



TRENING SYLWESTROWY 2020

B4SPORT

Wydarzenie: Trening Sylwestrowy 2020
Organizator: Rowerowa Brzoza
Data: 2020-12-31
Miejsce: Brzoza
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	TUCZYŃSKI Sylwester Leon	138	M-20	1	Bydgoskie Okonie	Bydgoskie Okonie	00:00:05	00:11:53	00:23:47	00:35:43	00:35:51.00	00:35:56.20		3:35	16.7 (100%)
2	ŚWIĄTKOWSKI Paweł	59	M-30	1			00:00:05	00:12:01	00:24:08	00:36:24	00:36:33.80	00:36:39.60	+00:00:42 (2.0%)	3:39	16.4 (98.2%)
3	RYCHTER Karol	170	M-40	1			00:00:05	00:12:13	00:24:53	00:37:47	00:37:55.45	00:38:01.25	+00:02:04 (5.5%)	3:47	15.8 (94.6%)
4	CHRZĄSZCZ Bartek	156	M-20	2			00:00:05	00:12:12	00:25:09	00:38:04	00:38:11.40	00:38:16.90	+00:02:20 (6.1%)	3:49	15.7 (94.0%)
5	SOSNOWSKI Krzysztof	99	M-40	2		SP 17 Bydgoszcz	00:00:07	00:12:47	00:25:36	00:38:04	00:38:12.05	00:38:19.10	+00:02:21 (6.2%)	3:49	15.7 (94.0%)
6	KOWALCZYK Marek	149	M-40	3	Brzoza Biega	Brzoza Biega	00:00:06	00:12:36	00:25:34	00:38:11	00:38:19.45	00:38:26.40	+00:02:28 (6.5%)	3:49	15.7 (94.0%)
7	LENC Sebastian	76	M-40	4	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:04	00:12:32	00:25:26	00:38:16	00:38:24.05	00:38:28.45	+00:02:33 (6.6%)	3:50	15.6 (93.4%)
8	GOŁEMBIEWSKI Marek	103	M-40	5			00:00:06	00:12:49	00:25:47	00:38:39	00:38:46.70	00:38:52.95	+00:02:55 (7.6%)	3:52	15.5 (92.8%)
9	DONARSKI Franek	107	M-1	1	N Bike Academy		00:00:08	00:12:46	00:25:45	00:38:41	00:38:48.70	00:38:57.05	+00:02:57 (7.6%)	3:52	15.5 (92.8%)
10	MUSIAŁ Michał	98	M-50	1			00:00:05	00:12:50	00:25:59	00:38:59	00:39:07.45	00:39:12.95	+00:03:16 (8.4%)	3:54	15.3 (91.6%)
11	TACZKOWSKI Jarosław	166	M-40	6			00:00:07	00:12:46	00:26:15	00:39:44	00:39:52.65	00:40:00.25	+00:04:01 (10.1%)	3:59	15.1 (90.4%)
12	MAGDZIARZ Jakub	58	M-40	7		Kancelaria HMM	00:00:06	00:12:46	00:26:11	00:39:47	00:39:55.10	00:40:01.15	+00:04:04 (10.2%)	3:59	15 (89.8%)
13	JASTRZĘBSKI Krzysztof	110	M-40	8			00:00:04	00:13:10	00:26:40	00:39:50	00:39:57.10	00:40:01.90	+00:04:06 (10.3%)	3:59	15 (89.8%)
14	KRUPA Piotr	20	M-30	2		Woodrunners	00:00:09	00:13:16	00:26:40	00:39:50	00:39:57.70	00:40:07.10	+00:04:06 (10.3%)	3:59	15 (89.8%)
15	WŁODARSKI Przemysław	119	M-30	3	Polonia Bydgoszcz SLA	Polonia Bydgoszcz	00:00:04	00:13:18	00:26:47	00:40:31	00:40:39.20	00:40:43.60	+00:04:48 (11.8%)	4:03	14.8 (88.6%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	NIEDZIAŁKOWSKI Patryk	144	M-20	3	Bydgoskie Okonie	Bydgoskie Okonie	00:00:05	00:12:55	00:26:46	00:40:48	00:40:56.65	00:41:01.95	+00:05:05 (12.4%)	4:05	14.7 (88.0%)
17	KUBANEK Łukasz	85	M-30	4	TEAMOCHAL	TEAMOCHAL	00:00:08	00:13:44	00:27:12	00:40:50	00:40:58.70	00:41:07.25	+00:05:07 (12.5%)	4:05	14.6 (87.4%)
