



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

# NORDIC WALKING DLA BIAŁO-CZERWONEJ

DLA BIAŁO - CZERWONEJ  
Stowarzyszenie Brzoza Biega, Rowerowa Brzoza  
2021-11-14  
Bydgoszcz  
11 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	10km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>GWIZDAŁA Zbigniew</b>	<b>26</b>	BIAŁO CZERWONY NIEZWYCIĘŻONY	M46-55	1	00:12:27	01:02:47	<b>01:10:44.15</b>	<b>01:10:59.20</b>		6:25	9.3 (100%)
2	<b>KURDUBSKI Daniel</b>	<b>20</b>	WKB MARATOŃCZYK WŁOCŁAWEK	M36-45	1	00:13:08	01:06:10	<b>01:14:30.50</b>	<b>01:14:46.30</b>	+00:03:47 (5.1%)	6:46	8.9 (95.7%)
3	<b>MIELECKA Agnieszka</b>	<b>70</b>	DOMAR TEAM	K46-55	1	00:13:13	01:07:27	<b>01:15:43.05</b>	<b>01:15:58.35</b>	+00:04:59 (6.6%)	6:53	8.7 (93.5%)
4	<b>SKIERA Kris</b>	<b>27</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	M36-45	2	00:14:04	01:07:53	<b>01:15:51.60</b>	<b>01:16:07.20</b>	+00:05:08 (6.7%)	6:53	8.7 (93.5%)
5	<b>PRZYBORKIEWICZ Kriss</b>	<b>57</b>	BIAŁO CZERWONY NIEZWYCIĘŻONY	M46-55	2	00:13:22	01:07:42	<b>01:15:55.40</b>	<b>01:16:11.30</b>	+00:05:12 (6.8%)	6:54	8.7 (93.5%)
6	<b>STRYCYŃSKI Piotr</b>	<b>31</b>	WŁÓCZYKIJE GDYNIA	M46-55	3	00:13:40	01:08:20	<b>01:16:59.05</b>	<b>01:17:17.45</b>	+00:06:18 (8.2%)	6:59	8.6 (92.5%)
7	<b>NAGOW Michał</b>	<b>18</b>	BIAŁO CZERWONY NIEZWYCIĘŻONY	M46-55	4	00:13:27	01:09:14	<b>01:17:57.35</b>	<b>01:18:14.30</b>	+00:07:15 (9.3%)	7:05	8.5 (91.4%)
8	<b>POTRZEBOWSKI Marek</b>	<b>11</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	M36-45	3	00:13:36	01:09:16	<b>01:18:06.20</b>	<b>01:18:24.30</b>	+00:07:25 (9.5%)	7:06	8.5 (91.4%)
9	<b>MUCHA Marcin</b>	<b>41</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	M36-45	4	00:14:10	01:09:44	<b>01:18:19.15</b>	<b>01:18:36.65</b>	+00:07:37 (9.7%)	7:07	8.4 (90.3%)
10	<b>NIETUPSKI Dariusz</b>	<b>69</b>	WŁÓCZYKIJE GDYNIA	M46-55	5	00:14:04	01:09:49	<b>01:18:34.05</b>	<b>01:18:51.90</b>	+00:07:52 (10.0%)	7:08	8.4 (90.3%)
11	<b>SAFANDOWSKA Małgorzata</b>	<b>32</b>	WKB MARATOŃCZYK WŁOCŁAWEK	K36-45	1	00:14:00	01:09:52	<b>01:18:48.00</b>	<b>01:19:03.00</b>	+00:08:03 (10.2%)	7:09	8.4 (90.3%)
12	<b>NOWAKOWSKI Grzegorz</b>	<b>64</b>	DEAF GARMIN_GIANT	M36-45	5	00:14:00	01:10:11	<b>01:19:04.80</b>	<b>01:19:21.40</b>	+00:08:22 (10.5%)	7:11	8.3 (89.2%)
13	<b>GORZEL Łukasz</b>	<b>22</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	M1-35	1	00:14:11	01:10:41	<b>01:19:36.55</b>	<b>01:19:53.05</b>	+00:08:53 (11.1%)	7:14	8.3 (89.2%)
