



## IV MARATON PUSZCZY BYDGOSKIEJ - STYRANE GIRY

B4SPORT

**Event:** IV Biegi Puszczy Bydgoskiej  
**Organiser:** FUNDACJA "Aktywne Kujawy"  
**Date:** 2019-10-05  
**Place:** BYDGOSZCZ  
**Distance:** 44 km



Classification: M40

| Place | Participant           | Number | Club                                    | Category | MCat | Lap<br>22.57km | Net<br>time        |                   | Gap | Pace<br>min/km | Pace<br>km/h |
|-------|-----------------------|--------|---|----------|------|----------------|--------------------|-------------------|-----|----------------|--------------|
|       |                       |        |   |          |      |                | 43.47km            |                   |     |                |              |
| 1     | NAGOW Michał          | 153    |   | M40      | 1    | 02:01:45       | <b>04:04:14.20</b> |                   |     | 5:37           | 10.7 (100%)  |
| 2     | BŁĘDOWSKI Mariusz     | 9      | AAC FORD AUTO STYL WŁOCLĄWEK TEAM       | M40      | 2    | 01:59:24       | <b>04:04:16.80</b> | +00:00:02 (0.0%)  |     | 5:37           | 10.7 (100%)  |
| 3     | MUSZYŃSKI Krzysztof   | 150    | PUSZCZALSCY Z PUSZCZY BYDGOSKIEJ        | M40      | 3    | 02:07:17       | <b>04:21:41.90</b> | +00:17:27 (6.7%)  |     | 6:01           | 10 (93.5%)   |
| 4     | GAURA Łukasz          | 312    | ULTRAWOLF                               | M40      | 4    | 02:03:04       | <b>04:22:19.20</b> | +00:18:05 (6.9%)  |     | 6:02           | 9.9 (92.5%)  |
| 5     | WOŹNICKI Tomasz       | 268    |   | M40      | 5    | 01:59:07       | <b>04:23:00.05</b> | +00:18:45 (7.1%)  |     | 6:03           | 9.9 (92.5%)  |
| 6     | NADOLNY Sebastian     | 151    |   | M40      | 6    | 02:17:30       | <b>04:44:53.35</b> | +00:40:39 (14.3%) |     | 6:33           | 9.2 (86.0%)  |
| 7     | MROTEK Michał         | 148    |   | M40      | 7    | 02:08:59       | <b>04:46:11.70</b> | +00:41:57 (14.7%) |     | 6:35           | 9.1 (85.0%)  |
| 8     | KOWALSKI Marek        | 95     | REKINY OSIELSKO                         | M40      | 8    | 02:12:31       | <b>04:47:20.75</b> | +00:43:06 (15.0%) |     | 6:36           | 9.1 (85.0%)  |
| 9     | RASZTUBOWICZ Daniel   | 189    | PODGÓRZ TORUŃ                           | M40      | 9    | 02:19:28       | <b>04:48:08.30</b> | +00:43:54 (15.2%) |     | 6:37           | 9.1 (85.0%)  |
| 10    | WODEJKO Artur         | 264    | TBKM WILK SOLEC KUJAWSKI                | M40      | 10   | 02:17:02       | <b>04:49:55.00</b> | +00:45:40 (15.8%) |     | 6:40           | 9 (84.1%)    |
| 11    | NIEDBALSKI Przemysław | 157    | PAŁUKI RUNNING TEAM                     | M40      | 11   | 02:31:03       | <b>04:50:43.60</b> | +00:46:29 (16.0%) |     | 6:41           | 9 (84.1%)    |
| 12    | TARASKA Marcin        | 318    | #ŚLIMAKIBARCIN                          | M40      | 12   | 02:19:30       | <b>04:53:12.30</b> | +00:48:58 (16.7%) |     | 6:44           | 8.9 (83.2%)  |
| 13    | DOLNY Marcin          | 38     | FOREST GANG BYDGOSZCZ                   | M40      | 13   | 02:19:24       | <b>04:55:58.95</b> | +00:51:44 (17.5%) |     | 6:48           | 8.8 (82.2%)  |
| 14    | CHOŁUJ Jarosław       | 24     | ROZBIEGANY KOSZALIN                     | M40      | 14   | 02:16:24       | <b>04:57:32.60</b> | +00:53:18 (17.9%) |     | 6:50           | 8.8 (82.2%)  |
