


# BIEG PRZEZ MOST 2019

**Organizator:** Urząd Dzielnicy Warszawa - Białołęka
**Data:** 2019-09-22
**Miejsce:** Warszawa
**Dystans:** 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

## Klasyfikacja: M Samorządowcy

| 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 | **TOMASZEK Robert** | **810** | | M 40-49 | 12 | 00:00:03 | 00:25:53 | 00:35:44 | **00:40:33.70** | **00:40:37.65** | | 4:03 | 14.8 (100%) |
| 2 | **LISZKIEWICZ Konrad** | **453** | | M 30-39 | 28 | 00:00:05 | 00:26:25 | 00:36:41 | **00:41:41.60** | **00:41:46.85** | +00:01:07 (2.7%) | 4:10 | 14.4 (97.3%) |
| 3 | **KNAP Piotr** | **987** | | M 30-39 | 35 | 00:00:13 | 00:27:11 | 00:37:20 | **00:42:12.90** | **00:42:26.05** | +00:01:39 (3.9%) | 4:13 | 14.2 (95.9%) |
| 4 | **JAWORSKI Arkadiusz** | **289** | | M 30-39 | 37 | 00:00:17 | 00:27:01 | 00:37:25 | **00:42:22.05** | **00:42:39.40** | +00:01:48 (4.3%) | 4:14 | 14.2 (95.9%) |
| 5 | **MIKULSKI Jacek** | **530** | ADIDAS RUNNERS WARSAW | M 40-49 | 24 | 00:00:12 | 00:27:11 | 00:37:23 | **00:42:26.05** | **00:42:38.80** | +00:01:52 (4.4%) | 4:14 | 14.1 (95.3%) |
| 6 | **JAWORSKI Piotr** | **1000** | EKOBIEGI | M 40-49 | 25 | 00:00:04 | 00:26:59 | 00:37:22 | **00:42:29.50** | **00:42:33.70** | +00:01:55 (4.5%) | 4:14 | 14.1 (95.3%) |
| 7 | **JANKOWSKI Jakub** | **274** | | M 1-29 | 22 | 00:00:20 | 00:27:26 | 00:38:19 | **00:43:34.45** | **00:43:54.70** | +00:03:00 (6.9%) | 4:21 | 13.8 (93.2%) |
| 8 | **BICZAN Kamil** | **39** | | M 30-39 | 45 | 00:00:33 | 00:27:41 | 00:38:17 | **00:43:44.30** | **00:44:18.20** | +00:03:10 (7.3%) | 4:22 | 13.7 (92.6%) |
| 9 | **RYTKOWSKI Piotr** | **685** | | M 30-39 | 53 | 00:00:27 | 00:29:45 | 00:39:11 | **00:44:04.95** | **00:44:32.00** | +00:03:31 (8.0%) | 4:24 | 13.6 (91.9%) |
| 10 | **WICIK Juliusz** | **846** | | M 30-39 | 59 | 00:00:19 | 00:28:45 | 00:39:18 | **00:44:32.40** | **00:44:51.60** | +00:03:58 (8.9%) | 4:27 | 13.5 (91.2%) |
| 11 | **ADAO Miguel** | **5** | | M 40-49 | 36 | 00:00:25 | 00:28:42 | 00:39:24 | **00:44:39.00** | **00:45:04.00** | +00:04:05 (9.2%) | 4:27 | 13.4 (90.5%) |
| 12 | **MALIK Gabriel** | **488** | | M 40-49 | 37 | 00:00:35 | 00:29:09 | 00:39:36 | **00:44:44.95** | **00:45:20.20** | +00:04:11 (9.4%) | 4:28 | 13.4 (90.5%) |
| 13 | **DZIUBIŃSKI Maciek** | **161** | | M 1-29 | 26 | 00:00:06 | 00:29:09 | 00:39:52 | **00:45:01.15** | **00:45:07.35** | +00:04:27 (9.9%) | 4:30 | 13.3 (89.9%) |
| 14 | **BEKKER Piotr** | **983** | | M 30-39 | 67 | 00:00:29 | 00:29:46 | 00:40:25 | **00:45:43.80** | **00:46:13.15** | +00:05:10 (11.3%) | 4:34 | 13.1 (88.5%) |
