



BIEG WEGAŃSKI 10 KM

B4SPORT

Wydarzenie: Bieg Wegański
Organizator: Fundacja Run Vegan
Data: 2019-05-19
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mężczyźni Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CHRABAŁOWSKI Jarosław	536	WARSZAWIAKY	M30-49	1	00:00:07	00:19:54	00:39:58.85	00:40:06.50		3:59	15 (100%)
2	KOŚCIK Jakub	607		M30-49	2	00:00:08	00:19:56	00:40:33.90	00:40:42.20	+00:00:35 (1.4%)	4:03	14.8 (98.7%)
3	MADEJEK Kamil	634	VEGE RUNNERS	M30-49	3	00:00:07	00:20:51	00:41:46.70	00:41:54.05	+00:01:47 (4.3%)	4:10	14.4 (96.0%)
4	GOLEC Tomasz	569		M30-49	4	00:00:07	00:20:59	00:42:23.55	00:42:30.60	+00:02:24 (5.7%)	4:14	14.2 (94.7%)
5	PIATKA Tomasz	673	ADIDAS RUNNERS WARSAW	M30-49	5	00:00:07	00:22:08	00:43:06.90	00:43:14.40	+00:03:08 (7.3%)	4:18	13.9 (92.7%)
6	STEFAŃSKI Stefan	784		M50+	1	00:00:07	00:21:17	00:43:18.40	00:43:25.90	+00:03:19 (7.7%)	4:19	13.9 (92.7%)
7	RUSZCZEWSKI Andrzej	697	VEGE RUNNERS	M30-49	6	00:00:06	00:21:22	00:43:33.80	00:43:40.75	+00:03:34 (8.2%)	4:21	13.8 (92.0%)
8	PLUSZKA Adam	676	VEGE RUNNERS	M30-49	7	00:00:07	00:21:21	00:43:37.25	00:43:44.60	+00:03:38 (8.3%)	4:21	13.8 (92.0%)
9	DANAK Przemek	541	KGB - KOSTRZYŃSKA GRUPA BIEGOWA	M30-49	8	00:00:13	00:21:56	00:44:10.35	00:44:23.35	+00:04:11 (9.5%)	4:25	13.6 (90.7%)
10	DĄBROWA Kamil	52		M30-49	9	00:00:08	00:23:26	00:45:38.55	00:45:46.85	+00:05:39 (12.4%)	4:33	13.1 (87.3%)
11	POROWSKI Waldek	679	TRUCHT TARCHOMIN TEAM	M30-49	10	00:00:21	00:22:44	00:45:39.00	00:46:00.95	+00:05:40 (12.4%)	4:33	13.1 (87.3%)
12	SZCZECIŃSKI Maciej	731		M1-29	1	00:00:13	00:23:20	00:45:42.90	00:45:56.60	+00:05:44 (12.5%)	4:34	13.1 (87.3%)
13	STĘPIEŃ Adam	722	ANANASY	M30-49	11	00:00:08	00:23:26	00:45:43.00	00:45:51.55	+00:05:44 (12.5%)	4:34	13.1 (87.3%)
14	KOSSOWSKI Maciej	605	SOCIETY OF MISERY AND REGRETS	M30-49	12	00:00:10	00:23:25	00:45:48.10	00:45:58.20	+00:05:49 (12.7%)	4:34	13.1 (87.3%)
15	MŁODZIŃSKI Dariusz	654		M50+	2	00:00:17	00:23:14	00:46:13.25	00:46:30.60	+00:06:14 (13.5%)	4:37	13 (86.7%)
16	ŁUKIANOW Artur	631		M30-49	13	00:00:07	00:22:43	00:46:54.30	00:47:01.65	+00:06:55 (14.8%)	4:41	12.8 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	KASHIVSKIY Oleh	783		M30-49	14	00:00:08	00:23:14	00:47:15.90	00:47:24.35	+00:07:17 (15.4%)	4:43	12.7 (84.7%)
18	SZYMANIK Paweł	786	AKTYWNA WARSZAWA	M30-49	15	00:00:11	00:23:26	00:48:37.05	00:48:48.65	+00:08:38 (17.8%)	4:51	12.3 (82.0%)
19	ROJEK Rafał	693	VEGE RUNNERS	M30-49	16	00:00:10	00:25:08	00:50:28.10	00:50:38.65	+00:10:29 (20.8%)	5:02	11.9 (79.3%)
