

Wydarzenie: BIEG URSYNOWA
Organizator: Urząd Dzielnicy Warszawa - Ursynów
Data: 2022-09-18
Miejsce: Warszawa
Dystans: 5 km

Klasyfikacja: M 50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FURMAN Tomasz	259	KS STASZEWSKY	M 50	1	00:00:06	00:08:48	00:17:56.00	00:18:02.50		3:35	16.7 (100%)
2	GREWIŃSKI Tomasz	1433	LIPIEC RUNNING TEAM	M 50	2	00:00:06	00:09:13	00:18:27.10	00:18:33.55	+00:00:31 (2.8%)	3:41	16.3 (97.6%)
3	STASZEWSKI Wojciech	1030	KS STASZEWSKY	M 50	3	00:00:07	00:09:25	00:19:06.85	00:19:14.10	+00:01:10 (6.2%)	3:49	15.7 (94.0%)
4	GRZYBOWSKI Mariusz	329		M 50	4	00:00:05	00:09:19	00:19:14.95	00:19:19.95	+00:01:18 (6.8%)	3:50	15.6 (93.4%)
5	KNAP Czarek	468	HOŻA TEAM SKYRUNNERS	M 50	5	00:00:07	00:09:32	00:19:15.80	00:19:23.70	+00:01:19 (6.9%)	3:51	15.6 (93.4%)
6	KACPRZYK Alex	408	RP RUNNERS	M 50	6	00:00:13		00:19:25.40	00:19:39.30	+00:01:29 (7.7%)	3:53	15.5 (92.8%)
7	KUCHARCZYK Paweł	579	ROZBIEGANE MICHAŁOWICE	M 50	7	00:00:06	00:09:33	00:19:35.15	00:19:42.10	+00:01:39 (8.4%)	3:55	15.3 (91.6%)
8	MICHALAK Mariusz	707	MM TEAM	M 50	8	00:00:10	00:09:41	00:19:36.45	00:19:47.20	+00:01:40 (8.5%)	3:55	15.3 (91.6%)
9	BAR Wiesław	34		M 50	9	00:00:10	00:09:46	00:19:47.60	00:19:58.55	+00:01:51 (9.4%)	3:57	15.2 (91.0%)
10	KANIA Przemysław	417		M 50	10	00:00:12	00:09:45	00:19:48.15	00:20:00.30	+00:01:52 (9.4%)	3:57	15.2 (91.0%)
11	DOBROWOLSKI Sławek	194	NAPRZÓD MŁOCINY/NBRC	M 50	11	00:00:15	00:09:58	00:20:08.15	00:20:23.25	+00:02:12 (10.9%)	4:01	14.9 (89.2%)
12	GANCZEWSKI Paweł	265		M 50	12	00:00:15	00:10:09	00:20:15.85	00:20:31.75	+00:02:19 (11.5%)	4:03	14.8 (88.6%)
13	GARTKIEWICZ Adam	267	DUKLANOWSKI TEAM	M 50	13	00:00:08	00:09:46	00:20:15.90	00:20:24.65	+00:02:19 (11.5%)	4:03	14.8 (88.6%)
14	OLSAK Zenon	797	KB OŻARÓW MAZOWIECKI BIEGA	M 50	14	00:00:13	00:09:45	00:20:16.00	00:20:29.70	+00:02:20 (11.5%)	4:03	14.8 (88.6%)
15	DĘBECKI Michał	187	KONDYCJA	M 50	15	00:00:15	00:10:07	00:20:19.45	00:20:35.05	+00:02:23 (11.8%)	4:03	14.8 (88.6%)
16	PIOTROWSKI Tomasz	863		M 50	16	00:00:10	00:09:53	00:20:34.65	00:20:44.75	+00:02:38 (12.8%)	4:06	14.6 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								5km	5km			
17	KWAŚNIEWSKI Krzysztof	593	TRENER FOREST	M 50	17	00:00:18	00:10:36	00:21:06.15	00:21:24.25	+00:03:10 (15.0%)	4:13	14.2 (85.0%)
18	WIECZOREK Michał	1193		M 50	18	00:00:25	00:10:33	00:21:18.80	00:21:44.50	+00:03:22 (15.9%)	4:15	14.1 (84.4%)
