



BIEG WEGAŃSKI 5 KM

B4SPORT

Event: Bieg Wegański
Organiser: Fundacja Run Vegan
Date: 2019-05-19
Place: Warszawa
Distance: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M50+

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	GRZYBOWSKI Mariusz	101		M50+	1	00:03:16	00:19:10.30	00:22:26.50		3:50	15.7 (100%)
2	JAROS Arkadiusz	118		M50+	2	00:03:19	00:29:46.75	00:33:06.45	+00:10:36 (35.6%)	5:57	10.1 (64.3%)
3	CEROWSKI Steve	43		M50+	3	00:03:53	00:30:19.60	00:34:13.15	+00:11:09 (36.8%)	6:04	9.9 (63.1%)
4	ŻÓŁCIŃSKI Waldemar	404	GRUPA BIEGOWA UM W-WA	M50+	4	00:03:50	00:30:40.70	00:34:31.55	+00:11:30 (37.5%)	6:08	9.8 (62.4%)
5	PAŁAMAR Krzysztof	232		M50+	5	00:03:22	00:30:43.90	00:34:06.10	+00:11:33 (37.6%)	6:08	9.8 (62.4%)
6	MAJEWSKI Marek	189	WILANÓW-ZAWADY	M50+	6	00:03:26	00:30:47.50	00:34:13.85	+00:11:37 (37.7%)	6:09	9.7 (61.8%)
7	STARUCH Andrzej	320		M50+	7	00:03:33	00:31:18.05	00:34:51.10	+00:12:07 (38.8%)	6:15	9.6 (61.1%)
8	GRABOWSKI Jerzy	95	NIEZRZESZONY	M50+	8	00:03:34	00:32:24.35	00:35:58.90	+00:13:14 (40.8%)	6:28	9.3 (59.2%)
9	HOŁOWACZ Tomasz	105	KONDYCJA	M50+	9	00:03:47	00:33:28.80	00:37:16.05	+00:14:18 (42.7%)	6:41	9 (57.3%)
10	PERZ Michał	242	FC PERZOWO	M50+	10	00:03:42	00:35:41.30	00:39:24.00	+00:16:31 (46.3%)	7:08	8.4 (53.5%)
11	KRAIŃSKI Antoni	164	NIEZRZESZONY	M50+	11	00:03:35	00:35:52.55	00:39:27.85	+00:16:42 (46.6%)	7:10	8.4 (53.5%)
12	OSTAPOWICZ Jarosław	226		M50+	12	00:03:27	00:38:06.45	00:41:33.90	+00:18:56 (49.7%)	7:37	7.9 (50.3%)
13	GAJDA Adam	79		M50+	13	00:03:35	00:40:51.10	00:44:26.25	+00:21:40 (53.1%)	8:10	7.3 (46.5%)
14	NOWORYTA Jacek	214	ASA TEAM BIEGIEM PO ZDROWIE	M50+	14	00:03:40	00:41:05.40	00:44:45.70	+00:21:55 (53.3%)	8:13	7.3 (46.5%)
15	MAŁEK Andrzej	192		M50+	15	00:03:36	00:42:03.10	00:45:39.30	+00:22:52 (54.4%)	8:24	7.1 (45.2%)
16	SOCHOCKI Dariusz	313		M50+	16	00:03:44	00:42:05.55	00:45:50.45	+00:22:55 (54.5%)	8:25	7.1 (45.2%)
17	PANASIUK Stefan	236		M50+	17	00:03:50	00:46:46.90	00:50:37.35	+00:27:36 (59.0%)	9:21	6.4 (40.8%)
18	MROCZKOWSKI Zdzisław	205		M50+	18	00:03:55	00:50:14.15	00:54:09.85	+00:31:03 (61.8%)	10:02	6 (38.2%)
19	KAMIŃSKI Waldemar	137	SLOW JOGGING WARSZAWA	M50+	19	00:04:09	00:56:29.05	01:00:38.40	+00:37:18 (66.1%)	11:17	5.3 (33.8%)
20	WUS Zenon	381		M50+	20	00:04:04	00:56:30.90	01:00:35.30	+00:37:20 (66.1%)	11:18	5.3 (33.8%)
21	BREJKOL Wojciech	430	SLOW JOGGING BIAŁOŁĘKA	M50+	21	00:04:08	00:56:31.25	01:00:39.25	+00:37:20 (66.1%)	11:18	5.3 (33.8%)

Total 21 results.