| 15    | MARZAŁKOWSKI Mirek    | 137    | CENTRUM SZKOLENIA WOJSK LĄDOWYCH POZNAŃ | M40      | 15   | 02:13:49       | <b>04:57:49.65</b> | +00:53:35 (18.0%) |     | 6:51           | 8.8 (82.2%)  |
| 16    | DANIECKI Michał       | 33     | TKT                                     | M40      | 16   | 02:22:38       | <b>05:00:51.30</b> | +00:56:37 (18.8%) |     | 6:55           | 8.7 (81.3%)  |
| 17    | PACZKOWSKI Mirosław   | 169    | CB 163                                  | M40      | 17   | 02:17:45       | <b>05:03:25.65</b> | +00:59:11 (19.5%) |     | 6:58           | 8.6 (80.4%)  |
| 18    | RUDOL Sebastian       | 195    |   | M40      | 18   | 02:16:22       | <b>05:05:33.55</b> | +01:01:19 (20.1%) |     | 7:01           | 8.5 (79.4%)  |
| 19    | POPIOŁEK Leszek       | 181    |   | M40      | 19   | 02:23:13       | <b>05:08:14.80</b> | +01:04:00 (20.8%) |     | 7:05           | 8.5 (79.4%)  |
| 20    | NOWACZYK Grzegorz     | 159    | LODOŻERCY CHODZIEŻ / PCH_RUN            | M40      | 20   | 02:21:22       | <b>05:09:35.10</b> | +01:05:20 (21.1%) |     | 7:07           | 8.4 (78.5%)  |
| 21    | SZUBARTOWSKI Robert   | 236    |   | M40      | 21   | 02:22:11       | <b>05:10:12.50</b> | +01:05:58 (21.3%) |     | 7:08           | 8.4 (78.5%)  |
| 22    | NASIADKA Leszek       | 155    | HWT                                     | M40      | 22   | 02:24:22       | <b>05:30:38.40</b> | +01:26:24 (26.1%) |     | 7:36           | 7.9 (73.8%)  |
| 23    | RATAJCZAK Krzysztof   | 313    |   | M40      | 23   | 02:21:16       | <b>05:35:41.60</b> | +01:31:27 (27.2%) |     | 7:43           | 7.8 (72.9%)  |
| 24    | KALCZYŃSKI Mariusz    | 2      |   | M40      | 24   | 02:44:55       | <b>05:35:57.10</b> | +01:31:42 (27.3%) |     | 7:43           | 7.8 (72.9%)  |
| 25    | TOWSTOKORY Marek      | 249    | ZŁOTÓW                                  | M40      | 25   | 02:45:02       | <b>05:35:59.00</b> | +01:31:44 (27.3%) |     | 7:43           | 7.8 (72.9%)  |
| 26    | JASINIECKI Wojciech   | 75     | #LUBIEWPUSZCZY                          | M40      | 26   | 02:39:39       | <b>05:48:04.05</b> | +01:43:49 (29.8%) |     | 8:00           | 7.5 (70.1%)  |
| 27    | ANDRZEJEWSKI Paweł    | 3      |   | M40      | 27   | 02:25:21       | <b>05:50:22.40</b> | +01:46:08 (30.3%) |     | 8:03           | 7.4 (69.2%)  |

| Place | Participant           | Number     | Club     | Category | MCat | Lap          | Net                | Gap               | Pace | Pace        |
|-------|-----------------------|------------|----------|----------|------|--------------|--------------------|-------------------|------|-------------|
|       |                       |            |          |          |      | 22.57km      | time               |                   |      |             |
| 28    | <b>STOPA Tomasz</b>   | <b>221</b> | BASAJAUN | M40      | 28   | 02:43:11     | <b>06:19:40.75</b> | +02:15:26 (35.7%) | 8:44 | 6.9 (64.5%) |
| 29    | <b>SEWINA Dominik</b> | <b>200</b> |          | M40      | 29   | 02:54:56     | <b>06:35:10.70</b> | +02:30:56 (38.2%) | 9:05 | 6.6 (61.7%) |
|       | <b>PREUSS Daniel</b>  | <b>183</b> | ATOS     | M40      |      | 02:31:33 DNF | <b>DNF</b>         |                   | -    | - (0.0%)    |

Total 30 results.