

# JUTRZENKOWY BIEG PO ZDROWIE DLA YEYVY - 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Organizator:** Fundacja DUM SPIRO  
**Data:** 2023-05-07  
**Miejsce:** Bydgoszcz  
**Dystans:** 5.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
1	<b>DEROŃ Waldemar</b>	<b>7</b>	1 POMORSKA BRYGADA LOGISTYCZNA	OPEN-M	1	<b>00:19:19.30</b>		3:30	17.1 (100%)
2	<b>TUCZYŃSKI Sylwester Leon</b>	<b>82</b>	BYDGOSKIE OKONIE	OPEN-M	2	<b>00:19:25.05</b>	+00:00:05 (0.5%)	3:31	17 (99.4%)
3	<b>JANUSZEWSKI Radosław</b>	<b>21</b>	TEAM RUDNIK	OPEN-M	3	<b>00:20:02.60</b>	+00:00:43 (3.6%)	3:38	16.5 (96.5%)
4	<b>HOŁTYN Patryk</b>	<b>17</b>	TKKF KOLEJARZ BYDGOSZCZ	OPEN-M	4	<b>00:21:17.65</b>	+00:01:58 (9.3%)	3:52	15.5 (90.6%)
5	<b>JAGIEŁA Adam</b>	<b>19</b>	TKKF KOLEJARZ BYDGOSZCZ	OPEN-M	5	<b>00:21:57.15</b>	+00:02:37 (12.0%)	3:59	15 (87.7%)
6	<b>STARZYŃSKI Piotr</b>	<b>74</b>	#PROHOMOLUDENS	OPEN-M	6	<b>00:21:59.30</b>	+00:02:40 (12.1%)	3:59	15 (87.7%)
7	<b>WINIECKI Patryk</b>	<b>92</b>		OPEN-M	7	<b>00:22:05.75</b>	+00:02:46 (12.6%)	4:00	14.9 (87.1%)
8	<b>GRALIK Jędrzej</b>	<b>15</b>	BYDGOSKIE OKONIE	OPEN-M	8	<b>00:22:50.65</b>	+00:03:31 (15.4%)	4:09	14.5 (84.8%)
9	<b>KOWALSKI Jacek</b>	<b>33</b>	BYDGOSKIE OKONIE	OPEN-M	9	<b>00:23:15.00</b>	+00:03:55 (16.9%)	4:13	14.2 (83.0%)
10	<b>ZABOROWSKI Krzysztof</b>	<b>87</b>		OPEN-M	10	<b>00:23:15.15</b>	+00:03:55 (16.9%)	4:13	14.2 (83.0%)
11	<b>SAK Joanna</b>	<b>66</b>	DRUŻYNA SZPIKU	OPEN-K	1	<b>00:23:34.60</b>	+00:04:15 (18.0%)	4:17	14 (81.9%)
12	<b>KOZIORZEMSKI Damian</b>	<b>35</b>	OGR OSOWA GÓRA RUNNER	OPEN-M	11	<b>00:24:19.15</b>	+00:04:59 (20.5%)	4:25	13.6 (79.5%)
13	<b>DROCIAK Michał</b>	<b>8</b>	OGR OSOWA GÓRA RUNNER	OPEN-M	12	<b>00:24:46.70</b>	+00:05:27 (22.0%)	4:30	13.3 (77.8%)
14	<b>PAWŁOWSKI Radosław</b>	<b>60</b>		OPEN-M	13	<b>00:24:50.05</b>	+00:05:30 (22.2%)	4:30	13.3 (77.8%)
15	<b>JANKOWSKI Tomasz</b>	<b>106</b>		OPEN-M	14	<b>00:25:27.25</b>	+00:06:07 (24.1%)	4:37	13 (76.0%)
16	<b>SZCZĘSNY Arkadiusz</b>	<b>75</b>	DYNAMO SKARPA	OPEN-M	15	<b>00:26:01.20</b>	+00:06:41 (25.7%)	4:43	12.7 (74.3%)
17	<b>MACIŃSKI Waldek</b>	<b>46</b>		OPEN-M	16	<b>00:26:02.90</b>	+00:06:43 (25.8%)	4:44	12.7 (74.3%)
18	<b>JAGODZIŃSKA Magdalena</b>	<b>104</b>	BYDGOSKIE OKONIE	OPEN-K	2	<b>00:26:08.00</b>	+00:06:48 (26.1%)	4:45	12.6 (73.7%)
19	<b>DROZDOWSKI Krzysztof</b>	<b>9</b>		OPEN-M	17	<b>00:26:26.05</b>	+00:07:06 (26.9%)	4:48	12.5 (73.1%)
20	<b>KITOWSKI Hubert</b>	<b>27</b>		OPEN-M	18	<b>00:26:37.55</b>	+00:07:18 (27.4%)	4:50	12.4 (72.5%)
21	<b>CIEŚLIK Tomasz</b>	<b>5</b>	MAŁY DZIKUS :)	OPEN-M	19	<b>00:26:38.50</b>	+00:07:19 (27.5%)	4:50	12.4 (72.5%)
