

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2021-12-12
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M3 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIERZ Sylwester	214	MARKOWI BIEGACZE	M3 40-49 lat	1	00:00:01	00:17:17	00:34:46	00:52:44.90	00:52:46.45		4:03	14.8 (100%)
2	KRZEMPEK Aleksander	205	BIEGANIEPO40.PL	M3 40-49 lat	2	00:00:02	00:17:46	00:36:07	00:54:41.15	00:54:43.15	+00:01:56 (3.5%)	4:12	14.3 (96.6%)
3	GOZDEK Radek	135	BIEGANIEPO40.PL	M3 40-49 lat	3	00:00:02	00:18:48	00:37:41	00:57:01.65	00:57:03.70	+00:04:16 (7.5%)	4:23	13.7 (92.6%)
4	GRYGO Paweł	143	GRYGO TEAM	M3 40-49 lat	4	00:00:03	00:18:48	00:38:00	00:57:34.40	00:57:37.80	+00:04:49 (8.4%)	4:25	13.5 (91.2%)
5	ANUSIEWICZ Robert	17	-	M3 40-49 lat	5	00:00:27	00:19:24	00:38:50	00:58:57.80	00:59:25.50	+00:06:12 (10.5%)	4:32	13.2 (89.2%)
6	MIOTK Marcin	252	MIOTK.PL	M3 40-49 lat	6	00:00:02	00:19:00	00:39:00	00:59:14.15	00:59:16.35	+00:06:29 (11.0%)	4:33	13.2 (89.2%)
7	MIELCZAREK Krzysztof	468	BIEGAM NA TARCHOMINIE	M3 40-49 lat	7	00:00:03	00:19:22	00:39:18	00:59:50.50	00:59:53.50	+00:07:05 (11.9%)	4:36	13 (87.8%)
8	RADZIKOWSKI Andrzej	304		M3 40-49 lat	8	00:00:04	00:19:59	00:39:51	01:00:19.45	01:00:23.45	+00:07:34 (12.6%)	4:38	12.9 (87.2%)
9	ZYCH Mariusz	426	BIEGAJ POD OKIEM TRENERA	M3 40-49 lat	9	00:00:04	00:19:25	00:39:44	01:00:19.95	01:00:24.40	+00:07:35 (12.6%)	4:38	12.9 (87.2%)
10	KAMIŃSKI Paweł	447	BIEGANIEPO40.PL	M3 40-49 lat	10	00:00:06	00:19:57	00:40:22	01:00:49.45	01:00:56.00	+00:08:04 (13.3%)	4:40	12.8 (86.5%)
11	BISOWSKI Mariusz	46	A NA CO TO KOMU POTRZEBNE	M3 40-49 lat	11	00:00:07	00:20:14	00:40:49	01:01:05.35	01:01:13.20	+00:08:20 (13.7%)	4:41	12.8 (86.5%)
12	BIAŁEK Piotr	39	3BRO - ZK BARCZEWO	M3 40-49 lat	12	00:00:03	00:20:15	00:40:37	01:01:14.40	01:01:18.30	+00:08:29 (13.9%)	4:42	12.7 (85.8%)
13	CHRAPEK Janusz	70	ROSSMANN	M3 40-49 lat	13	00:00:06	00:20:48	00:41:32	01:02:12.60	01:02:18.90	+00:09:27 (15.2%)	4:47	12.5 (84.5%)
14	GAJEK Ireneusz	118		M3 40-49 lat	14	00:00:05	00:21:06	00:41:54	01:02:41.60	01:02:47.55	+00:09:56 (15.9%)	4:49	12.4 (83.8%)
15	STRADOMSKI Artur	350	MARKOWI BIEGACZE	M3 40-49 lat	15	00:00:05	00:20:45	00:41:46	01:02:54.40	01:02:59.50	+00:10:09 (16.1%)	4:50	12.4 (83.8%)
