



# IX BIEGI ULICZNE - BIEG GŁÓWNY 10KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** IX Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2023-06-11  
**Miejsce:** Solec Kujawski  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GRUSZKA Gracjan</b>	<b>511</b>		M 20-29	1		00:08:31	00:17:39	00:26:59	<b>00:36:18.35</b>	<b>00:36:19.25</b>		3:37	16.5 (100%)
2	<b>KRYSKE Bartosz</b>	<b>574</b>		M 30-39	1		00:09:31	00:19:05	00:28:43	<b>00:38:10.75</b>	<b>00:38:13.00</b>	+00:01:53 (5.0%)	3:49	15.7 (95.2%)
3	<b>KUŁAKOWSKI Artur</b>	<b>524</b>		M 40-49	1		00:09:21	00:19:05	00:29:00	<b>00:38:58.15</b>	<b>00:39:00.70</b>	+00:02:41 (6.9%)	3:53	15.4 (93.3%)
4	<b>JANUSZEWSKI Radosław</b>	<b>516</b>	TEAM RUDNIK	M 20-29	2		00:09:45	00:19:35	00:29:26	<b>00:39:05.85</b>	<b>00:39:07.80</b>	+00:02:48 (7.2%)	3:54	15.4 (93.3%)
5	<b>DEPTUŁA Grzegorz</b>	<b>507</b>	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M 40-49	2		00:09:38	00:19:35	00:29:46	<b>00:39:44.90</b>	<b>00:39:46.85</b>	+00:03:27 (8.7%)	3:58	15.1 (91.5%)
6	<b>SZYMAŃSKI Ryszard</b>	<b>558</b>		M 50-59	1		00:09:46	00:19:40	00:29:51	<b>00:39:52.00</b>	<b>00:39:55.15</b>	+00:03:35 (9.0%)	3:59	15.1 (91.5%)
7	<b>TRZCIŃSKI Jarosław</b>	<b>560</b>		M 30-39	2	Tak	00:09:23	00:19:30	00:29:56	<b>00:40:24.70</b>	<b>00:40:27.30</b>	+00:04:08 (10.2%)	4:02	14.9 (90.3%)
8	<b>MARCHEL Tomasz</b>	<b>531</b>		M 30-39	3	Tak	00:09:24	00:20:01	00:30:45	<b>00:41:30.35</b>	<b>00:41:33.10</b>	+00:05:13 (12.6%)	4:09	14.5 (87.9%)
9	<b>MALICKI Łukasz</b>	<b>530</b>	KOTŁOWSKI RUN TEAM	M 30-39	4		00:09:57	00:20:37	00:31:18	<b>00:41:54.15</b>	<b>00:41:55.85</b>	+00:05:36 (13.4%)	4:11	14.3 (86.7%)
10	<b>STASIEWICZ Filip</b>	<b>551</b>		M 30-39	5		00:10:11	00:20:40	00:31:21	<b>00:42:01.25</b>	<b>00:42:07.05</b>	+00:05:47 (13.8%)	4:12	14.3 (86.7%)
11	<b>NAPIERAŁA Mikołaj</b>	<b>534</b>	TEAMOCHAL	M 30-39	6		00:10:03	00:20:43	00:31:33	<b>00:42:12.15</b>	<b>00:42:14.15</b>	+00:05:54 (14.0%)	4:13	14.2 (86.1%)
12	<b>CIMACHOWSKI Jakub</b>	<b>503</b>	CIMATECH	M 40-49	3	Tak	00:10:24	00:21:00	00:31:48	<b>00:42:15.60</b>	<b>00:42:18.15</b>	+00:05:58 (14.1%)	4:13	14.2 (86.1%)
13	<b>SOBCZAK Monika</b>	<b>549</b>	BRZEZIŃSKI RUN CLUB	K 30-39	1		00:10:31	00:21:05	00:32:01	<b>00:43:00.15</b>	<b>00:43:03.00</b>	+00:06:43 (15.6%)	4:18	14 (84.8%)
14	<b>MAKA Łukasz</b>	<b>532</b>		M 30-39	7		00:10:27	00:21:10	00:32:16	<b>00:43:15.30</b>	<b>00:43:21.20</b>	+00:07:01 (16.2%)	4:19	13.9 (84.2%)
