



# VII BIEG TRZEŹWOŚCI - BIEG 10 KM

B4SPORT

**Organizator:** Rowerowa Brzoza  
**Data:** 2016-09-17  
**Miejsce:** Przyłęki-Brzoza  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M5

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	<b>MACZYŃSKI Grzegorz</b>	<b>9</b>	TKKF KOLEJARZ BYDGOSZCZ	M5	1			TKKF Kolejarz Bydgoszcz	00:00:02	00:18:48	<b>00:37:59.05</b>	<b>00:38:01.20</b>		3:47	15.8 (100%)
2	<b>WOLNY Piotr</b>	<b>12</b>	BRZOZA BIEGA	M5	2			Brzoza Biega	00:00:02	00:19:13	<b>00:38:25.40</b>	<b>00:38:28.00</b>	+00:00:26 (1.1%)	3:50	15.6 (98.7%)
3	<b>LIHS Tadeusz</b>	<b>161</b>	MISJONARZE KLARETYNI C.M.F.	M5	3				00:00:03	00:20:31	<b>00:40:41.25</b>	<b>00:40:44.75</b>	+00:02:42 (6.6%)	4:04	14.7 (93.0%)
4	<b>WALKUSZ Marek</b>	<b>139</b>	BRZOZA BIEGA	M5	4			Brzoza Biega	00:00:03	00:20:46	<b>00:41:21.75</b>	<b>00:41:24.95</b>	+00:03:22 (8.2%)	4:08	14.5 (91.8%)
5	<b>WIŚNIEWSKI Zbigniew</b>	<b>146</b>	BRZOZA BIEGA	M5	5		Wiśniewski	Brzoza Biega	00:00:01	00:21:23	<b>00:42:23.00</b>	<b>00:42:24.80</b>	+00:04:23 (10.4%)	4:14	14.2 (89.9%)
6	<b>DAŃCZUK Jerzy</b>	<b>301</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	6	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:07	00:21:39	<b>00:42:34.55</b>	<b>00:42:41.85</b>	+00:04:35 (10.8%)	4:15	14.1 (89.2%)
7	<b>BAZAK Cezary</b>	<b>269</b>	CDIS SZ	M5	7	Centrum Doktryn i Szkolenia SZ	Bazak		00:00:12	00:22:09	<b>00:43:43.30</b>	<b>00:43:55.70</b>	+00:05:44 (13.1%)	4:22	13.7 (86.7%)
8	<b>FRYCKOWSKI Adam</b>	<b>137</b>		M5	8				00:00:05	00:21:16	<b>00:43:52.40</b>	<b>00:43:57.85</b>	+00:05:53 (13.4%)	4:23	13.7 (86.7%)
9	<b>GRYCZKA Andrzej</b>	<b>303</b>		M5	9				00:00:08	00:22:13	<b>00:44:46.00</b>	<b>00:44:54.20</b>	+00:06:46 (15.2%)	4:28	13.4 (84.8%)
10	<b>GRYCZKA Piotr</b>	<b>32</b>	KPG TEAM	M5	10		Gryczka		00:00:08	00:22:27	<b>00:46:15.50</b>	<b>00:46:23.50</b>	+00:08:16 (17.9%)	4:37	13 (82.3%)
11	<b>CZEPEK Aleksander</b>	<b>153</b>	BRZOZA BIEGA	M5	11			Brzoza Biega	00:00:03	00:23:14	<b>00:47:31.55</b>	<b>00:47:34.90</b>	+00:09:32 (20.1%)	4:45	12.6 (79.7%)
12	<b>WYSOCKI Jerzy</b>	<b>241</b>	CZARNE STOPY.SM	M5	12	Straż Miejska Bydgoszcz			00:00:13	00:24:10	<b>00:47:52.25</b>	<b>00:48:06.05</b>	+00:09:53 (20.7%)	4:47	12.5 (79.1%)
13	<b>KUCHARCZYK Grzegorz</b>	<b>159</b>		M5	13		Kucharczyk		00:00:02	00:23:20	<b>00:48:00.65</b>	<b>00:48:03.25</b>	+00:10:01 (20.9%)	4:48	12.5 (79.1%)
14	<b>MAŁKIŃSKI Józef</b>	<b>54</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	14	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:16	00:23:52	<b>00:48:30.95</b>	<b>00:48:47.80</b>	+00:10:31 (21.7%)	4:51	12.4 (78.5%)
15	<b>SZULC Edmund</b>	<b>226</b>		M5	15				00:00:20	00:24:28	<b>00:48:36.10</b>	<b>00:48:56.55</b>	+00:10:37 (21.8%)	4:51	12.3 (77.8%)
16	<b>BRZozowski Mariusz</b>	<b>138</b>		M5	16				00:00:23	00:25:00	<b>00:48:44.15</b>	<b>00:49:07.85</b>	+00:10:45 (22.1%)	4:52	12.3 (77.8%)
17	<b>KURS Jarosław</b>	<b>58</b>	TKKF KOLEJARZ BYDGOSZCZ	M5	17			TKKF Kolejarz Bydgoszcz	00:00:07	00:24:05	<b>00:48:46.75</b>	<b>00:48:54.40</b>	+00:10:47 (22.1%)	4:52	12.3 (77.8%)
18	<b>DRZYMAŁA Marek</b>	<b>339</b>	GEOGRAFIA WOJSKOWA JW 1440 TORUŃ	M5	18	Geografia Wojskowa JW 1440 Toruń			00:00:05	00:24:21	<b>00:49:07.15</b>	<b>00:49:12.75</b>	+00:11:08 (22.7%)	4:54	12.2 (77.2%)

