

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: M4 50-59

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	WÓJCIK Dariusz	435	OK!SPORT	M4 50-59	1	00:00:04	00:18:59	00:38:32	00:58:41.40	00:58:45.85		4:30	13.3 (100%)
2	ZIÓŁKOWSKI Jacek	421		M4 50-59	2	00:00:02	00:20:17	00:40:49	01:01:13.15	01:01:15.55	+00:02:31 (4.1%)	4:42	12.7 (95.5%)
3	BRALEWSKI Tomasz	52	BOCIAN KRIS BRAŃSZCZYK	M4 50-59	3	00:00:22	00:21:37	00:42:41	01:03:25.30	01:03:48.10	+00:04:43 (7.5%)	4:52	12.3 (92.5%)
4	WIECZOREK Michał	390		M4 50-59	4	00:00:32	00:22:28	00:44:37	01:06:47.95	01:07:20.05	+00:08:06 (12.1%)	5:08	11.7 (88.0%)
5	BARTCZAK Robert	30		M4 50-59	5	00:00:13	00:23:04	00:45:40	01:08:31.40	01:08:44.70	+00:09:50 (14.4%)	5:16	11.4 (85.7%)
6	KANIA Paweł	173	BIEGAM NA TARCHOMINIE	M4 50-59	6	00:00:40	00:22:56	00:45:51	01:08:40.80	01:09:21.40	+00:09:59 (14.5%)	5:16	11.4 (85.7%)
7	ŚWIERCZ Jacek	369	BYLEDOBIEC ANIN	M4 50-59	7	00:00:24	00:23:04	00:46:18	01:09:39.05	01:10:03.15	+00:10:57 (15.7%)	5:21	11.2 (84.2%)
8	SZPANOWSKI Marek	359	KAJ TA META TEAM	M4 50-59	8	00:00:32	00:24:02	00:47:27	01:10:57.10	01:11:29.35	+00:12:15 (17.3%)	5:27	11 (82.7%)
9	MICHALCZYK Artur	240		M4 50-59	9	00:00:11	00:23:27	00:47:40	01:11:47.95	01:11:59.90	+00:13:06 (18.3%)	5:31	10.9 (82.0%)
10	FILIPCZUK Dariusz	112		M4 50-59	10	00:00:25	00:24:32	00:48:27	01:12:24.75	01:12:50.35	+00:13:43 (19.0%)	5:34	10.8 (81.2%)
11	SZELAĞ Tomasz	356	MKB DREPTAK	M4 50-59	11	00:00:21	00:23:19	00:47:26	01:12:25.10	01:12:46.10	+00:13:43 (19.0%)	5:34	10.8 (81.2%)
12	MIĄSKO Wojciech	239	12TRI.PL	M4 50-59	12	00:01:41	00:25:55	00:50:24	01:14:16.95	01:15:58.10	+00:15:35 (21.0%)	5:42	10.5 (78.9%)
13	BARTOSZUK Sławomir	32		M4 50-59	13	00:01:10	00:26:12	00:51:22	01:17:00.65	01:18:11.60	+00:18:19 (23.8%)	5:55	10.1 (75.9%)
14	WILEŃSKI Zbigniew	392	GRUPA BIEGOWA UM W-WA	M4 50-59	14	00:00:49	00:26:04	00:51:23	01:17:10.45	01:18:00.40	+00:18:29 (24.0%)	5:56	10.1 (75.9%)
15	OLBRYŚ Stanisław Adam	275	KB LEGIONOWO	M4 50-59	15	00:00:04	00:24:33	00:51:25	01:17:18.25	01:17:22.70	+00:18:36 (24.1%)	5:56	10.1 (75.9%)
16	KOSMALA Dariusz	194		M4 50-59	16	00:00:22	00:26:12	00:52:09	01:17:59.15	01:18:22.00	+00:19:17 (24.7%)	5:59	10 (75.2%)

