



IX BIEG SYLWESTROWY

B4SPORT

Organiser: Hotel Brzoza
Date: 2015-12-31
Place: Brzoza
Distance: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-50

Place	Participant	Number	Club	Category	MCat	2.5km	4.85km	7.2km	9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	KARPIŃSKI Wiesław	403	NIEZRZESZONY	M-50	1	00:09:09	00:17:49	00:26:37	00:35:20	00:36:59.85	00:37:02.10		3:42	16.2 (100%)
2	KASZUBOWSKI Zenon	548	ACTIVE MALBORK	M-50	2	00:09:14	00:17:56	00:26:42	00:35:17	00:37:07.60	00:37:10.95	+00:00:08 (0.4%)	3:42	16.2 (100%)
3	OSIŃSKI Ryszard	671	ACTIVE MALBORK	M-50	3	00:09:25	00:18:34	00:27:48	00:36:58	00:38:49.10	00:38:51.10	+00:01:49 (4.7%)	3:52	15.5 (95.7%)
4	MICKIEWICZ Jan	50	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	4	00:10:15	00:20:04	00:29:59	00:39:51	00:41:42.60	00:41:44.50	+00:04:42 (11.3%)	4:10	14.4 (88.9%)
5	DAŃCZUK Jerzy	539	RWT W BYDGOSZCZY	M-50	5	00:10:32	00:20:22	00:30:23	00:40:17	00:42:06.60	00:42:13.65	+00:05:11 (12.3%)	4:12	14.3 (88.3%)
6	RACZYŃSKI Krzysztof	113		M-50	6	00:10:43	00:20:36	00:30:28	00:40:19	00:42:08.95	00:42:17.75	+00:05:15 (12.4%)	4:12	14.2 (87.7%)
7	KOSAKOWSKI Marian	645	OBÓZ BIEGOWY	M-50	7	00:10:34	00:20:32	00:30:32	00:40:30	00:42:27.25	00:42:29.20	+00:05:27 (12.8%)	4:14	14.1 (87.0%)
8	CZEPEK Aleksander	125	BRZOZA BIEGA	M-50	8	00:10:34	00:20:23	00:30:24	00:40:33	00:42:27.60	00:42:31.25	+00:05:29 (12.9%)	4:14	14.1 (87.0%)
9	CHOJECKI Dariusz	188	NIEZRZESZONY	M-50	9	00:10:08	00:20:15	00:30:36	00:40:41	00:42:47.80	00:42:50.25	+00:05:48 (13.5%)	4:16	14 (86.4%)
10	WOLNY Piotr	650	BRZOZA BIEGA	M-50	10	00:10:28	00:20:37	00:30:59	00:41:24	00:43:28.70	00:43:32.55	+00:06:30 (14.9%)	4:20	13.8 (85.2%)
11	CIEŚLIK Marek	525	RANCZO MICHALIN	M-50	11	00:10:47	00:20:45	00:31:04	00:41:30	00:43:29.35	00:43:39.10	+00:06:37 (15.2%)	4:21	13.8 (85.2%)
12	LISEWSKI Piotr	39	NIEZRZESZONY	M-50	12	00:11:00	00:21:18	00:31:45	00:42:17	00:44:07.95	00:44:15.15	+00:07:13 (16.3%)	4:24	13.6 (84.0%)
13	GRYCZKA Piotr	37		M-50	13	00:11:20	00:21:40	00:32:22	00:42:51	00:44:44.15	00:44:53.20	+00:07:51 (17.5%)	4:28	13.4 (82.7%)
14	KANARKOWSKI Stanisław	486	NIEZRZESZONY	M-50	14	00:10:49	00:21:10	00:31:59	00:42:41	00:44:49.90	00:44:54.20	+00:07:52 (17.5%)	4:29	13.4 (82.7%)
15	JÓZWIAK Marek	401	BRZOZA BIEGA	M-50	15	00:11:32	00:21:59	00:32:28	00:42:50	00:44:45.90	00:44:54.35	+00:07:52 (17.5%)	4:28	13.4 (82.7%)
16	WOJCIECHOWSKI Eugeniusz	339	BRZOZA BIEGA	M-50	16	00:10:40	00:21:14	00:32:08	00:43:07	00:45:13.70	00:45:17.00	+00:08:14 (18.2%)	4:31	13.3 (82.1%)

