



Organizator: Hotel Brzoza
Data: 2016-12-31
Miejsce: Brzoza
Dystans: 10 km

X BIEG SYLWESTROWY

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WOLNY Piotr	19	BRZOZA BIEGA	M-50	1	00:00:02	00:09:24	00:18:08	00:26:50	00:35:34	00:37:10.00	00:37:12.60		3:43	16.1 (100%)
2	PACZKOWSKI Jacek	497	SPORT I REKREACJA MOGILNO	M-50	2	00:00:02	00:09:21	00:18:15	00:27:09	00:35:56	00:37:28.20	00:37:30.65	+00:00:18 (0.8%)	3:44	16 (99.4%)
3	OSIŃSKI Ryszard	484	ACTIVE MALBORK	M-50	3	00:00:02	00:09:24	00:18:29	00:27:37	00:36:49	00:38:28.35	00:38:30.85	+00:01:18 (3.4%)	3:50	15.6 (96.9%)
4	SZULC Jacek	198		M-50	4	00:00:03	00:09:47	00:18:47	00:27:48	00:36:50	00:38:29.30	00:38:32.55	+00:01:19 (3.4%)	3:50	15.6 (96.9%)
5	WIŚNIEWSKI Zbigniew	27	BRZOZA BIEGA	M-50	5	00:00:01	00:09:55	00:19:09	00:28:25	00:37:37	00:39:12.80	00:39:14.30	+00:02:02 (5.2%)	3:55	15.3 (95.0%)
6	ZALEWSKI Andrzej	667		M-50	6	00:00:02	00:10:06	00:19:36	00:29:02	00:38:29	00:40:05.60	00:40:08.30	+00:02:55 (7.3%)	4:00	15 (93.2%)
7	WALKUSZ Marek	15	BRZOZA BIEGA	M-50	7	00:00:07	00:10:22	00:20:00	00:29:37	00:39:10	00:40:52.75	00:41:00.10	+00:03:42 (9.1%)	4:05	14.7 (91.3%)
8	MICKIEWICZ Jan	110	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	8	00:00:02	00:10:03	00:19:43	00:29:33	00:39:25	00:41:09.05	00:41:11.35	+00:03:59 (9.7%)	4:06	14.6 (90.7%)
9	DAŃCZUK Jerzy	224	RWT W BYDGOSZCZY	M-50	9	00:00:05	00:10:18	00:19:59	00:29:52	00:39:48	00:41:29.65	00:41:35.05	+00:04:19 (10.4%)	4:09	14.5 (90.1%)
10	KOSAKOWSKI Marian	668		M-50	10	00:00:02	00:10:36	00:20:33	00:30:35	00:40:35	00:42:21.40	00:42:23.55	+00:05:11 (12.3%)	4:14	14.2 (88.2%)
11	ZIĘTAK Krzysztof	577		M-50	11	00:00:04	00:10:24	00:20:26	00:30:37	00:40:53	00:42:51.50	00:42:55.65	+00:05:41 (13.3%)	4:17	14 (87.0%)
12	RACZYŃSKI Krzysztof	233		M-50	12	00:00:09	00:10:46	00:20:42	00:30:45	00:41:07	00:42:58.85	00:43:07.85	+00:05:48 (13.5%)	4:17	14 (87.0%)
13	TRZCIŃSKI Franciszek	426	TKKF KOLEJARZ BYDGOSZCZ	M-50	13	00:00:05	00:10:52	00:21:15	00:31:53	00:42:19	00:44:09.30	00:44:14.65	+00:06:59 (15.8%)	4:24	13.6 (84.5%)
14	MAŚLIŃSKI Mirosław	114		M-50	14	00:00:08	00:11:32	00:21:51	00:32:15	00:42:48	00:44:41.70	00:44:49.75	+00:07:31 (16.8%)	4:28	13.4 (83.2%)
15	GRYCZKA Piotr	260		M-50	15	00:00:06	00:11:28	00:21:54	00:32:24	00:43:07	00:44:56.75	00:45:03.40	+00:07:46 (17.3%)	4:29	13.3 (82.6%)
