



MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA KASI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organiser: Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy
Date: 2016-12-04
Place: Bydgoszcz
Distance: 5 km

Classification: M-40

| Place | Participant | Number | Club | Category | MCat | Start time | Net time 5km | Czas brutto 5km | Gap | Pace min/km | Pace km/h |
|-------|---------------------|--------|---|----------|------|------------|--------------|-----------------|-------------------|-------------|--------------|
| 1 | MUSIAŁ Michał | 242 | | M-40 | 1 | 00:00:00 | 00:17:13.55 | 00:17:14.50 | | 3:26 | 17.4 (100%) |
| 2 | ZWIEWKA Sebastian | 217 | PUBLICZNE GIMNAZJUM IM. MARIANA REJEWSKIEGO BIAŁE BŁOTA | M-40 | 2 | 00:00:05 | 00:19:42.80 | 00:19:48.65 | +00:02:29 (12.6%) | 3:56 | 15.2 (87.4%) |
| 3 | SMOLINSKI Artur | 330 | SPORTSERWISTEAM | M-40 | 3 | 00:00:04 | 00:20:22.00 | 00:20:26.60 | +00:03:08 (15.4%) | 4:04 | 14.7 (84.5%) |
| 4 | MUSZYŃSKI Krzysztof | 125 | OJ TAM OJ TAM | M-40 | 4 | 00:00:50 | 00:20:44.70 | 00:21:35.25 | +00:03:31 (17.0%) | 4:09 | 14.5 (83.3%) |
| 5 | DOMŻALSKI Marek | 3 | | M-40 | 5 | 00:00:09 | 00:20:54.10 | 00:21:03.40 | +00:03:40 (17.6%) | 4:10 | 14.4 (82.8%) |
| 6 | ŻOŁYNIAK Bernard | 305 | | M-40 | 6 | 00:00:11 | 00:21:00.30 | 00:21:12.20 | +00:03:46 (18.0%) | 4:12 | 14.3 (82.2%) |
| 7 | PAWŁOWSKI Radosław | 164 | JFTC SU | M-40 | 7 | 00:00:09 | 00:21:12.10 | 00:21:21.50 | +00:03:58 (18.8%) | 4:14 | 14.2 (81.6%) |
| 8 | SMOLA Daniel | 54 | 3LO | M-40 | 8 | 00:00:03 | 00:21:30.25 | 00:21:33.30 | +00:04:16 (19.9%) | 4:18 | 14 (80.5%) |
| 9 | STAFIEJ Wojciech | 153 | | M-40 | 9 | 00:00:06 | 00:21:34.50 | 00:21:40.80 | +00:04:20 (20.2%) | 4:18 | 13.9 (79.9%) |
| 10 | RUTKOWSKI Adam | 110 | | M-40 | 10 | 00:00:35 | 00:21:38.50 | 00:22:14.40 | +00:04:24 (20.4%) | 4:19 | 13.9 (79.9%) |
| 11 | LIPSKI Krzysztof | 288 | RUN BYDGOSZCZ | M-40 | 11 | 00:00:12 | 00:21:45.70 | 00:21:57.90 | +00:04:32 (20.8%) | 4:21 | 13.8 (79.3%) |
| 12 | PASIEKA Tomasz | 72 | | M-40 | 12 | 00:00:01 | 00:21:50.50 | 00:21:51.60 | +00:04:36 (21.1%) | 4:22 | 13.7 (78.7%) |
| 13 | LEWICKI Maciej | 312 | BYDGOSZCZ NA START! | M-40 | 13 | 00:00:13 | 00:21:55.00 | 00:22:08.20 | +00:04:41 (21.4%) | 4:23 | 13.7 (78.7%) |
| 14 | FILIPEK Piotr | 59 | | M-40 | 14 | 00:00:15 | 00:21:56.65 | 00:22:11.70 | +00:04:43 (21.5%) | 4:23 | 13.7 (78.7%) |