18	WACHOWSKI Karol	48	M-40	9	AMS Triathlon	AMS Triathlon	00:00:16	00:13:35	00:27:22	00:41:08	00:41:16.00	00:41:32.35	+00:05:25 (13.1%)	4:07	14.5 (86.8%)
19	WILLMA Jarosław	127	M-50	2	Brzoza Biega	Brzoza Biega	00:00:04	00:13:40	00:27:47	00:41:56	00:42:04.55	00:42:08.75	+00:06:13 (14.8%)	4:12	14.3 (85.6%)
20	ANDRZEJEWSKI Paweł	69	M-40	10			00:43:04	00:13:48	00:28:19	00:42:31	00:42:40.45	01:25:44.45	+00:06:49 (16.0%)	4:16	14.1 (84.4%)
21	BARTOSZ Marek	51	M-40	11			00:00:07	00:13:43	00:28:24	00:42:43	00:42:51.35	00:42:58.70	+00:07:00 (16.3%)	4:17	14 (83.8%)
22	KARCZMARCZYK Mateusz	143	M-30	5			00:00:14	00:13:51	00:28:22	00:42:40	00:42:55.55	00:43:10.15	+00:07:04 (16.5%)	4:17	14 (83.8%)
23	HENDRZAK Sylwester	134	M-30	6	Chołe Kłóliki	ChołeKłóliki	00:04:03	00:14:08	00:28:39	00:42:45	00:43:00.95	00:47:04.55	+00:07:09 (16.7%)	4:18	14 (83.8%)
24	ŚWITAL Leszek	63	M-40	12		Morsy Margonin-TAZAR	00:00:23	00:14:20	00:28:48	00:43:00	00:43:08.30	00:43:31.90	+00:07:17 (16.9%)	4:18	13.9 (83.2%)
25	KRYSKE Mariusz	101	M-30	7	Spójnia Białe Błota		00:00:16	00:14:13	00:28:36	00:43:01	00:43:08.90	00:43:25.15	+00:07:17 (16.9%)	4:18	13.9 (83.2%)
26	CHRUSZCZEWSKI Andrzej	81	M-40	13			00:00:15	00:14:30	00:28:45	00:43:00	00:43:10.80	00:43:26.35	+00:07:19 (17.0%)	4:19	13.9 (83.2%)
27	RACZYŃSKI Krzysztof	15	M-60	1		Biegający Filozof Team	00:00:06	00:14:22	00:28:50	00:43:11	00:43:20.25	00:43:27.20	+00:07:29 (17.3%)	4:20	13.8 (82.6%)
28	GREZGOCKI Piotr	10	M-30	8			00:00:06	00:14:15	00:28:44	00:43:14	00:43:23.55	00:43:29.90	+00:07:32 (17.4%)	4:20	13.8 (82.6%)
29	MENDEL Patryk	3	M-20	4	Polonia Bydgoszcz SLA	Polonia Bydgoszcz SLA	00:00:05	00:14:18	00:28:56	00:43:25	00:43:33.30	00:43:39.05	+00:07:42 (17.7%)	4:21	13.8 (82.6%)
30	PRĄDZYŃSKI Marcin	32	M-40	14	AMS Triathlon	AMS Triathlon	00:00:17	00:15:40	00:29:28	00:43:28	00:43:36.90	00:43:54.65	+00:07:45 (17.8%)	4:21	13.8 (82.6%)
31	MACIŃSKI Waldemar	24	M-30	9			00:00:06	00:14:16	00:28:57	00:43:29	00:43:37.85	00:43:44.40	+00:07:46 (17.8%)	4:21	13.8 (82.6%)
32	TOMCZYK Agata	4	K-30	1	Polonia Bydgoszcz SLA	Polonia Bydgoszcz SLA	00:00:05	00:14:20	00:28:58	00:43:35	00:43:43.25	00:43:48.25	+00:07:52 (18.0%)	4:22	13.7 (82.0%)
33	KŁOSOWSKI Marcin	2	M-40	15			00:00:06	00:14:42	00:29:15	00:43:34	00:43:43.40	00:43:49.90	+00:07:52 (18.0%)	4:22	13.7 (82.0%)
34	SZWARC Waldemar	123	M-40	16		Aktywne Lniano	00:00:11	00:14:30	00:29:09	00:43:46	00:43:54.95	00:44:05.95	+00:08:03 (18.4%)	4:23	13.7 (82.0%)
35	JAGODZIŃSKA Magdalena	116	K-30	2	Bydgoskie Okonie	Bydgoskie Okonie	00:00:07	00:14:29	00:29:13	00:43:48	00:43:56.35	00:44:04.10	+00:08:05 (18.4%)	4:23	13.7 (82.0%)
