



# VII BIEG TRZEŹWOŚCI - NORDIC WALKING 5 KM

B4SPORT

**Organizator:** Rowerowa Brzoza  
**Data:** 2016-09-17  
**Miejsce:** Przyłęki-Brzoza  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	TRZCIŃSKI Franciszek	715	SPORT I REKREACJA START CHEŁMNO	M46-55	1	00:00:00	00:31:52.60	00:31:53.15		6:22	9.4 (100%)
2	SZYMANSKI Zbigniew	737		M56+	1	00:00:01	00:32:06.65	00:32:08.00	+00:00:14 (0.7%)	6:25	9.3 (98.9%)
3	KRZYŻANOWSKI Robert	727	ANDRO	M46-55	2	00:00:00	00:32:06.70	00:32:07.60	+00:00:14 (0.7%)	6:25	9.3 (98.9%)
4	MIELECKA Agnieszka	738	SOKÓŁ GAŚAWA	K46-55	1	00:00:01	00:32:17.55	00:32:18.75	+00:00:24 (1.3%)	6:27	9.3 (98.9%)
5	NOWAK Grzegorz	709		M36-45	1	00:00:01	00:32:56.65	00:32:57.70	+00:01:04 (3.2%)	6:35	9.1 (96.8%)
6	TRZCIŃSKI Eugeniusz	725		M56+	2	00:00:01	00:33:57.05	00:33:58.25	+00:02:04 (6.1%)	6:47	8.8 (93.6%)
7	WOŹNIAK Marek	772	FLORIAN CHOJNICE	M46-55	3	00:00:00	00:34:29.40	00:34:29.80	+00:02:36 (7.6%)	6:53	8.7 (92.6%)
8	KĘDZIERSKA Agnieszka	748		K36-45	1	00:00:01	00:34:43.75	00:34:44.75	+00:02:51 (8.2%)	6:56	8.6 (91.5%)
9	MOŹDZEŃ Barbara	751		K46-55	2	00:00:02	00:35:12.45	00:35:14.65	+00:03:19 (9.5%)	7:02	8.5 (90.4%)
10	KRZYŻANOWSKI Wojciech	744	AZS UMK COLLEGIUM MEDICUM W BYDGOSZCZY	M46-55	4	00:00:01	00:35:38.90	00:35:40.30	+00:03:46 (10.6%)	7:07	8.4 (89.4%)
11	KRETKOWSKI Waldemar	740		M56+	3	00:00:00	00:35:43.00	00:35:43.80	+00:03:50 (10.8%)	7:08	8.4 (89.4%)
12	KOLBERG Kamila	742		K36-45	2	00:00:01	00:35:57.15	00:35:59.00	+00:04:04 (11.3%)	7:11	8.3 (88.3%)
13	ANTCZAK-KRETKOWSKA Maria	739		K56+	1	00:00:02	00:36:02.20	00:36:04.35	+00:04:09 (11.5%)	7:12	8.3 (88.3%)
14	WALCZAK Maria	741	KS SOKÓŁ GAŚAWA	K35	1	00:00:01	00:36:05.45	00:36:06.80	+00:04:12 (11.7%)	7:13	8.3 (88.3%)
15	KUTRZUBA Joanna	730		K35	2	00:00:01	00:36:22.70	00:36:24.10	+00:04:30 (12.4%)	7:16	8.2 (87.2%)
16	GRYCZKA Maciej	723		M35	1	00:00:05	00:36:44.95	00:36:50.75	+00:04:52 (13.3%)	7:21	8.2 (87.2%)

