



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
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M Open

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	PRZYBYŁA Adrian	420	RUN GOKU TEAM - PLANY BIEGOWE	M 30-39	1		00:07:25	00:15:51.00	00:15:51.60		3:10	18.9 (100%)
2	BONIFACE Wambua	473		M 30-39	2		00:08:04	00:16:45.80	00:16:47.00	+00:00:55 (5.5%)	3:21	17.9 (94.7%)
3	FLOREK Paweł	348	RUNADDICTS	M 30-39	3		00:08:54	00:18:18.35	00:18:19.35	+00:02:27 (13.4%)	3:39	16.4 (86.8%)
4	ŚLIWIŃSKI Łukasz	447	LKS OSTROMECKO	M 40-49	1		00:09:14	00:18:29.25	00:18:30.85	+00:02:39 (14.3%)	3:41	16.2 (85.7%)
5	SUDZIŃSKI Hubert	489	TEAMOCHAL	M 20-29	1		00:09:14	00:18:38.10	00:18:39.20	+00:02:47 (15.0%)	3:43	16.1 (85.2%)
6	PERLIKOWSKI Sławek	409	KLINIKA TLENOWA INOWROCŁAW	M 40-49	2		00:09:23	00:19:07.90	00:19:11.40	+00:03:19 (17.4%)	3:49	15.7 (83.1%)
7	WIECZOREK Mateusz	453	HYDRAPRES TEAM	M 30-39	4		00:09:36	00:19:28.40	00:19:32.15	+00:03:40 (18.8%)	3:53	15.4 (81.5%)
8	WALDA Łukasz	451		M 30-39	5		00:09:46	00:19:34.75	00:19:36.20	+00:03:44 (19.1%)	3:54	15.3 (81.0%)
9	MACIŃSKI Waldemar	383		M 40-49	3		00:09:45	00:19:45.95	00:19:48.80	+00:03:57 (20.0%)	3:57	15.2 (80.4%)
10	OKOŃSKI Jarosław	403		M 30-39	6		00:09:38	00:20:04.90	00:20:06.20	+00:04:14 (21.1%)	4:00	15 (79.4%)
11	GILL Daniel	349	LKS OSTROMECKO	M 40-49	4		00:10:06	00:20:06.85	00:20:10.30	+00:04:18 (21.4%)	4:01	14.9 (78.8%)
12	STOMSKI Krzysztof	436	SOLECCY BIEGACZE	M 50-59	1	Tak	00:10:05	00:20:16.05	00:20:18.35	+00:04:26 (21.9%)	4:03	14.8 (78.3%)
13	ŻUCHOWSKI Bartosz	466		M 20-29	2		00:10:02	00:20:17.30	00:20:25.95	+00:04:34 (22.4%)	4:03	14.8 (78.3%)
14	SZALA Wojciech	469		M 20-29	3		00:09:56	00:20:32.70	00:20:34.00	+00:04:42 (22.9%)	4:06	14.6 (77.2%)
15	NAWROCKI Mariusz	395		M 40-49	5		00:09:55	00:20:32.85	00:20:35.70	+00:04:44 (23.0%)	4:06	14.6 (77.2%)
16	HOJKA Tomasz	477		M 40-49	6		00:10:15	00:21:04.50	00:21:08.10	+00:05:16 (25.0%)	4:12	14.2 (75.1%)

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17	ŻUCHOWSKI Józef	465	EKO-OPAŁ PŁONNE	M 50-59	2		00:10:33	00:21:32.45	00:21:33.75	+00:05:42 (26.4%)	4:18	13.9 (73.5%)
18	WŁODARCZYK Wojciech	455		M 50-59	3		00:10:46	00:21:36.60	00:21:42.80	+00:05:51 (27.0%)	4:19	13.9 (73.5%)
19	JAGIEŁA Bartosz	355	TKKF KOLEJARZ BYDGOSZCZ	M 40-49	7		00:10:43	00:21:44.20	00:21:46.30	+00:05:54 (27.2%)	4:20	13.8 (73.0%)
