

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2019-12-14
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M3 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
1	KUBERA Piotr	194	ADIDAS RUNNERS WARSAW	M3 40-49 lat	00:00:00	00:00:22	00:17:21	00:35:04
2	KOŚCIUK Maciek	179		M3 40-49 lat	00:00:00	00:00:33	00:20:58	00:42:40
3	GÓRAL Tadeusz	540	KKB	M3 40-49 lat	00:00:02	00:00:23	00:19:25	00:39:05
4	GOZDEK Scyzoryk	106	TRUCHT TARCHOMIN TEAM BIEGANIEPO40.PL	M3 40-49 lat	00:00:02	00:00:18	00:16:19	00:32:46
5	ROWIŃSKI Tomasz	307		M3 40-49 lat	00:00:02	00:00:17	00:17:43	00:36:46
6	NOWAK Jakub	101	DOBRZYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	00:00:02	00:00:22	00:20:39	00:41:48
7	PYTLINSKI Rafał	298		M3 40-49 lat	00:00:03	00:00:20	00:17:53	00:35:38
8	STRADOMSKI Artur	345	MARKOWI BIEGACZE	M3 40-49 lat	00:00:03	00:00:20	00:17:33	00:35:05
9	NOWAK Bartłomiej	256		M3 40-49 lat	00:00:03	00:00:27	00:43:14	
10	SIERZPUTOWSKI Robert	453	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:03	00:00:20	00:18:18	00:36:40
11	MIELCZAREK Krzysztof	236	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:04	00:00:18	00:16:26	00:33:27
12	JAWORSKI Piotr	137	EKOBIEGI	M3 40-49 lat	00:00:04	00:00:19	00:18:15	00:37:34
13	ANUSIEWICZ Robert	474		M3 40-49 lat	00:00:04	00:00:21	00:17:55	00:35:41
14	KOPER Sebastian	173	CARREFOUR RUNNING TEAM	M3 40-49 lat	00:00:04	00:00:23	00:21:27	00:43:34
15	KUCICKI Krzysztof	196		M3 40-49 lat	00:00:05	00:00:26	00:26:22	00:57:23
16	KORKOSZ Andrzej	174		M3 40-49 lat	00:00:05	00:00:24	00:19:14	00:38:06
17	MIELCZAREK Marek	235	MARKOWI BIEGACZE	M3 40-49 lat	00:00:05	00:00:19	00:18:12	00:36:42
18	GWIZDAŁA Cezary	122	KUŹNIA TRIATHLONU	M3 40-49 lat	00:00:05	00:00:22	00:18:40	00:37:23
19	MALINOWSKI Mikołaj	530		M3 40-49 lat	00:00:05	00:00:25	00:22:54	00:45:35
20	KANIA Paweł	153	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:06	00:00:23	00:18:57	00:38:55
21	NAPIÓRKOWSKI Grzegorz	246	ŁOMIAŃKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:06	00:00:27	00:19:04	00:39:04
22	GĘBALA Wojtek	94		M3 40-49 lat	00:00:06	00:00:24	00:19:04	00:38:25
23	SERAFIN Tomasz	503		M3 40-49 lat	00:00:06	00:00:25	00:19:08	00:39:20
24	WIŚNIEWSKI Krzysztof	467	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	00:00:06	00:00:25	00:19:20	00:38:39
25	WIŚNIEWSKI Paweł	404	ŁOMIAŃKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:07	00:00:27	00:22:01	00:45:58
26	MICHNOWSKI Sebastian	233		M3 40-49 lat	00:00:08	00:00:27	00:18:58	00:38:02
27	CHARLEJ Ireneusz	45	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	00:00:09	00:00:26	00:19:57	00:40:42
28	BIEDKA Robert	533	REBOOK RUN CREW	M3 40-49 lat	00:00:09	00:00:29	00:21:47	00:43:51
29	MAMLA Zbigniew	221	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:09	00:00:26	00:18:40	00:38:18
30	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	00:00:09	00:00:26	00:19:53	00:40:02
31	CIMOCHOWSKI Mieczysław	53	MC SERWIS	M3 40-49 lat	00:00:09	00:00:28	00:20:06	00:40:55