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17	<b>BŁĘDOWSKA Agata</b>	<b>767</b>	GOSIR OSIELSKO	K36-45	3	00:00:01	<b>00:36:46.05</b>	<b>00:36:47.70</b>	+00:04:53 (13.3%)	7:21	8.2 (87.2%)
18	<b>NOWACKA Małgorzata</b>	<b>754</b>		K35	3	00:00:02	<b>00:36:56.85</b>	<b>00:36:59.30</b>	+00:05:04 (13.7%)	7:23	8.1 (86.2%)
19	<b>GABRYSZAK Marek</b>	<b>762</b>	BETTY ACCOUNT SERVICE GMBH	M56+	4	00:00:00	<b>00:37:05.10</b>	<b>00:37:05.80</b>	+00:05:12 (14.0%)	7:25	8.1 (86.2%)
20	<b>PERLIK Wiesław</b>	<b>703</b>	TAD-MAX	M56+	5	00:00:03	<b>00:37:11.60</b>	<b>00:37:15.50</b>	+00:05:19 (14.3%)	7:26	8.1 (86.2%)
21	<b>KWIATKOWSKA Elżbieta</b>	<b>749</b>	NIEZRZESZONA	K46-55	3	00:00:03	<b>00:37:35.75</b>	<b>00:37:38.75</b>	+00:05:43 (15.2%)	7:31	8 (85.1%)
22	<b>WARDECKA-HOŁTYN Justyna</b>	<b>704</b>		K35	4	00:00:02	<b>00:37:43.25</b>	<b>00:37:45.25</b>	+00:05:50 (15.5%)	7:32	8 (85.1%)
23	<b>ZWOLENKIEWICZ Joanna</b>	<b>728</b>	SOKÓŁ GAŚAWA	K36-45	4	00:00:01	<b>00:37:44.80</b>	<b>00:37:46.75</b>	+00:05:52 (15.6%)	7:33	7.9 (84.0%)
24	<b>KROŚNICKA Grażyna</b>	<b>736</b>		K46-55	4	00:00:03	<b>00:37:47.75</b>	<b>00:37:51.40</b>	+00:05:55 (15.7%)	7:33	7.9 (84.0%)
25	<b>SZYMAŃSKA Halina</b>	<b>773</b>		K46-55	5	00:00:00	<b>00:38:02.10</b>	<b>00:38:02.90</b>	+00:06:09 (16.2%)	7:36	7.9 (84.0%)
26	<b>NOWICKA Maria</b>	<b>735</b>		K36-45	5	00:00:00	<b>00:38:21.90</b>	<b>00:38:22.80</b>	+00:06:29 (16.9%)	7:40	7.8 (83.0%)
27	<b>NOWIŃSKI Jarosław</b>	<b>711</b>	GÓRZYSKOWO TEAM	M36-45	2	00:00:02	<b>00:38:54.65</b>	<b>00:38:57.40</b>	+00:07:02 (18.1%)	7:47	7.7 (81.9%)
28	<b>KACZMAREK Aleksandra</b>	<b>719</b>		K35	5	00:00:05	<b>00:38:54.90</b>	<b>00:38:59.90</b>	+00:07:02 (18.1%)	7:46	7.7 (81.9%)
29	<b>ANDRYSZAK Vanessa</b>	<b>750</b>		K35	6	00:00:04	<b>00:39:19.75</b>	<b>00:39:24.25</b>	+00:07:27 (18.9%)	7:52	7.6 (80.9%)
30	<b>SŁOWIK Ewa</b>	<b>734</b>		K46-55	6	00:00:03	<b>00:39:51.95</b>	<b>00:39:55.65</b>	+00:07:59 (20.0%)	7:58	7.5 (79.8%)
31	<b>URBANOWICZ Dariusz</b>	<b>722</b>		M46-55	5	00:00:03	<b>00:39:56.90</b>	<b>00:40:00.60</b>	+00:08:04 (20.2%)	7:59	7.5 (79.8%)
32	<b>KACZMAREK Zofia</b>	<b>718</b>		K46-55	7	00:00:04	<b>00:39:59.15</b>	<b>00:40:03.80</b>	+00:08:06 (20.3%)	7:59	7.5 (79.8%)
33	<b>PAWLACZYK-MATELA Emilia</b>	<b>701</b>	BYDGOSKA GAZELA	K35	7	00:00:02	<b>00:40:03.00</b>	<b>00:40:05.40</b>	+00:08:10 (20.4%)	8:00	7.5 (79.8%)
34	<b>KACZMAREK Jarosław</b>	<b>717</b>		M46-55	6	00:00:04	<b>00:40:18.10</b>	<b>00:40:22.90</b>	+00:08:25 (20.9%)	8:03	7.4 (78.7%)
35	<b>PAWLACZYK Grażyna</b>	<b>702</b>		K56+	2	00:00:03	<b>00:40:31.85</b>	<b>00:40:35.10</b>	+00:08:39 (21.4%)	8:06	7.4 (78.7%)
36	<b>OLSZEWSKA Anna</b>	<b>700</b>		K56+	3	00:00:02	<b>00:40:32.80</b>	<b>00:40:35.55</b>	+00:08:40 (21.4%)	8:06	7.4 (78.7%)
37	<b>NOWIŃSKA Jolanta</b>	<b>712</b>	GÓRZYSKOWO TEAM	K36-45	6	00:00:02	<b>00:40:33.05</b>	<b>00:40:35.30</b>	+00:08:40 (21.4%)	8:06	7.4 (78.7%)
38	<b>STANKOWSKI Michał</b>	<b>756</b>		M35	2	00:00:03	<b>00:40:43.30</b>	<b>00:40:46.90</b>	+00:08:50 (21.7%)	8:08	7.4 (78.7%)
39	<b>PLISZKA Tomasz</b>	<b>765</b>	MATOWI	M36-45	3	00:00:03	<b>00:41:06.90</b>	<b>00:41:10.45</b>	+00:09:14 (22.5%)	8:13	7.3 (77.7%)