Place	Participant	Number	Club	Category	MCat	2.5km	4.85km	7.2km	9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
17	SCHAAL Michel	490	FRANCJA	M-50	17	00:11:07	00:21:49	00:32:38	00:43:24	00:45:23.30	00:45:24.95	+00:08:22 (18.5%)	4:32	13.2 (81.5%)
18	ŁUKASZEWSKI Tomasz	579	KB MANIAC POZNAŃ	M-50	18	00:11:15	00:21:42	00:32:24	00:43:14	00:45:12.70	00:45:31.60	+00:08:29 (18.7%)	4:31	13.3 (82.1%)
19	BRATEK Andrzej	118	TKKF KOLEJARZ BYDGOSZCZ	M-50	19	00:11:14	00:21:53	00:32:45	00:43:32	00:45:28.20	00:45:36.30	+00:08:34 (18.8%)	4:32	13.2 (81.5%)
20	WOJCIECHOWSKI Grzegorz	406	SPORT I REKREACJA MOGILNO	M-50	20	00:11:17	00:21:34	00:32:29	00:43:37	00:45:36.10	00:45:40.75	+00:08:38 (18.9%)	4:33	13.2 (81.5%)
21	RYBAK Krzysztof	333	DOCENT FELGA TEAM	M-50	21	00:11:22	00:22:06	00:32:59	00:43:48	00:45:47.55	00:45:56.20	+00:08:54 (19.4%)	4:34	13.1 (80.9%)
22	TRZCIŃSKI Franciszek	324	SPORT I REKREACJA START CHEŁMNO	M-50	22	00:11:23	00:21:54	00:32:52	00:44:01	00:46:09.20	00:46:15.05	+00:09:12 (19.9%)	4:37	13 (80.2%)
23	LUZAK Mirosław	42	MWIK BYDGOSZCZ	M-50	23	00:11:35	00:22:14	00:33:11	00:44:24	00:46:29.40	00:46:42.40	+00:09:40 (20.7%)	4:38	12.9 (79.6%)
24	NIEDBALSKI Grzegorz	161	RUNBYDGOSZCZ	M-50	24	00:12:03	00:23:13	00:34:22	00:45:18	00:47:12.55	00:47:22.75	+00:10:20 (21.8%)	4:43	12.7 (78.4%)
25	KRUCZKOWSKI Piotr	452	TRI-SPORT KRYSPORT	M-50	25	00:11:33	00:22:36	00:34:01	00:45:13	00:47:24.20	00:47:32.65	+00:10:30 (22.1%)	4:44	12.7 (78.4%)
26	ŚWIERCZYŃSKI Robert	491	JW 4655	M-50	26	00:11:32	00:22:36	00:34:03	00:45:35	00:47:41.90	00:47:43.75	+00:10:41 (22.4%)	4:46	12.6 (77.8%)
27	MAŁKIŃSKI Józef	435	RWT W BYDGOSZCZY	M-50	27	00:12:06	00:23:10	00:34:24	00:45:40	00:47:50.20	00:48:12.55	+00:11:10 (23.2%)	4:47	12.5 (77.2%)