14	<b>JÓŻWIAK Marianna</b>	<b>6</b>	SERCE NORDICA WŁOCŁAWEK	K46-55	2	00:14:11	01:11:00	<b>01:19:51.80</b>	<b>01:20:08.80</b>	+00:09:09 (11.4%)	7:15	8.3 (89.2%)
15	<b>GAWLIK Wojciech</b>	<b>68</b>	IWSPSZ	M36-45	6	00:14:05	01:11:29	<b>01:20:55.70</b>	<b>01:21:12.30</b>	+00:10:13 (12.6%)	7:21	8.2 (88.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	10km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
16	<b>GWIZDAŁA Bartosz</b>	<b>25</b>	biaŁo CZERWONY NIEZWYCIĘŻONY	M1-35	2	00:14:37	01:12:55	<b>01:21:50.35</b>	<b>01:22:07.15</b>	+00:11:07 (13.6%)	7:26	8.1 (87.1%)
17	<b>GRABOWSKA-UFNOWSKA Justyna</b>	<b>30</b>	biaŁo CZERWONY NIEZWYCIĘŻONY	K36-45	2	00:14:37	01:13:11	<b>01:21:55.00</b>	<b>01:22:11.00</b>	+00:11:11 (13.6%)	7:26	8.1 (87.1%)
18	<b>POTRZEBOWSKA Agata</b>	<b>10</b>	ŁĄCZĄ NAS PASJE BYDGOSZCZ	K36-45	3	00:14:38	01:14:40	<b>01:24:02.05</b>	<b>01:24:19.30</b>	+00:13:20 (15.8%)	7:38	7.9 (84.9%)
19	<b>ZUZA-WITKOWSKA Anna</b>	<b>9</b>	KTR MASA TURYSTYCZNA	K46-55	3	00:15:41	01:16:34	<b>01:26:08.25</b>	<b>01:26:27.65</b>	+00:15:28 (17.9%)	7:49	7.7 (82.8%)
20	<b>GAŁĄZKA Paweł</b>	<b>24</b>		M56+	1	00:15:31	01:16:44	<b>01:26:15.60</b>	<b>01:26:33.50</b>	+00:15:34 (18.0%)	7:50	7.7 (82.8%)
21	<b>CIESIELSKI Krzysztof</b>	<b>2</b>	FAST WALKER	M56+	2	00:15:28	01:16:53	<b>01:26:18.70</b>	<b>01:26:34.70</b>	+00:15:35 (18.0%)	7:50	7.6 (81.7%)
22	<b>ŻYGENDA Robert</b>	<b>29</b>	WŁÓCZYKIJE GDYNIA	M46-55	6	00:15:17	01:17:17	<b>01:26:38.50</b>	<b>01:26:59.30</b>	+00:16:00 (18.4%)	7:52	7.6 (81.7%)
23	<b>REJMAK Marek</b>	<b>39</b>	WŁÓCZYKIJE GDYNIA	M56+	3	00:15:27	01:17:18	<b>01:26:39.60</b>	<b>01:26:59.45</b>	+00:16:00 (18.4%)	7:52	7.6 (81.7%)
24	<b>KACZMAREK Jarek</b>	<b>16</b>		M46-55	7	00:15:44	01:17:36	<b>01:26:58.85</b>	<b>01:27:21.15</b>	+00:16:21 (18.7%)	7:54	7.6 (81.7%)
25	<b>LUDWINIAK Bogdan</b>	<b>7</b>		M46-55	8	00:15:19	01:17:25	<b>01:27:12.05</b>	<b>01:27:30.10</b>	+00:16:30 (18.9%)	7:55	7.6 (81.7%)
26	<b>BUDAJ Agnieszka</b>	<b>65</b>		K1-35	1	00:16:43	01:20:40	<b>01:28:27.15</b>	<b>01:28:46.75</b>	+00:17:47 (20.0%)	8:02	7.5 (80.6%)
27	<b>ZIELIŃSKA Jolanta</b>	<b>58</b>		K56+	1	00:15:54	01:18:39	<b>01:28:41.45</b>	<b>01:28:58.90</b>	+00:17:59 (20.2%)	8:03	7.4 (79.6%)
28	<b>BUDAJ Agnieszka</b>	<b>68</b>		K1-35	2	00:16:30	01:19:56	<b>01:29:44.15</b>	<b>01:30:03.70</b>	+00:19:04 (21.2%)	8:09	7.4 (79.6%)
29	<b>BRAUN Aneta</b>	<b>40</b>		K36-45	4	00:15:57	01:20:16	<b>01:30:04.25</b>	<b>01:30:20.90</b>	+00:19:21 (21.4%)	8:11	7.3 (78.5%)
