



VII BIEG TRZEŹWOŚCI - BIEG 10 KM

B4SPORT

Organizator:

Rowerowa Brzoza

Data:

2016-09-17

Miejsce:

Przyłęki-Brzoza

Dystans:

10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MUDZIEJEWSKI Jarosław	419	TKKF KOLEJARZ BYDGOSZCZ	M4	1			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:30	00:36:49.25	00:36:51.70		3:40	16.3 (100%)
2	JAGIEŁA Jarosław	20	TKKF KOLEJARZ BYDGOSZCZ	M4	2			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:48	00:37:43.30	00:37:45.75	+00:00:54 (2.4%)	3:46	15.9 (97.5%)
3	STACHOWICZ Wiesław	8	BRZOZA BIEGA	M4	3	IWsp SZ Bydgoszcz		Brzoza Biega	00:00:01	00:19:21	00:38:23.70	00:38:25.65	+00:01:34 (4.1%)	3:50	15.6 (95.7%)
4	BANDOCH Mariusz	197		M4	4	KWP BYDGOSZCZ			00:00:03	00:19:25	00:38:30.70	00:38:34.55	+00:01:41 (4.4%)	3:51	15.6 (95.7%)
5	MRUK Tomasz	240	CZARNE STOPY.SM	M4	5	Straż Miejska Bydgoszcz			00:00:02	00:19:27	00:38:39.60	00:38:41.90	+00:01:50 (4.8%)	3:51	15.5 (95.1%)
6	BALCERZAK Marcin	262	33. BLTR POWIDZ	M4	6	33. BLTr Powidz			00:00:04	00:19:26	00:38:47.95	00:38:52.05	+00:01:58 (5.1%)	3:52	15.5 (95.1%)
7	DUCHIŃSKI Wojciech	44	BRZOZA BIEGA	M4	7	IWsp SZ Bydgoszcz		Brzoza Biega	00:00:02	00:19:28	00:39:08.20	00:39:10.40	+00:02:18 (5.9%)	3:54	15.3 (93.9%)
8	SOWA Wojciech	237		M4	8	CSAiU	Sowa		00:00:02	00:19:31	00:39:21.30	00:39:23.50	+00:02:32 (6.4%)	3:56	15.2 (93.3%)
9	DĘBSKI Włodzimierz	435	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M4	9	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:05	00:19:55	00:39:52.90	00:39:58.10	+00:03:03 (7.7%)	3:59	15 (92.0%)
10	SPYCHAŁSKI Waldemar	264		M4	10				00:00:04	00:19:56	00:39:59.20	00:40:03.40	+00:03:09 (7.9%)	3:59	15 (92.0%)
11	SOBIERAŁSKI Rafał	89		M4	11				00:00:06	00:20:10	00:40:18.10	00:40:24.20	+00:03:28 (8.6%)	4:01	14.9 (91.4%)
12	KOPEĆ Waldemar	344	3RBLOG	M4	12	3 Regionalna Baza Logistyczna			00:00:07	00:20:53	00:41:17.95	00:41:25.85	+00:04:28 (10.8%)	4:07	14.5 (89.0%)
13	STANIEC Tomasz	130		M4	13				00:00:11	00:20:48	00:41:35.30	00:41:46.50	+00:04:46 (11.5%)	4:09	14.4 (88.3%)
14	SKARBEEK Marek	234		M4	14				00:00:11	00:20:49	00:41:49.80	00:42:01.25	+00:05:00 (12.0%)	4:11	14.3 (87.7%)
15	MEYER Marek	423	RUN BYDGOSZCZ	M4	15				00:00:03	00:21:05	00:42:25.05	00:42:28.40	+00:05:35 (13.2%)	4:14	14.1 (86.5%)