28	ZIÓŁKOWSKI Mieczysław	70	ZGUBIŁEM SPONSORA	M-50	28	00:11:36	00:23:07	00:34:52	00:46:10	00:48:15.00	00:48:24.35	+00:11:22 (23.5%)	4:49	12.4 (76.5%)
29	KULKA Marek	296		M-50	29	00:12:07	00:23:17	00:34:32	00:45:49	00:47:55.40	00:48:26.55	+00:11:24 (23.5%)	4:47	12.5 (77.2%)
30	MAŚLIŃSKI Mirosław	402		M-50	30	00:12:06	00:23:22	00:34:46	00:46:13	00:48:23.60	00:48:37.05	+00:11:34 (23.8%)	4:50	12.4 (76.5%)
31	GAŚIOREK Tomasz	1	BRZOZA BIEGA	M-50	31	00:14:05	00:22:49	00:32:06	00:46:05	00:48:47.35	00:48:48.90	+00:11:46 (24.1%)	4:52	12.3 (75.9%)
32	MOYS Tomasz	511		M-50	32	00:12:05	00:23:28	00:34:49	00:46:15	00:48:29.05	00:48:54.30	+00:11:52 (24.3%)	4:50	12.4 (76.5%)
33	GORDON Roman	143	RUN BYDGOSZCZ	M-50	33	00:12:07	00:23:37	00:35:10	00:46:52	00:49:07.10	00:49:14.45	+00:12:12 (24.8%)	4:54	12.2 (75.3%)
34	ZDANOWSKI Marian	48		M-50	34	00:12:03	00:24:05	00:35:47	00:47:23	00:49:36.25	00:49:41.90	+00:12:39 (25.5%)	4:57	12.1 (74.7%)
35	NOWACZYK Zygmunt	526	BOLT TRZEMESZNO	M-50	35	00:12:41	00:24:08	00:35:36	00:47:00	00:49:10.25	00:49:51.15	+00:12:49 (25.7%)	4:55	12.2 (75.3%)
36	WITKA Piotr	45	KLUB ŁEBA MORS POLAND	M-50	36	00:12:36	00:24:15	00:35:47	00:47:10	00:49:25.75	00:49:52.70	+00:12:50 (25.7%)	4:56	12.1 (74.7%)
37	RÓŻYCKI Sławomir	119	TKKF KOLEJARZ BYDGOSZCZ	M-50	37	00:12:13	00:24:01	00:35:48	00:47:42	00:49:49.45	00:49:57.95	+00:12:55 (25.9%)	4:58	12 (74.1%)
38	KOMAJDA Jarosław	214	GOSIR OSIELSKO	M-50	38	00:12:28	00:24:11	00:36:11	00:48:21	00:50:31.30	00:50:47.90	+00:13:45 (27.1%)	5:03	11.9 (73.5%)
39	TRZCIŃSKI Eugeniusz	159	AKTYWNA BYDGOSZCZ	M-50	39	00:12:39	00:24:23	00:36:12	00:48:28	00:50:51.75	00:51:03.00	+00:14:00 (27.5%)	5:05	11.8 (72.8%)