16	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	16	00:00:05	00:21:10	00:42:06	01:03:25.80	01:03:30.85	+00:10:40 (16.8%)	4:52	12.3 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	BARANOWSKI Jacek	482		M3 40-49 lat	17	00:00:03	00:20:33	00:41:57	01:03:47.45	01:03:50.95	+00:11:02 (17.3%)	4:54	12.2 (82.4%)
18	SOBOLEWSKI Jakub	465	BRACTWO BIEGOWE BGK	M3 40-49 lat	18	00:00:20	00:21:17	00:43:03	01:04:24.10	01:04:45.05	+00:11:39 (18.1%)	4:57	12.1 (81.8%)
19	OSTAPIŃSKI Wojtek	283	OSTRESROKI	M3 40-49 lat	19	00:00:12	00:22:25	00:44:14	01:05:37.95	01:05:50.65	+00:12:53 (19.6%)	5:02	11.9 (80.4%)
20	TOMASZEK Robert	373		M3 40-49 lat	20	00:00:04	00:21:10	00:43:00	01:05:45.75	01:05:49.75	+00:13:00 (19.8%)	5:03	11.9 (80.4%)
21	STĘPIEŃ Adam	347	ANANASY	M3 40-49 lat	21	00:00:05	00:21:29	00:43:17	01:05:48.40	01:05:54.10	+00:13:03 (19.8%)	5:03	11.9 (80.4%)
22	JUTKIEWICZ Marcin	168	OBIEGANIU.PL	M3 40-49 lat	22	00:00:12	00:22:25	00:44:05	01:06:20.20	01:06:32.90	+00:13:35 (20.5%)	5:06	11.8 (79.7%)
23	MANELSKI Artur	80	DKŻ	M3 40-49 lat	23	00:00:28	00:23:21	00:45:17	01:06:44.45	01:07:13.40	+00:13:59 (21.0%)	5:08	11.7 (79.1%)
24	DOMAŃSKI Błażej	464	TRICLUB	M3 40-49 lat	24	00:00:09	00:22:52	00:45:00	01:07:11.00	01:07:20.70	+00:14:26 (21.5%)	5:10	11.6 (78.4%)
25	MIELCZAREK Marek	476		M3 40-49 lat	25	00:00:05	00:22:31	00:44:50	01:07:29.20	01:07:35.00	+00:14:44 (21.8%)	5:11	11.6 (78.4%)
26	TOMCZAK Marcin	375		M3 40-49 lat	26	00:00:05	00:22:27	00:44:53	01:07:31.70	01:07:36.75	+00:14:46 (21.9%)	5:11	11.6 (78.4%)
27	CZERWIEC Andrzej	87		M3 40-49 lat	27	00:00:21	00:22:11	00:44:26	01:08:16.30	01:08:37.60	+00:15:31 (22.7%)	5:15	11.4 (77.0%)
28	KŁĄB Jacek	182		M3 40-49 lat	28	00:00:14	00:23:04	00:45:39	01:08:27.65	01:08:42.60	+00:15:42 (23.0%)	5:15	11.4 (77.0%)
29	BIEDKA Robert	472		M3 40-49 lat	29	00:00:27	00:23:43	00:46:16	01:08:45.50	01:09:12.70	+00:16:00 (23.3%)	5:17	11.3 (76.4%)
30	KACZUR Marcin	487		M3 40-49 lat	30	00:01:02	00:23:44	00:46:04	01:08:48.25	01:09:50.90	+00:16:03 (23.3%)	5:17	11.3 (76.4%)
31	ZIOMEK Marek	420		M3 40-49 lat	31	00:00:07	00:21:52	00:44:58	01:09:02.35	01:09:09.85	+00:16:17 (23.6%)	5:18	11.3 (76.4%)
