



## IV MARATON PUSZCZY BYDGOSKIEJ - STYRANE GIRY

B4SPORT

**Wydarzenie:** IV Biegi Puszczy Bydgoskiej  
**Organizator:** FUNDACJA "Aktywne Kujawy"  
**Data:** 2019-10-05  
**Miejsce:** BYDGOSZCZ  
**Dystans:** 44 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 22.57km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 43.47km				
1	RESZKA Jarosław	192		M30	1	01:56:36	<b>03:52:19.60</b>		5:20	11.2 (100%)	
2	PAWLACZYK Szymon	172	TRISPACE	M30	2	01:55:42	<b>03:58:31.10</b>	+00:06:11 (2.6%)	5:29	10.9 (97.3%)	
3	NAGOW Michał	153		M40	1	02:01:45	<b>04:04:14.20</b>	+00:11:54 (4.9%)	5:37	10.7 (95.5%)	
4	BŁĘDOWSKI Mariusz	9	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M40	2	01:59:24	<b>04:04:16.80</b>	+00:11:57 (4.9%)	5:37	10.7 (95.5%)	
5	JAMRUG Tomasz	72	PAŁUKI RUNNING TEAM	M30	3	02:05:29	<b>04:20:36.05</b>	+00:28:16 (10.8%)	5:59	10 (89.3%)	
6	KAROLAK Ryszard	83	KS GRUCHA	M30	4	01:57:53	<b>04:21:41.65</b>	+00:29:22 (11.2%)	6:01	10 (89.3%)	
7	MUSZYŃSKI Krzysztof	150	PUSZCZALSCY Z PUSZCZY BYDGOSKIEJ	M40	3	02:07:17	<b>04:21:41.90</b>	+00:29:22 (11.2%)	6:01	10 (89.3%)	
8	GAURA Łukasz	312	ULTRAWOLF	M40	4	02:03:04	<b>04:22:19.20</b>	+00:29:59 (11.4%)	6:02	9.9 (88.4%)	
9	BRZUCHALSKI Mateusz	18		M30	5	01:55:42	<b>04:22:20.00</b>	+00:30:00 (11.4%)	6:02	9.9 (88.4%)	
10	WOŹNICKI Tomasz	268		M40	5	01:59:07	<b>04:23:00.05</b>	+00:30:40 (11.7%)	6:03	9.9 (88.4%)	
11	CHORAŻY Karolina	25	LEO-TEAM	K30	1	02:08:23	<b>04:27:45.80</b>	+00:35:26 (13.2%)	6:09	9.7 (86.6%)	
12	TELEJKO Łukasz	247	STUDIO ZDROWIA BYDGOSZCZ	M20	1	02:05:43	<b>04:35:14.55</b>	+00:42:54 (15.6%)	6:19	9.5 (84.8%)	
13	MROTEK Katarzyna	147	ON THE MOVE	K30	2	02:09:45	<b>04:36:01.90</b>	+00:43:42 (15.8%)	6:20	9.4 (83.9%)	
14	PUSZCZ Sławek	186	VEGE RUNNERS	M30	6	02:09:00	<b>04:37:26.60</b>	+00:45:07 (16.3%)	6:22	9.4 (83.9%)	
15	KUJAWA Mateusz	108	SELEKCJA NATURALNA	M30	7	02:06:46	<b>04:41:15.65</b>	+00:48:56 (17.4%)	6:28	9.3 (83.0%)	
16	SŁOTAŁA Dariusz	206	KLUB 366	M50	1	02:16:47	<b>04:44:14.05</b>	+00:51:54 (18.3%)	6:32	9.2 (82.1%)	
17	NADOLNY Sebastian	151		M40	6	02:17:30	<b>04:44:53.35</b>	+00:52:33 (18.5%)	6:33	9.2 (82.1%)	
18	MOTYLSKA Aleksa	146	MKS INOWROCŁAW	K20	1	02:16:09	<b>04:45:47.50</b>	+00:53:27 (18.7%)	6:34	9.1 (81.3%)	
19	MROTEK Michał	148		M40	7	02:08:59	<b>04:46:11.70</b>	+00:53:52 (18.8%)	6:35	9.1 (81.3%)	
20	KOWALSKI Marek	95	REKINY OSIELSKO	M40	8	02:12:31	<b>04:47:20.75</b>	+00:55:01 (19.1%)	6:36	9.1 (81.3%)	
21	RASZTUBOWICZ Daniel	189	PODGÓRZ TORUŃ	M40	9	02:19:28	<b>04:48:08.30</b>	+00:55:48 (19.4%)	6:37	9.1 (81.3%)	
22	JANKOWSKA Barbara	73		K40	1	02:17:14	<b>04:48:34.25</b>	+00:56:14 (19.5%)	6:38	9 (80.4%)	