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40	<b>WIŚNIEWSKA Agnieszka</b>	<b>764</b>	WIŚNIEWSKY	K35	8	00:00:04	<b>00:41:29.10</b>	<b>00:41:33.90</b>	+00:09:36 (23.2%)	8:17	7.2 (76.6%)
41	<b>NALASEK Grażyna</b>	<b>747</b>		K46-55	8	00:00:05	<b>00:41:33.30</b>	<b>00:41:38.30</b>	+00:09:40 (23.3%)	8:18	7.2 (76.6%)
42	<b>STANKOWSKA Katarzyna</b>	<b>755</b>		K35	9	00:00:02	<b>00:41:48.10</b>	<b>00:41:50.90</b>	+00:09:55 (23.7%)	8:21	7.2 (76.6%)
43	<b>WIKTOROWICZ Dominika</b>	<b>752</b>		K35	10	00:00:05	<b>00:41:52.00</b>	<b>00:41:57.30</b>	+00:09:59 (23.9%)	8:22	7.2 (76.6%)
44	<b>BONIECKA Ewa</b>	<b>731</b>	WIŚNIEWSKY	K46-55	9	00:00:04	<b>00:42:02.80</b>	<b>00:42:07.00</b>	+00:10:10 (24.2%)	8:24	7.1 (75.5%)
45	<b>WIŚNIEWSKA Ewa</b>	<b>732</b>	WIŚNIEWSKY	K36-45	7	00:00:04	<b>00:42:02.90</b>	<b>00:42:07.00</b>	+00:10:10 (24.2%)	8:24	7.1 (75.5%)
46	<b>KULPIŃSKI Sławomir</b>	<b>768</b>		M46-55	7	00:00:03	<b>00:42:03.00</b>	<b>00:42:06.10</b>	+00:10:10 (24.2%)	8:24	7.1 (75.5%)
47	<b>CICHOŃCZUK Dariusz</b>	<b>720</b>	GDYNIA-WITOMINO	M36-45	4	00:00:05	<b>00:42:06.80</b>	<b>00:42:12.05</b>	+00:10:14 (24.3%)	8:25	7.1 (75.5%)
48	<b>SYNAKIEWICZ Magdalena</b>	<b>705</b>	ES-TEAM	K36-45	8	00:00:01	<b>00:42:13.00</b>	<b>00:42:14.95</b>	+00:10:20 (24.5%)	8:26	7.1 (75.5%)
49	<b>WIŚNIEWSKA Magdalena</b>	<b>770</b>		K46-55	10	00:00:02	<b>00:42:14.85</b>	<b>00:42:17.60</b>	+00:10:22 (24.5%)	8:27	7.1 (75.5%)
50	<b>KUPER Mariusz</b>	<b>708</b>		M35	3	00:00:02	<b>00:42:17.00</b>	<b>00:42:19.40</b>	+00:10:24 (24.6%)	8:27	7.1 (75.5%)
51	<b>LIKOWSKA Lidia</b>	<b>743</b>		K36-45	9	00:00:04	<b>00:42:49.05</b>	<b>00:42:53.50</b>	+00:10:56 (25.6%)	8:33	7 (74.5%)
52	<b>JĘDRA Ewa</b>	<b>713</b>		K36-45	10	00:00:04	<b>00:43:08.05</b>	<b>00:43:12.45</b>	+00:11:15 (26.1%)	8:37	7 (74.5%)
53	<b>BIERYT Joanna</b>	<b>714</b>	AGENCJA REKLAMOWA POLI-FAX UL. BOCZNA 10 BYDGOSZCZ	K46-55	11	00:00:06	<b>00:43:12.10</b>	<b>00:43:18.15</b>	+00:11:19 (26.2%)	8:38	6.9 (73.4%)
54	<b>LEWICKA Julia</b>	<b>757</b>		K35	11	00:00:06	<b>00:43:42.25</b>	<b>00:43:48.80</b>	+00:11:49 (27.1%)	8:44	6.9 (73.4%)
55	<b>LEWICKA Agnieszka</b>	<b>733</b>		K36-45	11	00:00:06	<b>00:44:52.45</b>	<b>00:44:58.80</b>	+00:12:59 (29.0%)	8:58	6.7 (71.3%)
56	<b>MACIEJEWSKA Katarzyna</b>	<b>721</b>		K36-45	12	00:00:06	<b>00:45:30.20</b>	<b>00:45:36.30</b>	+00:13:37 (29.9%)	9:06	6.6 (70.2%)
57	<b>PLISZKA Tobiasz</b>	<b>763</b>	MATOWI	M35	4	00:00:02	<b>00:45:40.75</b>	<b>00:45:43.30</b>	+00:13:48 (30.2%)	9:08	6.6 (70.2%)
58	<b>KULPIŃSKA Wiesława</b>	<b>769</b>		K46-55	12	00:00:03	<b>00:46:03.40</b>	<b>00:46:06.65</b>	+00:14:10 (30.8%)	9:12	6.5 (69.1%)
59	<b>ORLOWSKA-ZAJAC Joanna</b>	<b>746</b>	RUN PASJA	K36-45	13	00:00:05	<b>00:46:13.00</b>	<b>00:46:18.55</b>	+00:14:20 (31.0%)	9:14	6.5 (69.1%)
60	<b>ŁUDZIŃSKA Małgorzata</b>	<b>724</b>	KLUB SENIORA KRUSZYN KRAJEŃSKI	K56+	4	00:00:05	<b>00:46:18.95</b>	<b>00:46:24.05</b>	+00:14:26 (31.2%)	9:15	6.5 (69.1%)
61	<b>ZNANIECKA Asia</b>	<b>726</b>		K36-45	14	00:00:03	<b>00:47:12.70</b>	<b>00:47:15.80</b>	+00:15:20 (32.5%)	9:26	6.4 (68.1%)
62	<b>JÓZEFOWICZ Aleksandra</b>	<b>759</b>	KLUB SENIORA W BRZOZIE	K56+	5	00:00:02	<b>00:47:30.90</b>	<b>00:47:32.90</b>	+00:15:38 (32.9%)	9:30	6.3 (67.0%)