16	PAWŁOWSKI Radosław	182	JFTC SU	M4	16	JFTC SU	PAWŁOWSKI		00:00:06	00:21:24	00:42:31.70	00:42:38.35	+00:05:42 (13.4%)	4:15	14.1 (86.5%)
17	ZAKURZEWSKI Tomasz	136	BRZOZA BIEGA	M4	17			Brzoza Biega	00:00:08	00:21:15	00:42:35.60	00:42:44.30	+00:05:46 (13.6%)	4:15	14.1 (86.5%)
18	NITKA Ireneusz	62		M4	18	Służba Więzienna Z.K Potulice	Nitka		00:00:02	00:20:52	00:42:56.65	00:42:59.45	+00:06:07 (14.3%)	4:17	14 (85.9%)
19	WIŚNIEWSKI Leszek	286		M4	19				00:00:08	00:21:24	00:43:02.95	00:43:11.50	+00:06:13 (14.5%)	4:18	13.9 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
20	MOROSZCZAK Bogumił	279	SPÓJNIA BIAŁE BŁOTA	M4	20		Moroszczak	SPÓJNIA BIAŁE BŁOTA	00:00:03	00:21:20	00:43:03.30	00:43:07.00	+00:06:14 (14.5%)	4:18	13.9 (85.3%)
21	GOLINOWSKI Dariusz	55	KOBYLARNIA	M4	21				00:00:08	00:21:39	00:43:12.55	00:43:20.75	+00:06:23 (14.8%)	4:19	13.9 (85.3%)
22	PRZYBYLSKI Maciej	211		M4	22				00:00:03	00:21:19	00:43:14.90	00:43:18.60	+00:06:25 (14.9%)	4:19	13.9 (85.3%)
23	KAZUBOWSKI Jacek	311	45PLUS	M4	23				00:00:05	00:21:52	00:43:23.05	00:43:28.30	+00:06:33 (15.1%)	4:20	13.8 (84.7%)
24	SADOWSKI Jarosław	189		M4	24	KWP BYDGOSZCZ			00:00:08	00:21:30	00:43:46.00	00:43:54.25	+00:06:56 (15.9%)	4:22	13.7 (84.0%)
25	BONIECKI Piotr	325	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M4	25	Geografia Wojskowa JW 1440 Toruń			00:00:04	00:21:45	00:43:54.35	00:43:58.70	+00:07:05 (16.1%)	4:23	13.7 (84.0%)
26	JĘDRZEJCZYK Mikołaj	338		M4	26				00:00:12	00:22:24	00:44:08.40	00:44:21.00	+00:07:19 (16.6%)	4:24	13.6 (83.4%)
27	BŁĘDOWSKI Marcin	278	PODGÓRZ TORUŃ	M4	27				00:00:21	00:22:45	00:44:12.00	00:44:33.75	+00:07:22 (16.7%)	4:25	13.6 (83.4%)
28	BUDZYŃSKI Tomasz	27		M4	28				00:00:06	00:21:40	00:44:19.85	00:44:26.15	+00:07:30 (16.9%)	4:26	13.5 (82.8%)
29	KUBIAK Sławomir	141		M4	29				00:00:07	00:22:24	00:44:35.15	00:44:42.80	+00:07:45 (17.4%)	4:27	13.5 (82.8%)
30	KUJAWA Piotr	83	RUN BYDGOSZCZ	M4	30				00:00:09	00:22:34	00:45:03.30	00:45:12.70	+00:08:14 (18.3%)	4:30	13.3 (81.6%)
31	GURDAK Leszek	42		M4	31				00:00:09	00:22:29	00:45:25.90	00:45:35.25	+00:08:36 (19.0%)	4:32	13.2 (81.0%)
32	LEWICKI Artur	287		M4	32				00:00:21	00:23:23	00:45:35.40	00:45:56.40	+00:08:46 (19.2%)	4:33	13.2 (81.0%)