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|-------|-------------------------------------|------------|------------------------------|----------|------|------------|--------------------|--------------------|-------------------|-------------|--------------|
| 15 | NADRATOWSKI Maciej | 106 | KABEL TEAM BYDGOSZCZ | M-40 | 15 | 00:00:07 | 00:21:56.70 | 00:22:04.35 | +00:04:43 (21.5%) | 4:23 | 13.7 (78.7%) |
| 16 | WĘGRZYKOWSKI Sławomit | 608 | | M-40 | 16 | 00:00:06 | 00:21:57.40 | 00:22:03.90 | +00:04:43 (21.5%) | 4:23 | 13.7 (78.7%) |
| 17 | RUDOL Sebastian | 291 | | M-40 | 17 | 00:00:04 | 00:22:04.70 | 00:22:08.95 | +00:04:51 (22.0%) | 4:24 | 13.6 (78.2%) |
| 18 | KLINIKOWSKI Jaacek | 146 | KOCHAM ŻYCIE I... | M-40 | 18 | 00:00:04 | 00:22:05.00 | 00:22:09.30 | +00:04:51 (22.0%) | 4:25 | 13.6 (78.2%) |
| 19 | BRĄSZKIEWICZ Piotr | 214 | CROSS TEAM BYDGOSZCZ | M-40 | 19 | 00:00:05 | 00:22:12.80 | 00:22:18.70 | +00:04:59 (22.5%) | 4:26 | 13.5 (77.6%) |
| 20 | GACKOWSKI Krzysztof | 2 | | M-40 | 20 | 00:00:03 | 00:22:23.45 | 00:22:26.80 | +00:05:09 (23.1%) | 4:28 | 13.4 (77.0%) |
| 21 | KASZEWSKI Tomasz | 430 | UKS WYSPIAŃSKI SZUBIN | M-40 | 21 | 00:00:03 | 00:22:40.40 | 00:22:43.70 | +00:05:26 (24.0%) | 4:32 | 13.2 (75.9%) |
| 22 | STANEK Marek | 233 | | M-40 | 22 | 00:00:13 | 00:22:40.90 | 00:22:54.10 | +00:05:27 (24.1%) | 4:32 | 13.2 (75.9%) |
| 23 | NAGOW Michał | 341 | | M-40 | 23 | 00:00:01 | 00:22:45.00 | 00:22:46.90 | +00:05:31 (24.3%) | 4:33 | 13.2 (75.9%) |
| 24 | PIOTROWSKI Dariusz | 58 | | M-40 | 24 | 00:00:10 | 00:23:04.25 | 00:23:15.15 | +00:05:50 (25.3%) | 4:37 | 13 (74.7%) |
| 25 | OSZUBSKI Kazimierz | 573 | | M-40 | 25 | 00:00:07 | 00:23:13.65 | 00:23:21.30 | +00:06:00 (25.8%) | 4:38 | 12.9 (74.1%) |
| 26 | BRUNKE Tomasz | 151 | RUN BYDGOSZCZ | M-40 | 26 | 00:00:18 | 00:23:16.25 | 00:23:35.10 | +00:06:02 (26.0%) | 4:39 | 12.9 (74.1%) |
| 27 | WOJCIECHOWSKI Jarosław | 87 | | M-40 | 27 | 00:00:20 | 00:23:17.30 | 00:23:37.80 | +00:06:03 (26.0%) | 4:39 | 12.9 (74.1%) |
| 28 | SZMAJDA Seweryn | 621 | | M-40 | 28 | 00:00:17 | 00:23:18.20 | 00:23:35.30 | +00:06:04 (26.1%) | 4:39 | 12.9 (74.1%) |
| 29 | KOWALCZYK Tomasz | 187 | | M-40 | 29 | 00:01:09 | 00:24:13.75 | 00:25:23.55 | +00:07:00 (28.9%) | 4:50 | 12.4 (71.3%) |
| 30 | KALINOWSKI Zbigniew | 326 | | M-40 | 30 | 00:00:37 | 00:24:35.65 | 00:25:12.85 | +00:07:22 (30.0%) | 4:55 | 12.2 (70.1%) |
| 31 | KUBOWICZ Piotr | 182 | KASIA NIE ŚPIJ, OBUDŹ SIĘ... | M-40 | 31 | 00:00:00 | 00:24:47.05 | 00:24:47.80 | +00:07:33 (30.5%) | 4:57 | 12.1 (69.5%) |
| 32 | DE GRABLA-MŚCISZEWSKI Roland | 263 | CROSS TEAM BYDGOSZCZ | M-40 | 32 | 00:00:07 | 00:25:22.50 | 00:25:29.85 | +00:08:08 (32.1%) | 5:04 | 11.8 (67.8%) |
| 33 | BUDZIAK Bartosz | 62 | | M-40 | 33 | 00:00:18 | 00:25:31.45 | 00:25:49.90 | +00:08:17 (32.5%) | 5:06 | 11.8 (67.8%) |
| 34 | BUDZIK Ireneusz | 338 | BOZITA POLSKA | M-40 | 34 | 00:00:38 | 00:26:03.10 | 00:26:41.60 | +00:08:49 (33.9%) | 5:12 | 11.5 (66.1%) |
| 35 | KAZERA Marek | 610 | | M-40 | 35 | 00:00:51 | 00:26:09.05 | 00:27:00.40 | +00:08:55 (34.1%) | 5:13 | 11.5 (66.1%) |
| 36 | DOLATA Grzegorz | 61 | OCELOTY | M-40 | 36 | 00:00:30 | 00:26:20.30 | 00:26:50.40 | +00:09:06 (34.6%) | 5:16 | 11.4 (65.5%) |
| 37 | SZAFKOWSKI Arek | 82 | | M-40 | 37 | 00:01:01 | 00:26:25.30 | 00:27:26.60 | +00:09:11 (34.8%) | 5:17 | 11.4 (65.5%) |

