



BIEG PRZECZ MOST 2019

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

Urząd Dzielnicy Warszawa - Białołęka

2019-09-22

Warszawa

10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 60+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	NOWOCIEŃ Jacek	570	UKS RUSIEC	M 60+	1	00:00:03	00:26:45	00:36:36	00:41:29.05	00:41:32.95		4:08	14.5 (100%)
2	SARZAŁA Dariusz	996		M 60+	2	00:00:15	00:27:22	00:37:50	00:42:53.95	00:43:09.55	+00:01:24 (3.3%)	4:17	14 (96.6%)
3	TURLEJ Dariusz	818	KONDYCJA	M 60+	3	00:00:23	00:28:49	00:39:14	00:44:36.95	00:45:00.00	+00:03:07 (7.0%)	4:27	13.4 (92.4%)
4	KIESZEK Tadeusz	344	DYSTANS LESZNO	M 60+	4	00:00:47	00:31:16	00:42:29	00:48:10.30	00:48:57.95	+00:06:41 (13.9%)	4:49	12.5 (86.2%)
5	ŻÓŁKOWSKI Marek	914	TEAM ZABIEGANEDNI	M 60+	5	00:00:42	00:32:36	00:44:33	00:50:19.00	00:51:01.45	+00:08:49 (17.6%)	5:01	11.9 (82.1%)
6	WOJNARSKI Janusz	871		M 60+	6	00:01:03	00:32:30	00:44:30	00:50:31.65	00:51:35.25	+00:09:02 (17.9%)	5:03	11.9 (82.1%)
7	RZECZKOWSKI Zygmunt	686	METRO WARSZAWSKIE	M 60+	7	00:01:02	00:32:08	00:44:21	00:50:32.55	00:51:34.65	+00:09:03 (17.9%)	5:03	11.9 (82.1%)
8	KĘDZIERSKI Mieczysław	339	TG SOKÓŁ BRWINÓW	M 60+	8	00:01:13	00:32:58	00:45:29	00:51:40.30	00:52:53.95	+00:10:11 (19.7%)	5:10	11.6 (80.0%)
9	BELOWSKI Leszek	34	CHEMIK NOXY PUŁAWY	M 60+	9	00:01:05	00:33:09	00:45:42	00:51:54.45	00:52:59.80	+00:10:25 (20.1%)	5:11	11.6 (80.0%)
10	WANOWSKI Andrzej	832	ROZBIEGAMY NOWY DWÓR	M 60+	10	00:00:57	00:33:27	00:46:01	00:52:29.40	00:53:26.50	+00:11:00 (21.0%)	5:14	11.4 (78.6%)
11	KLUI Bogusław	354	BIEGNĘ DLA SANDRY I ROBERTA	M 60+	11	00:00:59	00:34:43	00:47:37	00:53:56.15	00:54:56.05	+00:12:27 (23.1%)	5:23	11.1 (76.6%)
12	NOWACKI Julian	938	TO NATURALNE	M 60+	12	00:00:19	00:35:03	00:48:14	00:54:50.50	00:55:09.70	+00:13:21 (24.4%)	5:29	10.9 (75.2%)
13	BUKOWSKI Janusz	999	STOWARZYSZENIE DAĆ SIEBIE INNYM	M 60+	13	00:00:03	00:35:54	00:49:43	00:56:33.60	00:56:37.25	+00:15:04 (26.7%)	5:39	10.6 (73.1%)
14	KACZOREK Robert	318		M 60+	14	00:00:22	00:35:58	00:49:42	00:56:34.45	00:56:57.15	+00:15:05 (26.7%)	5:39	10.6 (73.1%)
15	JANISZEWSKI Jan	268		M 60+	15	00:00:25	00:36:27	00:50:06	00:57:01.70	00:57:26.85	+00:15:32 (27.3%)	5:42	10.5 (72.4%)
16	MUCHA Grzegorz	549		M 60+	16	00:00:36	00:36:20	00:50:22	00:57:22.65	00:57:59.05	+00:15:53 (27.7%)	5:44	10.5 (72.4%)