33	SŁOMA Maciej	322		M4	33				00:00:11	00:22:21	00:45:37.55	00:45:49.45	+00:08:48 (19.3%)	4:33	13.1 (80.4%)
34	PAKULSKI Rafał	236		M4	34				00:00:10	00:22:37	00:45:56.60	00:46:07.40	+00:09:07 (19.9%)	4:35	13.1 (80.4%)
35	STEMPNIAK Krzysztof	214		M4	35				00:00:15	00:23:03	00:46:06.65	00:46:21.75	+00:09:17 (20.1%)	4:36	13 (79.8%)
36	STERNAL Tomasz	247		M4	36		STERNAL		00:00:15	00:23:03	00:46:17.25	00:46:32.60	+00:09:28 (20.5%)	4:37	13 (79.8%)
37	OCALEWSKI Jarek	304		M4	37				00:00:10	00:23:02	00:46:19.35	00:46:30.00	+00:09:30 (20.5%)	4:38	12.9 (79.1%)
38	ZAJAC Marcin	318	RUN PASJA	M4	38				00:00:04	00:22:59	00:46:44.05	00:46:49.00	+00:09:54 (21.2%)	4:40	12.8 (78.5%)
39	KUTYŁA Krzysztof	131	VII LICEUM OGÓLNOKSZTAŁCĄCE BYDGOSZCZ	M4	39				00:00:08	00:23:24	00:46:48.75	00:46:57.60	+00:09:59 (21.3%)	4:40	12.8 (78.5%)
40	GARDYZA Jacek	185		M4	40	KWP BYDGOSZCZ			00:00:17	00:23:44	00:47:05.90	00:47:23.00	+00:10:16 (21.8%)	4:42	12.7 (77.9%)
41	ŚWIĘCICKI Andrzej	164		M4	41				00:00:13	00:23:49	00:47:10.85	00:47:23.95	+00:10:21 (22.0%)	4:43	12.7 (77.9%)
42	WĘGRZYNOWSKI Sławomir	180	KABEL TEAM BYDGOSZCZ	M4	42			Kabel Team Bydgoszcz	00:00:12	00:23:39	00:47:39.35	00:47:52.10	+00:10:50 (22.7%)	4:46	12.6 (77.3%)
43	TUBAJA Albert	178	KABEL TEAM BYDGOSZCZ	M4	43			Kabel Team Bydgoszcz	00:00:11	00:23:40	00:47:40.70	00:47:52.10	+00:10:51 (22.8%)	4:46	12.6 (77.3%)
44	AUGUSTYNOWICZ Andrzej	232	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M4	44	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:16	00:24:19	00:47:54.70	00:48:11.10	+00:11:05 (23.1%)	4:47	12.5 (76.7%)
45	MISIAK Maciej	321		M4	45				00:00:12	00:23:44	00:48:03.40	00:48:15.70	+00:11:14 (23.4%)	4:48	12.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
46	KIECA Andrzej	394	BRZOZA BIEGA	M4	46				00:00:18	00:24:26	00:48:18.70	00:48:37.40	+00:11:29 (23.8%)	4:49	12.4 (76.1%)
47	WALENCIAK Jarosław	242	CZARNE STOPY.SM	M4	47	Straż Miejska Bydgoszcz			00:00:05	00:24:01	00:48:23.60	00:48:28.65	+00:11:34 (23.9%)	4:50	12.4 (76.1%)
48	WESOŁOWSKI Krzysztof	188		M4	48	KWP BYDGOSZCZ			00:00:16	00:24:45	00:48:32.50	00:48:49.40	+00:11:43 (24.1%)	4:51	12.4 (76.1%)