16	TORCHALSKI Krzysztof	411	RUN-PASJA BYDGOSZCZ	M-50	16	00:00:16	00:11:18	00:21:47	00:32:30	00:43:03	00:45:01.30	00:45:17.40	+00:07:51 (17.4%)	4:30	13.3 (82.6%)
17	GÓRSKI Marian	456	TKKF JASTRZĄB RUDA ŚLĄSKA	M-50	17	00:00:03	00:11:24	00:22:02	00:32:43	00:43:10	00:45:05.30	00:45:08.65	+00:07:55 (17.6%)	4:30	13.3 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km					
18	KANARKOWSKI Stanisław	687		M-50	18	00:00:02	00:11:03	00:21:39	00:32:24	00:43:11	00:45:12.15	00:45:14.95	+00:08:02 (17.8%)	4:31	13.3 (82.6%)
19	OELRICH Henryk	120		M-50	19	00:00:17	00:11:23	00:21:58	00:32:49	00:43:31	00:45:26.00	00:45:43.15	+00:08:16 (18.2%)	4:32	13.2 (82.0%)
20	NIEDBALSKI Grzegorz	371	RUN BYDGOSZCZ	M-50	20	00:00:34	00:11:44	00:22:25	00:33:06	00:43:54	00:45:42.30	00:46:16.95	+00:08:32 (18.7%)	4:34	13.1 (81.4%)
21	RÓŻYCKI Sławomir	237	TKKF KOLEJARZ BYDGOSZCZ	M-50	21	00:00:08	00:11:43	00:22:32	00:33:23	00:44:09	00:45:59.20	00:46:08.10	+00:08:49 (19.2%)	4:36	13 (80.7%)
22	BAGROWSKI Marek	105	UMK-COLLEGIUM MEDICUM RATOWNICTWO-MEDYCZNE	M-50	22	00:00:22	00:11:28	00:22:17	00:33:10	00:43:56	00:46:01.30	00:46:23.95	+00:08:51 (19.2%)	4:36	13 (80.7%)
23	KANTORSKI Zbysław	153	COCA-COLA RUNNERS	M-50	23	00:00:29	00:12:00	00:22:40	00:33:30	00:44:19	00:46:11.55	00:46:41.25	+00:09:01 (19.5%)	4:37	13 (80.7%)
24	KURS Jarosław	642	TKKF KOLEJARZ BYDGOSZCZ	M-50	24	00:00:25	00:11:48	00:22:49	00:33:54	00:45:06	00:46:57.70	00:47:22.95	+00:09:47 (20.9%)	4:41	12.8 (79.5%)
25	MAŁKIŃSKI Józef	62	RWT W BYDGOSZCZY	M-50	25	00:00:38	00:12:14	00:23:24	00:34:36	00:45:29	00:47:32.10	00:48:10.50	+00:10:22 (21.8%)	4:45	12.6 (78.3%)
26	MAĆKOWIAK Adam	193		M-50	26	00:00:24	00:11:58	00:23:13	00:34:37	00:46:02	00:48:09.05	00:48:33.80	+00:10:59 (22.8%)	4:48	12.5 (77.6%)
27	BRATEK Andrzej	130	TKKF KOLEJARZ BYDGOSZCZ	M-50	27	00:00:08	00:11:44	00:22:47	00:34:16	00:46:27	00:48:43.60	00:48:51.95	+00:11:33 (23.7%)	4:52	12.3 (76.4%)
28	WOJCIECHOWSKI Grzegorz	437	SPORT I REKREACJA MOGILNO	M-50	28	00:00:15	00:12:27	00:23:58	00:35:26	00:46:49	00:48:54.05	00:49:09.90	+00:11:44 (24.0%)	4:53	12.3 (76.4%)
29	SUCHOMSKI Eugeniusz	142	TKKF KOLEJARZ BYDGOSZCZ	M-50	29	00:00:07	00:11:50	00:23:24	00:35:18	00:47:08	00:49:10.50	00:49:18.35	+00:12:00 (24.4%)	4:55	12.2 (75.8%)
30	TRZCIŃSKI Eugeniusz	286		M-50	30	00:00:15	00:12:20	00:23:45	00:35:22	00:47:10	00:49:16.95	00:49:32.50	+00:12:06 (24.6%)	4:55	12.2 (75.8%)