32	WALCZAK Dariusz	389	CYTRYNOWI STUDENCI	M3 40-49 lat	00:00:09	00:00:35	00:25:39	00:51:23

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
33	MIŚTA Grzegorz	100	FRONTIS	M3 40-49 lat	00:00:10	00:00:35	00:28:05	
34	GAJEK Ireneusz	89		M3 40-49 lat	00:00:10	00:00:25	00:18:02	00:35:42
35	GOŁASZEWSKI Marcin	103		M3 40-49 lat	00:00:10	00:00:28	00:21:28	00:42:54
36	LEWANDOWSKI Piotr	206	TRUCH TARCHOMINTEAM	M3 40-49 lat	00:00:10	00:00:26	00:20:16	00:42:20
37	RUDNIK Jarosław	309	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:10	00:00:28	00:21:13	00:43:24
38	PANCEROW Marcin	449		M3 40-49 lat	00:00:10	00:00:33	00:24:38	00:50:56
39	PETRYCKI Marcin	283	PUMP!T	M3 40-49 lat	00:00:11	00:00:35	00:27:59	00:54:43
40	WASZKIEWICZ Ariel	465	WASZKA TEAM	M3 40-49 lat	00:00:11	00:00:30	00:19:42	00:38:30
41	ŁOZIŃSKI Piotr	494	BRAC TWO BIEGOWE BGK	M3 40-49 lat	00:00:11	00:00:34	00:25:17	00:50:14
42	MIĘTEK Artur	237	III ZKSS SR LEGIONOWO	M3 40-49 lat	00:00:12	00:00:34	00:21:24	00:42:29
43	KILIAŃSKI Rafał	162	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:12	00:00:30	00:22:34	00:45:19
44	LACH Adrian	205	TRICLUB	M3 40-49 lat	00:00:12	00:00:33	00:23:02	00:49:18
45	KUSY Marcin	493		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26
46	KUSY Marcin	493		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26
47	SUCHODOLSKI Mariusz	349	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:27	00:21:19	00:42:11
48	LEWANDOWSKI Robert	207		M3 40-49 lat	00:00:13	00:00:34	00:20:50	00:41:43
49	TRZASKOWSKI Dariusz	381	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:29	00:22:34	00:45:17
50	BORUSZEWSKI Maciej	35		M3 40-49 lat	00:00:13	00:00:34	00:24:00	00:47:40
51	GÓRSKI Krzysztof	111		M3 40-49 lat	00:00:13	00:00:33	00:25:13	00:51:42
52	DERESZEWSKI Piotr	64	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:15	00:00:30	00:21:11	00:41:25
53	PUCHACZ Piotr	294	MPK	M3 40-49 lat	00:00:15	00:00:36	00:19:20	00:38:45
54	MOSUR Kamil	242		M3 40-49 lat	00:00:15	00:00:30	00:21:05	00:41:25
55	OLSZANKA Arkadiusz	266		M3 40-49 lat	00:00:15	00:00:30	00:21:10	00:41:55
56	SOCHACKI Mariusz	332		M3 40-49 lat	00:00:15	00:00:32	00:23:25	00:47:13
57	ŚMIETAŃSKI Piotr	459	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:16	00:00:29	00:19:34	00:38:50
58	STEMPEL Tomasz	341	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	00:00:16	00:00:31	00:21:29	00:43:26
59	BARTNIK Rafał	24		M3 40-49 lat	00:00:16	00:00:31	00:22:30	00:46:12
60	OCZKOWSKI Mateusz	264	GRUPA BIEGOWA CHTMO	M3 40-49 lat	00:00:17	00:00:34	00:18:44	00:36:48
61	GRACZYK Roman	112		M3 40-49 lat	00:00:18	00:00:38	00:26:09	00:53:11
62	SZACHNA Piotr	354	EKOBIEGI	M3 40-49 lat	00:00:18	00:00:36	00:22:45	00:42:49
63	RUSIN Bartosz	310	KS STASZEWSCY	M3 40-49 lat	00:00:18	00:00:34	00:22:18	00:45:11
64	JAROŃ Jarosław	133	KOKOSZKA36TEAM	M3 40-49 lat	00:00:18	00:00:35	00:22:59	00:46:13
65	CIEŚLIŃSKI Dariusz	52	DARIOS	M3 40-49 lat	00:00:18	00:00:37	00:24:24	00:50:19
66	KOŁODZIEJCZYK Krzysztof	170	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:19	00:00:36	00:19:31	00:40:26