36	MICHALEWSKI Bartosz	91	M-40	17		LUCKY LUCK	00:00:09	00:14:42	00:29:33	00:44:00	00:44:08.55	00:44:18.25	+00:08:17 (18.8%)	4:24	13.6 (81.4%)
37	KAZUBOWSKI Jacek	21	M-50	3		TriDarKo	00:00:05	00:14:30	00:29:18	00:44:16	00:44:25.40	00:44:31.35	+00:08:34 (19.3%)	4:26	13.5 (80.8%)
38	CZAJKOWSKA Sylwia	121	K-40	1		#Żółtokrólewscy	00:00:07	00:14:29	00:29:18	00:44:18	00:44:26.70	00:44:33.95	+00:08:35 (19.3%)	4:26	13.5 (80.8%)

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39	JAGODZIŃSKI Mateusz	117	M-30	10	Bydgoskie Okonie	Bydgoskie Okonie	00:00:08	00:14:50	00:29:41	00:44:49	00:44:58.25	00:45:06.50	+00:09:07 (20.3%)	4:29	13.3 (79.6%)
40	MACIOSZEK Marcin	79	M-40	18			00:00:13	00:14:46	00:29:51	00:44:52	00:45:00.65	00:45:14.35	+00:09:09 (20.4%)	4:30	13.3 (79.6%)
41	STRZAŁKA Robert	90	M-30	11		1. BLWL	00:00:07	00:14:35	00:29:37	00:44:54	00:45:04.25	00:45:11.85	+00:09:13 (20.5%)	4:30	13.3 (79.6%)
42	GRALIK Jędrzej	95	M-20	5	Bydgoskie Okonie	Bydgoskie Okonie	00:00:08	00:14:49	00:29:57	00:45:06	00:45:14.15	00:45:22.70	+00:09:23 (20.7%)	4:31	13.3 (79.6%)
43	ZAKURZEWSKI Tomasz	151	M-40	19	Brzoza Biega	Brzoza Biega	00:00:12	00:14:48	00:29:56	00:45:09	00:45:18.65	00:45:30.65	+00:09:27 (20.9%)	4:31	13.2 (79.0%)
44	WASILEWSKA Martyna	33	K-30	3		AMS Triathlon	00:00:18	00:14:15	00:29:44	00:45:28	00:45:37.75	00:45:56.35	+00:09:46 (21.4%)	4:33	13.2 (79.0%)
45	KUBARSKI Julian	84	M-40	20	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:08	00:14:53	00:30:03	00:45:39	00:45:50.15	00:45:58.45	+00:09:59 (21.8%)	4:35	13.1 (78.4%)
46	GWIAZDOWSKI Krzysztof	11	M-40	21			00:00:22	00:14:55	00:30:26	00:45:42	00:45:52.90	00:46:15.45	+00:10:01 (21.9%)	4:35	13.1 (78.4%)
47	KUPRACZ Andrzej	114	M-40	22	Brzoza Biega	Brzoza Biega	00:00:10	00:14:24	00:29:58	00:45:58	00:46:07.30	00:46:18.05	+00:10:16 (22.3%)	4:36	13 (77.8%)
48	TOMTAS Konrad	42	M-40	23		56 BLot	00:00:34	00:15:47	00:31:11	00:46:03	00:46:13.30	00:46:47.85	+00:10:22 (22.4%)	4:37	13 (77.8%)
49	NOWACZYK Bartosz	22	M-30	12			00:00:14	00:15:01	00:30:39	00:46:08	00:46:18.20	00:46:32.50	+00:10:27 (22.6%)	4:37	13 (77.8%)
50	PAWLACZYK Szymon	113	M-30	13			00:00:15	00:15:25	00:30:49	00:46:28	00:46:37.15	00:46:52.65	+00:10:46 (23.1%)	4:39	12.9 (77.2%)
51	NAMIEŚNIK Krzysztof	65	M-40	24		QszysieKN	00:00:34	00:15:48	00:31:12	00:46:40	00:46:49.30	00:47:23.60	+00:10:58 (23.4%)	4:40	12.8 (76.6%)
52	LEWANDOWSKI Rafał	141	M-30	14	SPC	SPC	00:00:09	00:14:48	00:30:52	00:46:43	00:46:53.10	00:47:02.70	+00:11:02 (23.5%)	4:41	12.8 (76.6%)