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| 38 | KOZIŃSKI Tomasz | 228 | BYDGOSKIE ŻÓŁWIE | M-40 | 38 | 00:00:31 | 00:26:32.50 | 00:27:03.50 | +00:09:18 (35.1%) | 5:18 | 11.3 (64.9%) |
| 39 | SKRZYPCZAK Arkadiusz | 395 | | M-40 | 39 | 00:01:00 | 00:26:35.35 | 00:27:35.50 | +00:09:21 (35.2%) | 5:19 | 11.3 (64.9%) |
| 40 | ZIELIŃSKI Krzysztof | 64 | | M-40 | 40 | 00:00:24 | 00:26:43.45 | 00:27:07.65 | +00:09:29 (35.5%) | 5:20 | 11.2 (64.4%) |
| 41 | TWARDOWSKI Wojciech | 159 | RUN BYDGOSZCZ | M-40 | 41 | 00:00:19 | 00:26:46.40 | 00:27:05.90 | +00:09:32 (35.7%) | 5:21 | 11.2 (64.4%) |
| 42 | PIETRASZAK Tomasz | 475 | RUN BYDGOSZCZ | M-40 | 42 | 00:00:18 | 00:26:50.95 | 00:27:09.80 | +00:09:37 (35.8%) | 5:22 | 11.2 (64.4%) |
| 43 | STAFIEJ Mariusz | 465 | | M-40 | 43 | 00:00:32 | 00:27:28.45 | 00:28:00.85 | +00:10:14 (37.3%) | 5:29 | 10.9 (62.6%) |
| 44 | RABKOWSKI Dariusz | 567 | | M-40 | 44 | 00:00:28 | 00:28:03.95 | 00:28:32.20 | +00:10:50 (38.6%) | 5:36 | 10.7 (61.5%) |
| 45 | KLISZEWSKI Damian | 452 | | M-40 | 45 | 00:00:47 | 00:28:17.20 | 00:29:05.10 | +00:11:03 (39.1%) | 5:39 | 10.6 (60.9%) |
| 46 | OLECHNOWICZ Tomasz | 642 | | M-40 | 46 | 00:00:07 | 00:28:35.20 | 00:28:42.30 | +00:11:21 (39.7%) | 5:43 | 10.5 (60.3%) |
| 47 | KAMIŃSKI Arkadiusz | 433 | | M-40 | 47 | 00:00:21 | 00:28:46.45 | 00:29:07.55 | +00:11:32 (40.1%) | 5:45 | 10.4 (59.8%) |
| 48 | MODRZEJWSKI Grzegorz | 613 | | M-40 | 48 | 00:00:57 | 00:29:14.20 | 00:30:11.20 | +00:12:00 (41.1%) | 5:50 | 10.3 (59.2%) |
| 49 | ŚLIWA Marcin | 63 | | M-40 | 49 | 00:00:00 | 00:29:31.40 | 00:29:31.40 | +00:12:17 (41.7%) | 5:54 | 10.2 (58.6%) |
| 50 | LEWANDOWSKI Maciej | 403 | KEEPER | M-40 | 50 | 00:00:36 | 00:29:40.40 | 00:30:16.50 | +00:12:26 (41.9%) | 5:56 | 10.1 (58.0%) |
| 51 | KAWA Marcin | 460 | CUKIER & SERCE | M-40 | 51 | 00:01:08 | 00:29:43.05 | 00:30:51.55 | +00:12:29 (42.0%) | 5:56 | 10.1 (58.0%) |
| 52 | JANKOWSKI Rafał | 380 | 7 BDH | M-40 | 52 | 00:00:45 | 00:29:51.20 | 00:30:36.80 | +00:12:37 (42.3%) | 5:58 | 10.1 (58.0%) |
| 53 | SOBOLEWSKI Jarosław | 275 | | M-40 | 53 | 00:00:29 | 00:30:02.70 | 00:30:32.15 | +00:12:49 (42.7%) | 6:00 | 10 (57.5%) |
| 54 | NOWAK Adam | 593 | | M-40 | 54 | 00:00:53 | 00:30:34.10 | 00:31:27.30 | +00:13:20 (43.6%) | 6:06 | 9.8 (56.3%) |
| 55 | NOWAK Piotr | 493 | | M-40 | 55 | 00:00:10 | 00:30:45.15 | 00:30:55.95 | +00:13:31 (44.0%) | 6:09 | 9.8 (56.3%) |
| 56 | CEGIELSKI Maciej | 92 | ŻANDARMI Z BYDGOSZCZY | M-40 | 56 | 00:00:36 | 00:30:58.60 | 00:31:35.50 | +00:13:45 (44.4%) | 6:11 | 9.7 (55.7%) |
| 57 | ARNDT Robert | 333 | | M-40 | 57 | 00:01:07 | 00:31:06.45 | 00:32:13.90 | +00:13:52 (44.6%) | 6:13 | 9.6 (55.2%) |
| 58 | NURKIEWICZ Jarosław | 94 | KUNG FU PANDY 3 | M-40 | 58 | 00:01:10 | 00:31:20.30 | 00:32:30.30 | +00:14:06 (45.0%) | 6:16 | 9.6 (55.2%) |
| 59 | OSTAPCZUK Kamil | 348 | NAŁOGOWI POŻERACZE KILOMETRÓW | M-40 | 59 | 00:00:58 | 00:31:39.00 | 00:32:37.40 | +00:14:25 (45.6%) | 6:19 | 9.5 (54.6%) |
| 60 | PÓŁGĘSEK Rafał | 66 | | M-40 | 60 | 00:01:03 | 00:32:07.10 | 00:33:10.10 | +00:14:53 (46.4%) | 6:25 | 9.3 (53.4%) |