31	NOWACZYK Zygmunt	492	BOLT TRZEMESZNO	M-50	31	00:00:18	00:12:34	00:24:05	00:35:38	00:47:13	00:49:19.40	00:49:37.75	+00:12:09 (24.6%)	4:55	12.2 (75.8%)
32	KUBACKI Jacek	628	POLPHARMA RUN TEAM	M-50	32	00:00:08	00:12:06	00:23:41	00:35:37	00:47:30	00:49:32.05	00:49:40.75	+00:12:22 (25.0%)	4:57	12.1 (75.2%)
33	WAWRZYŃIAK Piotr	652		M-50	33	00:00:30	00:12:13	00:23:53	00:35:44	00:47:33	00:49:40.10	00:50:11.05	+00:12:30 (25.2%)	4:58	12.1 (75.2%)
34	WINIARSKI Jacek	598	TORUŃSKI KLUB TRIATHLONOWY	M-50	34	00:00:34	00:12:24	00:24:05	00:35:55	00:47:43	00:49:44.15	00:50:18.50	+00:12:34 (25.3%)	4:58	12.1 (75.2%)
35	SIERANT Marian	532		M-50	35	00:00:23	00:12:33	00:24:06	00:35:52	00:47:51	00:50:04.80	00:50:28.25	+00:12:54 (25.8%)	5:00	12 (74.5%)
36	ZIĘTARA Rajmund	476	56 BLOT	M-50	36	00:00:32	00:12:28	00:24:04	00:35:49	00:48:00	00:50:12.85	00:50:44.90	+00:13:02 (26.0%)	5:01	12 (74.5%)
37	KRAWCZUK Andrzej	384	ŻEGLUGA GDAŃSKA	M-50	37	00:00:01	00:11:59	00:23:48	00:35:53	00:48:11	00:50:15.50	00:50:17.00	+00:13:05 (26.0%)	5:01	11.9 (73.9%)
38	KOLANOWSKI Wojciech	187		M-50	38	00:00:20	00:12:40	00:24:36	00:36:37	00:48:25	00:50:23.85	00:50:43.90	+00:13:13 (26.3%)	5:02	11.9 (73.9%)
39	BARTNIK Mieczysław	124		M-50	39	00:00:29	00:12:24	00:24:13	00:36:21	00:48:32	00:50:38.45	00:51:07.50	+00:13:28 (26.6%)	5:03	11.8 (73.3%)
40	ZUPA Wojciech	381	BRZOZA BIEGA	M-50	40	00:00:06	00:11:56	00:24:12	00:36:34	00:49:07	00:51:18.50	00:51:24.70	+00:14:08 (27.6%)	5:07	11.7 (72.7%)
41	CZEPEK Aleksander	47	BRZOZA BIEGA	M-50	41	00:00:03	00:12:21	00:24:17	00:36:40	00:49:13	00:51:27.00	00:51:30.05	+00:14:17 (27.8%)	5:08	11.7 (72.7%)
42	WOJCIECHOWSKI Eugeniusz	330	BRZOZA BIEGA	M-50	42	00:00:02	00:12:22	00:24:12	00:36:41	00:49:13	00:51:29.40	00:51:32.15	+00:14:19 (27.8%)	5:09	11.7 (72.7%)

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						startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km					
43	GĄSIOREK Tomasz	11	BRZOZA BIEGA	M-50	43	00:00:02	00:12:22	00:24:18	00:36:41	00:49:14	00:51:29.55	00:51:32.15	+00:14:19 (27.8%)	5:09	11.7 (72.7%)
44	MARCHEL Leszek	102	KMW	M-50	44	00:00:05	00:12:22	00:24:29	00:36:59	00:49:32	00:51:44.15	00:51:50.00	+00:14:34 (28.2%)	5:10	11.6 (72.0%)
45	ZAKOŚCIELNY Krzysztof	380	TKKF WIĘCIBORK	M-50	45	00:00:16	00:13:30	00:25:51	00:37:57	00:49:46	00:51:47.95	00:52:04.65	+00:14:37 (28.2%)	5:10	11.6 (72.0%)