53	BARSZCZEWSKI Sebastian	13	M-40	25			00:00:19	00:15:41	00:31:25	00:46:43	00:46:54.05	00:47:13.40	+00:11:03 (23.6%)	4:41	12.8 (76.6%)
54	WIŚNIEWSKI Zbigniew	100	M-50	4		Brzoza Biega	00:01:29	00:15:18	00:30:59	00:46:48	00:46:56.25	00:48:25.75	+00:11:05 (23.6%)	4:41	12.8 (76.6%)
55	BUZALSKI Robert	8	M-40	26		Orange Polska	00:00:11	00:14:31	00:30:27	00:46:51	00:47:01.10	00:47:12.35	+00:11:10 (23.8%)	4:42	12.8 (76.6%)
56	KIEŁCZYŃSKI Marek	12	M-40	27			00:00:12	00:15:33	00:31:30	00:47:09	00:47:18.60	00:47:31.45	+00:11:27 (24.2%)	4:43	12.7 (76.0%)
57	DAWIDOWICZ Maciej	150	M-40	28	Brzoza Biega	Brzoza Biega	00:00:00	00:16:45	00:32:50	00:47:19	00:47:29.00	00:47:29.00	+00:11:38 (24.5%)	4:44	12.6 (75.4%)
58	SZEWS Marek	34	M-40	29		AMS Triathlon	00:00:17	00:14:42	00:30:56	00:47:20	00:47:32.50	00:47:49.85	+00:11:41 (24.6%)	4:45	12.6 (75.4%)
59	WASILEWSKA Agata	31	K-30	4	AMS Triathlon	AMS Triathlon	00:00:17	00:15:41	00:31:53	00:47:54	00:48:03.85	00:48:21.35	+00:12:12 (25.4%)	4:48	12.5 (74.9%)
60	GÓRSKI Marian	139	M-60	2	Brzoza Biega	Brzoza Biega	00:00:20	00:16:04	00:32:17	00:48:21	00:48:31.20	00:48:51.30	+00:12:40 (26.1%)	4:51	12.4 (74.3%)
61	TOMCZYK Zbigniew	112	M-60	3	ALTOM GNIEZNO	ALTOM GNIEZNO	00:00:08	00:16:24	00:32:36	00:48:24	00:48:33.65	00:48:41.65	+00:12:42 (26.2%)	4:51	12.4 (74.3%)

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62	GROTA Artur	140	M-40	30			00:00:20	00:16:00	00:32:15	00:48:50	00:49:03.35	00:49:23.95	+00:13:12 (26.9%)	4:54	12.2 (73.1%)
63	RZEPECKI Jacek	66	M-50	5			00:00:12	00:16:45	00:33:09	00:49:23	00:49:33.80	00:49:45.95	+00:13:42 (27.7%)	4:57	12.1 (72.5%)
64	DROZDOWSKI Daniel	105	M-30	15			00:00:14	00:15:39	00:32:20	00:49:34	00:49:44.95	00:49:59.55	+00:13:53 (27.9%)	4:58	12.1 (72.5%)
65	KWIATKOWSKI Piotr	71	M-30	16			00:00:08	00:16:35	00:33:10	00:49:42	00:49:52.85	00:50:01.05	+00:14:01 (28.1%)	4:59	12 (71.9%)
66	PAŚ Michał	54	M-40	31	Charty Szelejewo	CHARTY SZELEJEWO	00:00:12	00:16:41	00:32:34	00:49:55	00:50:08.40	00:50:20.95	+00:14:17 (28.5%)	5:00	12 (71.9%)
67	JARNOT Oskar	142	M-30	17			00:00:09	00:16:09	00:33:00	00:50:09	00:50:18.60	00:50:28.45	+00:14:27 (28.7%)	5:01	11.9 (71.3%)
68	OTREBSKI Kamil	146	M-30	18			00:03:59	00:16:06	00:32:40	00:50:07	00:50:18.95	00:54:18.40	+00:14:27 (28.8%)	5:01	11.9 (71.3%)
69	GRZEGORZEWSKI Rafał	82	M-40	32		Brzoza Biega	00:00:28	00:16:20	00:33:29	00:50:18	00:50:28.85	00:50:57.70	+00:14:37 (29.0%)	5:02	11.9 (71.3%)
70	BIERNAT Magdalena	7	K-30	5		TG SOKÓŁ GNIEWKOWO	00:00:20	00:16:20	00:33:23	00:50:36	00:50:46.70	00:51:07.15	+00:14:55 (29.4%)	5:04	11.8 (70.7%)
71	DOMAN Janusz	115	M-60	4		UKS Szabla BRZOZA	00:00:10	00:16:34	00:33:40	00:50:55	00:51:05.50	00:51:16.15	+00:15:14 (29.8%)	5:06	11.7 (70.1%)