67	GOLIASZ Paweł	102	BIEGAM I JUŻ	M3 40-49 lat	00:00:19	00:00:32	00:21:09	00:42:52
68	TODORSKI Tomasz	375		M3 40-49 lat	00:00:19	00:00:33	00:23:07	00:45:28
69	MĘDEL Cezary	230		M3 40-49 lat	00:00:19	00:00:37	00:24:11	00:47:48
70	OLESIAK Arkadiusz	265	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:19	00:00:37	00:24:36	00:48:13
71	ŁĘCKI Tomasz	211		M3 40-49 lat	00:00:20	00:00:32	00:23:06	00:47:00
72	SYGOCKI Konrad	352	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:19:25	00:38:56
73	KUBAN Sebastian	193		M3 40-49 lat	00:00:20	00:00:33	00:20:50	00:41:22
74	PAZIEWSKI Andrzej	281	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:22:05	00:43:37
75	JABŁONKA Radosław	128	DZIADY OCR	M3 40-49 lat	00:00:20	00:00:34	00:23:04	00:46:14
76	NOSARZEWSKI Mariusz	254		M3 40-49 lat	00:00:20	00:00:37	00:24:10	00:48:16
77	CAŁKA Marek	480		M3 40-49 lat	00:00:21	00:00:35	00:20:56	00:41:37
78	SUTUŁA Dariusz	350	BIEGAM BO LUBIĘ ZĄBK I TEAM	M3 40-49 lat	00:00:21	00:00:33	00:21:00	00:41:31

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
79	WACH Michał	387	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:22	00:00:36	00:23:12	00:45:38
80	FRĄCKIEWICZ Dariusz	86	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:21:05	00:42:19
81	CZAJKOWSKI Marek	58	---	M3 40-49 lat	00:00:23	00:00:35	00:21:50	00:42:58
82	PIOTROWSKI Artur	521	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:23	00:00:35	00:21:06	00:42:58
83	KSENIAK Szymon	191		M3 40-49 lat	00:00:23	00:00:34	00:22:40	00:45:08
84	CHOJNOWSKI Andrzej	47	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:24:23	00:48:03
85	KOZIATEK Mariusz	186		M3 40-49 lat	00:00:23	00:00:36	00:24:54	00:48:55
86	BOJAR Paweł	33		M3 40-49 lat	00:00:23	00:00:36	00:25:21	00:50:01
87	BYSTRY Grzegorz	41	KS LENIWIEC	M3 40-49 lat	00:00:24	00:00:30	00:20:30	00:40:37
88	ŁUBIŃSKI Krzysztof	495		M3 40-49 lat	00:00:24	00:00:35	00:20:35	00:40:59
89	ŁATKOWSKI Łukasz	209	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:24	00:00:34	00:21:37	00:42:18
90	BIAŁOKOS Kamil	29	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:25	00:00:35	00:21:38	00:42:18
91	CZAJKOWSKI Marcin	59	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	00:00:25	00:00:37	00:21:48	00:42:56
92	STRÓŻYK Piotrek	346		M3 40-49 lat	00:00:25	00:00:33	00:21:17	00:42:20
93	WYSOCKI Robert	408	GRUPA BIEGOWA UM WA-WA	M3 40-49 lat	00:00:25	00:00:35	00:22:35	00:45:06
94	WIŚNIEWSKI Tomasz	403	KPMG RUNNING TEAM	M3 40-49 lat	00:00:25	00:00:34	00:23:09	00:45:48
95	OCHAB Janusz	261		M3 40-49 lat	00:00:26	00:00:35	00:22:37	00:44:38
96	KARWOWSKA Mariusz	156	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:26	00:00:35	00:24:24	00:48:25
97	KUFLOWSKI Artur	199	JW.3411	M3 40-49 lat	00:00:28	00:00:37	00:22:52	00:45:22
98	BIDZINSKI Krzysztof	31	LEBIEGI	M3 40-49 lat	00:00:29	00:00:38	00:25:14	00:50:35
99	WIERBIŁOWICZ Dariusz	397		M3 40-49 lat	00:00:30	00:00:34	00:22:33	00:44:54
100	ZARĘBA Jarosław	410		M3 40-49 lat	00:00:30	00:00:37	00:25:14	00:50:47