15	<b>LEWANDOWSKI Sebastian</b>	<b>525</b>	PŻW INOWROCŁAW	M 30-39	8		00:10:26	00:21:18	00:32:30	<b>00:43:37.45</b>	<b>00:43:51.80</b>	+00:07:32 (17.2%)	4:21	13.8 (83.6%)
16	<b>BŁASZCZAK Daniel</b>	<b>501</b>		M 30-39	9	Tak	00:10:19	00:21:30	00:33:04	<b>00:44:47.05</b>	<b>00:44:47.05</b>	+00:08:27 (18.9%)	4:28	13.4 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	<b>KOWALSKI Jacek</b>	<b>519</b>	BYDGOSKIE OKONIE	M 40-49	4		00:10:50	00:21:50	00:33:19	<b>00:44:44.90</b>	<b>00:44:50.40</b>	+00:08:31 (19.0%)	4:28	13.4 (81.2%)
18	<b>DĄBKOWSKI Wojciech</b>	<b>506</b>		M 40-49	5	Tak	00:11:31	00:22:54	00:34:05	<b>00:44:57.85</b>	<b>00:44:57.85</b>	+00:08:38 (19.2%)	4:29	13.3 (80.6%)
19	<b>SZULC Angelika</b>	<b>555</b>	TEAMOCHAL	K 40-49	1		00:10:56	00:22:07	00:33:34	<b>00:44:57.15</b>	<b>00:45:01.10</b>	+00:08:41 (19.3%)	4:29	13.3 (80.6%)
20	<b>BŁASZAK Łukasz</b>	<b>500</b>	GLOBAL PROSPECT TEAM	M 30-39	10	Tak	00:11:24	00:22:54	00:34:18	<b>00:45:08.95</b>	<b>00:45:15.75</b>	+00:08:56 (19.8%)	4:30	13.3 (80.6%)
21	<b>BISKUPSKI Marcin</b>	<b>499</b>	PASACO	M 40-49	6		00:11:34	00:23:20	00:35:05	<b>00:47:03.80</b>	<b>00:47:03.80</b>	+00:10:44 (22.8%)	4:42	12.8 (77.6%)
22	<b>HASEK Patryk</b>	<b>514</b>		M 20-29	3	Tak	00:11:52	00:23:40	00:35:26	<b>00:46:52.05</b>	<b>00:47:06.40</b>	+00:10:47 (22.9%)	4:41	12.8 (77.6%)
23	<b>SIKORSKA Magda</b>	<b>547</b>	POLKRYŚ TEAM	K 40-49	2		00:11:27	00:23:18	00:35:31	<b>00:47:20.40</b>	<b>00:47:25.45</b>	+00:11:06 (23.4%)	4:44	12.7 (77.0%)
24	<b>SZUFLEWSKA Karolina</b>	<b>554</b>	POLKRYŚ -TEAM	K 30-39	2		00:11:44	00:23:45	00:35:56	<b>00:47:44.50</b>	<b>00:47:48.70</b>	+00:11:29 (24.0%)	4:46	12.6 (76.4%)
25	<b>PUCHACZ Marcin</b>	<b>541</b>		M 30-39	11		00:11:37	00:23:12	00:35:19	<b>00:47:55.90</b>	<b>00:48:07.70</b>	+00:11:48 (24.5%)	4:47	12.5 (75.8%)
26	<b>GRACZ Adam</b>	<b>509</b>	SOLECCY BIEGACZE	M 40-49	7	Tak	00:11:00	00:22:58	00:35:35	<b>00:48:29.10</b>	<b>00:48:33.25</b>	+00:12:14 (25.2%)	4:50	12.4 (75.2%)
27	<b>SZULC Andrzej</b>	<b>556</b>		M 50-59	2		00:11:23	00:23:25	00:36:01	<b>00:48:44.80</b>	<b>00:48:49.25</b>	+00:12:30 (25.6%)	4:52	12.3 (74.5%)
28	<b>PODKÓWKA Zbigniew</b>	<b>539</b>	PODGÓRZ TORUŃ	M 60-69	1		00:11:40	00:23:47	00:36:23	<b>00:49:14.60</b>	<b>00:49:19.35</b>	+00:13:00 (26.4%)	4:55	12.2 (73.9%)
29	<b>BARSZCZ Tomasz</b>	<b>495</b>	BARSZCZYK TEAM	M 40-49	8		00:12:31	00:24:50	00:37:23	<b>00:49:11.60</b>	<b>00:49:24.90</b>	+00:13:05 (26.5%)	4:55	12.2 (73.9%)