72	FULARA Nadia	47	K-30	6			00:03:17	00:16:49	00:33:55	00:51:28	00:51:40.40	00:54:58.30	+00:15:49 (30.6%)	5:10	11.6 (69.5%)
73	KUBIAK Sławomir	93	M-50	6			00:03:18	00:16:50	00:33:51	00:51:26	00:51:40.75	00:54:58.80	+00:15:49 (30.6%)	5:10	11.6 (69.5%)
74	STASZKIEWICZ Lucyna	25	K-50	1		STASHKY TEAM	00:00:19	00:16:37	00:33:44	00:51:14	00:51:43.25	00:52:03.05	+00:15:52 (30.7%)	5:10	11.6 (69.5%)
75	SIKORA Antoni	148	M-70	1	Żniński Klub Biegacza	Żniński Klub Biegacza	00:00:07	00:16:45	00:34:23	00:51:58	00:52:07.95	00:52:15.20	+00:16:16 (31.2%)	5:12	11.5 (68.9%)
76	ANDRZEJEWSKI Ryszard	86	M-70	2		Żółtokrólewscy	00:00:07	00:16:45	00:34:22	00:52:12	00:52:22.90	00:52:30.25	+00:16:31 (31.6%)	5:14	11.5 (68.9%)
77	BRYWCZYŃSKA Justyna	17	K-40	2		#slimakibarcin / Rodos Team	00:00:15	00:17:21	00:34:52	00:52:14	00:52:24.15	00:52:39.20	+00:16:33 (31.6%)	5:14	11.5 (68.9%)
78	ŻYŁA Magdalena	23	K-30	7			00:18:04	00:17:35	00:35:19	00:52:35	00:52:44.00	01:10:48.35	+00:16:53 (32.0%)	5:16	11.4 (68.3%)
79	MIAZGA Adam	137	M-30	19			00:00:09	00:16:29	00:34:26	00:52:38	00:52:49.05	00:52:58.65	+00:16:58 (32.1%)	5:16	11.4 (68.3%)
80	KRUBER Karolina	164	K-30	8		TEAMOCHAL	00:18:04	00:17:34	00:35:18	00:52:44	00:52:54.30	01:10:58.45	+00:17:03 (32.2%)	5:17	11.3 (67.7%)
81	FUŁAT Karol	167	M-50	7			00:00:16	00:16:20	00:34:33	00:52:44	00:52:55.85	00:53:12.60	+00:17:04 (32.3%)	5:17	11.3 (67.7%)
82	GRUDA Mirosław	73	M-60	5		G Team	00:01:14	00:17:51	00:35:25	00:52:39	00:53:00.65	00:54:15.15	+00:17:09 (32.4%)	5:18	11.3 (67.7%)
83	LICA Krzysztof	61	M-50	8		SISU-OWB rowertour.com	00:01:37	00:17:51	00:35:52	00:53:46	00:53:59.10	00:55:36.25	+00:18:08 (33.6%)	5:23	11.1 (66.5%)
84	STEJUK Aleksandra	36	K-40	3	AMS Triathlon		00:00:18	00:17:28	00:35:34	00:54:01	00:54:11.25	00:54:29.40	+00:18:20 (33.8%)	5:25	11.1 (66.5%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	MISUN-NOWAK Katarzyna	30	K-40	3	AMS Triathlon		00:00:18	00:17:28	00:35:34	00:54:01	00:54:11.25	00:54:29.40	+00:18:20 (33.8%)	5:25	11.1 (66.5%)
86	STĘPIEŃ Tomasz	1	M-40	33			00:00:28	00:18:34	00:36:36	00:54:01	00:54:12.40	00:54:40.75	+00:18:21 (33.9%)	5:25	11.1 (66.5%)
87	GROBELNA Monika	72	K-30	9		G Team	00:01:13	00:18:13	00:36:07	00:54:58	00:55:08.15	00:56:21.90	+00:19:17 (35.0%)	5:30	10.9 (65.3%)
88	BADOWSKI Krzysztof	147	M-50	9	KSN ŁUCZNICZKA BYDGOSZCZ	KSN ŁUCZNICZKA BYDGOSZCZ	00:00:12	00:18:12	00:36:28	00:55:05	00:55:25.20	00:55:37.35	+00:19:34 (35.3%)	5:32	10.8 (64.7%)
89	CZYŻEWSKA Justyna	16	K-30	10			00:00:22	00:18:05	00:36:36	00:55:10	00:55:25.50	00:55:48.25	+00:19:34 (35.3%)	5:32	10.8 (64.7%)