30	<b>LEWANDOWSKI Marek</b>	<b>44</b>	LIFE BALANCE PLACE	M46-55	9	00:16:06	01:20:21	<b>01:30:27.25</b>	<b>01:30:51.85</b>	+00:19:52 (21.9%)	8:13	7.3 (78.5%)
31	<b>ŻYGENDA Anna</b>	<b>38</b>	WŁÓCZYKIJE GDYNIA	K46-55	4	00:16:55	01:20:53	<b>01:31:01.95</b>	<b>01:31:22.35</b>	+00:20:23 (22.3%)	8:16	7.3 (78.5%)
32	<b>MINISZEWSKA Irena</b>	<b>52</b>		K36-45	5	00:16:11	01:21:12	<b>01:31:09.35</b>	<b>01:31:27.55</b>	+00:20:28 (22.4%)	8:17	7.2 (77.4%)
33	<b>CZEKRYSEW Andrzej</b>	<b>21</b>	SERCE NORDICA WŁOCŁAWEK	M56+	4	00:16:33	01:21:33	<b>01:31:21.20</b>	<b>01:31:43.90</b>	+00:20:44 (22.6%)	8:18	7.2 (77.4%)
34	<b>JÓŻWIAK Łukasz</b>	<b>5</b>	SERCE NORDICA WŁOCŁAWEK	M46-55	10	00:16:39	01:21:47	<b>01:31:52.10</b>	<b>01:32:14.30</b>	+00:21:15 (23.0%)	8:21	7.2 (77.4%)
35	<b>KACZMAREK Zofia</b>	<b>15</b>		K56+	2	00:16:20	01:22:13	<b>01:32:29.60</b>	<b>01:32:51.00</b>	+00:21:51 (23.5%)	8:24	7.1 (76.3%)
36	<b>KOWALCZYK Bogusława</b>	<b>33</b>		K36-45	6	00:17:22	01:22:37	<b>01:32:47.50</b>	<b>01:33:12.60</b>	+00:22:13 (23.8%)	8:26	7.1 (76.3%)
37	<b>LEWANDOWSKA Renata</b>	<b>43</b>	LIFE BALANCE PLACE	K46-55	5	00:17:07	01:22:43	<b>01:32:59.00</b>	<b>01:33:23.20</b>	+00:22:24 (24.0%)	8:27	7.1 (76.3%)
38	<b>NOWAKOWSKA Marta</b>	<b>63</b>	DEAF GARMIN_CUBE	K1-35	3	00:16:17	01:23:14	<b>01:33:34.50</b>	<b>01:33:53.35</b>	+00:22:54 (24.4%)	8:30	7.1 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	10km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
39	<b>KWIATKOWSKA Elżbieta</b>	<b>3</b>		K46-55	6	00:16:08	01:23:10	<b>01:33:54.85</b>	<b>01:34:13.70</b>	+00:23:14 (24.7%)	8:32	7 (75.3%)
40	<b>GDAŃSKA Aneta</b>	<b>19</b>		K46-55	7	00:17:38	01:24:24	<b>01:34:33.20</b>	<b>01:34:53.70</b>	+00:23:54 (25.2%)	8:35	7 (75.3%)
41	<b>SZKUTNIK Wioletta</b>	<b>47</b>	LIFE BALANCE PLACE	K46-55	8	00:17:01	01:25:25	<b>01:36:18.60</b>	<b>01:36:42.20</b>	+00:25:43 (26.6%)	8:45	6.9 (74.2%)
42	<b>RUJNER Marek</b>	<b>46</b>	KTR MASA TURYSTYCZNA	M56+	5	00:17:19	01:26:42	<b>01:37:15.40</b>	<b>01:37:42.75</b>	+00:26:43 (27.4%)	8:50	6.8 (73.1%)
43	<b>BONKOWSKA Barbara</b>	<b>28</b>	SERCE NORDICA WŁOCŁAWEK	K46-55	9	00:17:27	01:26:32	<b>01:37:23.15</b>	<b>01:37:45.80</b>	+00:26:46 (27.4%)	8:51	6.8 (73.1%)
44	<b>POLAK Paweł</b>	<b>62</b>	SOLANKOWI BIEGACZE	M1-35	3	00:18:03	01:27:32	<b>01:38:26.60</b>	<b>01:38:48.30</b>	+00:27:49 (28.2%)	8:56	6.7 (72.0%)
45	<b>ŚPICA Wioletta</b>	<b>49</b>	LIFE BALANCE PLACE	K36-45	7	00:17:29	01:27:36	<b>01:38:31.85</b>	<b>01:38:55.55</b>	+00:27:56 (28.2%)	8:57	6.7 (72.0%)