17	BEDNARZAK Tadeusz	33	YULO RUN TEAM SIEDLCE	M 60+	17	00:01:04	00:36:23	00:50:31	00:57:28.25	00:58:33.10	+00:15:59 (27.8%)	5:44	10.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	MALER Władysław	487	REEBOK RUN CREW	M 60+	18	00:01:17	00:36:55	00:50:41	00:57:36.35	00:58:54.10	+00:16:07 (28.0%)	5:45	10.4 (71.7%)
19	DZIEKONSKI Jacek	159		M 60+	19	00:01:26	00:36:27	00:51:11	00:58:41.40	01:00:07.90	+00:17:12 (29.3%)	5:52	10.2 (70.3%)
20	GRABOWSKI Jerzy	220	NIEZRZESZONY	M 60+	20	00:01:13	00:36:49	00:51:28	00:58:51.60	01:00:05.00	+00:17:22 (29.5%)	5:53	10.2 (70.3%)
21	GRYCNER Piotr	231		M 60+	21	00:01:55	00:38:18	00:52:18	00:59:07.50	01:01:02.60	+00:17:38 (29.8%)	5:54	10.1 (69.7%)
22	BIERNACKI Adam	44		M 60+	22	00:01:30	00:38:36	00:52:42	00:59:40.50	01:01:11.15	+00:18:11 (30.5%)	5:58	10.1 (69.7%)
23	GLASSER Marek	202		M 60+	23	00:01:35	00:38:46	00:53:57	01:01:41.55	01:03:16.60	+00:20:12 (32.8%)	6:10	9.7 (66.9%)
24	MIRECKI Zbigniew	535	EKOBIEGI	M 60+	24	00:01:44	00:41:06	00:56:13	01:03:27.20	01:05:11.30	+00:21:58 (34.6%)	6:20	9.5 (65.5%)
25	KOZAKOW Borys	957		M 60+	25	00:01:22	00:40:47	00:56:18	01:03:42.15	01:05:04.40	+00:22:13 (34.9%)	6:22	9.4 (64.8%)
26	ŻÓŁCIŃSKI Waldemar	913	GRUPA BIEGOWA UM W-WA	M 60+	26	00:01:49	00:40:29	00:57:05	01:05:48.35	01:07:38.05	+00:24:19 (37.0%)	6:34	9.1 (62.8%)
27	MALDIS Marek	486		M 60+	27	00:01:57	00:44:30	01:01:04	01:09:21.40	01:11:19.35	+00:27:52 (40.2%)	6:56	8.6 (59.3%)
28	HULANICKI Andrzej	253	GOGGLE TEAM	M 60+	28	00:01:58	00:44:42	01:01:16	01:09:34.95	01:11:33.05	+00:28:05 (40.4%)	6:57	8.6 (59.3%)
29	WIZERT Józef	859		M 60+	29	00:02:12	00:44:29	01:01:34	01:10:49.20	01:13:01.30	+00:29:20 (41.4%)	7:04	8.5 (58.6%)
30	DĄBROWA Wojciech	133		M 60+	30	00:02:07	00:46:12	01:04:53	01:13:43.60	01:15:51.40	+00:32:14 (43.7%)	7:22	8.1 (55.9%)
31	MAREK Henryk	501	-	M 60+	31	00:00:00	01:20:28		01:22:36.00	01:22:36.00	+00:41:06 (49.8%)	8:15	7.3 (50.3%)
Przekroczony limit czasu: 01:30:00													
LIM	BOROWIAK Jacek	62	SLOWJOGGING POLSKA	M 60+		00:02:31	00:56:48	01:19:05	01:31:30.45	01:34:01.55		0:00	6.6 (45.5%)
LIM	BAUER Jacek	26	SLOW JOGGING ŁÓDŹ	M 60+		00:02:32	00:57:33	01:19:59	01:31:33.05	01:34:05.25		0:00	6.6 (45.5%)
LIM	SZTAJNIC Jerzy	782		M 60+		00:02:25	00:56:54	01:19:17	01:31:34.15	01:33:59.20		0:00	6.6 (45.5%)

Znaleziono 34 wynik(ów)