90	MACIOSZEK Ewa	78	K-40	5			00:00:14	00:18:07	00:36:37	00:55:22	00:55:33.20	00:55:48.10	+00:19:42 (35.5%)	5:33	10.8 (64.7%)
91	DROZDOWSKA Paulina	104	K-30	11			00:00:14	00:18:08	00:36:38	00:55:29	00:55:39.10	00:55:53.75	+00:19:48 (35.6%)	5:33	10.8 (64.7%)
92	RÓŻYCZKA Joanna	67	K-30	12			00:00:35	00:18:29	00:36:53	00:55:33	00:55:47.30	00:56:22.70	+00:19:56 (35.7%)	5:34	10.8 (64.7%)
93	LUDWINIAK Paweł	28	M-20	6			00:00:14	00:18:38	00:37:38	00:55:59	00:56:09.30	00:56:23.60	+00:20:18 (36.2%)	5:36	10.7 (64.1%)
94	ZAKURZEWSKI Arek	60	M-50	10	nie zrzeszony		00:00:14	00:17:56	00:37:08	00:56:07	00:56:14.35	00:56:29.00	+00:20:23 (36.3%)	5:37	10.7 (64.1%)
95	GROCHOWIAK Piotr	87	M-30	20			00:00:34	00:18:37	00:37:40	00:56:47	00:56:57.30	00:57:31.95	+00:21:06 (37.1%)	5:41	10.5 (62.9%)
96	SMYK Piotr	88	M-30	21			00:00:34	00:18:38	00:37:41	00:56:47	00:56:57.40	00:57:31.45	+00:21:06 (37.1%)	5:41	10.5 (62.9%)
97	FABROWSKI Dawid	120	M-30	22		TriTata/OCHALteam	00:00:48	00:18:57	00:37:57	00:56:55	00:57:03.95	00:57:52.70	+00:21:12 (37.2%)	5:42	10.5 (62.9%)
98	SKRZĄTEK Anna	53	K-40	6			00:00:19	00:18:52	00:37:55	00:57:01	00:57:11.15	00:57:30.15	+00:21:20 (37.3%)	5:43	10.5 (62.9%)
99	ZAMIATOWSKA Kinga	169	K-40	7			00:00:18	00:18:51	00:37:54	00:57:02	00:57:12.20	00:57:30.55	+00:21:21 (37.3%)	5:43	10.5 (62.9%)
100	NIEMCZEWSKI Mirosław	19	M-40	34		Łabiszyn runners	00:00:06	00:18:27	00:37:45	00:57:36	00:57:47.00	00:57:53.35	+00:21:56 (38.0%)	5:46	10.4 (62.3%)
101	MALATYŃSKA Barbara	94	K-40	8			00:02:28	00:19:18	00:38:39	00:57:58	00:58:09.30	01:00:37.50	+00:22:18 (38.4%)	5:48	10.3 (61.7%)
102	PODLEWSKA Angelika	154	K-20	1	Brzoza Biega	Brzoza Biega	00:00:27	00:19:49	00:39:01	00:58:02	00:58:12.65	00:58:40.55	+00:22:21 (38.4%)	5:49	10.3 (61.7%)
103	PODBIELSKI Andrzej	153	M-50	11	Brzoza Biega	Brzoza Biega	00:00:27	00:19:48	00:39:00	00:58:03	00:58:13.65	00:58:40.85	+00:22:22 (38.4%)	5:49	10.3 (61.7%)
104	JEDLIŃSKI Janusz	165	M-50	12	Brzoza Biega	Brzoza Biega	00:00:27	00:19:49	00:39:01	00:58:03	00:58:14.10	00:58:41.35	+00:22:23 (38.4%)	5:49	10.3 (61.7%)
105	RYDLEWSKI Marek	18	M-50	13		Damian Rudnik Team/RUN BYDGOSZCZ	00:00:20	00:19:39	00:38:37	00:58:11	00:58:23.45	00:58:44.35	+00:22:32 (38.6%)	5:50	10.3 (61.7%)
106	DRÓŻDŹ Małgosia	5	K-30	13			00:00:13	00:19:54	00:39:26	00:58:25	00:58:35.40	00:58:49.25	+00:22:44 (38.8%)	5:51	10.2 (61.1%)
107	OLSZEWSKA Beata	45	K-30	14			00:00:20	00:20:09	00:39:42	00:58:54	00:59:10.35	00:59:30.85	+00:23:19 (39.4%)	5:55	10.1 (60.5%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	NADRAJKOWSKA Joanna	80	K-30	15		Dzikie Kuny	00:00:20	00:20:09	00:39:40	00:59:03	00:59:14.40	00:59:35.15	+00:23:23 (39.5%)	5:55	10.1 (60.5%)