30	<b>AUGSTYNIAK Piotr</b>	<b>491</b>		M 40-49	9		00:11:42	00:24:00	00:36:40	<b>00:49:19.15</b>	<b>00:49:28.55</b>	+00:13:09 (26.6%)	4:55	12.2 (73.9%)
31	<b>KUBIAK Rafał</b>	<b>522</b>	MUZEUM SOLCA	M 50-59	3	Tak	00:12:09	00:24:37	00:37:20	<b>00:49:43.80</b>	<b>00:49:52.90</b>	+00:13:33 (27.2%)	4:58	12.1 (73.3%)
32	<b>HŁAWNIAK Zbigniew</b>	<b>515</b>		M 60-69	2		00:12:13	00:24:41	00:37:24	<b>00:49:59.35</b>	<b>00:50:06.15</b>	+00:13:46 (27.5%)	4:59	12 (72.7%)
33	<b>RUDZKI Mateusz</b>	<b>544</b>	KLIMAT SOLEC	M 30-39	12		00:12:47	00:25:39	00:38:33	<b>00:50:00.85</b>	<b>00:50:14.40</b>	+00:13:55 (27.7%)	5:00	12 (72.7%)
34	<b>PASTWA Dorota</b>	<b>571</b>		K Open	1		00:11:53	00:24:11	00:37:27	<b>00:50:10.65</b>	<b>00:50:15.70</b>	+00:13:56 (27.7%)	5:01	12 (72.7%)
35	<b>SIKORA Sylwia</b>	<b>546</b>		K 40-49	3		00:12:33	00:25:10	00:37:57	<b>00:50:40.45</b>	<b>00:50:45.85</b>	+00:14:26 (28.5%)	5:04	11.8 (71.5%)
36	<b>GRZELAK Aleksander</b>	<b>512</b>		M 50-59	4		00:12:27	00:25:14	00:38:39	<b>00:51:46.30</b>	<b>00:51:55.25</b>	+00:15:36 (30.0%)	5:10	11.6 (70.3%)
37	<b>SOWIŃSKI Marcin</b>	<b>550</b>		M 40-49	10		00:12:44	00:25:03	00:38:01	<b>00:52:02.10</b>	<b>00:52:02.10</b>	+00:15:42 (30.2%)	5:12	11.5 (69.7%)
38	<b>ŚLÓSAREK Piotr Leszek</b>	<b>559</b>	TORUŃSKI KLUB TRIATHLONOWY	M 60-69	3		00:12:46	00:26:01	00:39:20	<b>00:52:11.35</b>	<b>00:52:18.80</b>	+00:15:59 (30.6%)	5:13	11.5 (69.7%)
39	<b>KLAWIKOWSKI Dawid</b>	<b>569</b>		M 30-39	13		00:11:55	00:25:13	00:39:15	<b>00:52:16.80</b>	<b>00:52:25.20</b>	+00:16:05 (30.7%)	5:13	11.5 (69.7%)
40	<b>CIESIELSKI Mirosław</b>	<b>502</b>		M 50-59	5	Tak	00:12:50	00:25:41	00:39:15	<b>00:52:15.70</b>	<b>00:52:27.75</b>	+00:16:08 (30.8%)	5:13	11.5 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
41	<b>KOLASIŃSKI Tomasz</b>	<b>518</b>	RCI	M 50-59	6		00:12:24	00:25:21	00:38:42	<b>00:52:52.35</b>	<b>00:53:03.90</b>	+00:16:44 (31.6%)	5:17	11.3 (68.5%)
42	<b>WODEJKO Artur</b>	<b>572</b>		M 40-49	11		00:13:22	00:26:38	00:39:47	<b>00:52:51.40</b>	<b>00:53:06.80</b>	+00:16:47 (31.6%)	5:17	11.4 (69.1%)
43	<b>LIJEWSKA Lidka</b>	<b>526</b>	NASTĘPNY KROK TEAM	K 20-29	1		00:12:33	00:25:54	00:39:25	<b>00:53:03.35</b>	<b>00:53:12.40</b>	+00:16:53 (31.7%)	5:18	11.3 (68.5%)
44	<b>KRUSZYNA Renata</b>	<b>521</b>		K 30-39	3		00:13:03	00:26:22	00:40:11	<b>00:53:49.75</b>	<b>00:53:59.20</b>	+00:17:39 (32.7%)	5:22	11.1 (67.3%)
