



# 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 40-49

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	ŚLIWIŃSKI Łukasz	447	LKS OSTROMECKO	M 40-49	1		00:09:14	<b>00:18:29.25</b>	<b>00:18:30.85</b>		3:41	16.2 (100%)
2	PERLIKOWSKI Sławek	409	KLINIKA TLENOWA INOWROCŁAW	M 40-49	2		00:09:23	<b>00:19:07.90</b>	<b>00:19:11.40</b>	+00:00:40 (3.5%)	3:49	15.7 (96.9%)
3	MACIŃSKI Waldemar	383		M 40-49	3		00:09:45	<b>00:19:45.95</b>	<b>00:19:48.80</b>	+00:01:17 (6.6%)	3:57	15.2 (93.8%)
4	GILL Daniel	349	LKS OSTROMECKO	M 40-49	4		00:10:06	<b>00:20:06.85</b>	<b>00:20:10.30</b>	+00:01:39 (8.2%)	4:01	14.9 (92.0%)
5	NAWROCKI Mariusz	395		M 40-49	5		00:09:55	<b>00:20:32.85</b>	<b>00:20:35.70</b>	+00:02:04 (10.1%)	4:06	14.6 (90.1%)
6	HOJKA Tomasz	477		M 40-49	6		00:10:15	<b>00:21:04.50</b>	<b>00:21:08.10</b>	+00:02:37 (12.4%)	4:12	14.2 (87.7%)
7	JAGIEŁA Bartosz	355	TKKF KOLEJARZ BYDGOSZCZ	M 40-49	7		00:10:43	<b>00:21:44.20</b>	<b>00:21:46.30</b>	+00:03:15 (15.0%)	4:20	13.8 (85.2%)
8	BĄCZKOWSKI Rafał	335	BRZEZIŃSKI RUN CLUB	M 40-49	8		00:11:11	<b>00:22:42.45</b>	<b>00:22:49.10</b>	+00:04:18 (18.9%)	4:32	13.2 (81.5%)
9	DĄBKOWSKI Maciej	341		M 40-49	9	Tak	00:11:27	<b>00:23:39.20</b>	<b>00:23:52.90</b>	+00:05:22 (22.5%)	4:43	12.7 (78.4%)
10	WOLAK Piotr	458		M 40-49	10	Tak	00:11:56	<b>00:23:54.35</b>	<b>00:23:58.50</b>	+00:05:27 (22.8%)	4:46	12.6 (77.8%)
11	KANIAK Paweł	360		M 40-49	11		00:12:07	<b>00:24:16.45</b>	<b>00:24:18.40</b>	+00:05:47 (23.8%)	4:51	12.4 (76.5%)
12	DACH Łukasz	340	PASACO	M 40-49	12		00:11:43	<b>00:24:18.55</b>	<b>00:24:23.10</b>	+00:05:52 (24.1%)	4:51	12.3 (75.9%)
13	NOWICKI Aleksander	474		M 40-49	13		00:11:44	<b>00:24:26.90</b>	<b>00:24:30.10</b>	+00:05:59 (24.4%)	4:53	12.3 (75.9%)
14	SZUBIŃSKI Ireneusz	444		M 40-49	14		00:12:16	<b>00:24:44.00</b>	<b>00:24:54.60</b>	+00:06:23 (25.7%)	4:56	12.1 (74.7%)
15	BADACZEWSKI Marcin	333		M 40-49	15	Tak	00:12:00	<b>00:25:07.20</b>	<b>00:25:17.10</b>	+00:06:46 (26.8%)	5:01	11.9 (73.5%)
16	JÓŹWIAK Maciej	358		M 40-49	16		00:12:36	<b>00:25:52.15</b>	<b>00:26:00.50</b>	+00:07:29 (28.8%)	5:10	11.6 (71.6%)
17	KOPACZ Radosław	367		M 40-49	17		00:12:44	<b>00:26:29.05</b>	<b>00:26:43.00</b>	+00:08:12 (30.7%)	5:17	11.3 (69.8%)
18	MATYSEK Maciej	390		M 40-49	18		00:13:48	<b>00:26:50.70</b>	<b>00:27:04.85</b>	+00:08:34 (31.6%)	5:22	11.2 (69.1%)
19	LEWANDOWSKI Andrzej	379	PASACO	M 40-49	19		00:13:37	<b>00:27:19.95</b>	<b>00:27:35.65</b>	+00:09:04 (32.9%)	5:27	11 (67.9%)
20	ZIELIŃSKI Robert	462	PASACO	M 40-49	20		00:13:30	<b>00:27:45.75</b>	<b>00:27:53.50</b>	+00:09:22 (33.6%)	5:33	10.8 (66.7%)
21	ZIELIŃSKI Robert	461	KOLOROWE GACIE	M 40-49	21	Tak	00:13:37	<b>00:27:53.80</b>	<b>00:27:53.80</b>	+00:09:22 (33.6%)	5:34	10.8 (66.7%)
22	ŚLIWIŃSKI Gracjan	446		M 40-49	22	Tak	00:15:17	<b>00:30:24.20</b>	<b>00:30:35.60</b>	+00:12:04 (39.5%)	6:04	9.9 (61.1%)
23	NOWACKI Rafał	399		M 40-49	23		00:14:31	<b>00:30:29.90</b>	<b>00:30:43.15</b>	+00:12:12 (39.7%)	6:05	9.8 (60.5%)
24	GURYN Wiktor	352	ZIELONY PELIKAN	M 40-49	24		00:17:18	<b>00:37:19.50</b>	<b>00:37:19.50</b>	+00:18:48 (50.4%)	7:27	8 (49.4%)

Znaleziono 24 wynik(ów)