109	CHROBAK Tomasz	132	M-40	35			00:00:22	00:19:58	00:39:34	00:59:11	00:59:21.75	00:59:44.05	+00:23:30 (39.6%)	5:56	10.1 (60.5%)
110	CHROBAK Małgorzata	133	K-30	16			00:00:21	00:19:59	00:39:35	00:59:11	00:59:22.65	00:59:44.30	+00:23:31 (39.6%)	5:56	10.1 (60.5%)
111	BRAŃKA Mateusz	6	M-20	7			00:00:21	00:20:00	00:39:33	00:59:12	00:59:23.00	00:59:44.45	+00:23:32 (39.6%)	5:56	10.1 (60.5%)
112	BŁAŻEK Kasia	68	K-30	17			00:00:35	00:19:47	00:39:24	00:59:19	00:59:28.45	01:00:03.55	+00:23:37 (39.7%)	5:56	10.1 (60.5%)
113	ZUPA Wojciech	128	M-50	14		SISU-OWB rowertour.com	00:01:36	00:19:32	00:39:19	00:59:50	01:00:00.40	01:01:37.00	+00:24:09 (40.3%)	6:00	10 (59.9%)
114	ZIELIŃSKI Andrzej	41	M-40	36			00:00:12	00:19:46	00:40:07	01:00:03	01:00:14.30	01:00:26.30	+00:24:23 (40.5%)	6:01	10 (59.9%)
115	PIONTEK Elżbieta	52	K-60	1			00:12:34	00:20:20	00:40:36	01:00:17	01:00:29.55	01:13:03.60	+00:24:38 (40.7%)	6:02	9.9 (59.3%)
116	BERKA Wiktoria	38	K-1	1			00:00:20	00:18:53	00:39:10	01:00:32	01:00:43.45	01:01:03.55	+00:24:52 (41.0%)	6:04	9.9 (59.3%)
117	CZYŻAK Joanna	35	K-40	9	AMS Triathlon	AMS Triathlon Bydgoszcz Akademia Mistrzów Sportu	00:00:18	00:19:49	00:40:42	01:01:45	01:01:56.90	01:02:15.35	+00:26:05 (42.1%)	6:11	9.7 (58.1%)
118	LUDWINIAK Bogdan	14	M-50	15			00:00:14	00:19:56	00:40:52	01:01:50	01:02:03.50	01:02:17.65	+00:26:12 (42.2%)	6:12	9.7 (58.1%)
119	ZUPA Martyna	129	K-20	2		SISU-OWB rowertour.com	00:01:35	00:19:36	00:41:07	01:02:39	01:02:50.05	01:04:26.00	+00:26:59 (42.9%)	6:17	9.5 (56.9%)
120	RATAJ Maciej	44	M-40	37			00:07:46	00:19:21	00:41:42	01:02:50	01:03:01.50	01:10:47.70	+00:27:10 (43.1%)	6:18	9.5 (56.9%)
121	KRYSZTOFIAK Robert	83	M-40	38			00:00:23	00:19:36	00:40:43	01:02:56	01:03:08.15	01:03:31.45	+00:27:17 (43.2%)	6:18	9.5 (56.9%)
122	LEWANDOWSKA Sylwia	64	K-40	10			00:00:35	00:21:02	00:41:58	01:03:02	01:03:15.95	01:03:51.70	+00:27:24 (43.3%)	6:19	9.5 (56.9%)
123	JULLY Arkadiusz	106	M-40	39			00:05:41	00:20:22	00:41:50	01:03:16	01:03:28.85	01:09:10.55	+00:27:37 (43.5%)	6:20	9.5 (56.9%)
124	PÓŁGĘSEK Rafał	46	M-40	40			00:00:10	00:21:27	00:42:22	01:03:26	01:03:37.60	01:03:47.95	+00:27:46 (43.7%)	6:21	9.4 (56.3%)
125	PISKORSKA Marta	43	K-30	18			00:00:10	00:21:26	00:42:21	01:03:27	01:03:37.75	01:03:47.95	+00:27:46 (43.7%)	6:21	9.4 (56.3%)
126	RYDLEWSKI Andrzej	62	M-40	41			00:00:19	00:19:40	00:44:59	01:06:38	01:06:49.90	01:07:09.15	+00:30:58 (46.4%)	6:40	9 (53.9%)
127	NOSKOWIAK-BAJNO Alicja	131	K-40	11		ChołeKłóliki	00:00:13	00:21:23	00:43:54	01:07:33	01:07:45.00	01:07:58.75	+00:31:54 (47.1%)	6:46	8.9 (53.3%)