| 15 | **ŁUKASIAK Jan** | **474** | | M 30-39 | 79 | 00:00:41 | 00:29:34 | 00:41:04 | **00:46:45.25** | **00:47:26.80** | +00:06:11 (13.2%) | 4:40 | 12.8 (86.5%) |
| 16 | **ROSZAK Waldemar** | **671** | BIEGAM NA ZIELONEJ BIAŁOŁĘCE | M 50-59 | 12 | 00:00:29 | 00:30:36 | 00:42:32 | **00:48:17.30** | **00:48:47.20** | +00:07:43 (16.0%) | 4:49 | 12.4 (83.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 6.6km | 9km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 17 | **KARPIŃSKI Marcin** | **982** | | M 30-39 | 93 | 00:00:28 | 00:31:14 | 00:42:40 | **00:48:30.25** | **00:48:58.90** | +00:07:56 (16.4%) | 4:51 | 12.4 (83.8%) |
| 18 | **URBAN Mariusz** | **822** | GRUPA BIEGOWA UM W-WA | M 40-49 | 100 | 00:02:20 | 00:31:47 | 00:43:49 | **00:49:43.75** | **00:52:04.65** | +00:09:10 (18.4%) | 4:58 | 12.1 (81.8%) |
| 19 | **GÓRKA Marcin** | **215** | POLSA | M 40-49 | 105 | 00:00:57 | 00:32:11 | 00:44:14 | **00:49:58.45** | **00:50:56.20** | +00:09:24 (18.8%) | 4:59 | 12 (81.1%) |
| 20 | **KMIEĆ Kamil** | **357** | | M 1-29 | 51 | 00:00:59 | 00:33:14 | 00:45:09 | **00:50:51.10** | **00:51:50.35** | +00:10:17 (20.2%) | 5:05 | 11.8 (79.7%) |
| 21 | **PASIŃSKI Daniel** | **949** | GRUPA BIEGOWA UM WARSZAWA | M 30-39 | 118 | 00:00:30 | 00:32:32 | 00:45:17 | **00:51:18.70** | **00:51:49.10** | +00:10:45 (21.0%) | 5:07 | 11.7 (79.1%) |
| 22 | **SKARŻYŃSKI Adam** | **711** | GRUPA BIEGOWA UM W-WA | M 30-39 | 121 | 00:00:48 | 00:32:52 | 00:45:17 | **00:51:32.05** | **00:52:20.30** | +00:10:58 (21.3%) | 5:09 | 11.6 (78.4%) |
| 23 | **ZAJDA Dominik** | **883** | | M 1-29 | 54 | 00:00:21 | 00:33:09 | 00:46:35 | **00:52:51.90** | **00:53:13.25** | +00:12:18 (23.3%) | 5:17 | 11.3 (76.4%) |
| 24 | **KARCZEWSKI Jacek** | **330** | GRUPA BIEGOWA UM W-WA | M 40-49 | 148 | 00:01:22 | 00:34:55 | 00:47:26 | **00:53:31.30** | **00:54:53.70** | +00:12:57 (24.2%) | 5:21 | 11.2 (75.7%) |
| 25 | **ADAMKIEWICZ Marcin** | **961** | INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI | M 30-39 | 143 | 00:00:12 | 00:33:08 | 00:47:08 | **00:53:51.75** | **00:54:04.40** | +00:13:18 (24.7%) | 5:23 | 11.1 (75.0%) |
| 26 | **PIOTROWSKI Jan** | **624** | | M 30-39 | 144 | 00:02:05 | 00:34:24 | 00:47:17 | **00:53:57.50** | **00:56:03.00** | +00:13:23 (24.8%) | 5:23 | 11.1 (75.0%) |
| 27 | **ZYGADŁO Piotr** | **911** | | M 30-39 | 155 | 00:00:18 | 00:35:39 | 00:48:41 | **00:55:04.65** | **00:55:23.60** | +00:14:30 (26.4%) | 5:30 | 10.9 (73.6%) |
| 28 | **IDZIAK Jarosław** | **921** | | M 30-39 | 157 | 00:00:35 | 00:31:20 | 00:45:08 | **00:55:05.45** | **00:55:41.15** | +00:14:31 (26.4%) | 5:30 | 10.9 (73.6%) |