Place	Participant	Number	Club	Category	MCat	2.5km	4.85km	7.2km	9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
40	KRAWCZUK Andrzej	581	ŻEGLUGA GDAŃSKA	M-50	40	00:12:01	00:24:04	00:36:31	00:49:12	00:51:26.05	00:51:27.10	+00:14:25 (28.0%)	5:08	11.7 (72.2%)
41	KUZIEMSKI Jacek	507	CYTADELA GRUDZIĄDZ	M-50	41	00:13:04	00:25:41	00:37:46	00:49:01	00:51:06.80	00:51:28.10	+00:14:26 (28.0%)	5:06	11.7 (72.2%)
42	SUCHOMSKI Eugeniusz	222	TKKF KOLEJARZ BYDGOSZCZ	M-50	42	00:13:25	00:25:45	00:37:46	00:49:33	00:51:43.70	00:51:46.50	+00:14:44 (28.5%)	5:10	11.6 (71.6%)
43	ZIĘTARA Rajmund	437	56 BLOT	M-50	43	00:12:43	00:24:26	00:36:29	00:48:59	00:51:37.45	00:52:02.70	+00:15:00 (28.8%)	5:09	11.6 (71.6%)
44	SICIŃSKI Dariusz	412	KS GÓRNIK WAŁBRZYCH	M-50	44	00:12:36	00:24:42	00:37:09	00:49:41	00:51:56.70	00:52:08.75	+00:15:06 (29.0%)	5:11	11.6 (71.6%)
45	ZUPA Wojciech	217	BRZOZA BIEGA	M-50	45	00:12:41	00:25:09	00:37:46	00:50:04	00:52:19.30	00:52:36.60	+00:15:34 (29.6%)	5:13	11.5 (71.0%)
46	TURO Dariusz	660	BRZOZA BIEGA	M-50	46	00:14:03	00:26:13	00:38:44	00:50:45	00:52:50.85	00:52:53.50	+00:15:51 (30.0%)	5:17	11.4 (70.4%)
47	MARCHEL Leszek	108	KMW	M-50	47	00:12:21	00:24:50	00:37:39	00:50:41	00:53:12.50	00:53:15.80	+00:16:13 (30.5%)	5:19	11.3 (69.8%)
48	LEWANDOWSKI Remigiusz	285	NAKIELSKI KB	M-50	48	00:13:01	00:25:23	00:37:56	00:50:50	00:53:26.35	00:53:33.10	+00:16:31 (30.8%)	5:20	11.2 (69.1%)
49	WOJCIECHOWSKI Piotr	659	K.S. GWIAZDA	M-50	49	00:13:30	00:25:57	00:38:26	00:50:41	00:52:59.20	00:53:33.30	+00:16:31 (30.8%)	5:17	11.3 (69.8%)
50	OLENDER Robert	446	AGAPE	M-50	50	00:12:27	00:24:52	00:37:47	00:50:47	00:53:14.70	00:53:42.80	+00:16:40 (31.1%)	5:19	11.3 (69.8%)
51	GROMEK Mariusz	246		M-50	51	00:13:30	00:26:18	00:39:28	00:52:31	00:54:59.15	00:55:13.05	+00:18:10 (32.9%)	5:30	10.9 (67.3%)
52	WIŚNIEWSKI Włodzimierz	22		M-50	52	00:12:03	00:24:33	00:38:49	00:52:14	00:54:36.00	00:55:13.75	+00:18:11 (32.9%)	5:27	11 (67.9%)
53	WOJANOWSKI Zbigniew	501	CYTADELA GRUDZIĄDZ	M-50	53	00:13:05	00:25:45	00:39:06	00:52:43	00:55:20.55	00:55:40.75	+00:18:38 (33.5%)	5:32	10.8 (66.7%)
54	NIEMECZEK Waldemar	321	JANIKOWO NA SPORTOWO	M-50	54	00:14:10	00:27:15	00:40:23	00:53:11	00:55:28.45	00:55:50.70	+00:18:48 (33.7%)	5:32	10.8 (66.7%)
55	WOŁOSZYŃ Kazimierz	13	ROWEROWA BRZOZA	M-50	55	00:13:55	00:26:53	00:39:58	00:53:25	00:56:05.15	00:56:26.90	+00:19:24 (34.4%)	5:36	10.7 (66.0%)
56	KRÓLIKOWSKI Andrzej	209	SBZZ ŻŁOTÓW	M-50	56	00:13:39	00:26:33	00:39:48	00:53:27	00:56:04.70	00:56:28.20	+00:19:26 (34.4%)	5:36	10.7 (66.0%)
57	STEFANIAK Piotr	40	ŁEBA MORS POLAND MORSY ŁEBSKIE	M-50	57	00:17:04	00:28:59	00:41:21	00:53:40	00:56:19.05	00:56:47.75	+00:19:45 (34.8%)	5:37	10.7 (66.0%)
58	KALISZ Andrzej	330	TRIATLON TEAM CIESIELSKI	M-50	58	00:14:32	00:28:11	00:42:33	00:56:52	00:59:29.15	01:00:11.65	+00:23:09 (38.5%)	5:56	10.1 (62.3%)
59	KOWAL Adam	633	OBÓZ BIEGACZA	M-50	59	00:15:52	00:30:52	00:44:21	00:58:10	01:00:39.80	01:01:16.20	+00:24:14 (39.6%)	6:04	9.9 (61.1%)
60	ZIELIŃSKI Waldemar	254		M-50	60	00:15:59	00:31:11	00:46:32	01:01:41	01:04:31.85	01:04:59.30	+00:27:57 (43.0%)	6:27	9.3 (57.4%)

Total 60 results.