



XI BIEG TRZEŹWOŚCI - BIEG 10 KM

B4SPORT

Wydarzenie: XI BIEG TRZEŹWOŚCI
Organizator: Brzoza Biega, Rowerowa Brzoza
Data: 2022-09-18
Miejsce: Brzoza
Dystans: 10 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-----------|------------------------------------|-----------|------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | PAWŁOWSKI Tomasz | 53 | | M-20 | 1 | 00:37:23.50 | 00:37:23.50 | | 3:44 | 16 (100%) |
| 2 | WIWATOWSKI Michał | 32 | | M-40 | 1 | 00:38:05.70 | 00:38:05.70 | +00:00:42 (1.8%) | 3:48 | 15.8 (98.8%) |
| 3 | TUCZYŃSKI Sylwester Leon | 16 | BYDGOSKIE OKONIE | M-30 | 1 | 00:38:22.70 | 00:38:22.70 | +00:00:59 (2.6%) | 3:50 | 15.6 (97.5%) |
| 4 | RYCHTEL Karol | 85 | | M-40 | 2 | 00:40:49.40 | 00:40:49.40 | +00:03:25 (8.4%) | 4:04 | 14.7 (91.9%) |
| 5 | KUBIAK Tomasz | 84 | SOLANKOWI BIEGACZE | M-40 | 3 | 00:41:43.65 | 00:41:43.65 | +00:04:20 (10.4%) | 4:10 | 14.4 (90.0%) |
| 6 | MAGDZIARZ Jakub | 67 | | M-40 | 4 | 00:41:47.60 | 00:41:47.60 | +00:04:24 (10.5%) | 4:10 | 14.4 (90.0%) |
| 7 | DONARSKI Franciszek | 68 | N BIKE ACADEMY | M-20 | 2 | 00:42:56.05 | 00:42:56.05 | +00:05:32 (12.9%) | 4:17 | 14 (87.5%) |
| 8 | KOWALCZYK Marek | 63 | BRZOZA BIEGA | M-40 | 5 | 00:43:05.05 | 00:43:05.05 | +00:05:41 (13.2%) | 4:18 | 13.9 (86.9%) |
| 9 | ZAKRZEWSKI Tomasz | 88 | | M-40 | 6 | 00:43:26.95 | 00:43:26.95 | +00:06:03 (13.9%) | 4:20 | 13.8 (86.3%) |
| 10 | PIEKARSKI Marek | 55 | RESTAURACJA KURKUMA ZIELONE ARKADY | M-50 | 1 | 00:44:04.25 | 00:44:04.25 | +00:06:40 (15.2%) | 4:24 | 13.6 (85.0%) |
| 11 | BRZESKI Sebastian | 22 | | M-40 | 7 | 00:44:31.60 | 00:44:31.60 | +00:07:08 (16.0%) | 4:27 | 13.5 (84.4%) |
| 12 | MARTYNOWICZ Michał | 74 | TRISPACE/TREK | M-50 | 2 | 00:44:58.05 | 00:44:58.05 | +00:07:34 (16.8%) | 4:29 | 13.3 (83.1%) |
| 13 | DANCZUK Jerzy | 82 | | M-60 | 1 | 00:45:15.80 | 00:45:15.80 | +00:07:52 (17.4%) | 4:31 | 13.3 (83.1%) |
| 14 | RATZ Marcjanna | 21 | | K-30 | 1 | 00:45:18.15 | 00:45:18.15 | +00:07:54 (17.5%) | 4:31 | 13.2 (82.5%) |
| 15 | PIOTROWSKA Katarzyna | 89 | | K-30 | 2 | 00:45:29.30 | 00:45:29.30 | +00:08:05 (17.8%) | 4:32 | 13.2 (82.5%) |
| 16 | WIĘCKOWSKI Dariusz | 38 | AKADEMIA MISTRZÓW SPORTU | M-40 | 8 | 00:45:42.95 | 00:45:42.95 | +00:08:19 (18.2%) | 4:34 | 13.1 (81.9%) |
| 17 | PILARSKI Radosław | 29 | | M-40 | 9 | 00:46:19.75 | 00:46:19.75 | +00:08:56 (19.3%) | 4:37 | 13 (81.3%) |
| 18 | SAK Joanna | 42 | SOLANKOWI BIEGACZE | K-30 | 3 | 00:46:34.55 | 00:46:34.55 | +00:09:11 (19.7%) | 4:39 | 12.9 (80.6%) |
