



# IX BIEGI ULICZNE - BIEG GŁÓWNY 5KM

B4SPORT

**Wydarzenie:** IX Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2023-06-11  
**Miejsce:** Solec Kujawski  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZYBYŁA Adrian</b>	<b>420</b>	RUN GOKU TEAM - PLANY BIEGOWE	M 30-39	1		00:07:25	<b>00:15:51.00</b>	<b>00:15:51.60</b>		3:10	18.9 (100%)
2	<b>BONIFACE Wambua</b>	<b>473</b>		M 30-39	2		00:08:04	<b>00:16:45.80</b>	<b>00:16:47.00</b>	+00:00:55 (5.5%)	3:21	17.9 (94.7%)
3	<b>FLOREK Paweł</b>	<b>348</b>	RUNADDICTS	M 30-39	3		00:08:54	<b>00:18:18.35</b>	<b>00:18:19.35</b>	+00:02:27 (13.4%)	3:39	16.4 (86.8%)
4	<b>WIECZOREK Mateusz</b>	<b>453</b>	HYDRAPRES TEAM	M 30-39	4		00:09:36	<b>00:19:28.40</b>	<b>00:19:32.15</b>	+00:03:40 (18.8%)	3:53	15.4 (81.5%)
5	<b>WALDA Łukasz</b>	<b>451</b>		M 30-39	5		00:09:46	<b>00:19:34.75</b>	<b>00:19:36.20</b>	+00:03:44 (19.1%)	3:54	15.3 (81.0%)
6	<b>OKOŃSKI Jarosław</b>	<b>403</b>		M 30-39	6		00:09:38	<b>00:20:04.90</b>	<b>00:20:06.20</b>	+00:04:14 (21.1%)	4:00	15 (79.4%)
7	<b>POTAKOWSKI Łukasz</b>	<b>419</b>		M 30-39	7		00:10:54	<b>00:22:23.55</b>	<b>00:22:30.20</b>	+00:06:38 (29.5%)	4:28	13.4 (70.9%)
8	<b>JAKÓBEK Piotr</b>	<b>356</b>	RUNADDICTS	M 30-39	8		00:11:15	<b>00:22:20.65</b>	<b>00:22:31.20</b>	+00:06:39 (29.6%)	4:28	13.4 (70.9%)
9	<b>JANCZAR Tomasz</b>	<b>472</b>		M 30-39	9		00:11:58	<b>00:24:48.90</b>	<b>00:24:52.80</b>	+00:09:01 (36.3%)	4:57	12.1 (64.0%)
10	<b>BOJAROWSKI Krzysztof</b>	<b>338</b>		M 30-39	10		00:12:28	<b>00:25:14.85</b>	<b>00:25:27.00</b>	+00:09:35 (37.7%)	5:02	11.9 (63.0%)
11	<b>WACHOWIAK Krzysztof</b>	<b>470</b>		M 30-39	11		00:12:44	<b>00:25:37.55</b>	<b>00:25:49.90</b>	+00:09:58 (38.6%)	5:07	11.7 (61.9%)
12	<b>SIEKIERKA Jarosław</b>	<b>428</b>	PASACO	M 30-39	12		00:13:15	<b>00:25:40.90</b>	<b>00:25:52.95</b>	+00:10:01 (38.7%)	5:08	11.7 (61.9%)
13	<b>STUDZIŃSKI Krzysztof</b>	<b>437</b>	PASACO	M 30-39	13		00:13:58	<b>00:26:41.80</b>	<b>00:26:49.35</b>	+00:10:57 (40.9%)	5:20	11.2 (59.3%)
14	<b>BIELSKI Dawid</b>	<b>476</b>		M 30-39	14		00:12:39	<b>00:26:50.20</b>	<b>00:27:02.55</b>	+00:11:10 (41.4%)	5:22	11.2 (59.3%)
15	<b>IDCZAK Piotr</b>	<b>354</b>	ACTIVEXTREME	M 30-39	15		00:13:48	<b>00:26:49.85</b>	<b>00:27:04.60</b>	+00:11:13 (41.4%)	5:21	11.2 (59.3%)
16	<b>KRÓL Maciej</b>	<b>372</b>	MK PROJEKT	M 30-39	16	Tak	00:13:13	<b>00:26:56.15</b>	<b>00:27:07.55</b>	+00:11:15 (41.5%)	5:23	11.1 (58.7%)

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17	<b>RATKE Artur</b>	<b>422</b>		M 30-39	17	Tak		00:13:32	<b>00:27:31.90</b>	<b>00:27:37.50</b>	+00:11:45 (42.6%)	5:30	10.9 (57.7%)
18	<b>PAWEŁCZAK Kamil</b>	<b>407</b>	PASACO	M 30-39	18			00:13:23	<b>00:27:35.75</b>	<b>00:27:46.45</b>	+00:11:54 (42.9%)	5:31	10.9 (57.7%)
19	<b>JARZĘCZKA Jakub</b>	<b>357</b>		M 30-39	19	Tak		00:13:00	<b>00:27:45.25</b>	<b>00:27:49.40</b>	+00:11:57 (43.0%)	5:33	10.8 (57.1%)
20	<b>NIEDBALSKI Krzysztof</b>	<b>397</b>	BIEGAJĄCE BEBOKI	M 30-39	20			00:14:19	<b>00:29:53.35</b>	<b>00:30:07.90</b>	+00:14:16 (47.4%)	5:58	10 (52.9%)
21	<b>SIEMIANOWSKI Jan</b>	<b>429</b>	SIEMJAN TEAM	M 30-39	21	Tak		00:17:59	<b>00:37:23.85</b>	<b>00:37:37.10</b>	+00:21:45 (57.8%)	7:28	8 (42.3%)
22	<b>MARCINIAK Oskar</b>	<b>388</b>		M 30-39	22			00:18:47	<b>00:40:01.45</b>	<b>00:40:16.25</b>	+00:24:24 (60.6%)	8:00	7.5 (39.7%)
23	<b>LISEWSKI Jacek</b>	<b>380</b>	TRI ŚWINKI	M 30-39	23			00:18:48	<b>00:40:02.30</b>	<b>00:40:16.50</b>	+00:24:24 (60.6%)	8:00	7.5 (39.7%)

Znaleziono 23 wynik(ów)