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63	<b>KOLASIŃSKA Maja</b>	<b>771</b>	NIEZRZESZONA	K35	12	00:00:06	<b>00:48:03.95</b>	<b>00:48:10.30</b>	+00:16:11 (33.7%)	9:36	6.2 (66.0%)
64	<b>KOCH-GLASNER Magdalena</b>	<b>753</b>	WEEKENDOWY BIEGACZ	K35	13	00:00:07	<b>00:48:30.10</b>	<b>00:48:37.40</b>	+00:16:37 (34.3%)	9:42	6.2 (66.0%)
65	<b>PLISZKA Żaneta</b>	<b>766</b>	MATOWI	K36-45	15	00:00:03	<b>00:48:32.95</b>	<b>00:48:36.20</b>	+00:16:40 (34.3%)	9:42	6.2 (66.0%)
66	<b>KOLASIŃSKA Danuta</b>	<b>716</b>	BRAK	K46-55	13	00:00:06	<b>00:51:09.50</b>	<b>00:51:16.05</b>	+00:19:16 (37.7%)	10:14	5.9 (62.8%)
67	<b>DĘBSKA Urszula</b>	<b>729</b>		K56+	6	00:00:06	<b>00:51:10.95</b>	<b>00:51:17.90</b>	+00:19:18 (37.7%)	10:14	5.9 (62.8%)

Znaleziono 67 wynik(ów)