23	WODEJKO Artur	264	TBKM WILK SOLEC KUJAWSKI	M40	10	02:17:02	<b>04:49:55.00</b>	+00:57:35 (19.9%)	6:40	9 (80.4%)	
24	NIEDBALSKI Przemysław	157	PAŁUKI RUNNING TEAM	M40	11	02:31:03	<b>04:50:43.60</b>	+00:58:24 (20.1%)	6:41	9 (80.4%)	
25	PODLECKA Paula	179	CHAOS I DESTRUKCJA	K20	2	02:10:30	<b>04:51:13.20</b>	+00:58:53 (20.2%)	6:41	9 (80.4%)	
26	HELSZTAJN Robert	66	PAŁUKI RUNNING TEAM	M50	2	02:19:07	<b>04:53:07.90</b>	+01:00:48 (20.7%)	6:44	8.9 (79.5%)	
27	DOMALSKA Gracjana	39	#SLIMAKIBARCIN	K30	3	02:19:55	<b>04:53:08.05</b>	+01:00:48 (20.7%)	6:44	8.9 (79.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Czas		Tempo min/km	Tempo km/h
						22.57km	43.47km	Różn		
28	TARASKA Marcin	318	#ŚLIMAKIBARCIN	M40	12	02:19:30	<b>04:53:12.30</b>	+01:00:52 (20.8%)	6:44	8.9 (79.5%)
29	BIERNAT Magdalena	8	TG SOKÓŁ GNIEWKOWO	K30	4	02:27:18	<b>04:53:47.80</b>	+01:01:28 (20.9%)	6:45	8.9 (79.5%)
30	SOBIESZAK-SKURA Paulina	212		K40	2	02:13:30	<b>04:54:53.50</b>	+01:02:33 (21.2%)	6:47	8.8 (78.6%)
31	DOLNY Marcin	38	FOREST GANG BYDGOSZCZ	M40	13	02:19:24	<b>04:55:58.95</b>	+01:03:39 (21.5%)	6:48	8.8 (78.6%)
32	NOWAK Agnieszka	161		K30	5	02:19:51	<b>04:56:28.95</b>	+01:04:09 (21.6%)	6:49	8.8 (78.6%)
33	PRUSS Małgorzata	185		K20	3	02:19:51	<b>04:56:29.40</b>	+01:04:09 (21.6%)	6:49	8.8 (78.6%)
34	CHOŁUJ Jarosław	24	ROZBIEGANY KOSZALIN	M40	14	02:16:24	<b>04:57:32.60</b>	+01:05:13 (21.9%)	6:50	8.8 (78.6%)
35	MARSZAŁKOWSKI Mirek	137	CENTRUM SZKOLENIA WOJSK ŁĄDOWYCH POZNAŃ	M40	15	02:13:49	<b>04:57:49.65</b>	+01:05:30 (22.0%)	6:51	8.8 (78.6%)
36	MIĘTKIEWICZ Rafał	144	SPÓJNIA BIAŁE BŁOTA	M20	2	02:11:57	<b>04:57:54.00</b>	+01:05:34 (22.0%)	6:51	8.8 (78.6%)
37	SUŚNIŁO Tomasz	226	FSD RUN DREZDENKO	M30	8	02:18:33	<b>04:59:40.55</b>	+01:07:20 (22.5%)	6:53	8.7 (77.7%)
38	DANIECKI Michał	33	TKT	M40	16	02:22:38	<b>05:00:51.30</b>	+01:08:31 (22.8%)	6:55	8.7 (77.7%)
39	PACZKOWSKI Mirosław	169	CB 163	M40	17	02:17:45	<b>05:03:25.65</b>	+01:11:06 (23.4%)	6:58	8.6 (76.8%)
40	NOWAK Paweł	162	KEPNET	M50	3	02:17:45	<b>05:03:40.70</b>	+01:11:21 (23.5%)	6:59	8.6 (76.8%)
41	ŚPIEWAK Radosław	243	BOHAR PALETY RUNNERS	M30	9	02:33:33	<b>05:05:08.45</b>	+01:12:48 (23.9%)	7:01	8.5 (75.9%)
42	RUDOL Sebastian	195		M40	18	02:16:22	<b>05:05:33.55</b>	+01:13:13 (24.0%)	7:01	8.5 (75.9%)
42	RUDOL Magdalena	283	RUDOLKI	K40	3	02:16:21	<b>05:05:33.55</b>	+01:13:13 (24.0%)	7:01	8.5 (75.9%)
44	POPIOŁEK Leszek	181		M40	19	02:23:13	<b>05:08:14.80</b>	+01:15:55 (24.6%)	7:05	8.5 (75.9%)
45	NOWACZYK Grzegorz	159	LODOŻERCY CHODZIEŻ / PCH_RUN	M40	20	02:21:22	<b>05:09:35.10</b>	+01:17:15 (25.0%)	7:07	8.4 (75.0%)