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17	CELIŃSKI Tomasz	59	TUPTUŚ OTWOCK	M4 50-59	17	00:00:18	00:29:09	00:54:29	01:18:25.55	01:18:44.10	+00:19:44 (25.2%)	6:01	9.9 (74.4%)
18	KONIECKI Tomasz	189		M4 50-59	18	00:00:15	00:25:43	00:51:54	01:18:30.65	01:18:45.65	+00:19:49 (25.2%)	6:02	9.9 (74.4%)
19	RADZIKOWSKI Franek	303		M4 50-59	19	00:00:24	00:25:35	00:51:20	01:21:16.90	01:21:41.80	+00:22:35 (27.8%)	6:15	9.6 (72.2%)
20	BAKUŁA Wiesław	22	WAMPIR	M4 50-59	20	00:00:42	00:26:35	00:53:17	01:21:30.10	01:22:12.30	+00:22:48 (28.0%)	6:16	9.6 (72.2%)
21	KORDEK Dariusz	191		M4 50-59	21	00:00:44	00:27:51	00:54:51	01:21:38.65	01:22:23.30	+00:22:57 (28.1%)	6:16	9.6 (72.2%)
22	GÓRAL Tadeusz	133	KKB	M4 50-59	22	00:00:22	00:28:21	00:56:00	01:22:11.50	01:22:33.65	+00:23:30 (28.6%)	6:19	9.5 (71.4%)
23	WALIGÓRSKI Krzysztof	386	MARKOWI BIEGACZE	M4 50-59	23	00:00:28	00:28:02	00:55:53	01:23:05.90	01:23:34.70	+00:24:24 (29.4%)	6:23	9.4 (70.7%)
24	ZDUŃSKI Jarosław	414	TAK SOBIE DREPCZĘ	M4 50-59	24	00:00:44	00:27:35	00:55:31	01:23:57.30	01:24:41.45	+00:25:15 (30.1%)	6:27	9.3 (69.9%)
25	MIŁOSZ Marek	250		M4 50-59	25	00:00:15	00:26:21	00:54:15	01:24:04.55	01:24:19.80	+00:25:23 (30.2%)	6:28	9.3 (69.9%)
26	OWOC Tomasz	285	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M4 50-59	26	00:00:33	00:27:14	00:55:31	01:26:13.75	01:26:47.30	+00:27:32 (31.9%)	6:37	9 (67.7%)
27	RODAK Zbigniew	309		M4 50-59	27	00:01:31	00:32:34	01:00:24	01:27:19.95	01:28:51.20	+00:28:38 (32.8%)	6:43	8.9 (66.9%)
28	WIŚNIEWSKI Tomasz	400		M4 50-59	28	00:01:26	00:32:17	01:00:55	01:28:28.25	01:29:54.35	+00:29:46 (33.7%)	6:48	8.8 (66.2%)
29	MYSŁOWSKI Mieczysław	475		M4 50-59	29	00:01:10	00:29:46	00:59:46	01:29:24.05	01:30:34.70	+00:30:42 (34.4%)	6:52	8.7 (65.4%)
30	KOSTRZEWSKI Piotr	195	KPLA PIOTR KOSTRZEWSKI	M4 50-59	30	00:00:50	00:30:24	00:59:00	01:30:08.85	01:30:59.55	+00:31:27 (34.9%)	6:56	8.7 (65.4%)
31	WOJDAK Piotr	404	STOMILEX	M4 50-59	31	00:00:57	00:32:04	01:00:49	01:30:33.30	01:31:31.25	+00:31:51 (35.2%)	6:57	8.6 (64.7%)
32	KACZOROWSKI Robert	170		M4 50-59	32	00:01:09	00:30:11	00:59:43	01:30:51.60	01:32:01.30	+00:32:10 (35.4%)	6:59	8.6 (64.7%)
33	ZAKRZEWSKI Marek	485		M4 50-59	33	00:01:25	00:33:03	01:02:02	01:31:02.15	01:32:27.35	+00:32:20 (35.5%)	7:00	8.6 (64.7%)
34	ROSZAK Waldemar	10	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	34	00:01:28	00:34:35	01:03:27	01:31:23.25	01:32:51.50	+00:32:41 (35.8%)	7:01	8.5 (63.9%)
35	SKOWROŃSKI Wojciech	335		M4 50-59	35	00:01:02	00:32:11	01:02:15	01:32:36.05	01:33:38.75	+00:33:54 (36.6%)	7:07	8.4 (63.2%)
36	MYŚLIŃSKI Robert	67	RUBIN RUN	M4 50-59	36	00:00:24	00:31:13	01:01:43	01:33:07.50	01:33:32.40	+00:34:26 (37.0%)	7:09	8.4 (63.2%)
37	HABIERA Robert	149		M4 50-59	37	00:00:59	00:33:13	01:05:09	01:37:49.10	01:38:49.05	+00:39:07 (40.0%)	7:31	8 (60.2%)
38	BAK Andrzej	35		M4 50-59	38	00:00:55	00:33:01	01:08:34	01:39:08.35	01:40:03.40	+00:40:26 (40.8%)	7:37	7.9 (59.4%)
39	PRĘGOWSKI Grzegorz	294	EKOBIEGI	M4 50-59	39	00:01:27	00:32:51	01:05:27	01:40:26.80	01:41:53.85	+00:41:45 (41.6%)	7:43	7.8 (58.6%)