32	ZDUNEK Michał	413		M3 40-49 lat	32	00:00:14	00:22:54	00:46:09	01:09:10.45	01:09:24.95	+00:16:25 (23.7%)	5:19	11.3 (76.4%)
33	PĘDZISZ Michał	291	AKTYWNA WARSZAWA	M3 40-49 lat	33	00:00:23	00:23:34	00:46:22	01:09:19.65	01:09:43.45	+00:16:34 (23.9%)	5:19	11.3 (76.4%)
34	SOBOTA Artur	339	DECOARTY.PL	M3 40-49 lat	34	00:00:31	00:23:11	00:46:15	01:09:48.30	01:10:19.95	+00:17:03 (24.4%)	5:22	11.2 (75.7%)
35	WOŹNIAK Tomasz	440	ŻOLIBER	M3 40-49 lat	35	00:00:06	00:22:08	00:45:36	01:09:53.55	01:10:00.10	+00:17:08 (24.5%)	5:22	11.2 (75.7%)
36	JAWORSKI Piotr	2	MARKOWI BIEGACZE	M3 40-49 lat	36	00:00:07	00:22:27	00:45:56	01:09:53.75	01:10:01.30	+00:17:08 (24.5%)	5:22	11.2 (75.7%)
37	SZYMANIK Paweł	364		M3 40-49 lat	37	00:00:23	00:23:14	00:46:14	01:10:07.95	01:10:31.65	+00:17:23 (24.8%)	5:23	11.1 (75.0%)
38	NACHAJ Krzysztof	260		M3 40-49 lat	38	00:00:58	00:24:44	00:47:57	01:11:08.80	01:12:06.80	+00:18:23 (25.9%)	5:28	11 (74.3%)
39	CHODKOWSKI Krzysztof	65		M3 40-49 lat	39	00:00:39	00:25:17	00:48:35	01:11:12.75	01:11:51.80	+00:18:27 (25.9%)	5:28	11 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
40	KISIEL Artur	180		M3 40-49 lat	40	00:00:38	00:23:50	00:47:29	01:11:37.60	01:12:16.10	+00:18:52 (26.4%)	5:30	10.9 (73.6%)
41	ŁUBIAN Michał	431	BLUESOFT	M3 40-49 lat	41	00:00:18	00:23:43	00:47:50	01:12:20.30	01:12:38.80	+00:19:35 (27.1%)	5:33	10.8 (73.0%)
42	CNOTA Maciej	456		M3 40-49 lat	42	00:01:46	00:25:05	00:48:52	01:12:42.50	01:14:29.10	+00:19:57 (27.5%)	5:35	10.7 (72.3%)
43	RUSZCZAK Tomasz	498	LEVEL X	M3 40-49 lat	43	00:01:06	00:25:41	00:50:01	01:13:18.95	01:14:25.80	+00:20:34 (28.1%)	5:38	10.6 (71.6%)
44	ORŁOWSKI Krzysztof	279	WARSZAWA PARKRUN BRÓDNO	M3 40-49 lat	44	00:00:06	00:24:11	00:48:40	01:13:19.05	01:13:25.95	+00:20:34 (28.1%)	5:38	10.6 (71.6%)
45	PROKOPIUK Grzegorz	295	SZWAGRY DWA	M3 40-49 lat	45	00:00:52	00:24:42	00:49:01	01:13:22.25	01:14:14.80	+00:20:37 (28.1%)	5:38	10.6 (71.6%)
46	KAZIMIERCZAK Grzegorz	495		M3 40-49 lat	46	00:01:06	00:25:41	00:50:01	01:13:27.10	01:14:33.70	+00:20:42 (28.2%)	5:39	10.6 (71.6%)
47	CIESIELSKI Marcin	441	WARSAW RUN CLUB	M3 40-49 lat	47	00:00:07	00:24:20	00:48:43	01:13:37.25	01:13:44.30	+00:20:52 (28.4%)	5:39	10.6 (71.6%)