20	POROWSKI Adrian	777		M30-49	17	00:00:25	00:25:43	00:50:56.65	00:51:21.75	+00:10:57 (21.5%)	5:05	11.8 (78.7%)
21	REWERA Robert	691	PKO BANK POLSKI SA	M30-49	18	00:00:23	00:26:26	00:51:00.30	00:51:23.95	+00:11:01 (21.6%)	5:06	11.8 (78.7%)
22	MODRZEJEWSKI Piotr	655		M1-29	2	00:00:22	00:25:14	00:51:08.65	00:51:30.75	+00:11:09 (21.8%)	5:06	11.7 (78.0%)
23	GODZEWSKI Maciej	781		M30-49	19	00:00:15	00:25:45	00:51:13.35	00:51:28.70	+00:11:14 (21.9%)	5:07	11.7 (78.0%)
24	CHARLEJ Ireneusz	534	WIECZORNE BIEGANIE W SZCZECINIE	M30-49	20	00:00:08	00:24:34	00:51:17.75	00:51:26.65	+00:11:18 (22.1%)	5:07	11.7 (78.0%)
25	BUCZYŃSKI Rafał	527	ADIDAS RUNNERS	M30-49	21	00:00:20	00:25:02	00:51:26.25	00:51:46.85	+00:11:27 (22.3%)	5:08	11.7 (78.0%)
26	POLAK Lechosław	677		M50+	3	00:00:21	00:25:18	00:51:32.80	00:51:54.30	+00:11:33 (22.4%)	5:09	11.6 (77.3%)
27	ŻYWIEN Marek	773		M50+	4	00:00:10	00:25:33	00:51:49.85	00:52:00.55	+00:11:51 (22.9%)	5:11	11.6 (77.3%)
28	WOLAK Paweł	758	VEGE RUNNERS	M1-29	3	00:00:30	00:25:50	00:52:33.60	00:53:03.85	+00:12:34 (23.9%)	5:15	11.4 (76.0%)
29	GODZIMIRSKI Tomasz	568		M1-29	4	00:00:18	00:25:49	00:52:37.55	00:52:55.60	+00:12:38 (24.0%)	5:15	11.4 (76.0%)
30	DUDA Jacek	548		M30-49	22	00:00:17	00:25:43	00:52:38.45	00:52:55.85	+00:12:39 (24.0%)	5:15	11.4 (76.0%)
31	GALIMSKI Marcin	558		M1-29	5	00:00:17	00:26:35	00:52:40.55	00:52:57.70	+00:12:41 (24.1%)	5:16	11.4 (76.0%)
32	SUROWKA Karol	728		M1-29	6	00:00:21	00:25:37	00:52:43.60	00:53:04.65	+00:12:44 (24.2%)	5:16	11.4 (76.0%)
33	WDOWIAK Piotr	756		M30-49	23	00:00:11	00:25:10	00:52:56.00	00:53:07.05	+00:12:57 (24.5%)	5:17	11.3 (75.3%)
34	BARON Arkadiusz	510		M50+	5	00:00:24	00:27:06	00:53:00.50	00:53:25.00	+00:13:01 (24.6%)	5:18	11.3 (75.3%)
35	SKOWROŃSKI Wojciech	709	SANTANDER RUNNERS TEAM	M50+	6	00:00:25	00:26:49	00:53:03.50	00:53:28.50	+00:13:04 (24.6%)	5:18	11.3 (75.3%)
36	OLESIŃSKI Piotr	663	BELVEDERE ŻYRARDÓW	M30-49	24	00:00:21	00:25:52	00:53:20.50	00:53:41.55	+00:13:21 (25.0%)	5:20	11.3 (75.3%)
37	KNÓŁ Tomasz	776		M30-49	25	00:00:11	00:25:39	00:53:34.55	00:53:46.45	+00:13:35 (25.4%)	5:21	11.2 (74.7%)
38	JÓŻWIK Grzegorz	779		M30-49	26	00:00:18	00:26:40	00:54:05.75	00:54:24.10	+00:14:06 (26.1%)	5:24	11.1 (74.0%)
39	FALKOWSKI Piotr	797	PEGAZ PIASECZNO	M50+	7	00:00:24	00:26:53	00:54:35.40	00:54:59.80	+00:14:36 (26.8%)	5:27	11 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	MASTALERZ Oliwer	640	AKTYWNA WARSZAWA	M1-29	7	00:00:35	00:28:55	00:54:37.00	00:55:12.20	+00:14:38 (26.8%)	5:27	11 (73.3%)
41	KRZYTEK Ignacy	788		M1-29	8	00:00:15	00:26:44	00:54:50.15	00:55:05.35	+00:14:51 (27.1%)	5:29	10.9 (72.7%)