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
19	<b>BANACH Grzegorz</b>	<b>46</b>		M5	19				00:00:19	00:24:48	<b>00:50:57.95</b>	<b>00:51:17.90</b>	+00:12:58 (25.5%)	5:05	11.8 (74.7%)
20	<b>HOLICZKO Mirosław</b>	<b>65</b>	REGION WSPARCIA TELEINFORMATYCZNEGO W BYDGOSZCZY	M5	20	Region Wsparcia Teleinformatycznego w Bydgoszczy			00:00:11	00:25:29	<b>00:51:21.90</b>	<b>00:51:32.90</b>	+00:13:22 (26.1%)	5:08	11.7 (74.1%)
21	<b>GRUBA Jacek</b>	<b>126</b>	NIEZRZESZONY	M5	21		Gruba		00:00:16	00:25:44	<b>00:51:42.60</b>	<b>00:51:59.45</b>	+00:13:43 (26.5%)	5:10	11.6 (73.4%)
22	<b>ZUPA Wojciech</b>	<b>98</b>	BRZOZA BIEGA	M5	22		Zupa		00:00:09	00:25:23	<b>00:52:05.95</b>	<b>00:52:15.65</b>	+00:14:06 (27.1%)	5:12	11.5 (72.8%)
23	<b>GĄSIOREK Tomasz</b>	<b>37</b>	BRZOZA BIEGA	M5	23				00:00:03	00:25:52	<b>00:52:49.80</b>	<b>00:52:53.40</b>	+00:14:50 (28.1%)	5:17	11.4 (72.2%)
24	<b>ŚWIERCZYŃSKI Robert</b>	<b>120</b>		M5	24	2. RWT SP			00:00:10	00:25:08	<b>00:53:12.15</b>	<b>00:53:22.60</b>	+00:15:13 (28.6%)	5:19	11.3 (71.5%)
25	<b>MAJEWSKI Zdzisław</b>	<b>124</b>	KLUB BIEGACZA EDF POLSKA	M5	25				00:00:09	00:27:22	<b>00:53:38.85</b>	<b>00:53:48.75</b>	+00:15:39 (29.2%)	5:21	11.2 (70.9%)
26	<b>WEGNER Roman</b>	<b>227</b>		M5	26				00:00:12	00:26:22	<b>00:54:33.50</b>	<b>00:54:46.10</b>	+00:16:34 (30.4%)	5:27	11 (69.6%)
27	<b>LIBERA Arkadiusz</b>	<b>290</b>		M5	27				00:00:23	00:27:42	<b>00:54:41.05</b>	<b>00:55:04.20</b>	+00:16:42 (30.5%)	5:28	11 (69.6%)
28	<b>ŁUDZIŃSKI Marek</b>	<b>166</b>		M5	28		Łudzińscy		00:00:19	00:27:24	<b>00:55:14.40</b>	<b>00:55:33.60</b>	+00:17:15 (31.2%)	5:31	10.9 (69.0%)
29	<b>WIESE Grzegorz</b>	<b>220</b>	BRZAK	M5	29				00:00:24	00:28:33	<b>00:57:25.15</b>	<b>00:57:49.45</b>	+00:19:26 (33.8%)	5:44	10.4 (65.8%)
30	<b>BIERYT Arkadiusz</b>	<b>104</b>	AGENCJA REKLAMOWAPOLI-FAX UL.BOCZNA 10 BYDGOSZCZ	M5	30				00:00:07	00:28:18	<b>00:57:32.25</b>	<b>00:57:39.35</b>	+00:19:33 (34.0%)	5:45	10.4 (65.8%)
31	<b>GÓRSKI Jacek</b>	<b>103</b>		M5	31				00:00:05	00:27:14	<b>00:57:44.65</b>	<b>00:57:50.10</b>	+00:19:45 (34.2%)	5:46	10.4 (65.8%)
32	<b>BRZOWSKI Jarosław</b>	<b>22</b>	BRZOZA TRI TEAM	M5	32			BRZOZA TRI TEAM	00:00:25	00:29:26	<b>00:57:56.55</b>	<b>00:58:22.45</b>	+00:19:57 (34.4%)	5:47	10.4 (65.8%)
33	<b>WOŁOSZYN Kazimierz</b>	<b>13</b>	ROWEROWA BRZOZA/BRZOZA BIEGA	M5	33				00:00:16	00:27:31	<b>00:58:49.15</b>	<b>00:59:05.75</b>	+00:20:50 (35.4%)	5:52	10.2 (64.6%)
34	<b>GANCKOWSKI Piotr</b>	<b>45</b>		M5	34				00:00:19	00:30:29	<b>01:01:15.75</b>	<b>01:01:35.60</b>	+00:23:16 (38.0%)	6:07	9.8 (62.0%)
35	<b>HARACEWIAT Cezary</b>	<b>368</b>	JFTC SU	M5	35	JFTC SU			00:00:17	00:29:43	<b>01:02:21.30</b>	<b>01:02:38.75</b>	+00:24:22 (39.1%)	6:14	9.6 (60.8%)
36	<b>STEFANKO Grzegorz</b>	<b>444</b>		M5	36		Stefanko		00:00:22	00:32:30	<b>01:13:32.45</b>	<b>01:13:54.75</b>	+00:35:33 (48.3%)	7:21	8.2 (51.9%)

Znaleziono 36 wynik(ów)