00:24:07.60	+00:05:01	4:48	12.5
28	PIASECKI Włodzimierz	1212		M-50	28	00:00:14	00:24:21.95	00:24:36.70	+00:05:20	4:52	12.3
29	ROSSA Sławomir	354		M-50	29	00:00:07	00:24:26.10	00:24:33.90	+00:05:24	4:53	12.3
30	KAJA Andrzej	1178		M-50	30	00:00:25	00:24:36.60	00:25:02.05	+00:05:34	4:55	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	JESKE Marek	555	RUN BYDGOSZCZ	M-50	31	00:00:07	00:24:38.35	00:24:46.15	+00:05:36	4:55	12.2
32	WŁODARCZYK Wojciech	411		M-50	32	00:00:41	00:24:38.60	00:25:20.55	+00:05:36	4:55	12.2
33	SZMELTER Michał	527		M-50	33	00:00:49	00:24:51.60	00:25:40.70	+00:05:49	4:58	12.1
34	MROZIK Andrzej	672		M-50	34	00:00:47	00:24:54.20	00:25:41.80	+00:05:52	4:58	12
35	OWCZARZAK Michał	126	SMAKOSZE	M-50	35	00:00:52	00:25:20.10	00:26:12.90	+00:06:18	5:04	11.8
36	CIESIELSKI Mirosław	231		M-50	36	00:00:42	00:25:34.60	00:26:17.50	+00:06:32	5:06	11.7
37	KUĆMIERZ Mirosław	434		M-50	37	00:00:38	00:25:43.55	00:26:22.30	+00:06:41	5:08	11.7
38	ZAPARUCHA Mikołaj	361		M-50	38	00:00:41	00:25:45.40	00:26:26.85	+00:06:43	5:09	11.7
39	KRUCZKOWSKI Adam	817		M-50	39	00:00:04	00:25:55.65	00:26:00.00	+00:06:53	5:11	11.6
40	KONIEC Krzysztof	726	MK-BUD ATLAS RACING TEAM	M-50	40	00:00:20	00:25:56.30	00:26:17.20	+00:06:54	5:11	11.6
41	KOSEK Mariusz	787	RCI	M-50	41	00:00:22	00:25:57.25	00:26:19.40	+00:06:55	5:11	11.6
42	CHMURZYŃSKI Tomasz	806		M-50	42	00:00:00	00:25:59.50	00:25:59.50	+00:06:57	5:11	11.5
43	JASIENIECKI Piotr	1053		M-50	43	00:00:32	00:26:01.95	00:26:34.45	+00:07:00	5:12	11.5
44	NAWROCKI Jarosław	965		M-50	44	00:00:37	00:26:07.20	00:26:45.00	+00:07:05	5:13	11.5
45	KWASIGROCH Krzysztof	542	TKKF KOLEJARZ BYDGOSZCZ	M-50	45	00:00:45	00:26:22.15	00:27:07.80	+00:07:20	5:16	11.4
46	NAWROCKI Dariusz	1073	OPEN PL	M-50	46	00:01:37	00:26:23.30	00:28:00.90	+00:07:21	5:16	11.4
47	KOLASIŃSKI Tomasz	386		M-50	47	00:00:21	00:26:23.75	00:26:45.45	+00:07:21	5:16	11.4
48	ŁABENDA Piotr	651	TERENOWA MASAKRA TEAM	M-50	48	00:00:42	00:26:33.70	00:27:16.60	+00:07:31	5:18	11.3
49	JANKOWSKI Tomasz	691	DĘBY OSIELSKO	M-50	49	00:00:27	00:26:39.00	00:27:06.15	+00:07:37	5:19	11.3
50	PIETRASZAK Tomasz	89	RUN BYDGOSZCZ	M-50	50	00:00:45	00:26:54.35	00:27:40.00	+00:07:52	5:22	11.2
51	CIEŚLEWICZ Waldemar	1152		M-50	51	00:00:31	00:26:57.10	00:27:28.80	+00:07:55	5:23	11.1
52	KALACZYŃSKI Grzegorz	615		M-50	52	00:01:17	00:26:58.00	00:28:15.50	+00:07:56	5:23	11.1
53	WIERZBICKI Zbigniew	623		M-50	53	00:00:40	00:27:05.15	00:27:45.60	+00:08:03	5:25	11.1