42	Ó PROINSIAS Keith	665		M30-49	27	00:00:09	00:26:42	00:54:51.35	00:55:00.85	+00:14:52 (27.1%)	5:29	10.9 (72.7%)
43	ŚWIDZIKOWSKI Michał	741		M30-49	28	00:00:39	00:27:43	00:54:54.60	00:55:33.60	+00:14:55 (27.2%)	5:29	10.9 (72.7%)
44	FRONC Michał	556	KASZANKI	M1-29	9	00:02:00	00:27:10	00:55:19.60	00:57:20.35	+00:15:20 (27.7%)	5:32	10.8 (72.0%)
45	SOKULSKI Marcin	720		M30-49	29	00:00:11	00:27:19	00:55:23.00	00:55:34.50	+00:15:24 (27.8%)	5:32	10.8 (72.0%)
46	GĄTKIEWICZ Mikołaj	563		M1-29	10	00:00:27	00:27:08	00:55:33.45	00:56:01.35	+00:15:34 (28.0%)	5:33	10.8 (72.0%)
47	PRĘGOWSKI Michał	683		M30-49	30	00:00:38	00:27:32	00:55:37.90	00:56:16.35	+00:15:39 (28.1%)	5:33	10.8 (72.0%)
48	GURNIAK Krzysztof	573		M1-29	11	00:00:26	00:27:49	00:55:52.50	00:56:19.45	+00:15:53 (28.4%)	5:35	10.7 (71.3%)
49	MAUS Cyprian	642		M30-49	31	00:00:20	00:28:02	00:55:53.35	00:56:14.25	+00:15:54 (28.5%)	5:35	10.7 (71.3%)
50	BEDNAREK Paweł	514		M30-49	32	00:00:25	00:27:10	00:55:58.15	00:56:23.35	+00:15:59 (28.6%)	5:35	10.7 (71.3%)
51	BARANOWSKI Lech	509		M30-49	33	00:00:11	00:26:36	00:56:17.45	00:56:28.55	+00:16:18 (29.0%)	5:37	10.7 (71.3%)
52	PANASZEWSKI Przemysław	667	PALESTRA K-1 & MUAY THAI TEAM	M1-29	12	00:00:21	00:27:40	00:56:34.95	00:56:56.60	+00:16:36 (29.3%)	5:39	10.6 (70.7%)
53	DANIELSKI Jacek	542	PZU SPORT TEAM	M30-49	34	00:00:24	00:28:04	00:56:36.25	00:57:00.45	+00:16:37 (29.4%)	5:39	10.6 (70.7%)
54	SCHWERTNER Janusz	702	GRUPA BIEGOWA UM W-WA	M1-29	13	00:00:44	00:30:17	00:57:11.65	00:57:56.40	+00:17:12 (30.1%)	5:43	10.5 (70.0%)
55	PIOTROWSKI Jan	778		M30-49	35	00:00:25	00:29:09	00:57:11.95	00:57:37.05	+00:17:13 (30.1%)	5:43	10.5 (70.0%)
56	SCHWERTNER Tomasz	701		M30-49	36	00:00:44	00:30:17	00:57:12.45	00:57:57.35	+00:17:13 (30.1%)	5:43	10.5 (70.0%)
57	ZAMIAR Marcin	763		M30-49	37	00:00:08	00:28:29	00:57:21.45	00:57:29.65	+00:17:22 (30.3%)	5:44	10.5 (70.0%)
58	SZTUBECKI Rafał	735	VEGE RUNNERS	M30-49	38	00:00:20	00:28:23	00:57:27.20	00:57:47.35	+00:17:28 (30.4%)	5:44	10.4 (69.3%)
59	SKOWROŃSKI Marcin	708		M30-49	39	00:00:19	00:28:24	00:57:28.50	00:57:47.55	+00:17:29 (30.4%)	5:44	10.4 (69.3%)
60	GRABOWSKI Przemysław	571		M30-49	40	00:00:34	00:28:57	00:57:36.80	00:58:10.95	+00:17:37 (30.6%)	5:45	10.4 (69.3%)
61	DAŁEK Dominik	540		M30-49	41	00:00:23	00:27:57	00:57:56.65	00:58:20.50	+00:17:57 (31.0%)	5:47	10.4 (69.3%)
62	SADOWSKI Bartłomiej	699	ZAWSZE GOTOWI ZAWSZE BLISKO	M30-49	42	00:00:26	00:28:53	00:58:04.45	00:58:30.65	+00:18:05 (31.2%)	5:48	10.3 (68.7%)

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63	GĄTKIEWICZ Arkadiusz	562		M50+	8	00:00:25	00:29:00	00:58:17.25	00:58:42.45	+00:18:18 (31.4%)	5:49	10.3 (68.7%)