22	<b>SAK Anna</b>	<b>94</b>	SOLANKOWI BIEGACZE	OPEN-K	3	<b>00:26:48.00</b>	+00:07:28 (27.9%)	4:52	12.3 (71.9%)
23	<b>MICHOW Michaił</b>	<b>50</b>		OPEN-M	20	<b>00:27:12.15</b>	+00:07:52 (29.0%)	4:56	12.1 (70.8%)
24	<b>KONIECKO Andrzej</b>	<b>29</b>		OPEN-M	21	<b>00:27:20.70</b>	+00:08:01 (29.3%)	4:58	12.1 (70.8%)
25	<b>GIERNATOWSKI Franciszek</b>	<b>13</b>	KLUB KARATE BUSHIDO BYDGOSZCZ	OPEN-M	22	<b>00:27:22.25</b>	+00:08:02 (29.4%)	4:58	12.1 (70.8%)
26	<b>SPYCHALSKI Michał</b>	<b>73</b>		OPEN-M	23	<b>00:27:50.50</b>	+00:08:31 (30.6%)	5:03	11.9 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.5km	Różn		
27	WILKOWSKI Daniel	84		OPEN-M	24	00:28:35.95	+00:09:16 (32.4%)	5:11	11.5 (67.3%)
28	KOŃCZAL Joanna	30		OPEN-K	4	00:28:38.45	+00:09:19 (32.5%)	5:12	11.5 (67.3%)
29	BIELSKI Dawid	2		OPEN-M	25	00:28:49.05	+00:09:29 (33.0%)	5:14	11.5 (67.3%)
30	KUBIAK Magdalena	38		OPEN-K	5	00:29:01.65	+00:09:42 (33.4%)	5:16	11.4 (66.7%)
31	WŁODARCZYK Milena	99		OPEN-K	6	00:29:04.35	+00:09:45 (33.5%)	5:17	11.4 (66.7%)
32	WRÓBLEWSKI Aleksander	95		OPEN-M	26	00:29:06.10	+00:09:46 (33.6%)	5:17	11.3 (66.1%)
33	KRUTUL Maciej	37		OPEN-M	27	00:29:12.30	+00:09:53 (33.8%)	5:18	11.3 (66.1%)
34	SIEKIERKA Jarosław	70		OPEN-M	28	00:29:15.05	+00:09:55 (33.9%)	5:19	11.3 (66.1%)
35	MOCZYŃSKI Leszek	53	BYDGOSZCZ BIEGA.	OPEN-M	29	00:29:19.80	+00:10:00 (34.1%)	5:19	11.3 (66.1%)
36	FIEGEL Katarzyna	108		OPEN-K	7	00:29:27.55	+00:10:08 (34.4%)	5:21	11.2 (65.5%)
37	ŻUCHOWSKI Dariusz	109		OPEN-M	30	00:30:08.95	+00:10:49 (35.9%)	5:28	11 (64.3%)
38	GIERSZEWSKA Grażyna	14		OPEN-K	8	00:30:12.25	+00:10:52 (36.0%)	5:29	10.9 (63.7%)
39	RUMIANOWSKA Anna	65		OPEN-K	9	00:30:21.70	+00:11:02 (36.4%)	5:31	10.9 (63.7%)
40	SZCZYGIELSKA-GRZYBOWSKA Violetta	76		OPEN-K	10	00:31:06.10	+00:11:46 (37.9%)	5:39	10.6 (62.0%)
41	GAPIŃSKA Anna	11		OPEN-K	11	00:31:52.45	+00:12:33 (39.4%)	5:47	10.4 (60.8%)
42	WRÓBLEWSKI Adam	86	WRÓBLE	OPEN-M	31	00:31:55.80	+00:12:36 (39.5%)	5:48	10.3 (60.2%)
43	POCIOT Małgorzata	62		OPEN-K	12	00:32:30.15	+00:13:10 (40.6%)	5:54	10.2 (59.6%)
44	KUCZYŃSKA-RATAJ Paulina	39		OPEN-K	13	00:32:37.55	+00:13:18 (40.8%)	5:55	10.1 (59.1%)
45	MAZANOWSKA Ewa	49		OPEN-K	14	00:32:42.45	+00:13:23 (40.9%)	5:56	10.1 (59.1%)
46	OKSIK Łukasz	58		OPEN-M	32	00:33:08.50	+00:13:49 (41.7%)	6:01	10 (58.5%)
47	HOŁYŃSKA Katarzyna	18		OPEN-K	15	00:33:31.95	+00:14:12 (42.4%)	6:05	9.8 (57.3%)
48	BARAŃSKA Sylwia	96	PARKRUN BYDGOSZCZ	OPEN-K	16	00:33:32.85	+00:14:13 (42.4%)	6:05	9.8 (57.3%)
49	OPALA Marcin	59		OPEN-M	33	00:33:35.25	+00:14:15 (42.5%)	6:06	9.8 (57.3%)