20	BARANOWSKI Tomasz	334	SAPER TEAM	M 50-59	4		00:10:30	00:21:59.85	00:22:04.60	+00:06:13 (28.2%)	4:23	13.6 (72.0%)
21	POTAKOWSKI Łukasz	419		M 30-39	7		00:10:54	00:22:23.55	00:22:30.20	+00:06:38 (29.5%)	4:28	13.4 (70.9%)
22	JAKÓBEK Piotr	356	RUNADDICTS	M 30-39	8		00:11:15	00:22:20.65	00:22:31.20	+00:06:39 (29.6%)	4:28	13.4 (70.9%)
23	BĄCZKOWSKI Rafał	335	BRZEZIŃSKI RUN CLUB	M 40-49	8		00:11:11	00:22:42.45	00:22:49.10	+00:06:57 (30.5%)	4:32	13.2 (69.8%)
24	NIEDBALSKI Grzegorz	396	RUN BYDGOSZCZ	M 60-69	1		00:11:28	00:23:14.10	00:23:19.20	+00:07:27 (32.0%)	4:38	12.9 (68.3%)
25	KŁOS Paweł	365		M 20-29	4		00:11:29	00:23:14.95	00:23:24.00	+00:07:32 (32.2%)	4:38	12.9 (68.3%)
26	HONCHARUK Dmytro	353		M 20-29	5		00:11:11	00:23:25.10	00:23:31.00	+00:07:39 (32.6%)	4:41	12.8 (67.7%)
27	NOWICKI Przemysław	475		M 16-19	1		00:10:52	00:23:38.75	00:23:42.60	+00:07:51 (33.1%)	4:43	12.7 (67.2%)
28	DĄBKOWSKI Maciej	341		M 40-49	9	Tak	00:11:27	00:23:39.20	00:23:52.90	+00:08:01 (33.6%)	4:43	12.7 (67.2%)
29	WOLAK Piotr	458		M 40-49	10	Tak	00:11:56	00:23:54.35	00:23:58.50	+00:08:06 (33.8%)	4:46	12.6 (66.7%)
30	KOWALCZYK Edward	370	KLINIKA TLENOWA INOWROCŁAW	M 60-69	2		00:11:42	00:23:56.80	00:24:01.45	+00:08:09 (34.0%)	4:47	12.5 (66.1%)
31	KARÓLEWSKI Marek	361	SOLANKOWI BIEGACZE	M 60-69	3		00:11:54	00:24:05.85	00:24:10.85	+00:08:19 (34.4%)	4:49	12.5 (66.1%)
32	KANIAK Paweł	360		M 40-49	11		00:12:07	00:24:16.45	00:24:18.40	+00:08:26 (34.8%)	4:51	12.4 (65.6%)
33	DACH Łukasz	340	PASACO	M 40-49	12		00:11:43	00:24:18.55	00:24:23.10	+00:08:31 (35.0%)	4:51	12.3 (65.1%)
34	NOWICKI Aleksander	474		M 40-49	13		00:11:44	00:24:26.90	00:24:30.10	+00:08:38 (35.3%)	4:53	12.3 (65.1%)
35	ZIÓŁKOWSKI Mieczysław	463	TG SOKÓŁ GNIEWKOWO	M 50-59	5		00:11:09	00:24:26.90	00:24:32.10	+00:08:40 (35.4%)	4:53	12.3 (65.1%)
36	OSTROWSKI Marian	405		M 60-69	4		00:12:28	00:24:40.55	00:24:49.25	+00:08:57 (36.1%)	4:56	12.2 (64.6%)
37	JANCZAR Tomasz	472		M 30-39	9		00:11:58	00:24:48.90	00:24:52.80	+00:09:01 (36.3%)	4:57	12.1 (64.0%)
38	SZUBIŃSKI Ireneusz	444		M 40-49	14		00:12:16	00:24:44.00	00:24:54.60	+00:09:03 (36.3%)	4:56	12.1 (64.0%)
39	BADACZEWSKI Marcin	333		M 40-49	15	Tak	00:12:00	00:25:07.20	00:25:17.10	+00:09:25 (37.3%)	5:01	11.9 (63.0%)