19	KLIBISZ Sławomir	458		M 50	19	00:00:19	00:10:28	00:21:22.15	00:21:42.05	+00:03:26 (16.1%)	4:16	14 (83.8%)
20	RAPCZYŃSKI Witold	1598	SKARYSZÓWSKIE CIACHA	M 50	20	00:00:32	00:10:51	00:21:41.05	00:22:13.10	+00:03:45 (17.3%)	4:20	13.8 (82.6%)
21	MCGIVERN Colm	702	WITC	M 50	21	00:00:22	00:10:52	00:21:44.15	00:22:06.75	+00:03:48 (17.5%)	4:20	13.8 (82.6%)
22	DOMAGAŁA Jarosław	198	AKTYWNA WARSZAWA	M 50	22	00:00:34	00:10:36	00:21:50.65	00:22:24.90	+00:03:54 (17.9%)	4:22	13.7 (82.0%)
23	FALBA Zbigniew	239	BIEGNIJ Z PROSERVICE	M 50	23	00:00:28	00:10:37	00:21:52.10	00:22:20.95	+00:03:56 (18.0%)	4:22	13.7 (82.0%)
24	BUCZEK Robert	104	3RUNPL	M 50	24	00:00:28	00:10:39	00:21:55.00	00:22:23.20	+00:03:59 (18.2%)	4:23	13.7 (82.0%)
25	GORALSKI Roman	292	STARE BABICE BIEGAJA	M 50	25	00:00:32	00:11:00	00:21:56.10	00:22:29.05	+00:04:00 (18.2%)	4:23	13.7 (82.0%)
26	KUKLA Marcin	585	RYSIK RUNNERS	M 50	26	00:00:32	00:10:58	00:21:56.30	00:22:28.95	+00:04:00 (18.3%)	4:23	13.7 (82.0%)
27	BIENIAK Krzysztof	62	KRAV MAGA WARSZAWA	M 50	27	00:00:27	00:10:38	00:21:57.40	00:22:25.05	+00:04:01 (18.3%)	4:23	13.7 (82.0%)
28	CLARE Simon	151		M 50	28	00:00:12	00:10:51	00:22:05.90	00:22:18.10	+00:04:09 (18.8%)	4:25	13.6 (81.4%)
29	PAWŁOWSKI Piotr	838	BBL WYDMINY	M 50	29	00:00:34	00:11:06	00:22:43.25	00:23:17.40	+00:04:47 (21.1%)	4:32	13.2 (79.0%)
30	KRYCZEK Piotr	562		M 50	30	00:00:40	00:11:15	00:22:56.00	00:23:36.10	+00:05:00 (21.8%)	4:35	13.1 (78.4%)
31	OWOC Tomasz	813	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50	31	00:00:48	00:11:38	00:23:13.20	00:24:01.90	+00:05:17 (22.8%)	4:38	12.9 (77.2%)
32	JANOWSKI Rafał	378		M 50	32	00:00:44	00:11:23	00:23:15.50	00:23:59.85	+00:05:19 (22.9%)	4:39	12.9 (77.2%)
33	ŻYWIEN Marek	1307	ONLY SPEEDWAY	M 50	33	00:00:23	00:11:18	00:23:20.35	00:23:44.25	+00:05:24 (23.2%)	4:40	12.9 (77.2%)
34	KONKA Tomasz	491		M 50	34	00:00:44	00:11:36	00:23:24.75	00:24:09.20	+00:05:28 (23.4%)	4:40	12.8 (76.6%)
35	KOSTYRA Krzysztof	1324	BIEGUSIEM.PL	M 50	35	00:00:32	00:11:27	00:23:27.75	00:23:59.85	+00:05:31 (23.6%)	4:41	12.8 (76.6%)
36	MARCIN Cendrowski	1535		M 50	36	00:01:07	00:11:34	00:23:32.85	00:24:39.90	+00:05:36 (23.8%)	4:42	12.7 (76.0%)
37	CHARLEJ Ireneusz	123		M 50	37	00:00:41	00:11:43	00:23:35.75	00:24:17.45	+00:05:39 (24.0%)	4:43	12.7 (76.0%)