101	SZYMAŃSKI Robert	366	KREWKI URSYNÓW HDK	M3 40-49 lat	00:00:31	00:00:32	00:21:42	00:43:39
102	SOBCZAK Bogusław	457	M.I.L.A - MASTERS IWICZNA LIFE ATHLETICS	M3 40-49 lat	00:00:31	00:00:33	00:21:53	00:43:51
103	ZWOLIŃSKI Grzegorz	422	REEBOK RUN CREW	M3 40-49 lat	00:00:31	00:00:34	00:23:11	00:45:53
104	KULAK Paweł	200		M3 40-49 lat	00:00:31	00:00:38	00:26:49	00:54:03
105	FIRYSIUK Tomasz	84		M3 40-49 lat	00:00:32	00:00:38	00:22:11	00:43:19
106	MILANIAK Bogdan	446		M3 40-49 lat	00:00:32	00:00:37	00:22:06	00:44:08
107	KAROLAK Rafał	155	STOMILEX	M3 40-49 lat	00:00:33	00:00:37	00:21:09	00:42:27
108	RESZCZYK Marcin	302		M3 40-49 lat	00:00:33	00:00:33	00:19:56	00:39:17
109	GAJEWSKI Mariusz	90		M3 40-49 lat	00:00:33	00:00:35	00:20:49	00:42:34
110	KRÓLIK Tomasz	188		M3 40-49 lat	00:00:33	00:00:35	00:25:36	00:50:45
111	ROKITA Andrzej	304		M3 40-49 lat	00:00:34	00:00:35	00:21:46	00:42:36
112	WYDRA Mariusz	469		M3 40-49 lat	00:00:34	00:00:37	00:22:11	00:43:02
113	ZRAZEK Piotr	421		M3 40-49 lat	00:00:34	00:00:39	00:21:37	00:43:20
114	ŁUCZAK Piotr	214	PKO BANK POLSKI	M3 40-49 lat	00:00:34	00:00:39	00:28:50	00:58:21
115	SZELĄG Tomasz	360	MKB DREPTAK	M3 40-49 lat	00:00:35	00:00:34	00:21:42	00:43:40
116	GÓRECKI Rajmund	109		M3 40-49 lat	00:00:36	00:00:36	00:23:19	00:46:27
117	REGUCKI Ryszard	301		M3 40-49 lat	00:00:36	00:00:31	00:24:34	00:49:42
118	KULIK Karol	539		M3 40-49 lat	00:00:37	00:00:37	00:25:09	00:48:20
119	PIETRAS Tomasz	285	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:38	00:00:38	00:24:38	
120	BAJOREK Jacek	19	MARKOWI BIEGACZE	M3 40-49 lat	00:00:38	00:00:37	00:28:05	
121	BRONISZEWSKI Jakub	477		M3 40-49 lat	00:00:40	00:00:36	00:22:23	00:44:54
122	ŁUKASIEWICZ Robert	216	KOKOSZKA36TEAM	M3 40-49 lat	00:00:40	00:00:36	00:28:18	00:58:05
123	FIJALŃKOWSKI Michał	81	PO PROSTU MY	M3 40-49 lat	00:00:42	00:00:38	00:26:39	00:51:40
124	KWIATKOWSKI Tomasz	204		M3 40-49 lat	00:00:43	00:00:37	00:22:43	00:45:31

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
125	GÓRECKI Krzysztof	110		M3 40-49 lat	00:00:43	00:00:38	00:23:06	00:45:40
126	PAWEŁEK Krzysztof	279	PO PROSTU MY	M3 40-49 lat	00:00:43	00:00:37	00:28:14	00:57:07
127	NASKRĘT Mariusz	247		M3 40-49 lat	00:00:45	00:00:39	00:32:16	01:05:01
128	CIERNIAK Michał	50	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:46	00:00:36	00:25:02	00:49:14
129	DŁUŻNIEWSKI Tomasz	66		M3 40-49 lat	00:00:46	00:00:37	00:26:56	00:53:57
130	PISAREK Norbert	289		M3 40-49 lat	00:00:49	00:00:35	00:22:16	00:43:34
131	NIEDZIELA Dominik	249		M3 40-49 lat	00:00:50	00:00:37	00:24:28	00:47:14
132	SIKORSKI Michał	535	EKO BIEGI	M3 40-49 lat	00:00:51	00:00:37	00:26:32	00:52:51
133	SĄGOL Sylwester	316		M3 40-49 lat	00:00:52	00:00:33	00:21:52	00:43:21
134	PARADOWSKI Andrzej	275		M3 40-49 lat	00:00:52	00:00:33	00:23:31	00:47:04
135	DOBOSZ Marek	67		M3 40-49 lat	00:00:55	00:00:36	00:31:31	01:05:13
	JÓZWIK Robert	142	HARX TEAM	M3 40-49 lat	DNF	00:00:36 DNF	00:24:17 DNF	DNF
	TYBURC Paweł	548		M3 40-49 lat	DNF	01:09:11 DNF	DNF	DNF

Znaleziono 137 wynik(ów)