54	JANASZ Krzysztof	281		M-50	54	00:00:43	00:27:13.50	00:27:56.90	+00:08:11	5:26	11
55	SIKORSKI Norbert	325		M-50	55	00:00:17	00:27:26.30	00:27:44.00	+00:08:24	5:29	10.9
56	MAZUR Wojciech	610	BYDGOSZCZ NA START	M-50	56	00:00:52	00:27:34.25	00:28:26.40	+00:08:32	5:30	10.9
57	KOSIEDOWSKI Jacek	771		M-50	57	00:00:14	00:27:44.65	00:27:59.50	+00:08:42	5:32	10.8
58	ARENT Jan	303		M-50	58	00:00:53	00:27:55.25	00:28:49.10	+00:08:53	5:35	10.7
59	CIACHERA Ireneusz	840	INDYWIDUALNIE	M-50	59	00:00:25	00:28:16.35	00:28:42.00	+00:09:14	5:39	10.6
60	ŻUCHOWSKI Dariusz	163	PARKRUN BYDGOSZCZ	M-50	60	00:00:27	00:28:22.85	00:28:50.00	+00:09:20	5:40	10.6
61	BURNICKI Mariusz	688		M-50	61	00:00:31	00:28:54.25	00:29:26.20	+00:09:52	5:46	10.4
62	WÓJCIK Tomasz	183		M-50	62	00:00:49	00:28:56.60	00:29:46.40	+00:09:54	5:47	10.4
63	GRZELAK Robert	1023	GGB	M-50	63	00:00:56	00:29:51.85	00:30:48.30	+00:10:49	5:58	10.1
64	SZYMCZAK Jacek	1219		M-50	64	00:00:33	00:30:17.70	00:30:50.75	+00:11:15	6:03	9.9
65	JANKOWSKI Tomasz Michał	235	RUN DELFIN	M-50	65	00:00:51	00:30:59.85	00:31:51.10	+00:11:57	6:11	9.7
66	OBRZANOWSKI Maciej	574		M-50	66	00:00:48	00:31:25.80	00:32:14.10	+00:12:23	6:17	9.5
67	BYCZKOWSKI Zenon	903		M-50	67	00:00:57	00:31:59.95	00:32:57.00	+00:12:58	6:23	9.4
68	LIWOCH Grzegorz	142		M-50	68	00:00:55	00:32:01.25	00:32:56.90	+00:12:59	6:24	9.4
69	WIŚNIEWSKI Krzysztof	302	TRISPACE/TREK	M-50	69	00:00:39	00:32:03.20	00:32:42.80	+00:13:01	6:24	9.4
70	PRZERACKI Mirosław	337	PGB SPORTOWA PACZKA	M-50	70	00:00:42	00:32:16.05	00:32:58.35	+00:13:14	6:27	9.3
71	JEDRZEJCZYK Jacek	901		M-50	71	00:01:10	00:32:50.40	00:34:00.85	+00:13:48	6:34	9.1
72	KRÓL Wiesław	812		M-50	72	00:01:20	00:33:34.60	00:34:55.30	+00:14:32	6:42	8.9
73	NIEDZIELSKI Tomasz	1083		M-50	73	00:00:37	00:35:11.55	00:35:48.85	+00:16:09	7:02	8.5
74	RUDNIKOWSKI Andrzej	109		M-50	74	00:00:41	00:35:32.60	00:36:14.35	+00:16:30	7:06	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	<b>LEWANDOWSKI Robert</b>	<b>120</b>	FUNDACJA SZTUKA WYBORU	M-50	75	00:01:04	<b>00:35:47.15</b>	<b>00:36:51.25</b>	+00:16:45	7:09	8.4
76	<b>JAGODZIŃSKI Karol</b>	<b>73</b>		M-50	76	00:01:11	<b>00:36:15.85</b>	<b>00:37:27.10</b>	+00:17:13	7:15	8.3
77	<b>ALEXANDER Marek</b>	<b>83</b>		M-50	77	00:00:53	<b>00:36:38.80</b>	<b>00:37:32.30</b>	+00:17:36	7:19	8.2
78	<b>PIERZGALSKI Jarek</b>	<b>97</b>	ZAMULONE OSTRYGI	M-50	78	00:00:53	<b>00:39:06.60</b>	<b>00:40:00.05</b>	+00:20:04	7:49	7.7
	<b>OGONOWSKI Radosław</b>	<b>245</b>		M-50		DNF	<b>DNF</b>	<b>DNF</b>	-	-	-

Znaleziono 79 wynik(ów)