64	SZULAWSKI Robert	736	GSDŻOLIBORZ	M50+	9	00:00:17	00:27:44	00:58:28.35	00:58:45.95	+00:18:29 (31.6%)	5:50	10.3 (68.7%)
65	SILSKI Rafał	705		M30-49	43	00:00:23	00:29:13	00:58:38.85	00:59:02.70	+00:18:40 (31.8%)	5:51	10.2 (68.0%)
66	POPIELSKI Błażej	678		M30-49	44	00:00:30	00:29:15	00:58:55.65	00:59:26.35	+00:18:56 (32.2%)	5:53	10.2 (68.0%)
67	TRZEŚNIEWSKI Krzysztof	749	VEGE RUNNERS	M30-49	45	00:00:18	00:28:20	00:59:09.60	00:59:28.10	+00:19:10 (32.4%)	5:55	10.1 (67.3%)
68	MALER Władysław	635		M50+	10	00:00:15	00:27:58	00:59:18.30	00:59:33.50	+00:19:19 (32.6%)	5:55	10.1 (67.3%)
69	ŚWIĄTKOWSKI-OKOŃSKI Marek	740		M30-49	46	00:00:22	00:29:41	00:59:44.60	01:00:07.45	+00:19:45 (33.1%)	5:58	10 (66.7%)
70	MAZUR Tomasz	643		M30-49	47	00:00:31	00:30:21	00:59:51.10	01:00:22.40	+00:19:52 (33.2%)	5:59	10 (66.7%)
71	ŁUKOMSKI Tomasz	633		M30-49	48	00:00:25	00:30:33	00:59:54.35	01:00:20.05	+00:19:55 (33.3%)	5:59	10 (66.7%)
72	MIŁOSZ Bartłomiej	652	KASZANKI	M50+	11	00:00:31	00:31:12	01:00:04.95	01:00:36.25	+00:20:06 (33.5%)	6:00	10 (66.7%)
73	JÓZWIK Robert	587	ARSUN	M30-49	49	00:00:17	00:29:33	01:00:43.65	01:01:00.95	+00:20:44 (34.2%)	6:04	9.9 (66.0%)
74	ZASIEWSKI Marcin	765		M30-49	50	00:00:27	00:30:52	01:00:44.65	01:01:12.15	+00:20:45 (34.2%)	6:04	9.9 (66.0%)
75	KARDEL Wojciech	593		M1-29	14	00:00:33	00:30:31	01:01:01.15	01:01:34.85	+00:21:02 (34.5%)	6:06	9.8 (65.3%)
76	CEŃKAR Marek	533		M30-49	51	00:00:42	00:36:00	01:01:23.55	01:02:06.05	+00:21:24 (34.9%)	6:08	9.8 (65.3%)
77	ANDRUCZYK Arkadiusz	502	REMBERTÓW TEAM	M30-49	52	00:00:21	00:30:35	01:01:47.50	01:02:08.55	+00:21:48 (35.3%)	6:10	9.7 (64.7%)
78	BIERNACKI Adam	519	ŁÓDŹ/WARSZAWA	M50+	12	00:00:29	00:31:52	01:02:49.30	01:03:19.20	+00:22:50 (36.4%)	6:17	9.5 (63.3%)
79	CHARŁAMPOWICZ-KRAWCZYK Filip	535		M30-49	53	00:00:10	00:29:32	01:02:55.15	01:03:05.65	+00:22:56 (36.5%)	6:17	9.5 (63.3%)
80	CARPI Federico	529		M30-49	54	00:00:34	00:30:31	01:03:08.15	01:03:42.45	+00:23:09 (36.7%)	6:18	9.5 (63.3%)
81	URBAN Mariusz	751	GRUPA BIEGOWA UM W-WA	M30-49	55	00:00:44	00:32:09	01:03:29.10	01:04:13.25	+00:23:30 (37.0%)	6:20	9.5 (63.3%)
82	POTERAŁSKI Dariusz	682	PKO BANK POLSKI SA	M30-49	56	00:00:26	00:33:02	01:03:31.50	01:03:57.70	+00:23:32 (37.1%)	6:21	9.4 (62.7%)
83	SZEP CZYŃSKI Andrzej	732	ANDRZEJ SZEPCZYŃSKI	M50+	13	00:00:44	00:32:17	01:04:19.60	01:05:03.85	+00:24:20 (37.8%)	6:25	9.3 (62.0%)
84	MAZUR Tymoteusz	646		M1-29	15	00:00:38	00:34:05	01:04:20.40	01:04:58.55	+00:24:21 (37.9%)	6:26	9.3 (62.0%)