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
40	MAREK Roman	230		M4 50-59	40	00:00:54	00:33:02	01:08:25	01:40:45.95	01:41:40.50	+00:42:04 (41.8%)	7:45	7.7 (57.9%)
41	SZOSTAKOWSKI Jarosław	1	BIEGAMY Z OCHOTĄ	M4 50-59	41	00:01:29	00:35:38	01:08:24	01:43:06.05	01:44:35.60	+00:44:24 (43.1%)	7:55	7.6 (57.1%)
42	ROJEK Stanisław	310		M4 50-59	42	00:01:24	00:33:54	01:08:50	01:44:47.10	01:46:11.95	+00:46:05 (44.0%)	8:03	7.4 (55.6%)
43	NOWAK Jakub	71	DOBRZYŃSKI KLUB ŻEGLARSKI	M4 50-59	43	00:00:40	00:33:11	01:09:24	01:45:30.65	01:46:11.30	+00:46:49 (44.4%)	8:06	7.4 (55.6%)
44	CIEŚLAK Paweł	73	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	44	00:01:45	00:36:08	01:11:07	01:51:02.05	01:52:47.85	+00:52:20 (47.1%)	8:32	7 (52.6%)
45	MIKOŚ Roman	249		M4 50-59	45	00:01:39	00:35:44	01:13:16	01:51:12.20	01:52:51.70	+00:52:30 (47.2%)	8:33	7 (52.6%)
46	GIL Wojciech	127		M4 50-59	46	00:01:33	00:34:55	01:09:29			+00:30:57	7:59	7.5 (56.4%)
47	KITA Grzegorz	181	OLD GUARD OCR	M4 50-59	47	00:00:18	00:30:14				+00:11:15	6:52	8.7 (65.4%)
48	KAMIONOWSKI Mariusz-Jacek	172		M4 50-59	48	00:00:00	00:33:34				+	7:37	7.9 (59.4%)
49	SZULAWSKI Robert	360	GSD ŻOLIBORZ	M4 50-59	49	00:01:31	00:34:33				+00:15:34	7:51	7.6 (57.1%)
50	ZIĘĆ Artur	419		M4 50-59	50	00:01:05	00:36:07				+00:17:08	8:12	7.3 (54.9%)
51	KRUPINIEWICZ Antoni	69	SKORPION	M4 50-59	51	00:00:32	00:42:06				+00:23:07	9:34	6.3 (47.4%)
52	KAMIŃSKI Waldemar	9	SLOW JOGGING BIAŁOŁĘKA	M4 50-59	52	00:01:40	01:02:58				+00:43:59	14:18	4.2 (31.6%)

Znaleziono 52 wynik(ów)