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40	BOJAROWSKI Krzysztof	338		M 30-39	10		00:12:28	00:25:14.85	00:25:27.00	+00:09:35 (37.7%)	5:02	11.9 (63.0%)
41	NURKIEWICZ Jarosław	400	KUNG FU PANDY 3	M 50-59	6		00:12:23	00:25:30.15	00:25:38.35	+00:09:46 (38.1%)	5:06	11.8 (62.4%)
42	PIETRASZAK Tomasz	414	RUN BYDGOSZCZ	M 50-59	7		00:12:43	00:25:34.20	00:25:43.50	+00:09:51 (38.3%)	5:06	11.7 (61.9%)
43	WACHOWIAK Krzysztof	470		M 30-39	11		00:12:44	00:25:37.55	00:25:49.90	+00:09:58 (38.6%)	5:07	11.7 (61.9%)
44	SIEKIERKA Jarosław	428	PASACO	M 30-39	12		00:13:15	00:25:40.90	00:25:52.95	+00:10:01 (38.7%)	5:08	11.7 (61.9%)
45	JÓŹWIAK Maciej	358		M 40-49	16		00:12:36	00:25:52.15	00:26:00.50	+00:10:08 (39.0%)	5:10	11.6 (61.4%)
46	KANACKOWSKI Stanisław	487		M 60-69	5		00:12:32	00:26:02.10	00:26:05.25	+00:10:13 (39.2%)	5:12	11.5 (60.8%)
47	ŁOJEWSKI Jakub	381		M 20-29	6	Tak	00:12:35	00:26:04.05	00:26:09.95	+00:10:18 (39.4%)	5:12	11.5 (60.8%)
48	SIEMIENIUCH Kamil	430		M 20-29	7	Tak	00:12:37	00:26:28.75	00:26:34.95	+00:10:43 (40.3%)	5:17	11.3 (59.8%)
49	KOPACZ Radosław	367		M 40-49	17		00:12:44	00:26:29.05	00:26:43.00	+00:10:51 (40.6%)	5:17	11.3 (59.8%)
50	STUDZIŃSKI Krzysztof	437	PASACO	M 30-39	13		00:13:58	00:26:41.80	00:26:49.35	+00:10:57 (40.9%)	5:20	11.2 (59.3%)
51	BIELSKI Dawid	476		M 30-39	14		00:12:39	00:26:50.20	00:27:02.55	+00:11:10 (41.4%)	5:22	11.2 (59.3%)
52	IDCZAK Piotr	354	ACTIVEXTREME	M 30-39	15		00:13:48	00:26:49.85	00:27:04.60	+00:11:13 (41.4%)	5:21	11.2 (59.3%)
53	MATYSEK Maciej	390		M 40-49	18		00:13:48	00:26:50.70	00:27:04.85	+00:11:13 (41.4%)	5:22	11.2 (59.3%)
54	KRÓL Maciej	372	MK PROJEKT	M 30-39	16	Tak	00:13:13	00:26:56.15	00:27:07.55	+00:11:15 (41.5%)	5:23	11.1 (58.7%)
55	OBRZANOWSKI Maciej	401		M 50-59	8		00:13:16	00:27:19.10	00:27:25.70	+00:11:34 (42.2%)	5:27	11 (58.2%)
56	LEWANDOWSKI Andrzej	379	PASACO	M 40-49	19		00:13:37	00:27:19.95	00:27:35.65	+00:11:44 (42.5%)	5:27	11 (58.2%)
57	RATKE Artur	422		M 30-39	17	Tak	00:13:32	00:27:31.90	00:27:37.50	+00:11:45 (42.6%)	5:30	10.9 (57.7%)
58	KOSIOR Marcel	488		M 20-29	8	Tak	00:12:55	00:27:25.50	00:27:41.50	+00:11:49 (42.7%)	5:29	10.9 (57.7%)
59	PIASECKI Włodzimierz	410		M 50-59	9	Tak	00:13:06	00:27:41.00	00:27:45.20	+00:11:53 (42.9%)	5:32	10.8 (57.1%)