| 29 | **BORCZYŃSKI Piotr** | **59** | MŁODZIEŻOWA RADA M.ST. WARSZAWY | M 1-29 | 63 | 00:00:05 | 00:34:03 | 00:48:52 | **00:55:27.35** | **00:55:32.90** | +00:14:53 (26.9%) | 5:32 | 10.8 (73.0%) |
| 30 | **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** | +00:16:54 (29.4%) | 5:44 | 10.4 (70.3%) |
| 31 | **BOGUSZEWSKI Piotr** | **988** | | M 30-39 | 185 | 00:02:33 | 00:38:50 | 00:51:55 | **00:58:33.35** | **01:01:07.15** | +00:17:59 (30.7%) | 5:51 | 10.2 (68.9%) |
| 32 | **WILEŃSKI Bartosz** | **990** | | M 1-29 | 70 | 00:01:32 | 00:37:37 | 00:51:38 | **00:58:38.40** | **01:00:11.35** | +00:18:04 (30.8%) | 5:51 | 10.2 (68.9%) |
| 33 | **STYCZYŃSKI Grzegorz** | **755** | | M 30-39 | 189 | 00:01:46 | 00:39:11 | 00:52:31 | **00:59:12.50** | **01:00:58.75** | +00:18:38 (31.5%) | 5:55 | 10.1 (68.2%) |
| 34 | **SZYDŁO Paweł** | **384** | | M 30-39 | 203 | 00:00:22 | 00:38:32 | 00:54:02 | **01:02:11.20** | **01:02:33.20** | +00:21:37 (34.8%) | 6:13 | 9.6 (64.9%) |
| 35 | **MACHNACKI Michał** | **477** | GRUPA BIEGOWA UM W-WA | M 40-49 | 204 | 00:01:32 | 00:39:48 | 00:55:34 | **01:03:43.80** | **01:05:16.15** | +00:23:10 (36.4%) | 6:22 | 9.4 (63.5%) |
| 36 | **ZARZYCKI Piotr** | **892** | | M 30-39 | 219 | 00:01:47 | 00:42:34 | 00:58:18 | **01:05:07.60** | **01:06:55.50** | +00:24:33 (37.7%) | 6:30 | 9.2 (62.2%) |
| 37 | **MRÓZ Sebastian** | **547** | | M 40-49 | 209 | 00:01:47 | 00:42:33 | 00:58:17 | **01:05:07.70** | **01:06:55.10** | +00:24:34 (37.7%) | 6:30 | 9.2 (62.2%) |
| 38 | **WILEŃSKI Zbigniew** | **944** | GRUPA BIEGOWA UM W-WA | M 50-59 | 33 | 00:01:33 | 00:42:07 | 00:57:19 | **01:05:24.90** | **01:06:58.10** | +00:24:51 (38.0%) | 6:32 | 9.2 (62.2%) |
| 39 | **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** | +00:25:14 (38.4%) | 6:34 | 9.1 (61.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 6.6km | 9km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 40 | **ŻUCHOWSKI Artur** | **916** | MY MIESZKAŃCY LEGIONOWO | M 40-49 | 214 | 00:02:03 | 00:43:08 | 00:59:14 | **01:06:51.90** | **01:08:54.95** | +00:26:18 (39.3%) | 6:41 | 9 (60.8%) |
| 41 | **SZOSTAKOWSKI Jarosław** | **1005** | BIEGAMY Z OCHOTĄ | M 50-59 | 36 | 00:02:05 | 00:43:33 | 00:59:13 | **01:06:59.25** | **01:09:04.55** | +00:26:25 (39.4%) | 6:41 | 9 (60.8%) |
| 42 | **LIS Kamil** | **449** | GRUPA BIEGOWA UM W-WA | M 30-39 | 233 | 00:00:40 | 00:49:28 | 01:08:55 | **01:17:42.60** | **01:18:22.90** | +00:37:08 (47.8%) | 7:46 | 7.7 (52.0%) |
| **Przekroczony limit czasu: 01:30:00** | | | | | | | | | | | | | |
| LIM | **KAMIŃSKI Waldemar** | **323** | SLOW JOGGING BIAŁOŁĘKA | M 50-59 | | 00:02:27 | 00:57:38 | 01:20:04 | **01:31:37.60** | **01:34:05.00** | | 0:00 | 6.5 (43.9%) |

Znaleziono 43 wynik(ów)