46	<b>ŚPICA Dariusz</b>	<b>48</b>	LIFE BALANCE PLACE	M56+	6	00:17:38	01:27:42	<b>01:38:37.05</b>	<b>01:38:55.70</b>	+00:27:56 (28.2%)	8:57	6.7 (72.0%)
47	<b>FUS Agnieszka</b>	<b>55</b>		K46-55	10	00:17:59	01:28:47	<b>01:40:09.85</b>	<b>01:40:31.70</b>	+00:29:32 (29.4%)	9:06	6.6 (71.0%)
48	<b>RAFIŃSKA Wioleta</b>	<b>36</b>	ROWEROWA BRZOZA	K46-55	11	00:18:06	01:30:03	<b>01:41:01.25</b>	<b>01:41:26.35</b>	+00:30:27 (30.0%)	9:11	6.5 (69.9%)
49	<b>WIŚNIEWSKA Elżbieta</b>	<b>1</b>	ROWEROWA BRZOZA	K46-55	12	00:17:35	01:29:58	<b>01:41:06.35</b>	<b>01:41:32.15</b>	+00:30:32 (30.1%)	9:11	6.5 (69.9%)
50	<b>RUJNER Klara</b>	<b>12</b>	KTR MASA TURYSTYCZNA	K46-55	13	00:17:57	01:29:55	<b>01:41:13.95</b>	<b>01:41:33.65</b>	+00:30:34 (30.1%)	9:12	6.5 (69.9%)
51	<b>MURKOCIŃSKA Dorota</b>	<b>56</b>		K36-45	8	00:18:11	01:30:03	<b>01:41:12.20</b>	<b>01:41:34.20</b>	+00:30:35 (30.1%)	9:12	6.5 (69.9%)
52	<b>CZEKRYSEW Małgorzata</b>	<b>23</b>	SERCE NORDICA WŁOCŁAWEK	K46-55	14	00:19:25	01:35:46	<b>01:47:05.50</b>	<b>01:47:29.35</b>	+00:36:30 (34.0%)	9:44	6.2 (66.7%)
53	<b>NIEWIADOMSKA Zofia</b>	<b>51</b>	SERCE NORDICA WŁOCŁAWEK	K56+	3	00:19:21	01:35:46	<b>01:47:07.10</b>	<b>01:47:30.70</b>	+00:36:31 (34.0%)	9:44	6.2 (66.7%)
54	<b>WEGNEROWSKA Izabela</b>	<b>45</b>	LIFE BALANCE PLACE	K46-55	15	00:19:32	01:40:14	<b>01:52:56.20</b>	<b>01:53:20.40</b>	+00:42:21 (37.4%)	10:16	5.8 (62.4%)
55	<b>BIELSKA Anna</b>	<b>53</b>	LIFE BALANCE PLACE	K46-55	16	00:19:36	01:40:16	<b>01:52:59.55</b>	<b>01:53:20.75</b>	+00:42:21 (37.4%)	10:16	5.8 (62.4%)
56	<b>RAFIŃSKI Robert</b>	<b>35</b>	ROWEROWA BRZOZA	M46-55	11	00:17:47	01:38:50	<b>01:53:05.20</b>	<b>01:53:31.20</b>	+00:42:32 (37.5%)	10:16	5.8 (62.4%)
57	<b>WOŁOSZYN Kazimierz</b>	<b>13</b>	ROWEROWA BRZOZA	M56+	7	00:17:45	01:38:51	<b>01:53:04.10</b>	<b>01:53:31.30</b>	+00:42:32 (37.5%)	10:16	5.8 (62.4%)
57	<b>GRABOWSKI Piotr</b>	<b>66</b>	ROWEROWA BRZOZA	M46-55	12	00:17:47	01:38:52	<b>01:53:05.60</b>	<b>01:53:31.30</b>	+00:42:32 (37.5%)	10:16	5.8 (62.4%)
59	<b>SZOTA Anna</b>	<b>59</b>	KTR MASA TURYSTYCZNA	K36-45	9	00:22:11	01:51:44	<b>02:05:58.55</b>	<b>02:06:19.10</b>	+00:55:19 (43.8%)	11:27	5.2 (55.9%)
60	<b>WITKOWSKI Dariusz</b>	<b>8</b>	KTR MASA TURYSTYCZNA	M56+	8	00:22:03	01:51:37	<b>02:05:52.50</b>	<b>02:06:19.70</b>	+00:55:20 (43.8%)	11:26	5.2 (55.9%)
DQ	<b>BOŻEK Mariusz</b>	<b>34</b>	ROWEROWA BRZOZA	M56+		00:15:23 DQ	01:13:42 DQ	<b>01:21:51.85 DQ</b>	<b>DQ</b>		0:00	8.1 (87.1%)

Znaleziono 61 wynik(ów)