48	LENDZION Jarosław	218	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	48	00:01:04	00:25:28	00:50:03	01:13:55.90	01:14:59.95	+00:21:11 (28.7%)	5:41	10.6 (71.6%)
49	KORKOSZ Andrzej	192		M3 40-49 lat	49	00:00:10	00:24:17	00:49:28	01:14:02.05	01:14:12.75	+00:21:17 (28.8%)	5:41	10.5 (70.9%)
50	RUDNIK Jarosław	314		M3 40-49 lat	50	00:00:19	00:24:45	00:49:07	01:14:02.25	01:14:22.05	+00:21:17 (28.8%)	5:41	10.5 (70.9%)
51	SOSZYŃSKI Piotr	342	INDOORY URSUS	M3 40-49 lat	51	00:00:10	00:24:28	00:49:34	01:14:16.85	01:14:26.95	+00:21:31 (29.0%)	5:42	10.5 (70.9%)
52	KUCHTA Pawel	208		M3 40-49 lat	52	00:00:37	00:25:42	00:50:01	01:14:52.00	01:15:29.00	+00:22:07 (29.5%)	5:45	10.4 (70.3%)
53	DROŹDZIEL Mariusz	98		M3 40-49 lat	53	00:00:25	00:25:01	00:50:01	01:15:09.95	01:15:35.55	+00:22:25 (29.8%)	5:46	10.4 (70.3%)
54	OLSZANKA Arkadiusz	277		M3 40-49 lat	54	00:01:11	00:25:24	00:50:43	01:15:39.90	01:16:51.65	+00:22:55 (30.3%)	5:49	10.3 (69.6%)
55	GAJEWSKI Mariusz	119		M3 40-49 lat	55	00:00:51	00:25:39	00:51:17	01:16:24.65	01:17:16.25	+00:23:39 (31.0%)	5:52	10.2 (68.9%)
56	KOĆ Marcin	184	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:42	00:26:03	00:51:13	01:16:25.15	01:17:07.20	+00:23:40 (31.0%)	5:52	10.2 (68.9%)
57	ZAMBROWSKI Sławomir	409		M3 40-49 lat	57	00:01:15	00:27:19	00:52:02	01:16:55.30	01:18:10.70	+00:24:10 (31.4%)	5:55	10.1 (68.2%)
58	GAWLIK Arkadiusz	123	BIEGAM NA TARCHOMINIE	M3 40-49 lat	58	00:00:35	00:25:42	00:51:31	01:17:04.20	01:17:39.40	+00:24:19 (31.6%)	5:55	10.1 (68.2%)
59	FIRYSIUK Tomasz	114		M3 40-49 lat	59	00:00:22	00:26:02	00:51:46	01:17:10.45	01:17:33.40	+00:24:25 (31.7%)	5:56	10.1 (68.2%)
60	FRĄCKIEWICZ Dariusz	116	BIEGAM NA TARCHOMINIE	M3 40-49 lat	60	00:00:35	00:24:59	00:50:34	01:17:19.25	01:17:54.85	+00:24:34 (31.8%)	5:56	10.1 (68.2%)
61	GRZEJDZIAK Igor	145	NAPRZÓD MŁOCINY	M3 40-49 lat	61	00:00:37	00:25:24	00:51:08	01:17:30.80	01:18:08.55	+00:24:45 (31.9%)	5:57	10.1 (68.2%)
62	PAZIEWSKI Andrzej	290	BIEGAM NA TARCHOMINIE	M3 40-49 lat	62	00:00:41	00:26:05	00:51:40	01:17:37.00	01:18:18.75	+00:24:52 (32.0%)	5:58	10 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
63	KULIK Tomasz	212		M3 40-49 lat	63	00:01:21	00:27:47	00:52:51	01:17:56.15	01:19:18.00	+00:25:11 (32.3%)	5:59	10 (67.6%)