45	<b>SZAFKOWSKI Arkadiusz</b>	<b>553</b>		M 40-49	12	Tak	00:12:31	00:25:58	00:39:59	<b>00:53:58.65</b>	<b>00:54:01.20</b>	+00:17:41 (32.8%)	5:23	11.1 (67.3%)
46	<b>GÓRSKI Marian</b>	<b>508</b>		M 60-69	4	Tak	00:13:06	00:26:55	00:40:44	<b>00:54:12.45</b>	<b>00:54:15.00</b>	+00:17:55 (33.0%)	5:25	11.1 (67.3%)
47	<b>ŁOJEWSKI Mariusz</b>	<b>527</b>	1BRYGADA LOGISTYCZNA	M 40-49	13	Tak	00:12:34	00:26:31	00:40:17	<b>00:54:10.10</b>	<b>00:54:16.20</b>	+00:17:56 (33.1%)	5:25	11.1 (67.3%)
48	<b>MAZERSKI Jarosław</b>	<b>575</b>		M 30-39	14		00:13:11	00:27:03	00:41:04	<b>00:54:42.35</b>	<b>00:54:42.35</b>	+00:18:23 (33.6%)	5:28	11 (66.7%)
49	<b>GROBELNA Angelika</b>	<b>480</b>	TEAM RUDNIK	K 40-49	4		00:12:49	00:26:26	00:40:43	<b>00:54:46.15</b>	<b>00:54:58.55</b>	+00:18:39 (33.9%)	5:28	11 (66.7%)
50	<b>KRAJEWSKI Sebastian</b>	<b>576</b>		M 40-49	14		00:11:50	00:25:55	00:40:37	<b>00:54:53.45</b>	<b>00:55:00.25</b>	+00:18:41 (34.0%)	5:29	10.9 (66.1%)
51	<b>SZCZĘSNY Arkadiusz</b>	<b>568</b>	DYNAMO SKARPA	M 40-49	15		00:12:45	00:26:39	00:40:50	<b>00:54:51.10</b>	<b>00:55:01.30</b>	+00:18:42 (34.0%)	5:29	10.9 (66.1%)
52	<b>GRUDA Mirosław</b>	<b>510</b>		M 60-69	5		00:12:26	00:25:57	00:40:38	<b>00:55:13.65</b>	<b>00:55:24.25</b>	+00:19:05 (34.4%)	5:31	10.9 (66.1%)
53	<b>WAŻYŃSKI Łukasz</b>	<b>563</b>		M 40-49	16		00:12:57	00:26:26	00:40:36	<b>00:55:19.00</b>	<b>00:55:33.85</b>	+00:19:14 (34.6%)	5:31	10.8 (65.5%)
54	<b>PIOTROWICZ Ireneusz</b>	<b>537</b>		M 60-69	6		00:13:21	00:27:40	00:42:13	<b>00:56:23.10</b>	<b>00:56:34.50</b>	+00:20:15 (35.8%)	5:38	10.6 (64.2%)
55	<b>CZAPLIŃSKI Łukasz</b>	<b>504</b>	SYMPATYCY DZIADKA KRZYCHA	M 30-39	15		00:11:53	00:26:00	00:41:09	<b>00:56:25.75</b>	<b>00:56:37.90</b>	+00:20:18 (35.9%)	5:38	10.6 (64.2%)
56	<b>BASIŃSKI Paweł</b>	<b>497</b>		M 40-49	17		00:13:29	00:27:42	00:42:26	<b>00:57:29.15</b>	<b>00:57:39.35</b>	+00:21:20 (37.0%)	5:44	10.4 (63.0%)
57	<b>ZDRENKA Dennis</b>	<b>567</b>		M 30-39	16	Tak	00:14:59	00:29:27	00:44:06	<b>00:58:00.35</b>	<b>00:58:14.30</b>	+00:21:55 (37.6%)	5:48	10.3 (62.4%)
58	<b>PIONTEK Elżbieta</b>	<b>536</b>		K 60-69	1		00:14:19	00:29:02	00:43:55	<b>00:58:40.35</b>	<b>00:58:50.85</b>	+00:22:31 (38.3%)	5:52	10.2 (61.8%)
59	<b>BALEWSKA Iwona</b>	<b>493</b>	SPC	K 50-59	1		00:13:35	00:28:21	00:44:02	<b>00:59:08.70</b>	<b>00:59:17.05</b>	+00:22:57 (38.7%)	5:54	10.1 (61.2%)