49	ZNANIECKI Michał	221	BBL INOWROCŁAW	M4	49		Znaniecty		00:00:24	00:24:39	00:48:46.15	00:49:10.15	+00:11:56 (24.5%)	4:52	12.3 (75.5%)
50	JURSKI Robert	334	JFTC SU	M4	50	JFTC SU			00:00:17	00:24:12	00:48:59.60	00:49:16.75	+00:12:10 (24.8%)	4:53	12.2 (74.8%)
51	SIEMENIECKI Dariusz	239		M4	51				00:00:11	00:24:04	00:49:07.50	00:49:19.10	+00:12:18 (25.0%)	4:54	12.2 (74.8%)
52	ROŚCISZEWSKI Łukasz	413	MYŚLECINEK TEAM	M4	52				00:00:17	00:24:22	00:49:28.10	00:49:45.70	+00:12:38 (25.6%)	4:56	12.1 (74.2%)
53	MAZURKIEWICZ Paweł	160		M4	53				00:00:12	00:24:26	00:49:29.10	00:49:41.20	+00:12:39 (25.6%)	4:56	12.1 (74.2%)
54	SZTEJKA Damian	395	BENEFITKSO	M4	54				00:00:08	00:24:01	00:49:38.05	00:49:46.35	+00:12:48 (25.8%)	4:57	12.1 (74.2%)
55	GAWRUCH Andrzej	416	BYDGOSKIE OKONIE	M4	55			Bydgoskie Okonie	00:00:08	00:24:07	00:49:59.30	00:50:08.10	+00:13:10 (26.3%)	5:00	12 (73.6%)
56	KRÓLIKOWSKI Roman	361	3 RBLOG SKŁAD KUTNO	M4	56	3 Regionalna Baza Logistyczna			00:00:15	00:24:24	00:50:09.10	00:50:24.75	+00:13:19 (26.6%)	5:00	12 (73.6%)
57	MANUSZEWSKI Maciej	330		M4	57				00:00:20	00:25:10	00:50:27.05	00:50:47.75	+00:13:37 (27.0%)	5:02	11.9 (73.0%)
58	SIERANT Oskar	158		M4	58		Sierant		00:00:05	00:24:14	00:50:50.65	00:50:56.55	+00:14:01 (27.6%)	5:05	11.8 (72.4%)
59	NADRATOWSKI Maciej	177	KABEL TEAM BYDGOSZCZ	M4	59			Kabel Team Bydgoszcz	00:00:12	00:24:30	00:51:00.45	00:51:13.00	+00:14:11 (27.8%)	5:06	11.8 (72.4%)
60	MIRGOS Sławomir	331		M4	60	3 Regionalna Baza Logistyczna			00:00:17	00:25:18	00:51:12.25	00:51:29.45	+00:14:23 (28.1%)	5:07	11.7 (71.8%)
61	WILLMA Jarosław	133	BRZOZA BIEGA	M4	61				00:00:21	00:25:08	00:51:20.55	00:51:41.60	+00:14:31 (28.3%)	5:08	11.7 (71.8%)
62	GRUSZCZYŃSKI Tomasz	406		M4	62				00:00:11	00:24:47	00:51:28.50	00:51:39.80	+00:14:39 (28.5%)	5:08	11.7 (71.8%)
63	WIŚNIEWSKI Tomasz	121		M4	63				00:00:18	00:26:23	00:51:31.55	00:51:49.80	+00:14:42 (28.5%)	5:09	11.6 (71.2%)
64	GRZENIA Jacek	272	MJG INVESTMENTS	M4	64				00:00:09	00:24:34	00:51:35.00	00:51:44.60	+00:14:45 (28.6%)	5:09	11.6 (71.2%)
65	LUDWINIAK Bogdan	310	45PLUS	M4	65				00:00:17	00:25:43	00:51:42.15	00:51:59.40	+00:14:52 (28.8%)	5:10	11.6 (71.2%)
66	PODLASZEWSKI Jacek	268	VENI,CUCURRI,VICI	M4	66				00:00:10	00:25:59	00:51:58.20	00:52:08.80	+00:15:08 (29.1%)	5:11	11.5 (70.6%)