64	BINIEK Adam	44	MORSY ZIELONKA	M3 40-49 lat	64	00:01:18	00:27:56	00:52:58	01:17:56.95	01:19:15.20	+00:25:12 (32.3%)	5:59	10 (67.6%)
65	NOGAL Robert	266	INDOORY URSUS	M3 40-49 lat	65	00:00:10	00:25:39	00:51:47	01:18:16.55	01:18:26.80	+00:25:31 (32.6%)	6:01	10 (67.6%)
66	SZYMAŃSKI Arkadiusz	365		M3 40-49 lat	66	00:01:23	00:29:53	00:54:35	01:18:18.00	01:19:41.20	+00:25:33 (32.6%)	6:01	10 (67.6%)
67	BORUSZEWSKI Maciej	51		M3 40-49 lat	67	00:00:08	00:26:09	00:52:05	01:18:22.05	01:18:30.85	+00:25:37 (32.7%)	6:01	10 (67.6%)
68	CIBORSKI Jakub	461		M3 40-49 lat	68	00:00:43	00:25:21	00:51:27	01:18:50.00	01:19:33.55	+00:26:05 (33.1%)	6:03	9.9 (66.9%)
69	KOPER Sebastian	190	CARREFOUR RUNNING TEAM	M3 40-49 lat	69	00:00:31	00:25:32	00:52:01	01:19:14.35	01:19:45.45	+00:26:29 (33.4%)	6:05	9.8 (66.2%)
70	POTRZEBOWSKI Dominik	293	MARKOWI BIEGACZE	M3 40-49 lat	70	00:00:16	00:25:33	00:52:12	01:20:06.15	01:20:22.20	+00:27:21 (34.1%)	6:09	9.7 (65.5%)
71	STRÓŻYK Piotrek	351		M3 40-49 lat	71	00:01:18	00:29:52	00:55:16	01:20:20.90	01:21:39.75	+00:27:36 (34.4%)	6:10	9.7 (65.5%)
72	KRĘGIEL Sebastian	324		M3 40-49 lat	72	00:00:00	00:26:50	00:53:40	01:20:30.00	01:20:30.00	+00:27:45 (34.5%)	6:11	9.7 (65.5%)
73	BARTNIK Rafał	31	ZABIEGANY WOŁOMIN	M3 40-49 lat	73	00:01:08	00:27:23	00:53:40	01:20:55.25	01:22:04.00	+00:28:10 (34.8%)	6:13	9.6 (64.9%)
74	GRAD Tomasz	139	MARKOWI BIEGACZE	M3 40-49 lat	74	00:00:31	00:27:28	00:54:14	01:21:25.30	01:21:57.10	+00:28:40 (35.2%)	6:15	9.6 (64.9%)
75	DOMINIAK Zbigniew	96	BEZPRĄDOWY KLUB BIEGOWY	M3 40-49 lat	75	00:00:16	00:26:19	00:54:00	01:22:20.00	01:22:36.65	+00:29:35 (35.9%)	6:20	9.5 (64.2%)
76	DZIEWULSKI Tomasz	107	ZIELONKA BIEGA	M3 40-49 lat	76	00:00:20	00:26:28	00:53:36	01:22:22.60	01:22:43.35	+00:29:37 (36.0%)	6:20	9.5 (64.2%)
77	SKLEPOWICZ Jacek	333		M3 40-49 lat	77	00:00:37	00:29:27	00:56:20	01:22:36.50	01:23:13.80	+00:29:51 (36.1%)	6:21	9.4 (63.5%)
78	JÓZWIK Robert	166	HARX TEAM	M3 40-49 lat	78	00:00:22	00:27:21	00:55:01	01:22:38.05	01:23:00.65	+00:29:53 (36.2%)	6:21	9.4 (63.5%)
79	BANASIAK Mirosław	25		M3 40-49 lat	79	00:00:56	00:27:51	00:55:28	01:23:04.00	01:24:00.70	+00:30:19 (36.5%)	6:23	9.4 (63.5%)
