



Zespół Obsługi  
Oświaty i Rekreacji  
w Nakle nad Notecią

# NIEPODLEGŁOŚCIOWY BIEG TERENOWY

B4SPORT

**Event:** Niepodległościowy Bieg Terenowy i Maraton MTB  
**Organiser:** Gmina Nakło nad Notecią, LZS SKRA Paterek  
**Date:** 2019-11-03  
**Place:** Nakło nad Notecią  
**Distance:** 7 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Classification: Mieszkaniec Gminy Nakło Nad Notecią

Place	Participant	Number	Club	Category	MCat	Gmina Nakło nad Notecią	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
1	<b>BIAŁEK Dawid</b>	<b>2</b>	LUKS START NAKŁO	M30	3	Tak	<b>00:28:40.55</b>	<b>00:28:43.15</b>		4:05	14.6 (100%)
2	<b>KOLIŃSKI Dawid</b>	<b>42</b>		M30	4	Tak	<b>00:29:25.15</b>	<b>00:29:27.30</b>	+00:00:44 (2.5%)	4:12	14.3 (97.9%)
3	<b>BOLEWSKI Bartosz</b>	<b>109</b>		M20	3	Tak	<b>00:30:08.00</b>	<b>00:30:11.90</b>	+00:01:28 (4.9%)	4:18	13.9 (95.2%)
4	<b>RYGIELSKI Krzysztof</b>	<b>86</b>		M30	7	Tak	<b>00:33:05.00</b>	<b>00:33:11.80</b>	+00:04:28 (13.5%)	4:43	12.7 (87.0%)
5	<b>JANCZYSZYN Eryk</b>	<b>31</b>		M30	8	Tak	<b>00:34:09.45</b>	<b>00:34:16.35</b>	+00:05:33 (16.2%)	4:52	12.3 (84.2%)
6	<b>KASPRZYK Miłosz</b>	<b>40</b>	KASPRZYK RUNNING TEAM	M20	7	Tak	<b>00:36:12.00</b>	<b>00:36:15.85</b>	+00:07:32 (20.8%)	5:10	11.6 (79.5%)
7	<b>PASIEKA Tomasz</b>	<b>73</b>	LUKS START NAKŁO	M40	7	Tak	<b>00:36:21.50</b>	<b>00:36:28.55</b>	+00:07:45 (21.3%)	5:11	11.6 (79.5%)
8	<b>STANOWSKI Tymoteusz</b>	<b>91</b>		M20	9	Tak	<b>00:37:07.75</b>	<b>00:37:12.85</b>	+00:08:29 (22.8%)	5:18	11.3 (77.4%)
9	<b>GONDEK Krzysztof</b>	<b>24</b>	LUKS START NAKLO	M40	9	Tak	<b>00:37:38.90</b>	<b>00:37:42.10</b>	+00:08:58 (23.8%)	5:22	11.2 (76.7%)
10	<b>HEJZA Marek</b>	<b>30</b>	NIEZRZESZONY	M50	6	Tak	<b>00:38:39.65</b>	<b>00:38:45.35</b>	+00:10:02 (25.9%)	5:31	10.9 (74.7%)
11	<b>MŁYNAREK Piotr</b>	<b>63</b>		M40	10	Tak	<b>00:40:11.75</b>	<b>00:40:20.50</b>	+00:11:37 (28.8%)	5:44	10.4 (71.2%)
12	<b>DYRLA Mateusz</b>	<b>20</b>		M30	17	Tak	<b>00:40:13.10</b>	<b>00:40:20.95</b>	+00:11:37 (28.8%)	5:44	10.4 (71.2%)
13	<b>CIESIELSKI Adrian</b>	<b>12</b>		M16	1	Tak	<b>00:40:17.25</b>	<b>00:40:28.35</b>	+00:11:45 (29.0%)	5:45	10.4 (71.2%)
14	<b>OKRASZEWSKI Michał</b>	<b>69</b>		M20	11	Tak	<b>00:42:15.30</b>	<b>00:42:20.15</b>	+00:13:37 (32.2%)	6:02	9.9 (67.8%)
15	<b>LEWANDOWSKI Andrzej</b>	<b>49</b>		M50	8	Tak	<b>00:42:37.60</b>	<b>00:42:44.95</b>	+00:14:01 (32.8%)	6:05	9.9 (67.8%)
16	<b>POLAKÓW Sławomir</b>	<b>78</b>	SKRA PATEREK	M40	15	Tak	<b>00:42:55.90</b>	<b>00:43:01.35</b>	+00:14:18 (33.2%)	6:08	9.8 (67.1%)
17	<b>ZIELINSKI Mikołaj</b>	<b>107</b>		M16	2	Tak	<b>00:43:24.15</b>	<b>00:43:34.50</b>	+00:14:51 (34.1%)	6:12	9.7 (66.4%)

Total 17 results.