60	<b>BARWIKOWSKA Bogusia</b>	<b>496</b>		K 40-49	5	Tak	00:13:41	00:28:26	00:44:17	<b>00:59:38.45</b>	<b>00:59:38.45</b>	+00:23:19 (39.1%)	5:57	10.1 (61.2%)
61	<b>BANACH Ewelina</b>	<b>494</b>		K 20-29	2	Tak	00:13:18	00:28:18	00:43:51	<b>00:59:36.25</b>	<b>00:59:43.25</b>	+00:23:24 (39.2%)	5:57	10.1 (61.2%)
62	<b>ROŻKOWSKI Roman</b>	<b>542</b>	DENDRORUNNERS	M 60-69	7		00:13:28	00:28:12	00:43:52	<b>00:59:42.75</b>	<b>00:59:51.25</b>	+00:23:32 (39.3%)	5:58	10.1 (61.2%)
63	<b>SZULC - TRAWIŃSKA Katarzyna</b>	<b>557</b>		K 30-39	4	Tak	00:14:32	00:30:39	00:46:00	<b>01:00:43.70</b>	<b>01:00:49.60</b>	+00:24:30 (40.3%)	6:04	9.9 (60.0%)
64	<b>KUBIAK Paulina</b>	<b>523</b>		K 40-49	6		00:14:31	00:29:36	00:45:10	<b>01:00:45.20</b>	<b>01:00:55.10</b>	+00:24:35 (40.4%)	6:04	9.9 (60.0%)

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65	<b>PALACZ Krzysztof</b>	<b>535</b>		M 30-39	17		00:14:30	00:30:22	00:46:13	<b>01:01:31.55</b>	<b>01:01:46.75</b>	+00:25:27 (41.2%)	6:09	9.8 (59.4%)
66	<b>WALCZAK Maciej</b>	<b>562</b>		M 50-59	7		00:13:55	00:29:18	00:46:08	<b>01:03:05.80</b>	<b>01:03:17.60</b>	+00:26:58 (42.6%)	6:18	9.5 (57.6%)
67	<b>KRÓLIKOWSKA Monika</b>	<b>520</b>	SPC TORUŃ	K 20-29	3		00:13:10	00:28:32	00:45:40	<b>01:03:09.85</b>	<b>01:03:18.50</b>	+00:26:59 (42.6%)	6:18	9.5 (57.6%)
68	<b>PÓŁGĘSEK Rafał</b>	<b>540</b>	SSH	M 50-59	8	Tak	00:15:43	00:31:36	00:47:51	<b>01:03:50.75</b>	<b>01:04:05.85</b>	+00:27:46 (43.3%)	6:23	9.4 (57.0%)
69	<b>MAJKA Thomas</b>	<b>529</b>	AMATORSKA DRUŻYNA BIEGOWA POLITECHNIKI KRAKOWSKIEJ	M 30-39	18		00:15:40	00:32:50	00:50:43	<b>01:07:38.15</b>	<b>01:07:51.40</b>	+00:31:32 (46.5%)	6:45	8.9 (53.9%)
70	<b>STROJEK Paweł</b>	<b>552</b>		M 40-49	18		00:15:22	00:32:01	00:50:01	<b>01:07:48.30</b>	<b>01:07:55.75</b>	+00:31:36 (46.5%)	6:46	8.8 (53.3%)
71	<b>ĆWIKLIŃSKA Anna</b>	<b>505</b>		K 40-49	7		00:16:37	00:34:13	00:51:54	<b>01:10:12.15</b>	<b>01:10:23.55</b>	+00:34:04 (48.4%)	7:01	8.5 (51.5%)
72	<b>KLETKIEWICZ Karolina</b>	<b>517</b>		K 20-29	4	Tak	00:15:15	00:33:17	00:52:46	<b>01:12:58.10</b>	<b>01:13:06.15</b>	+00:36:46 (50.3%)	7:17	8.2 (49.7%)
73	<b>MAJEWSKI Jan</b>	<b>528</b>	TOWARZYSTWO MIAST PARTNERSKICH	M 60-69	8		00:17:16	00:37:55	00:58:55	<b>01:20:57.70</b>	<b>01:21:12.00</b>	+00:44:52 (55.3%)	8:05	7.4 (44.8%)
74	<b>GRZYBOWSKA Regina</b>	<b>513</b>	TEAMOCHAL	K 30-39	5	Tak	00:14:35	00:30:12				+00:12:39	6:02	9.9 (60.0%)

Znaleziono 74 wynik(ów)