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| 61 | SUCHARSKI Wojciech | 586 | | M-40 | 61 | 00:00:11 | 00:32:07.55 | 00:32:18.75 | +00:14:54 (46.4%) | 6:25 | 9.3 (53.4%) |
| 62 | MAJEWSKI Tomasz | 264 | ZESPÓŁ SZKÓŁ NR 2 W CHEŁMNIE | M-40 | 62 | 00:01:03 | 00:32:08.15 | 00:33:11.90 | +00:14:54 (46.4%) | 6:25 | 9.3 (53.4%) |
| 63 | HORABIK Waldemar | 489 | | M-40 | 63 | 00:01:04 | 00:32:51.65 | 00:33:56.35 | +00:15:38 (47.6%) | 6:34 | 9.1 (52.3%) |
| 64 | WRÓBLEWSKI Bolesław | 309 | | M-40 | 64 | 00:00:36 | 00:34:09.15 | 00:34:45.40 | +00:16:55 (49.6%) | 6:49 | 8.8 (50.6%) |
| 65 | KRZYŻAŃSKI Przemysław | 40 | BYDGOSZCZ TRIATHLON TEAM | M-40 | 65 | 00:00:15 | 00:35:23.90 | 00:35:39.70 | +00:18:10 (51.3%) | 7:04 | 8.5 (48.9%) |
| 66 | PATER Jarosław | 310 | | M-40 | 66 | 00:00:42 | 00:35:45.60 | 00:36:27.80 | +00:18:32 (51.8%) | 7:09 | 8.4 (48.3%) |
| 67 | SZAMROWICZ Jacek | 90 | | M-40 | 67 | 00:00:41 | 00:36:36.50 | 00:37:18.10 | +00:19:22 (52.9%) | 7:19 | 8.2 (47.1%) |
| 68 | GŁOWACKI Maciej | 195 | | M-40 | 68 | 00:00:10 | 00:42:04.05 | 00:42:14.30 | +00:24:50 (59.1%) | 8:24 | 7.1 (40.8%) |
| 69 | BIAŁOWAŚ Dariusz | 283 | | M-40 | 69 | 00:01:02 | | | | | (0.0%) |

Total 69 results.