67	LITKE Marek	365	3 REGIONALNA BAZA LOGISTYCZNA	M4	67	3 Regionalna Baza Logistyczna			00:00:17	00:25:19	00:52:02.30	00:52:19.75	+00:15:13 (29.2%)	5:12	11.5 (70.6%)
68	JACHNA Dariusz	400	20BZ BARTOSZYCE	M4	68				00:00:21	00:26:55	00:52:25.30	00:52:46.55	+00:15:36 (29.8%)	5:14	11.4 (69.9%)
69	BEBLO Jarosław	216	4 RBLOG SKŁAD SKWIERZYNA	M4	69	4 RBLog Skład Skwierzyzna			00:00:17	00:25:29	00:52:26.60	00:52:44.05	+00:15:37 (29.8%)	5:14	11.4 (69.9%)
70	KARPIŃSKI Adam	367	12 WOG	M4	70	12 WOG			00:00:18	00:25:11	00:52:44.60	00:53:03.10	+00:15:55 (30.2%)	5:16	11.4 (69.9%)
71	NAMIEŚNIK Krzysztof	212		M4	71				00:00:22	00:26:49	00:53:46.35	00:54:09.00	+00:16:57 (31.5%)	5:22	11.2 (68.7%)
72	SZULAKOWSKI Tomasz	198		M4	72	KWP BYDGOSZCZ			00:00:12	00:26:46	00:54:10.80	00:54:23.70	+00:17:21 (32.0%)	5:25	11.1 (68.1%)
73	RUCINOWSKI Filip	436	RUN PASJA	M4	73			RUN PASJA	00:00:16	00:25:53	00:54:23.70	00:54:40.20	+00:17:34 (32.3%)	5:26	11 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna mundurowa	Rodzina	Drużyna	Czas startu	Split_5k 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	WOJCIECHOWSKI Jarosław	127	1973	M4	74		Wojciechowscy		00:00:17	00:26:55	00:54:32.90	00:54:50.85	+00:17:43 (32.5%)	5:27	11 (67.5%)
75	KWAŚNY Wojciech	355	4 RBLOG SKŁAD SKWIERZYNA	M4	75	4 RBLog Skład Skwierzyzna			00:00:16	00:26:31	00:54:35.65	00:54:51.95	+00:17:46 (32.6%)	5:27	11 (67.5%)
76	KRYSTOFIAK Robert	53		M4	76				00:00:11	00:26:12	00:54:47.15	00:54:58.75	+00:17:57 (32.8%)	5:28	11 (67.5%)
77	RYBAK Mariusz	379		M4	77				00:00:04	00:26:16	00:54:52.70	00:54:57.15	+00:18:03 (32.9%)	5:29	10.9 (66.9%)
78	MAGDZIARZ Michał	169	HURAGAN BIERUTOWICE	M4	78		Magdziarz		00:00:20	00:26:42	00:55:02.30	00:55:23.00	+00:18:13 (33.1%)	5:30	10.9 (66.9%)
79	MRÓZ Robert	143	OD JUTRA NIE BIEGAM	M4	79				00:00:25	00:28:46	00:55:37.40	00:56:02.90	+00:18:48 (33.8%)	5:33	10.8 (66.3%)
80	KAMIŃSKI Andrzej	175	NAKIELSKI KLUB BIEGACZA	M4	80	Służba Więzienna Z.K Potulice			00:00:25	00:27:27	00:55:53.85	00:56:19.00	+00:19:04 (34.1%)	5:35	10.7 (65.6%)
81	GOŁĘBIEWSKI Jerzy	319		M4	81				00:00:23	00:27:24	00:55:54.45	00:56:18.15	+00:19:05 (34.1%)	5:35	10.7 (65.6%)