46	KOMAJDA Jarosław	455	GOSIR OSIELSKO	M-50	46	00:00:13	00:13:01	00:25:07	00:37:23	00:49:47	00:51:50.25	00:52:04.00	+00:14:40 (28.3%)	5:11	11.6 (72.0%)
47	WIŚNIEWSKI Włodzimierz	155		M-50	47	00:00:42	00:13:10	00:25:19	00:37:32	00:49:51	00:51:54.35	00:52:36.65	+00:14:44 (28.4%)	5:11	11.6 (72.0%)
48	SZULC Edmund	163		M-50	48	00:00:10	00:11:25	00:23:16	00:37:20	00:49:47	00:52:06.35	00:52:16.35	+00:14:56 (28.7%)	5:12	11.5 (71.4%)
49	LICA Krzysztof	519		M-50	49	00:00:06	00:12:48	00:25:00	00:37:35	00:50:03	00:52:18.50	00:52:24.90	+00:15:08 (28.9%)	5:13	11.5 (71.4%)
50	KUTOWSKI Wiesław	415		M-50	50	00:00:40	00:13:24	00:25:39	00:38:14	00:50:59	00:53:03.05	00:53:43.35	+00:15:53 (29.9%)	5:18	11.3 (70.2%)
51	WEGNER Roman	302		M-50	51	00:00:19	00:12:50	00:25:06	00:37:57	00:51:02	00:53:11.80	00:53:31.60	+00:16:01 (30.1%)	5:19	11.3 (70.2%)
52	SICIŃSKI Dariusz	589	KS GORNIK WAŁBRZYCH	M-50	52	00:00:11	00:13:22	00:25:52	00:38:37	00:51:25	00:53:36.85	00:53:48.50	+00:16:26 (30.7%)	5:21	11.2 (69.6%)
53	BRYJA Robert	138		M-50	53	00:00:25	00:14:34	00:27:33	00:39:55	00:51:32	00:53:37.30	00:54:02.55	+00:16:27 (30.7%)	5:21	11.2 (69.6%)
54	GODZIUK Roman	580		M-50	54	00:00:34	00:13:57	00:26:43	00:39:12	00:51:26	00:53:38.10	00:54:12.90	+00:16:28 (30.7%)	5:21	11.2 (69.6%)
55	ZIÓŁKOWSKI Mieczysław	118		M-50	55	00:00:10	00:12:23	00:25:35	00:38:57	00:51:39	00:53:48.10	00:53:58.80	+00:16:38 (30.9%)	5:22	11.2 (69.6%)
56	KLINIEWSKI Piotr	683	BRZOZA BIEGA	M-50	56	00:00:15	00:14:13	00:27:25	00:40:25	00:52:42	00:54:35.60	00:54:50.65	+00:17:25 (31.9%)	5:27	11 (68.3%)
57	LUZAK Mirosław	165	MWIK BYDGOSZCZ	M-50	57	00:00:23	00:13:30	00:26:10	00:39:02	00:52:26	00:54:38.15	00:55:01.65	+00:17:28 (32.0%)	5:27	11 (68.3%)
58	OLSZEWSKI Jacek	257	KB OLSZESIE	M-50	58	00:00:12	00:12:53	00:25:45	00:39:10	00:52:16	00:54:38.60	00:54:50.75	+00:17:28 (32.0%)	5:27	11 (68.3%)
59	MYSZKA Tadeusz	482		M-50	59	00:00:04	00:13:15	00:26:24	00:39:33	00:52:27	00:54:53.15	00:54:57.45	+00:17:43 (32.3%)	5:29	10.9 (67.7%)
60	WOŁOSZYN Kazimierz	144	BRZOZA BIEGA/ROWEROWA BRZOZA	M-50	60	00:00:10	00:13:29	00:26:07	00:39:07	00:52:27	00:55:01.75	00:55:12.00	+00:17:51 (32.5%)	5:30	10.9 (67.7%)
61	GRABOWSKI Marek	548		M-50	61	00:00:45	00:14:18	00:26:54	00:40:03	00:52:51	00:55:02.05	00:55:47.70	+00:17:52 (32.5%)	5:30	10.9 (67.7%)