50	JANKOWSKA Gosia	20		OPEN-K	17	00:34:01.90	+00:14:42 (43.2%)	6:11	9.7 (56.7%)
51	MURAWSKI Łukasz	56		OPEN-M	34	00:34:11.50	+00:14:52 (43.5%)	6:12	9.7 (56.7%)
52	SARNECKA Angelika	67		OPEN-K	18	00:34:42.90	+00:15:23 (44.3%)	6:18	9.5 (55.6%)
53	KWIATKOWSKI Jakub	42		OPEN-M	35	00:35:01.60	+00:15:42 (44.8%)	6:22	9.4 (55.0%)
54	KOZIORZEMSKA Hanna	34		OPEN-K	19	00:36:07.20	+00:16:47 (46.5%)	6:34	9.1 (53.2%)
55	SOBIERAJ Leszek	72	ZS24	OPEN-M	36	00:36:11.25	+00:16:51 (46.6%)	6:34	9.1 (53.2%)
56	BORKOWSKA Ewa	4		OPEN-K	20	00:36:33.35	+00:17:14 (47.1%)	6:38	9 (52.6%)
57	ŁAKOMSKA - OPALA Iwona	45		OPEN-K	21	00:37:39.95	+00:18:20 (48.7%)	6:50	8.8 (51.5%)
58	POTOMSKA Paula	102		OPEN-K	22	00:38:08.60	+00:18:49 (49.3%)	6:56	8.7 (50.9%)
59	MIRUSKI Tomasz	107		OPEN-M	37	00:38:11.65	+00:18:52 (49.4%)	6:56	8.6 (50.3%)
60	KAWACZYŃSKI Łukasz	103	KS ŁUKASZ	OPEN-M	38	00:38:42.50	+00:19:23 (50.1%)	7:02	8.5 (49.7%)
61	SARNECKI Sławomir	68		OPEN-M	39	00:38:48.15	+00:19:28 (50.2%)	7:03	8.5 (49.7%)
62	KĘDZIA Martyna	26		OPEN-K	23	00:39:01.60	+00:19:42 (50.5%)	7:05	8.5 (49.7%)
63	KOZŁOWSKA Agata	36		OPEN-K	24	00:39:16.05	+00:19:56 (50.8%)	7:08	8.4 (49.1%)
64	KOWALIK Anna	32		OPEN-K	25	00:39:38.25	+00:20:18 (51.3%)	7:12	8.3 (48.5%)
65	WŁODARCZYK Maria	100		OPEN-K	26	00:40:04.75	+00:20:45 (51.8%)	7:17	8.2 (48.0%)
66	ZUBRYCKA Beata	89	JUTRZENKA	OPEN-K	27	00:40:38.30	+00:21:19 (52.5%)	7:23	8.1 (47.4%)
67	MARSZELSKA Bożena	48	WILCZAKI	OPEN-K	28	00:40:55.70	+00:21:36 (52.8%)	7:26	8.1 (47.4%)
68	GACKOWSKI Edward	105		OPEN-M	40	00:41:55.65	+00:22:36 (53.9%)	7:37	7.9 (46.2%)
69	SIEMIŃSKA Angelika	71		OPEN-K	29	00:43:38.65	+00:24:19 (55.7%)	7:56	7.6 (44.4%)
70	WIŚNIEWSKA Anna	85	ZS 24	OPEN-K	30	00:44:40.25	+00:25:20 (56.7%)	8:07	7.4 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
71	<b>OKSIK Katarzyna</b>	<b>57</b>		OPEN-K	31	<b>00:45:59.75</b>	+00:26:40 (58.0%)	8:21	7.2 (42.1%)
72	<b>KZAVTSOYA Tetiana</b>	<b>98</b>		OPEN-K	32	<b>00:46:36.20</b>	+00:27:16 (58.5%)	8:28	7.1 (41.5%)
73	<b>NAUMKINA Viktoriya</b>	<b>97</b>		OPEN-K	33	<b>00:47:10.95</b>	+00:27:51 (59.0%)	8:34	7 (40.9%)
74	<b>STAŚKIEWICZ Agnieszka</b>	<b>93</b>		OPEN-K	34	<b>00:48:54.75</b>	+00:29:35 (60.5%)	8:53	6.7 (39.2%)
75	<b>CZERNIECKA Jagoda</b>	<b>6</b>		OPEN-K	35	<b>00:50:34.55</b>	+00:31:15 (61.8%)	9:11	6.5 (38.0%)
76	<b>BLEJA-WACHULEC Anna</b>	<b>3</b>		OPEN-K	36	<b>00:50:35.00</b>	+00:31:15 (61.8%)	9:11	6.5 (38.0%)
77	<b>KOC Monika</b>	<b>28</b>	COLIAN	OPEN-K	37	<b>00:52:24.25</b>	+00:33:04 (63.1%)	9:31	6.3 (36.8%)
78	<b>KWIATKOWSKA Dorota</b>	<b>41</b>		OPEN-K	38	<b>00:52:31.35</b>	+00:33:12 (63.2%)	9:32	6.3 (36.8%)

Znaleziono 78 wynik(ów)