80	SZCZERBICKI Rafał	355	WARSAW RUN CLUB	M3 40-49 lat	80	00:01:06	00:29:48	00:57:08	01:23:09.15	01:24:15.95	+00:30:24 (36.6%)	6:23	9.4 (63.5%)
81	SOCHACKI Mariusz	340		M3 40-49 lat	81	00:00:15	00:26:34	00:54:23	01:23:18.20	01:23:34.15	+00:30:33 (36.7%)	6:24	9.4 (63.5%)
82	GRZESZCZYK Michał	146	EKOBIEGI	M3 40-49 lat	82	00:01:24	00:28:41	00:55:50	01:23:22.05	01:24:47.00	+00:30:37 (36.7%)	6:24	9.4 (63.5%)
83	WALESIUŁ Piotr	385		M3 40-49 lat	83	00:00:50	00:30:27	00:58:48	01:23:54.60	01:24:45.00	+00:31:09 (37.1%)	6:27	9.3 (62.8%)
84	ZRAZEK Piotr	422		M3 40-49 lat	84	00:00:45	00:27:44	00:55:00	01:24:00.60	01:24:46.30	+00:31:15 (37.2%)	6:27	9.3 (62.8%)
85	DERESZEWSKI Piotr	94	ZABIEGANY WOŁOMIN	M3 40-49 lat	85	00:01:09	00:29:56	00:56:34	01:24:36.10	01:25:45.85	+00:31:51 (37.7%)	6:30	9.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
86	STANISZEWSKI Rafał	344	TURBODZIKI	M3 40-49 lat	86	00:01:22	00:30:18	00:58:24	01:24:59.30	01:26:21.90	+00:32:14 (37.9%)	6:32	9.2 (62.2%)
87	JABŁONKA Radosław	157	DZIADY OCR	M3 40-49 lat	87	00:00:39	00:28:05	00:56:35	01:25:17.30	01:25:56.60	+00:32:32 (38.2%)	6:33	9.1 (61.5%)
88	GARBACZEWSKI Zbigniew	122		M3 40-49 lat	88	00:00:50	00:28:22	00:56:22	01:25:32.30	01:26:22.60	+00:32:47 (38.3%)	6:34	9.1 (61.5%)
89	NOSARZEWSKI Mariusz	267	GB PRESS TEAM	M3 40-49 lat	89	00:00:55	00:28:34	00:56:55	01:26:13.50	01:27:08.70	+00:33:28 (38.8%)	6:37	9 (60.8%)
90	CYBULSKI Grzegorz	78	NAJWIĘKSZA ARMIA ŚWIATA	M3 40-49 lat	90	00:01:00	00:29:43	00:58:03	01:26:17.45	01:27:18.15	+00:33:32 (38.9%)	6:38	9 (60.8%)
91	PAWEŁEK Krzysztof	287	MARKOWI BIEGACZE	M3 40-49 lat	91	00:00:32	00:29:13	00:57:33	01:26:53.45	01:27:26.30	+00:34:08 (39.3%)	6:41	9 (60.8%)
92	NADOBNIK Konrad	261	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	92	00:01:15	00:31:22	00:59:30	01:27:13.25	01:28:28.90	+00:34:28 (39.5%)	6:42	8.9 (60.1%)
93	JĘDRASZCZYK Maciej	164		M3 40-49 lat	93	00:00:53	00:30:24	00:58:40	01:27:55.75	01:28:48.80	+00:35:10 (40.0%)	6:45	8.9 (60.1%)
94	MICHALSKI Maciej	439	ALBERCIK TEAM	M3 40-49 lat	94	00:01:27	00:31:59	00:59:36	01:28:02.65	01:29:30.00	+00:35:17 (40.1%)	6:46	8.9 (60.1%)
95	JARMUŻEWSKI Adam	161	TIA	M3 40-49 lat	95	00:01:31	00:32:35	01:00:37	01:28:24.70	01:29:56.45	+00:35:39 (40.3%)	6:48	8.8 (59.5%)