85	ŚMIGOWSKI Adrian	739		M30-49	57	00:00:28	00:31:19	01:04:39.50	01:05:07.65	+00:24:40 (38.2%)	6:27	9.3 (62.0%)

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86	KOT Sławomir	608		M50+	14	00:00:43	00:32:03	01:05:16.90	01:06:00.35	+00:25:18 (38.8%)	6:31	9.2 (61.3%)
87	SILVA Frederico	706		M30-49	58	00:00:39	00:33:22	01:05:37.55	01:06:17.15	+00:25:38 (39.1%)	6:33	9.1 (60.7%)
88	ŁUCZAK Bartłomiej	630	KLUB BIEGACZA RTV EURO AGD	M30-49	59	00:00:26	00:31:44	01:06:26.30	01:06:52.75	+00:26:27 (39.8%)	6:38	9 (60.0%)
89	MAZUR Bartłomiej	645		M1-29	16	00:00:39	00:31:19	01:06:52.35	01:07:31.35	+00:26:53 (40.2%)	6:41	9 (60.0%)
90	KRZYŻEWSKI Adam	616		M1-29	17	00:00:29	00:31:24	01:07:31.50	01:08:01.45	+00:27:32 (40.8%)	6:45	8.9 (59.3%)
91	WACHOWSKI Tomasz	753		M30-49	60	00:00:16	00:30:59	01:07:32.70	01:07:49.00	+00:27:33 (40.8%)	6:45	8.9 (59.3%)
92	SMORAŃGIEWICZ Marcin	716		M30-49	61	00:00:29	00:32:47	01:08:05.75	01:08:35.65	+00:28:06 (41.3%)	6:48	8.8 (58.7%)
93	ŁOGWIŃSKI Konrad	627	#KASZANIENAMOKA	M30-49	62	00:00:23	00:34:23	01:09:26.85	01:09:50.00	+00:29:28 (42.4%)	6:56	8.6 (57.3%)
94	BANASZEK Łukasz	508		M30-49	63	00:00:34	00:34:50	01:11:18.10	01:11:52.70	+00:31:19 (43.9%)	7:07	8.4 (56.0%)
95	JÓZEFOWICZ Maciej	586		M30-49	64	00:00:44	00:32:46	01:12:00.15	01:12:44.85	+00:32:01 (44.5%)	7:12	8.3 (55.3%)
96	CHROSTOWSKI Paweł	537		M1-29	18	00:00:29	00:35:40	01:12:12.65	01:12:42.55	+00:32:13 (44.6%)	7:13	8.3 (55.3%)
97	ZAWALSKI Waldemar	766		M50+	15	00:00:44	00:36:49	01:13:17.05	01:14:01.45	+00:33:18 (45.4%)	7:19	8.2 (54.7%)
98	BĘBENEK Piotr	516		M30-49	65	00:00:38	00:37:46	01:14:04.65	01:14:43.00	+00:34:05 (46.0%)	7:24	8.1 (54.0%)
99	KONOTOPSKI Łukasz	604		M30-49	66	00:00:39	00:37:51	01:14:05.65	01:14:44.65	+00:34:06 (46.0%)	7:24	8.1 (54.0%)
100	LASOTA Rafał	624		M30-49	67	00:00:37	00:37:49	01:14:06.15	01:14:43.25	+00:34:07 (46.0%)	7:24	8.1 (54.0%)
101	KUDŁACZYK Michał	620	AKADEMIA PANA KETTLA BIEGA	M30-49	68	00:00:36	00:37:53	01:14:06.85	01:14:43.35	+00:34:08 (46.1%)	7:24	8.1 (54.0%)
102	CIOZDA Łukasz	538		M30-49	69	00:00:45	00:37:01	01:16:53.40	01:17:39.05	+00:36:54 (48.0%)	7:41	7.8 (52.0%)
103	TCHOREK Filip	744	FILIP TCHOREK	M30-49	70	00:00:37	00:39:06	01:20:57.85	01:21:35.70	+00:40:59 (50.6%)	8:05	7.4 (49.3%)
104	BOROWIAK Jacek	523	SLOW JOGGIN POLSKA	M50+	16	00:00:20	00:42:50	01:27:33.60	01:27:53.70	+00:47:34 (54.3%)	8:45	6.9 (46.0%)
105	PRUSAK Michał	684	WARSZAWSKI BOKS KB LEGIA	M30-49	71	00:00:02	00:47:56			+00:28:03	9:35	6.3 (42.0%)
106	OWERKO Krzysztof	664	VEGAN POWER !	M30-49	72	00:00:02	00:48:31			+00:28:38	9:42	6.2 (41.3%)