| 19 | BUZALSKI Robert | 11 | ORANGE POLSKA | M-40 | 10 | 00:47:09.35 | 00:47:09.35 | +00:09:45 (20.7%) | 4:42 | 12.7 (79.4%) |
| 20 | ANDRZEJESKA Sylwia | 52 | | K-30 | 4 | 00:47:37.40 | 00:47:37.40 | +00:10:13 (21.5%) | 4:45 | 12.6 (78.8%) |
| 21 | KUPRACZ Andrzej | 30 | | M-50 | 3 | 00:48:35.50 | 00:48:35.50 | +00:11:12 (23.0%) | 4:51 | 12.3 (76.9%) |
| 22 | ROHDE Piotr | 15 | BRZOZA BIEGA | M-20 | 3 | 00:48:56.00 | 00:48:56.00 | +00:11:32 (23.6%) | 4:53 | 12.3 (76.9%) |
| 23 | WIŚNIEWSKI Zbigniew | 2 | BRZOZA BIEGA | M-50 | 4 | 00:49:05.55 | 00:49:05.55 | +00:11:42 (23.8%) | 4:54 | 12.2 (76.3%) |
| 24 | GRECMAN Anna | 13 | INOWROCLAWSKI KLUB SPORTOWY KARATE | K-40 | 1 | 00:49:41.10 | 00:49:41.10 | +00:12:17 (24.7%) | 4:58 | 12.1 (75.6%) |
| 25 | ŚLEFARSKI Marcin | 8 | | M-40 | 11 | 00:49:49.15 | 00:49:49.15 | +00:12:25 (24.9%) | 4:58 | 12 (75.0%) |
| 26 | WYBORNA Renata | 66 | | K-40 | 2 | 00:50:12.95 | 00:50:12.95 | +00:12:49 (25.5%) | 5:01 | 12 (75.0%) |
| 27 | CHROBAK Tomasz | 59 | | M-40 | 12 | 00:50:20.55 | 00:50:20.55 | +00:12:57 (25.7%) | 5:02 | 11.9 (74.4%) |
| 28 | KOMISARCZYK Iwona | 24 | SOLANKOWI BIEGACZE | K-50 | 1 | 00:50:24.20 | 00:50:24.20 | +00:13:00 (25.8%) | 5:02 | 11.9 (74.4%) |
| 29 | WIDŹGOWSKI Przemysław | 34 | | M-40 | 13 | 00:50:26.65 | 00:50:26.65 | +00:13:03 (25.9%) | 5:02 | 11.9 (74.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---------------------------------|-----------|------|-----------------|------------------|-------------------|--------------|--------------|
| 30 | ZAJDLEWICZ Daniel | 20 | BRZOZA | M-40 | 14 | 00:50:34.20 | 00:50:34.20 | +00:13:10 (26.1%) | 5:03 | 11.9 (74.4%) |
| 31 | ĆWIKLIŃSKA Anna | 39 | AKADEMIA MISTRZÓW SPORTU | K-40 | 3 | 00:50:59.95 | 00:50:59.95 | +00:13:36 (26.7%) | 5:05 | 11.8 (73.8%) |
| 32 | GRYCZKA Piotr | 33 | | M-50 | 5 | 00:51:12.10 | 00:51:12.10 | +00:13:48 (27.0%) | 5:07 | 11.7 (73.1%) |
| 33 | KIEŁCZYŃSKI Marek | 5 | CSM POLSKA | M-40 | 15 | 00:51:25.25 | 00:51:25.25 | +00:14:01 (27.3%) | 5:08 | 11.7 (73.1%) |
| 34 | BIERNAT Magdalena | 3 | SOLANKOWI BIEGACZE | K-40 | 4 | 00:51:37.80 | 00:51:37.80 | +00:14:14 (27.6%) | 5:09 | 11.6 (72.5%) |
| 35 | GRUDA Mirosław | 51 | | M-60 | 2 | 00:51:39.45 | 00:51:39.45 | +00:14:15 (27.6%) | 5:09 | 11.6 (72.5%) |
| 36 | SZULC Rafał | 44 | SOLANKOWI BIEGACZE | M-30 | 2 | 00:51:46.40 | 00:51:46.40 | +00:14:22 (27.8%) | 5:10 | 11.6 (72.5%) |
| 37 | ŚWIĘCICKI Andrzej | 62 | BYDGOSKIE ŻÓŁWIE | M-40 | 16 | 00:51:50.70 | 00:51:50.70 | +00:14:27 (27.9%) | 5:11 | 11.6 (72.5%) |