46	SZUBARTOWSKI Robert	236		M40	21	02:22:11	<b>05:10:12.50</b>	+01:17:52 (25.1%)	7:08	8.4 (75.0%)
47	KRZYKANOWSKI Marcin	101		M30	10	02:23:14	<b>05:11:39.50</b>	+01:19:19 (25.5%)	7:10	8.4 (75.0%)
48	KORPAL Emil	93		M30	11	02:15:20	<b>05:12:48.15</b>	+01:20:28 (25.7%)	7:11	8.3 (74.1%)
49	CHWIŁKA Daniel	26	BLA BLA BLA	M30	12	02:19:05	<b>05:15:23.35</b>	+01:23:03 (26.3%)	7:15	8.3 (74.1%)
50	WYDRYCH Barbara	272	PARKRUN GRUDZIĄDZ	K30	6	02:28:17	<b>05:17:10.15</b>	+01:24:50 (26.7%)	7:17	8.2 (73.2%)
51	CERAN Tomasz	23		M30	13	02:31:48	<b>05:17:52.50</b>	+01:25:32 (26.9%)	7:18	8.2 (73.2%)
52	DRANICKI Łukasz	42	#PUSZCZALSCY	M30	14	02:25:50	<b>05:20:48.45</b>	+01:28:28 (27.6%)	7:22	8.1 (72.3%)
53	BURACZYŃSKI Adam	21	VEGE RUNNERS/HYDROMOC	M30	15	02:29:09	<b>05:30:38.05</b>	+01:38:18 (29.7%)	7:36	7.9 (70.5%)
54	NASIADKA Leszek	155	HWT	M40	22	02:24:22	<b>05:30:38.40</b>	+01:38:18 (29.7%)	7:36	7.9 (70.5%)
55	RATAJCZAK Krzysztof	313		M40	23	02:21:16	<b>05:35:41.60</b>	+01:43:22 (30.8%)	7:43	7.8 (69.6%)
56	GRABOWSKA Izabela	59		K30	7	02:44:54	<b>05:35:56.40</b>	+01:43:36 (30.8%)	7:43	7.8 (69.6%)
57	KALCZYŃSKI Mariusz	2		M40	24	02:44:55	<b>05:35:57.10</b>	+01:43:37 (30.8%)	7:43	7.8 (69.6%)
58	TOWSTOKORY Marek	249	ZŁOTÓW	M40	25	02:45:02	<b>05:35:59.00</b>	+01:43:39 (30.9%)	7:43	7.8 (69.6%)
59	GAJEWSKI Jacek	54	KURCZAK I AGATKA	M50	4	02:58:33	<b>05:38:40.65</b>	+01:46:21 (31.4%)	7:47	7.7 (68.8%)
60	PROCHNO Piotr	184	ANWIL TEAM	M30	16	02:24:08	<b>05:43:27.80</b>	+01:51:08 (32.4%)	7:54	7.6 (67.9%)
61	JASINIECKI Wojciech	75	#LUBIEWPUSZCZY	M40	26	02:39:39	<b>05:48:04.05</b>	+01:55:44 (33.3%)	8:00	7.5 (67.0%)
62	WRZESIŃSKA Joanna	270	8 K-PBOT	K40	4	02:33:07	<b>05:48:05.50</b>	+01:55:45 (33.3%)	8:00	7.5 (67.0%)
63	ANDRZEJEWSKI Paweł	3		M40	27	02:25:21	<b>05:50:22.40</b>	+01:58:02 (33.7%)	8:03	7.4 (66.1%)
64	JABŁOŃSKA Małgorzata	68	WTORKOWY TRENING	K50	1	02:57:34	<b>05:51:52.80</b>	+01:59:33 (34.0%)	8:05	7.4 (66.1%)
65	PODEMSKA Patrycja	178	FOREST GANG	K30	8	02:48:41	<b>05:53:46.25</b>	+02:01:26 (34.3%)	8:08	7.4 (66.1%)
66	SUDOŁ Piotr	225		M30	17	02:33:09	<b>06:04:14.30</b>	+02:11:54 (36.2%)	8:22	7.2 (64.3%)
67	STOPA Tomasz	221	BASAJAUN	M40	28	02:43:11	<b>06:19:40.75</b>	+02:27:21 (38.8%)	8:44	6.9 (61.6%)
68	FONS Aleksandra	49	WKURW_TEAM	K30	9	02:55:26	<b>06:34:05.80</b>	+02:41:46 (41.0%)	9:03	6.6 (58.9%)
69	LORENC-KRUSZYŃSKA Sylwia	124	FORDONRUNNERS/WKURW_TEAM	K30	10	02:55:26	<b>06:34:06.00</b>	+02:41:46 (41.0%)	9:03	6.6 (58.9%)
70	SEWINA Dominik	200		M40	29	02:54:56	<b>06:35:10.70</b>	+02:42:51 (41.2%)	9:05	6.6 (58.9%)
	PREUSS Daniel	183	ATOS	M40		02:31:33 DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 71 wynik(ów)