62	KUZIEMSKI Jacek	445	CYTADELA-GRUDZIĄDZ	M-50	62	00:00:38	00:14:31	00:27:39	00:40:51	00:53:02	00:55:04.30	00:55:42.45	+00:17:54 (32.5%)	5:30	10.9 (67.7%)
63	BRZozowski Jarosław	36	BRZOZA TRI TEAM	M-50	63	00:00:41	00:14:08	00:27:10	00:40:06	00:52:53	00:55:10.30	00:55:51.95	+00:18:00 (32.6%)	5:31	10.9 (67.7%)
64	LIBERA Arkadiusz	262		M-50	64	00:00:57	00:14:25	00:27:32	00:40:37	00:53:34	00:55:51.50	00:56:49.00	+00:18:41 (33.5%)	5:35	10.7 (66.5%)
65	PRZYBYLSKI Mariusz	379		M-50	65	00:00:12	00:12:38	00:24:35	00:38:35	00:53:34	00:55:52.65	00:56:05.60	+00:18:42 (33.5%)	5:35	10.7 (66.5%)
66	KRÓLIKOWSKI Andrzej	268		M-50	66	00:00:22	00:14:15	00:27:24	00:40:28	00:53:38	00:55:57.60	00:56:19.75	+00:18:47 (33.6%)	5:35	10.7 (66.5%)
67	ŁOŚ Dariusz	399		M-50	67	00:00:46	00:14:17	00:27:27	00:40:22	00:53:48	00:55:59.25	00:56:46.05	+00:18:49 (33.6%)	5:36	10.7 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
68	PAPIERSKI Zbigniew	314		M-50	68	00:00:34	00:13:48	00:26:29	00:40:00	00:54:01	00:56:38.15	00:57:12.50	+00:19:28 (34.4%)	5:39	10.6 (65.8%)
69	CZAPIEWSKI Maciej	525	BRODNICA BIEGA	M-50	69	00:00:18	00:13:55	00:27:12	00:40:41	00:54:37	00:57:11.45	00:57:29.50	+00:20:01 (35.0%)	5:43	10.5 (65.2%)
70	JANKOWSKI Tomasz Michał	408	B. DELFIN	M-50	70	00:00:45	00:14:55	00:28:21	00:41:59	00:55:20	00:57:37.85	00:58:23.80	+00:20:27 (35.5%)	5:45	10.4 (64.6%)
71	STRABEL Marek	703		M-50	71	00:00:14	00:13:41	00:27:36	00:41:39	00:55:27	00:57:39.65	00:57:54.60	+00:20:29 (35.5%)	5:46	10.4 (64.6%)
72	WIESE Grzegorz	215	TKKF KOLEJARZ BYDGOSZCZ	M-50	72	00:00:42	00:14:46	00:28:23	00:42:06	00:56:04	00:58:28.95	00:59:11.45	+00:21:18 (36.4%)	5:50	10.3 (64.0%)
73	KUBIAK Tomasz	721		M-50	73	00:00:13	00:14:15	00:28:25	00:43:24	00:57:59	01:00:21.50	01:00:35.35	+00:23:11 (38.4%)	6:02	9.9 (61.5%)
74	GOŁATA Bogusław	610		M-50	74	00:00:14	00:14:13	00:28:38	00:43:28	00:58:08	01:00:34.20	01:00:48.35	+00:23:24 (38.6%)	6:03	9.9 (61.5%)
75	WOJANOWSKI Zbigniew	443	CYTADELA-GRUDZIĄDZ	M-50	75	00:00:37	00:15:28	00:29:56	00:45:32	01:01:13	01:04:00.05	01:04:37.05	+00:26:50 (41.9%)	6:24	9.4 (58.4%)
76	NIEMECZEK Waldemar	324		M-50	76	00:00:22	00:15:55	00:32:03	00:47:15	01:02:20	01:04:47.50	01:05:10.35	+00:27:37 (42.6%)	6:28	9.3 (57.8%)
DQ	KAŻMIERSKI Dariusz	694		M-50		DQ	DQ	DQ	DQ	DQ	00:38:11.75 DQ	DQ		-	- (0.0%)

Znaleziono 77 wynik(ów)