96	KOWALIK Tomasz	199		M3 40-49 lat	96	00:00:08	00:27:52	00:57:48	01:28:44.15	01:28:52.30	+00:35:59 (40.6%)	6:49	8.8 (59.5%)
97	JAROŃ Jarosław	162	RUN DE GIRARD	M3 40-49 lat	97	00:00:26	00:29:46	00:58:25	01:29:02.25	01:29:28.85	+00:36:17 (40.8%)	6:50	8.8 (59.5%)
98	CZAJKOWSKI Rafał	83	EKOBIEGI	M3 40-49 lat	98	00:01:24	00:33:04	01:01:57	01:31:02.35	01:32:26.45	+00:38:17 (42.1%)	7:00	8.6 (58.1%)
99	KOŁOMAŃSKI Marek	188		M3 40-49 lat	99	00:01:24	00:33:05	01:01:57	01:31:02.65	01:32:27.00	+00:38:17 (42.1%)	7:00	8.6 (58.1%)
100	MATUSZEWSKI Robert	232		M3 40-49 lat	100	00:01:17	00:32:28	01:01:47	01:31:25.55	01:32:43.05	+00:38:40 (42.3%)	7:01	8.5 (57.4%)
101	BIAŁOKOS Kamil	40		M3 40-49 lat	101	00:01:07	00:32:50	01:02:16	01:32:02.15	01:33:09.85	+00:39:17 (42.7%)	7:04	8.5 (57.4%)
102	GROCHOWSKI Marcin	331		M3 40-49 lat	102	00:00:19	00:29:54	01:00:58	01:32:40.65	01:33:00.50	+00:39:55 (43.1%)	7:07	8.4 (56.8%)
103	BASIŃSKI Paweł	76		M3 40-49 lat	103	00:00:43	00:30:35	01:00:15	01:32:40.80	01:33:24.40	+00:39:55 (43.1%)	7:07	8.4 (56.8%)
104	CZARTORYSKI Krystian	85		M3 40-49 lat	104	00:01:05	00:32:52	01:01:57	01:32:54.75	01:34:00.60	+00:40:09 (43.2%)	7:08	8.4 (56.8%)
105	BUCZEK Piotr	55		M3 40-49 lat	105	00:00:21	00:32:28	01:02:37	01:33:56.40	01:34:17.95	+00:41:11 (43.8%)	7:13	8.3 (56.1%)
106	ŁUCZAK Piotr	225	PKO BANK POLSKI	M3 40-49 lat	106	00:00:39	00:30:32	01:02:12	01:34:36.65	01:35:16.55	+00:41:51 (44.2%)	7:16	8.2 (55.4%)
107	RUSIN Bartosz	316		M3 40-49 lat	107	00:01:13	00:32:56	01:04:14	01:35:42.00	01:36:55.35	+00:42:57 (44.9%)	7:21	8.2 (55.4%)
108	PIKULSKI Marek	454	SW	M3 40-49 lat	108	00:00:20	00:30:53	01:03:25	01:36:15.45	01:36:36.40	+00:43:30 (45.2%)	7:24	8.1 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
109	BERNAT Sebastian	38	STARE WILKI	M3 40-49 lat	109	00:01:35	00:33:29	01:04:29	01:36:45.50	01:38:20.50	+00:44:00 (45.5%)	7:26	8.1 (54.7%)
110	LOZOWSKI Robert	221		M3 40-49 lat	110	00:01:41	00:32:41	01:04:26	01:37:47.55	01:39:29.05	+00:45:02 (46.1%)	7:31	8 (54.1%)
111	TYBURC Paweł	19	ACHILLES BIAŁOŁĘKA	M3 40-49 lat	111	00:00:12	00:31:03	01:03:43	01:39:20.90	01:39:33.70	+00:46:36 (46.9%)	7:38	7.9 (53.4%)