128	BŁASZKIEWICZ Marzena	130	K-40	12			00:00:13	00:21:32	00:44:00	01:07:33	01:07:45.55	01:07:58.95	+00:31:54 (47.1%)	6:46	8.9 (53.3%)
129	ŚLESINSKA Ewa	136	K-40	13			00:00:21	00:22:37	00:45:34	01:08:10	01:08:23.65	01:08:44.80	+00:32:32 (47.6%)	6:50	8.8 (52.7%)
130	ZAWISZEWSKI Adam	135	M-30	23			00:00:20	00:22:37	00:45:34	01:08:11	01:08:24.50	01:08:45.40	+00:32:33 (47.6%)	6:50	8.8 (52.7%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	AWIŻEŃ Antoni	77	M-70	3	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:08	00:21:45	00:44:55	01:08:21	01:08:34.80	01:08:43.60	+00:32:43 (47.7%)	6:51	8.8 (52.7%)
132	REIWER Łukasz	155	M-30	24			00:00:38	00:21:05	00:44:27	01:08:36	01:08:49.70	01:09:27.90	+00:32:58 (47.9%)	6:52	8.7 (52.1%)
133	SZWARC Agnieszka	124	K-30	19		Aktywne Lniano	00:00:06	00:22:44	00:47:14	01:11:09	01:11:23.85	01:11:29.90	+00:35:32 (49.8%)	7:08	8.4 (50.3%)
134	LENC Janusz	75	M-60	6	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:26	00:23:36	00:47:05	01:11:11	01:11:28.10	01:11:54.65	+00:35:37 (49.8%)	7:08	8.4 (50.3%)
135	AUGUSTYNOWICZ Katarzyna	49	K-40	14			00:00:20	00:22:35	00:47:03	01:11:11	01:11:32.95	01:11:52.95	+00:35:41 (49.9%)	7:09	8.4 (50.3%)
136	SZYCHOWSKI Jarosław	50	M-30	25	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:20	00:22:35	00:47:02	01:11:17	01:11:33.35	01:11:53.45	+00:35:42 (49.9%)	7:09	8.4 (50.3%)
137	JURECKA Ewa	40	K-50	2			00:00:22	00:22:44	00:46:38	01:11:44	01:11:58.00	01:12:20.05	+00:36:07 (50.2%)	7:11	8.3 (49.7%)
138	OTREBSKA Agata	145	K-30	20			00:00:13	00:22:31	00:47:15	01:11:47	01:11:59.85	01:12:13.75	+00:36:08 (50.2%)	7:11	8.3 (49.7%)
139	MISUN Mariola	89	K-60	2		AMS Triathlon	00:00:19	00:24:01	00:48:29	01:12:38	01:12:50.45	01:13:09.65	+00:36:59 (50.8%)	7:17	8.2 (49.1%)
140	ANGIEL Władysław	74	M-70	4	TKKF Kolejarz Bydgoszcz	TKKF Kolejarz Bydgoszcz	00:00:15	00:25:13	00:51:26	01:20:11	01:20:29.45	01:20:45.15	+00:44:38 (55.5%)	8:02	7.5 (44.9%)
DNC	BUDAJ Agnieszka	111	K-20				00:00:42	00:20:40			00:21:01.25	00:21:44.00		0:00	28.5 (170.7%)
DNC	LEWICKA Dagmara	152	K-30				00:00:42	00:20:41			00:21:01.90	00:21:44.00		0:00	28.5 (170.7%)
DNC	KLINIKOWSKI Jacek	29	M-50			KOCHAM ŻYCIE I...	00:00:27	00:23:52			00:26:27.20	00:26:54.85		0:00	22.7 (135.9%)
DNC	POGORZELSKA Bogusia	37	K-40				00:00:27	00:23:52			00:26:27.60	00:26:54.95		0:00	22.7 (135.9%)
DNC	GRABOWSKA Lucyna	2021	K-50				00:00:21	00:20:51	00:43:07		00:43:30.55	00:43:52.40		0:00	13.8 (82.6%)
DNC	PAŚ Katarzyna	55	K-40				00:00:25	00:29:03	00:56:22		00:56:40.00	00:57:05.95		0:00	10.6 (63.5%)

Znaleziono 146 wynik(ów)