| 38 | FERENS Paweł | 47 | SOLANKOWI BIEGACZE | M-50 | 6 | 00:52:02.80 | 00:52:02.80 | +00:14:39 (28.2%) | 5:12 | 11.5 (71.9%) |
| 39 | SAK Anna | 43 | SOLANKOWI BIEGACZE | K-30 | 5 | 00:52:43.95 | 00:52:43.95 | +00:15:20 (29.1%) | 5:16 | 11.4 (71.3%) |
| 40 | ROHDE Łukasz | 46 | BRZOZA BIEGA | M-20 | 4 | 00:53:06.85 | 00:53:06.85 | +00:15:43 (29.6%) | 5:18 | 11.3 (70.6%) |
| 41 | BRAŃKA Mateusz | 61 | BDB TEAM | M-20 | 5 | 00:53:07.85 | 00:53:07.85 | +00:15:44 (29.6%) | 5:18 | 11.3 (70.6%) |
| 42 | ĆWIKLIŃSKI Marian | 40 | AKADEMIA MISTRZÓW SPORTU | M-50 | 7 | 00:53:11.30 | 00:53:11.30 | +00:15:47 (29.7%) | 5:19 | 11.3 (70.6%) |
| 43 | CHOJNACKI Bartosz | 31 | | M-40 | 17 | 00:53:16.00 | 00:53:16.00 | +00:15:52 (29.8%) | 5:19 | 11.3 (70.6%) |
| 44 | GROBELNA Monika | 50 | | K-40 | 5 | 00:53:25.95 | 00:53:25.95 | +00:16:02 (30.0%) | 5:20 | 11.2 (70.0%) |
| 45 | GÓRSKI Marian | 87 | | M-60 | 3 | 00:53:32.60 | 00:53:32.60 | +00:16:09 (30.2%) | 5:21 | 11.2 (70.0%) |
| 46 | CZYŻEWSKA Justyna | 6 | | K-30 | 6 | 00:53:34.10 | 00:53:34.10 | +00:16:10 (30.2%) | 5:21 | 11.2 (70.0%) |
| 47 | CHRÓŚCIŃSKA Monika | 7 | | K-20 | 1 | 00:53:44.35 | 00:53:44.35 | +00:16:20 (30.4%) | 5:22 | 11.2 (70.0%) |
| 48 | WIŚNIEWSKI Mikołaj | 75 | BRZOZA BIEGA | M-20 | 6 | 00:53:44.85 | 00:53:44.85 | +00:16:21 (30.4%) | 5:22 | 11.2 (70.0%) |
| 49 | DAROŃ Mateusz | 76 | | M-20 | 7 | 00:53:45.95 | 00:53:45.95 | +00:16:22 (30.5%) | 5:22 | 11.2 (70.0%) |
| 50 | JAGODZIŃSKI Mateusz | 26 | BYDGOSKIE OKONIE | M-30 | 3 | 00:53:54.70 | 00:53:54.70 | +00:16:31 (30.6%) | 5:23 | 11.1 (69.4%) |
| 51 | SZULC Jarosław | 86 | | M-40 | 18 | 00:54:16.00 | 00:54:16.00 | +00:16:52 (31.1%) | 5:25 | 11.1 (69.4%) |
| 52 | CHOLEWCZYŃSKI Damian | 57 | | M-30 | 4 | 00:55:12.60 | 00:55:12.60 | +00:17:49 (32.3%) | 5:31 | 10.9 (68.1%) |
| 53 | OLSZEWSKA Beata | 19 | SOLANKOWI BIEGACZE | K-30 | 7 | 00:55:29.50 | 00:55:29.50 | +00:18:06 (32.6%) | 5:32 | 10.8 (67.5%) |
| 54 | PIETRZAK Edyta | 14 | | K-40 | 6 | 00:55:32.10 | 00:55:32.10 | +00:18:08 (32.7%) | 5:33 | 10.8 (67.5%) |
| 55 | TOCZKIEWICZ Kaja | 80 | | K-20 | 2 | 00:55:54.75 | 00:55:54.75 | +00:18:31 (33.1%) | 5:35 | 10.7 (66.9%) |
| 56 | KASPROWICZ Piotr | 41 | JW 1515 | M-40 | 19 | 00:56:30.15 | 00:56:30.15 | +00:19:06 (33.8%) | 5:39 | 10.6 (66.3%) |
| 57 | RYCHTER Przemysław | 90 | | M-50 | 8 | 00:56:44.10 | 00:56:44.10 | +00:19:20 (34.1%) | 5:40 | 10.6 (66.3%) |
| 58 | BASIŃSKI Paweł | 12 | | M-40 | 20 | 00:56:52.45 | 00:56:52.45 | +00:19:28 (34.3%) | 5:41 | 10.6 (66.3%) |