112	GÓRZYŃSKI Janusz	138	BESTIE OCR LEGIONOWO	M3 40-49 lat	112	00:01:33	00:32:22	01:03:41	01:39:36.30	01:41:09.75	+00:46:51 (47.0%)	7:39	7.8 (52.7%)
113	JANKOWSKI Tomasz	496		M3 40-49 lat	113	00:01:36	00:34:30	01:07:07	01:40:58.40	01:42:35.15	+00:48:13 (47.8%)	7:46	7.7 (52.0%)
114	ZATYLNÝ Tomasz	411		M3 40-49 lat	114	00:01:30	00:33:02	01:05:30	01:42:14.80	01:43:45.00	+00:49:29 (48.4%)	7:51	7.6 (51.4%)
115	LACH Marcin	216		M3 40-49 lat	115	00:01:30	00:34:55	01:10:29	01:48:01.00	01:49:31.15	+00:55:16 (51.2%)	8:18	7.2 (48.6%)
116	ŁUKASIEWICZ Robert	226	KOKOSZKA36TEAM	M3 40-49 lat	116	00:00:53	00:34:02	01:11:31	01:50:41.90	01:51:35.10	+00:57:57 (52.3%)	8:30	7 (47.3%)
117	KOZŁOWSKI Witold	202		M3 40-49 lat	117	00:01:21	00:35:24	01:17:41	01:52:25.20	01:53:46.65	+00:59:40 (53.1%)	8:38	6.9 (46.6%)
118	CISZEWSKI Krzysztof	74		M3 40-49 lat	118	00:00:16	00:22:44	00:44:43			+00:09:57	5:08	11.7 (79.1%)
119	CYRUK Tomasz	79		M3 40-49 lat	119	00:00:50	00:30:27	00:58:48			+00:24:02	6:45	8.9 (60.1%)
120	RUPIK Piotr	315		M3 40-49 lat	120	00:00:26	00:31:23	01:02:33			+00:27:47	7:11	8.3 (56.1%)
121	ZWOLIŃSKI Grzegorz	425		M3 40-49 lat	121	00:00:05	00:29:52	01:03:03			+00:28:17	7:14	8.3 (56.1%)
122	MĘDEL Cezary	237		M3 40-49 lat	122	00:00:49	00:32:46	01:03:54			+00:29:08	7:20	8.2 (55.4%)
123	HEBDA Bartłomiej	150		M3 40-49 lat	123	00:00:00	00:37:06	01:11:26			+	8:12	7.3 (49.3%)
124	CHARLEJ Ireneusz	60	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	124	00:00:09	00:25:22				+00:08:05	5:45	10.4 (70.3%)
125	SUCHODOLSKI Mariusz	352		M3 40-49 lat	125	00:00:47	00:29:46				+00:12:29	6:45	8.9 (60.1%)
126	MRÓZ Sebastian	257		M3 40-49 lat	126	00:01:12	00:30:04				+00:12:47	6:49	8.8 (59.5%)
127	BAJOREK Jacek	21		M3 40-49 lat	127	00:00:47	00:34:32				+00:17:15	7:50	7.6 (51.4%)
128	GIERANOWSKI Marcin	126	GIERAN	M3 40-49 lat	128	00:00:17	00:36:17				+00:19:00	8:14	7.3 (49.3%)
129	KUCICKI Krzysztof	209		M3 40-49 lat	129	00:01:27	00:36:26				+00:19:09	8:16	7.2 (48.6%)
130	NASKRĘT Mariusz	263		M3 40-49 lat	130	00:00:54	00:39:40				+00:22:23	9:00	6.7 (45.3%)
131	REGUCKI Ryszard Regucki	306		M3 40-49 lat	131	00:00:00	01:36:44				+	21:59	2.7 (18.2%)

Znaleziono 131 wynik(ów)