



## 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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 22.57km	Czas netto 43.47km	Różn	Tempo min/km	Tempo km/h
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	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	HELSTAJN 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%)
22	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%)
23	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%)
24	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%)
25	MARSZAŁKOWSKI Mirek	137	CENTRUM SZKOLENIA WOJSK LĄDOWYCH POZNAŃ	M40	15	02:13:49	<b>04:57:49.65</b>	+01:05:30 (22.0%)	6:51	8.8 (78.6%)
26	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%)
27	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Czas		Różn	Tempo min/km	Tempo km/h
						22.57km	43.47km				
28	<b>DANIECKI Michał</b>	<b>33</b>	TKT	M40	16	02:22:38	<b>05:00:51.30</b>	+01:08:31 (22.8%)	6:55	8.7 (77.7%)	
29	<b>PACZKOWSKI Mirosław</b>	<b>169</b>	CB 163	M40	17	02:17:45	<b>05:03:25.65</b>	+01:11:06 (23.4%)	6:58	8.6 (76.8%)	
30	<b>NOWAK Paweł</b>	<b>162</b>	KEPNET	M50	3	02:17:45	<b>05:03:40.70</b>	+01:11:21 (23.5%)	6:59	8.6 (76.8%)	
31	<b>ŚPIEWAK Radosław</b>	<b>243</b>	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%)	
32	<b>RUDOL Sebastian</b>	<b>195</b>		M40	18	02:16:22	<b>05:05:33.55</b>	+01:13:13 (24.0%)	7:01	8.5 (75.9%)	
33	<b>POPIOŁEK Leszek</b>	<b>181</b>		M40	19	02:23:13	<b>05:08:14.80</b>	+01:15:55 (24.6%)	7:05	8.5 (75.9%)	
34	<b>NOWACZYK Grzegorz</b>	<b>159</b>	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%)	
35	<b>SZUBARTOWSKI Robert</b>	<b>236</b>		M40	21	02:22:11	<b>05:10:12.50</b>	+01:17:52 (25.1%)	7:08	8.4 (75.0%)	
36	<b>KRZYKANOWSKI Marcin</b>	<b>101</b>		M30	10	02:23:14	<b>05:11:39.50</b>	+01:19:19 (25.5%)	7:10	8.4 (75.0%)	
37	<b>KORPAL Emil</b>	<b>93</b>		M30	11	02:15:20	<b>05:12:48.15</b>	+01:20:28 (25.7%)	7:11	8.3 (74.1%)	
38	<b>CHWIŁKA Daniel</b>	<b>26</b>	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%)	
39	<b>CERAN Tomasz</b>	<b>23</b>		M30	13	02:31:48	<b>05:17:52.50</b>	+01:25:32 (26.9%)	7:18	8.2 (73.2%)	
40	<b>DRANICKI Łukasz</b>	<b>42</b>	#PUSZCZALSCY	M30	14	02:25:50	<b>05:20:48.45</b>	+01:28:28 (27.6%)	7:22	8.1 (72.3%)	
41	<b>BURACZYŃSKI Adam</b>	<b>21</b>	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%)	
42	<b>NASIADKA Leszek</b>	<b>155</b>	HWT	M40	22	02:24:22	<b>05:30:38.40</b>	+01:38:18 (29.7%)	7:36	7.9 (70.5%)	
43	<b>RATAJCZAK Krzysztof</b>	<b>313</b>		M40	23	02:21:16	<b>05:35:41.60</b>	+01:43:22 (30.8%)	7:43	7.8 (69.6%)	
44	<b>KALCZYŃSKI Mariusz</b>	<b>2</b>		M40	24	02:44:55	<b>05:35:57.10</b>	+01:43:37 (30.8%)	7:43	7.8 (69.6%)	
45	<b>TOWSTOKORY Marek</b>	<b>249</b>	ZŁOTÓW	M40	25	02:45:02	<b>05:35:59.00</b>	+01:43:39 (30.9%)	7:43	7.8 (69.6%)	
46	<b>GAJEWSKI Jacek</b>	<b>54</b>	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%)	
47	<b>PROCHNO Piotr</b>	<b>184</b>	ANWIL TEAM	M30	16	02:24:08	<b>05:43:27.80</b>	+01:51:08 (32.4%)	7:54	7.6 (67.9%)	
48	<b>JASINIECKI Wojciech</b>	<b>75</b>	#LUBIEWPUSZCZY	M40	26	02:39:39	<b>05:48:04.05</b>	+01:55:44 (33.3%)	8:00	7.5 (67.0%)	
49	<b>ANDRZEJEWSKI Paweł</b>	<b>3</b>		M40	27	02:25:21	<b>05:50:22.40</b>	+01:58:02 (33.7%)	8:03	7.4 (66.1%)	
50	<b>SUDOŁ Piotr</b>	<b>225</b>		M30	17	02:33:09	<b>06:04:14.30</b>	+02:11:54 (36.2%)	8:22	7.2 (64.3%)	
51	<b>STOPA Tomasz</b>	<b>221</b>	BASAJAUN	M40	28	02:43:11	<b>06:19:40.75</b>	+02:27:21 (38.8%)	8:44	6.9 (61.6%)	
52	<b>SEWINA Dominik</b>	<b>200</b>		M40	29	02:54:56	<b>06:35:10.70</b>	+02:42:51 (41.2%)	9:05	6.6 (58.9%)	
	<b>PREUSS Daniel</b>	<b>183</b>	ATOS	M40		02:31:33 DNF	<b>DNF</b>	-	-	(0.0%)	

Znaleziono 53 wynik(ów)