| 59 | MAINKA Maciej | 81 | | M-20 | 8 | 00:57:55.65 | 00:57:55.65 | +00:20:32 (35.5%) | 5:47 | 10.4 (65.0%) |
| 60 | STACHURA Michał | 25 | | M-50 | 9 | 00:58:05.70 | 00:58:05.70 | +00:20:42 (35.6%) | 5:48 | 10.3 (64.4%) |
| 61 | RYBSKA Małgorzata | 79 | RUN BYDGOSZCZ | K-20 | 3 | 00:58:57.50 | 00:58:57.50 | +00:21:34 (36.6%) | 5:53 | 10.2 (63.8%) |
| 62 | WILLMA Jarosław | 83 | | M-50 | 10 | 00:59:19.15 | 00:59:19.15 | +00:21:55 (37.0%) | 5:55 | 10.1 (63.1%) |
| 63 | BADOWSKI Krzysztof | 48 | KSN ŁUCZNICZKA OCULUS BYDGOSZCZ | M-60 | 4 | 00:59:19.25 | 00:59:19.25 | +00:21:55 (37.0%) | 5:55 | 10.1 (63.1%) |
| 64 | TOPOL Agnieszka | 17 | | K-30 | 8 | 00:59:41.60 | 00:59:41.60 | +00:22:18 (37.4%) | 5:58 | 10.1 (63.1%) |
| 65 | DOMAN Janusz | 65 | UKS SZABLA BRZOZA | M-60 | 5 | 00:59:49.15 | 00:59:49.15 | +00:22:25 (37.5%) | 5:58 | 10 (62.5%) |
| 66 | MICHAŁOWSKI Bartosz | 71 | OPTAL DEVELOPER | M-20 | 9 | 01:00:16.25 | 01:00:16.25 | +00:22:52 (38.0%) | 6:01 | 10 (62.5%) |
| 67 | ANASZEWICZ Marzena | 60 | | K-40 | 7 | 01:00:19.95 | 01:00:19.95 | +00:22:56 (38.0%) | 6:01 | 9.9 (61.9%) |
| 68 | CHOJNACKI Patryk | 49 | | M-20 | 10 | 01:00:42.00 | 01:00:42.00 | +00:23:18 (38.4%) | 6:04 | 9.9 (61.9%) |
| 69 | PIONTEK Elżbieta | 28 | | K-60 | 1 | 01:01:00.35 | 01:01:00.35 | +00:23:36 (38.7%) | 6:06 | 9.8 (61.3%) |
| 70 | MALATYŃSKA Barbara | 18 | | K-40 | 8 | 01:01:15.80 | 01:01:15.80 | +00:23:52 (39.0%) | 6:07 | 9.8 (61.3%) |
| 71 | DĘBSKI Jan | 69 | SOŁTYS | M-70+ | 1 | 01:02:42.55 | 01:02:42.55 | +00:25:19 (40.4%) | 6:16 | 9.6 (60.0%) |
| 72 | ETTINGER Justyna | 78 | RUN BYDGOSZCZ | K-40 | 9 | 01:03:04.60 | 01:03:04.60 | +00:25:41 (40.7%) | 6:18 | 9.5 (59.4%) |
| 73 | BRZESKA Marta | 23 | | K-40 | 10 | 01:03:18.45 | 01:03:18.45 | +00:25:54 (40.9%) | 6:19 | 9.5 (59.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-----------|----------|-----------|------|--------------------|--------------------|-------------------|--------------|-------------|
| 74 | JULLY Arkadiusz | 58 | | M-40 | 21 | 01:03:37.95 | 01:03:37.95 | +00:26:14 (41.2%) | 6:21 | 9.4 (58.8%) |
| 75 | DAWIDOWICZ Maciej | 45 | TRISPACE | M-40 | 22 | 01:03:38.60 | 01:03:38.60 | +00:26:15 (41.2%) | 6:21 | 9.4 (58.8%) |
| 76 | SKRZĄTEK Anna | 10 | | K-40 | 11 | 01:05:21.75 | 01:05:21.75 | +00:27:58 (42.8%) | 6:32 | 9.2 (57.5%) |
| 77 | CHROBAK Małgorzata | 64 | | K-30 | 9 | 01:06:26.15 | 01:06:26.15 | +00:29:02 (43.7%) | 6:38 | 9 (56.3%) |
| 78 | MICHALSKA Aleksandra | 70 | | K-50 | 2 | 01:09:29.25 | 01:09:29.25 | +00:32:05 (46.2%) | 6:56 | 8.6 (53.8%) |

Znaleziono 78 wynik(ów)