

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

Klasyfikacja: M 70

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SAJKOWSKI Andrzej	956	METRO WARSZAWA	M 70	1	00:00:03	00:10:58	00:22:43.35	00:22:47.00		4:32	13.2 (100%)
2	KACPROWSKI Tadeusz	1379		M 70	2	00:01:06	00:12:03	00:24:32.00	00:25:38.75	+00:01:48 (7.4%)	4:54	12.2 (92.4%)
3	NOWAKOWSKI Czesław	1572	DUCLA ACADEMY WARSZAWA	M 70	3	00:01:19	00:12:14	00:25:16.95	00:26:36.00	+00:02:33 (10.1%)	5:03	11.9 (90.2%)
4	KĘCIK Janusz	440	SPARTANIE DZIECIOM	M 70	4	00:01:27	00:13:14	00:26:30.00	00:27:57.10	+00:03:46 (14.3%)	5:18	11.3 (85.6%)
5	SOWIŃSKI Edmund	1021	TKKFŁOCK	M 70	5	00:00:27	00:13:22	00:26:58.40	00:27:26.05	+00:04:15 (15.8%)	5:23	11.1 (84.1%)
6	CHMIELEWSKI Antoni	129		M 70	6	00:01:37	00:14:31	00:28:23.80	00:30:01.20	+00:05:40 (20.0%)	5:40	10.6 (80.3%)
7	DYMEL Piotr	223		M 70	7	00:00:42	00:13:42	00:28:40.35	00:29:23.30	+00:05:57 (20.8%)	5:44	10.5 (79.5%)
8	MALER Władysław	664	NEW BALANCE RUN CLUB	M 70	8	00:01:26	00:14:27	00:28:44.90	00:30:11.15	+00:06:01 (21.0%)	5:44	10.4 (78.8%)
9	WIŚNIEWSKI Janusz	1213	PARKRUN PRUSZKÓW 70+	M 70	9	00:00:28	00:14:39	00:29:18.80	00:29:46.85	+00:06:35 (22.5%)	5:51	10.2 (77.3%)
10	NOWACKI Julian	775	TO NATURALNE	M 70	10	00:00:33	00:14:33	00:29:39.55	00:30:13.40	+00:06:56 (23.4%)	5:55	10.1 (76.5%)
11	SOKOŁOWSKI Marian	1015	SAMOTNY WILK	M 70	11	00:00:29	00:14:23	00:29:51.85	00:30:20.85	+00:07:08 (23.9%)	5:58	10.1 (76.5%)
12	NIEWIADOMSKI Zdzisław	772		M 70	12	00:01:37	00:14:52	00:29:59.30	00:31:37.10	+00:07:15 (24.2%)	5:59	10 (75.8%)
13	KIELEWICZ Kazimierz	445		M 70	13	00:01:41	00:15:02	00:31:08.60	00:32:50.50	+00:08:25 (27.0%)	6:13	9.6 (72.7%)
14	SZYMCZAK Mirosław	1098	TRIWAWA	M 70	14	00:02:08	00:15:03	00:31:13.70	00:33:22.20	+00:08:30 (27.2%)	6:14	9.6 (72.7%)
15	MICHALAK Jerzy	709	KBIM.P.SĘKOWSKIEGO	M 70	15	00:01:48	00:15:08	00:31:35.90	00:33:24.60	+00:08:52 (28.1%)	6:19	9.5 (72.0%)
16	HOŁOWACZ Tomasz	346	KONDYCJA	M 70	16	00:01:54	00:16:03	00:32:10.15	00:34:04.70	+00:09:26 (29.4%)	6:26	9.3 (70.5%)
17	WOJTOWICZ Jerzy	1238		M 70	17	00:02:01	00:16:41	00:34:03.50	00:36:05.10	+00:11:20 (33.3%)	6:48	8.8 (66.7%)
18	GLASSER Marek	280		M 70	18	00:02:06	00:17:22	00:34:27.65	00:36:34.20	+00:11:44 (34.1%)	6:53	8.7 (65.9%)
19	GARWACKI Józef	268		M 70	19	00:01:54	00:18:00	00:37:05.40	00:38:59.55	+00:14:22 (38.7%)	7:25	8.1 (61.4%)
20	MOSZKOWICZ Eugeniusz	739	KONDYCJA	M 70	20	00:01:57	00:18:39	00:39:37.50	00:41:35.30	+00:16:54 (42.7%)	7:55	7.6 (57.6%)
21	MIODUSZEWSKI Andrzej	726		M 70	21	00:00:04	00:19:07	00:39:50.10	00:39:54.70	+00:17:06 (43.0%)	7:58	7.5 (56.8%)

Znaleziono 21 wynik(ów)