60	PAWEŁCZAK Kamil	407	PASACO	M 30-39	18		00:13:23	00:27:35.75	00:27:46.45	+00:11:54 (42.9%)	5:31	10.9 (57.7%)
61	JARZĘCZKA Jakub	357		M 30-39	19	Tak	00:13:00	00:27:45.25	00:27:49.40	+00:11:57 (43.0%)	5:33	10.8 (57.1%)
62	ZIELIŃSKI Robert	462	PASACO	M 40-49	20		00:13:30	00:27:45.75	00:27:53.50	+00:12:01 (43.1%)	5:33	10.8 (57.1%)

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63	ZIELIŃSKI Robert	461	KOLOROWE GACIE	M 40-49	21	Tak		00:13:37	00:27:53.80	00:27:53.80	+00:12:02 (43.1%)	5:34	10.8 (57.1%)
64	MACIEJEWSKI Adam	382		M 20-29	9			00:13:22	00:28:07.50	00:28:07.50	+00:12:15 (43.6%)	5:37	10.7 (56.6%)
65	DZIELAK Artur	346	SAPER TEAM	M 50-59	10			00:14:07	00:28:22.40	00:28:33.20	+00:12:41 (44.5%)	5:40	10.6 (56.1%)
66	KĘDZIORSKI Marek	364		M 50-59	11			00:14:08	00:29:40.45	00:29:54.30	+00:14:02 (47.0%)	5:56	10.1 (53.4%)
67	NIEDBALSKI Krzysztof	397	BIEGAJĄCE BEBOKI	M 30-39	20			00:14:19	00:29:53.35	00:30:07.90	+00:14:16 (47.4%)	5:58	10 (52.9%)
68	ŚLIWIŃSKI Gracjan	446		M 40-49	22	Tak		00:15:17	00:30:24.20	00:30:35.60	+00:14:44 (48.2%)	6:04	9.9 (52.4%)
69	NOWACKI Rafał	399		M 40-49	23			00:14:31	00:30:29.90	00:30:43.15	+00:14:51 (48.4%)	6:05	9.8 (51.9%)
70	MAŁKIEWICZ Jacek	386		M 60-69	6	Tak		00:14:36	00:30:49.40	00:30:53.45	+00:15:01 (48.7%)	6:09	9.7 (51.3%)
71	KOWALSKI Wiesław	371		M 50-59	12	Tak		00:15:25	00:32:58.90	00:33:05.25	+00:17:13 (52.1%)	6:35	9.1 (48.1%)
72	SIEDLECKI Jakub	427		M 50-59	13			00:15:40	00:33:57.60	00:34:02.95	+00:18:11 (53.4%)	6:47	8.8 (46.6%)
73	KOMAJDA Jarosław	366		M 50-59	14	Tak		00:16:29	00:35:09.70	00:35:15.30	+00:19:23 (55.0%)	7:01	8.5 (45.0%)
74	GURYN Wiktor	352	ZIELONY PELIKAN	M 40-49	24			00:17:18	00:37:19.50	00:37:19.50	+00:21:27 (57.5%)	7:27	8 (42.3%)
75	SIEMIANOWSKI Jan	429	SIEMJAN TEAM	M 30-39	21	Tak		00:17:59	00:37:23.85	00:37:37.10	+00:21:45 (57.8%)	7:28	8 (42.3%)
76	DYBIKOWSKI Mirosław	344	PASACO	M 60-69	7			00:17:40	00:37:25.90	00:37:41.40	+00:21:49 (57.9%)	7:29	8 (42.3%)
77	MARCINIAK Oskar	388		M 30-39	22			00:18:47	00:40:01.45	00:40:16.25	+00:24:24 (60.6%)	8:00	7.5 (39.7%)
78	LISEWSKI Jacek	380	TRI ŚWINKI	M 30-39	23			00:18:48	00:40:02.30	00:40:16.50	+00:24:24 (60.6%)	8:00	7.5 (39.7%)
79	GOLA Grzegorz	350	TG SOKOŁ GNIEWKOWO	M 50-59	15			00:21:25	00:45:01.60	00:45:09.20	+00:29:17 (64.9%)	9:00	6.7 (35.4%)

Znaleziono 79 wynik(ów)