38	GÓRAL Tadeusz	1581		M 50	38	00:00:11	00:11:52	00:23:45.15	00:23:57.00	+00:05:49 (24.5%)	4:45	12.6 (75.4%)
39	MAŚLANKA Piotr	687		M 50	39	00:01:08	00:11:52	00:23:45.50	00:24:54.40	+00:05:49 (24.5%)	4:45	12.6 (75.4%)

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								5km	5km			
40	ARAŻNY Zbigniew	27	ŻYWCEM ZABIEGANI	M 50	40	00:00:47	00:11:50	00:23:59.70	00:24:47.55	+00:06:03 (25.3%)	4:47	12.5 (74.9%)
41	ŁAZICKI Tomasz	630		M 50	41	00:01:00	00:11:35	00:24:04.45	00:25:04.95	+00:06:08 (25.5%)	4:48	12.5 (74.9%)
42	OSTROWSKI Ryszard	808		M 50	42	00:00:35	00:11:40	00:24:11.00	00:24:46.10	+00:06:15 (25.8%)	4:50	12.4 (74.3%)
43	GOLISZ Adam	288	TVP SPORT	M 50	43	00:00:24	00:12:00	00:24:17.05	00:24:41.65	+00:06:21 (26.2%)	4:51	12.4 (74.3%)
44	GAŁECKI Tomasz	264		M 50	44	00:00:52	00:11:49	00:24:22.30	00:25:14.35	+00:06:26 (26.4%)	4:52	12.3 (73.7%)
45	STĘPNIAK Mariusz	1033		M 50	45	00:01:05	00:12:17	00:24:24.35	00:25:29.40	+00:06:28 (26.5%)	4:52	12.3 (73.7%)
46	SNOPEK Stanisław	1007	NW CZŁAPSKI TEAM	M 50	46	00:00:37	00:11:49	00:24:26.45	00:25:03.85	+00:06:30 (26.6%)	4:53	12.3 (73.7%)
47	RADZIKOWSKI Franciszek	913		M 50	47	00:00:53	00:12:15	00:24:50.10	00:25:43.70	+00:06:54 (27.8%)	4:58	12.1 (72.5%)
48	KORSAKOV Kostiantyn	1590		M 50	48	00:02:10	00:12:57	00:24:55.55	00:27:06.10	+00:06:59 (28.1%)	4:59	12 (71.9%)
49	KOKOCIŃSKI Piotr	1450		M 50	49	00:01:04	00:12:54	00:25:28.20	00:26:32.35	+00:07:32 (29.6%)	5:05	11.8 (70.7%)
50	KIETLIŃSKI Maciej	448		M 50	50	00:01:40	00:12:58	00:25:37.15	00:27:17.60	+00:07:41 (30.0%)	5:07	11.7 (70.1%)
51	SKOWROŃSKI Wojciech	990		M 50	51	00:01:43	00:12:40	00:25:48.25	00:27:31.30	+00:07:52 (30.5%)	5:09	11.6 (69.5%)
52	MASTALERZ Andrzej	686		M 50	52	00:01:11	00:13:02	00:25:51.15	00:27:02.45	+00:07:55 (30.6%)	5:10	11.6 (69.5%)
53	PETRYKA Wojciech	1532		M 50	53	00:01:09	00:12:38	00:25:57.00	00:27:06.05	+00:08:01 (30.9%)	5:11	11.6 (69.5%)
54	PRZYBYSZ Krzysztof	1556		M 50	54	00:00:14	00:12:32	00:26:13.20	00:26:27.30	+00:08:17 (31.6%)	5:14	11.4 (68.3%)
55	CHMIELEWSKI Adam	1419	NEW BALANCE RUN CLUB	M 50	55	00:00:37	00:12:33	00:26:13.25	00:26:50.60	+00:08:17 (31.6%)	5:14	11.4 (68.3%)
56	KUPSC Andrzej	1376		M 50	56	00:01:13	00:12:58	00:26:23.25	00:27:36.30	+00:08:27 (32.0%)	5:16	11.4 (68.3%)
57	DYCHA Marcin	220		M 50	57	00:01:23	00:13:35	00:27:08.85	00:28:31.85	+00:09:12 (33.9%)	5:25	11.1 (66.5%)