82	MATUSZAK Radosław	142	JFTC SU	M4	82	JFTC SU			00:00:23	00:26:56	00:56:23.00	00:56:46.70	+00:19:33 (34.7%)	5:38	10.6 (65.0%)
83	JĘDRA Andrzej	88		M4	83				00:00:25	00:26:52	00:56:24.50	00:56:49.95	+00:19:35 (34.7%)	5:38	10.6 (65.0%)
84	MIROWSKI Mariusz	162		M4	84				00:00:17	00:27:41	00:57:14.10	00:57:31.25	+00:20:24 (35.7%)	5:43	10.5 (64.4%)
85	KRAJDA Piotr	156	BBL BYDGOSZCZ	M4	85				00:00:10	00:26:59	00:57:15.55	00:57:25.75	+00:20:26 (35.7%)	5:43	10.5 (64.4%)
86	GLASNER Rafał	369	WEEKENDOWY BIEGACZ	M4	86				00:00:22	00:28:09	00:57:26.10	00:57:48.15	+00:20:36 (35.9%)	5:44	10.4 (63.8%)
87	SPYCHALSKI Robert	261		M4	87		SPYCHALSCY		00:00:04	00:26:15	00:57:38.35	00:57:43.00	+00:20:49 (36.1%)	5:45	10.4 (63.8%)
88	MODRZEJEWSKI Grzegorz	383		M4	88				00:00:20	00:29:02	00:58:02.20	00:58:22.45	+00:21:12 (36.6%)	5:48	10.3 (63.2%)
89	ŻARKOWSKI Krzysztof	179	KABEL TEAM BYDGOSZCZ	M4	89			Kabel Team Bydgoszcz	00:00:12	00:28:34	00:58:07.35	00:58:19.60	+00:21:18 (36.6%)	5:48	10.3 (63.2%)
90	LISIECKI Jacek	92		M4	90				00:00:26	00:29:59	00:58:18.15	00:58:44.40	+00:21:28 (36.8%)	5:49	10.3 (63.2%)
91	BUDZIAK Bartosz	129		M4	91				00:00:14	00:29:22	00:58:20.45	00:58:34.60	+00:21:31 (36.9%)	5:50	10.3 (63.2%)
92	GUDELL Radosław	297	MODERATOR INWESTYCJE	M4	92				00:00:06	00:28:00	00:58:45.95	00:58:52.30	+00:21:56 (37.3%)	5:52	10.2 (62.6%)
93	GAŚSIOROWSKI Robert	113	RUN BYDGOSZCZ	M4	93			Run Bdg	00:00:14	00:29:08	01:00:33.45	01:00:48.00	+00:23:44 (39.2%)	6:03	9.9 (60.7%)
94	ISKRA Jacek	187		M4	94	KWP BYDGOSZCZ			00:00:25	00:28:52	01:01:39.50	01:02:04.60	+00:24:50 (40.3%)	6:09	9.7 (59.5%)
95	BUKOWSKI Rafał	327		M4	95		Bukowski		00:00:15	00:31:06	01:03:20.25	01:03:36.00	+00:26:31 (41.9%)	6:20	9.5 (58.3%)
96	KAWALERSKI Krzysztof	51	BRZOZA BIEGA	M4	96				00:00:14	00:31:08	01:03:21.45	01:03:35.90	+00:26:32 (41.9%)	6:20	9.5 (58.3%)
97	CZYŻEWSKI Sebastian	100		M4	97				00:00:27	00:31:39	01:04:37.55	01:05:05.20	+00:27:48 (43.0%)	6:27	9.3 (57.1%)
98	GRABOWSKI Piotr	336	BRZOZA BIEGA	M4	98				00:00:23	00:30:51	01:04:40.95	01:05:04.35	+00:27:51 (43.1%)	6:28	9.3 (57.1%)
99	PYRZANOWSKI Krzysztof	203		M4	99	KWP BYDGOSZCZ			00:00:08	00:36:14	01:14:19.40	01:14:28.20	+00:37:30 (50.5%)	7:26	8.1 (49.7%)

Znaleziono 99 wynik(ów)