58	CZERSKI Maciej	166	BEZKLUBIE	M 50	58	00:01:18	00:13:07	00:27:11.65	00:28:30.50	+00:09:15 (34.1%)	5:26	11 (65.9%)
59	KITA Grzegorz	1373		M 50	59	00:00:54	00:13:19	00:27:18.45	00:28:12.80	+00:09:22 (34.3%)	5:27	11 (65.9%)
60	MATUSIEWICZ Jarosław	692		M 50	60	00:01:27	00:13:53	00:27:18.60	00:28:46.30	+00:09:22 (34.3%)	5:27	11 (65.9%)
61	BOBROWSKI Marcin	72		M 50	61	00:01:44	00:14:20	00:27:20.75	00:29:05.65	+00:09:24 (34.4%)	5:28	11 (65.9%)
62	PROUTY Matthew	891		M 50	62	00:01:24	00:13:44	00:27:30.65	00:28:55.60	+00:09:34 (34.8%)	5:30	10.9 (65.3%)

								Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km			Różn		
63	KOWALSKI Robert	533	NBRC	M 50	63	00:00:55	00:13:16	00:27:40.10	00:28:35.60	+00:09:44 (35.2%)	5:32	10.8 (64.7%)
64	KOŻUCHOWSKI Iwo	1381		M 50	64	00:00:19	00:13:14	00:28:06.20	00:28:26.00	+00:10:10 (36.2%)	5:37	10.7 (64.1%)
65	SOKÓLSKI Tomasz	1018	TEAM ZABIEGANEDNI	M 50	65	00:01:36	00:13:54	00:28:13.20	00:29:49.85	+00:10:17 (36.5%)	5:38	10.6 (63.5%)
66	HOMICKI Robert	347		M 50	66	00:02:19	00:13:44	00:28:15.65	00:30:34.90	+00:10:19 (36.5%)	5:39	10.6 (63.5%)
67	SKONIECZNY Andrzej	989		M 50	67	00:01:16	00:13:50	00:28:18.00	00:29:34.45	+00:10:22 (36.6%)	5:39	10.6 (63.5%)
68	POPIOŁEK Jacek	884		M 50	68	00:00:50	00:13:25	00:28:18.80	00:29:09.10	+00:10:22 (36.7%)	5:39	10.6 (63.5%)
69	MIASTOWSKI Rafał	18	SŁOŃ B	M 50	69	00:01:18	00:13:47	00:28:22.05	00:29:40.80	+00:10:26 (36.8%)	5:40	10.6 (63.5%)
70	KONDRAT Piotr	487		M 50	70	00:00:56	00:13:27	00:28:25.75	00:29:21.80	+00:10:29 (36.9%)	5:41	10.6 (63.5%)
71	SIRODZKI Zbigniew	1347		M 50	71	00:00:17	00:13:08	00:28:33.35	00:28:51.20	+00:10:37 (37.2%)	5:42	10.5 (62.9%)
72	PAMUŁA Paweł	821		M 50	72	00:02:06	00:14:22	00:28:37.80	00:30:44.15	+00:10:41 (37.4%)	5:43	10.5 (62.9%)
73	HOLDENMAJER Cezary	1341		M 50	73	00:01:55	00:13:53	00:28:42.65	00:30:37.90	+00:10:46 (37.5%)	5:44	10.5 (62.9%)
74	PAWLISZ Marcin	834		M 50	74	00:00:41	00:14:00	00:28:44.80	00:29:26.40	+00:10:48 (37.6%)	5:44	10.4 (62.3%)
75	BODALSKI Jacek	75	AKTYWNA WARSZAWA	M 50	75	00:01:45	00:14:25	00:28:53.95	00:30:39.50	+00:10:57 (37.9%)	5:46	10.4 (62.3%)
76	ZALEWSKI Piotr	1328		M 50	76	00:02:05	00:14:29	00:29:00.20	00:31:05.45	+00:11:04 (38.2%)	5:48	10.3 (61.7%)
77	WALKIEWICZ Mariusz	1317	SDS REPREZENTACJA DZIENNIKARZY	M 50	77	00:01:32	00:13:55	00:29:10.00	00:30:42.15	+00:11:14 (38.5%)	5:50	10.3 (61.7%)
78	KORONA Krzysztof	501		M 50	78	00:01:20	00:14:08	00:29:11.20	00:30:31.75	+00:11:15 (38.6%)	5:50	10.3 (61.7%)
79	GAWLIK Benjamin	272		M 50	79	00:02:19	00:14:34	00:29:11.45	00:31:30.70	+00:11:15 (38.6%)	5:50	10.3 (61.7%)
80	KLOPOCKI Rafal	462		M 50	80	00:01:52	00:14:38	00:29:15.10	00:31:08.00	+00:11:19 (38.7%)	5:51	10.3 (61.7%)
81	BARANOWSKI Krzysztof	1494		M 50	81	00:00:33	00:14:34	00:29:40.65	00:30:13.80	+00:11:44 (39.6%)	5:56	10.1 (60.5%)
82	OLKOWSKI Robert	796		M 50	82	00:01:35	00:14:15	00:30:08.00	00:31:43.45	+00:12:12 (40.5%)	6:01	10 (59.9%)
83	ADAMIAK Paweł	14		M 50	83	00:01:48	00:14:28	00:30:16.40	00:32:05.35	+00:12:20 (40.8%)	6:03	9.9 (59.3%)
84	BORYS Piotr	87		M 50	84	00:01:39	00:14:31	00:30:57.10	00:32:36.30	+00:13:01 (42.1%)	6:11	9.7 (58.1%)
85	SOKOŁOWSKI Wojciech	1016		M 50	85	00:01:06	00:14:41	00:31:18.25	00:32:24.25	+00:13:22 (42.7%)	6:15	9.6 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	REGUCKI Artur	917		M 50	86	00:04:28	00:14:55	00:31:28.15	00:35:56.40	+00:13:32 (43.0%)	6:17	9.5 (56.9%)
87	TABOR Tomasz	1118		M 50	87	00:01:48	00:15:49	00:32:06.60	00:33:55.00	+00:14:10 (44.2%)	6:25	9.3 (55.7%)
88	RYŃSKI Andrzej	949		M 50	88	00:01:15	00:15:08	00:32:27.55	00:33:42.60	+00:14:31 (44.8%)	6:29	9.2 (55.1%)
89	ADAMCZYK Jacek	1439	WYKLĘCI TV	M 50	89	00:01:55	00:15:49	00:32:31.20	00:34:26.60	+00:14:35 (44.9%)	6:30	9.2 (55.1%)
90	ZAWACKI Andrzej	1277		M 50	90	00:01:54	00:15:49	00:32:40.80	00:34:34.85	+00:14:44 (45.1%)	6:32	9.2 (55.1%)
91	PISAREK Jacek	1349	AKS POLONIA WARSZAWA	M 50	91	00:02:05	00:16:35	00:32:56.40	00:35:02.25	+00:15:00 (45.6%)	6:35	9.1 (54.5%)
92	ANIOŁ Zygmunt	21	ZYGMUNT ANIOŁ	M 50	92	00:01:26	00:16:39	00:33:31.80	00:34:58.75	+00:15:35 (46.5%)	6:42	9 (53.9%)
93	SZOSTAKOWSKI Jarosław	1077	BIEGAMY Z OCHOTĄ	M 50	93	00:02:07	00:17:18	00:34:58.20	00:37:06.00	+00:17:02 (48.7%)	6:59	8.6 (51.5%)
94	KUBACKI Grzegorz	572		M 50	94	00:01:21	00:16:49	00:36:10.05	00:37:31.05	+00:18:14 (50.4%)	7:14	8.3 (49.7%)
95	ĆWIEK Jarosław	171		M 50	95	00:02:10	00:17:43	00:36:12.50	00:38:22.60	+00:18:16 (50.5%)	7:14	8.3 (49.7%)
96	KOSIATY Jarosław	507	RÓBMY SWOJE	M 50	96	00:01:10	00:16:29	00:36:25.60	00:37:36.20	+00:18:29 (50.8%)	7:17	8.2 (49.1%)
97	WOJTAS Janusz	1237		M 50	97	00:02:02	00:17:49	00:36:50.00	00:38:52.45	+00:18:54 (51.3%)	7:22	8.1 (48.5%)

Znaleziono 97 wynik(ów)