



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: Mężczyźni Open

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	GREGORCZYK Łukasz	97	COMPASSION POLSKA	M30-49	1	00:03:16	00:17:38.00	00:20:54.35		3:31	17 (100%)
2	SŁUPIK Tomasz	305	-	M1-29	1	00:03:16	00:17:52.30	00:21:08.30	+00:00:14 (1.3%)	3:34	16.8 (98.8%)
3	SKORY Wojciech	301	KRÓLEWSKI KLUB BIEGOWY	M30-49	2	00:03:16	00:18:00.35	00:21:16.40	+00:00:22 (2.1%)	3:36	16.7 (98.2%)
4	GRZYBOWSKI Mariusz	101		M50+	1	00:03:16	00:19:10.30	00:22:26.50	+00:01:32 (8.0%)	3:50	15.7 (92.4%)
5	SUCHY Robert	326	ADIDAS RUNNERS WARSAW	M30-49	3	00:03:16	00:19:34.45	00:22:51.05	+00:01:56 (9.9%)	3:55	15.3 (90.0%)
6	ZYCH Łukasz	401	GRZYBKI TEAM	M30-49	4	00:03:16	00:19:41.30	00:22:57.80	+00:02:03 (10.4%)	3:56	15.2 (89.4%)
7	BORAWSKI Juliusz	32	COMPASSION POLSKA	M30-49	5	00:03:16	00:20:21.40	00:23:37.90	+00:02:43 (13.4%)	4:04	14.7 (86.5%)
8	BUBEL Robert	40		M30-49	6	00:03:16	00:20:28.80	00:23:45.45	+00:02:50 (13.9%)	4:05	14.6 (85.9%)
9	KORDASIEWICZ Stanisław	156		M30-49	7	00:03:17	00:20:47.90	00:24:05.45	+00:03:09 (15.2%)	4:09	14.4 (84.7%)
10	ZDANOWSKI Dariusz	392	KOSTRZYŃSKA GRUPA BIEGOWA	M30-49	8	00:03:15	00:21:04.75	00:24:20.65	+00:03:26 (16.3%)	4:13	14.2 (83.5%)
11	PANASIUK Artur	234		M30-49	9	00:03:20	00:21:08.25	00:24:29.05	+00:03:30 (16.6%)	4:13	14.2 (83.5%)
12	JARMOSZKO Marian	117	TRIWAWA	M30-49	10	00:03:20	00:21:10.20	00:24:31.10	+00:03:32 (16.7%)	4:14	14.2 (83.5%)
13	ROSIŃSKI Patryk	282		M1-29	2	00:03:16	00:21:33.50	00:24:49.80	+00:03:55 (18.2%)	4:18	13.9 (81.8%)
14	KORSAKOV Konstantyn	433		M30-49	11	00:03:23	00:21:37.15	00:25:00.25	+00:03:59 (18.4%)	4:19	13.9 (81.8%)
15	ZIĘBAKOWSKI Mikołaj	396		M1-29	3	00:03:16	00:22:13.15	00:25:29.45	+00:04:35 (20.6%)	4:26	13.5 (79.4%)
16	KOŚLA Arkadiusz	429		M30-49	12	00:03:30	00:22:35.75	00:26:06.55	+00:04:57 (22.0%)	4:31	13.3 (78.2%)
17	BORKOWSKI Mariusz	33		M30-49	13	00:03:20	00:22:43.80	00:26:03.85	+00:05:05 (22.4%)	4:32	13.2 (77.6%)
18	KRZESZOWSKI Dariusz	170	VEGE RUNNERS	M30-49	14	00:03:16	00:22:58.55	00:26:15.20	+00:05:20 (23.3%)	4:35	13.1 (77.1%)
19	KAŻUCH Olaf	144		M1-29	4	00:03:19	00:22:58.90	00:26:18.65	+00:05:20 (23.3%)	4:35	13.1 (77.1%)
20	SWORSKI Roman	327	VEGAN & VEGE RUNNERS / KASTYO	M30-49	15	00:03:16	00:24:00.20	00:27:16.95	+00:06:22 (26.5%)	4:48	12.5 (73.5%)
21	CZAPIEWSKI Krzysztof	414		M30-49	16	00:03:19	00:24:03.15	00:27:22.40	+00:06:25 (26.7%)	4:48	12.5 (73.5%)
22	IWAŃCZYK Grzegorz	109		M30-49	17	00:03:16	00:24:05.05	00:27:21.05	+00:06:27 (26.8%)	4:49	12.5 (73.5%)
23	BIENIECKI Mirek	407		M30-49	18	00:03:17	00:24:41.70	00:27:59.15	+00:07:03 (28.6%)	4:56	12.1 (71.2%)
24	PAKUŁSKI Piotr	230	HARD BOX	M30-49	19	00:03:17	00:24:51.30	00:28:08.30	+00:07:13 (29.1%)	4:58	12.1 (71.2%)
25	PIWNICKI Mateusz	254		M1-29	5	00:03:21	00:24:58.65	00:28:19.75	+00:07:20 (29.4%)	4:59	12 (70.6%)
26	MATYSIAK Juliusz	194		M1-29	6	00:03:16	00:25:22.25	00:28:39.10	+00:07:44 (30.5%)	5:04	11.8 (69.4%)
27	ROSIAK Jacek	280		M30-49	20	00:03:20	00:25:22.50	00:28:42.85	+00:07:44 (30.5%)	5:04	11.8 (69.4%)
28	PALMER Sean	231		M30-49	21	00:03:40	00:25:27.60	00:29:08.50	+00:07:49 (30.7%)	5:05	11.8 (69.4%)
29	KAŻUCH Sławomir	143		M30-49	22	00:03:19	00:25:33.35	00:28:52.55	+00:07:55 (31.0%)	5:06	11.7 (68.8%)

						Net time 5km	Czas brutto 5km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Start time		Gap		
30	OSIAK Jan	225	DRUŻYNA BLANECZKI	M1-29	7	00:03:18	00:25:35.30	00:28:53.80	+00:07:57 (31.1%)	5:07 11.7 (68.8%)
31	GESZPRYCH Marek	86		M30-49	23	00:03:38	00:25:36.45	00:29:15.40	+00:07:58 (31.1%)	5:07 11.7 (68.8%)
32	BERNAT Paweł	19		M30-49	24	00:03:17	00:25:38.60	00:28:56.15	+00:08:00 (31.2%)	5:07 11.7 (68.8%)
33	SADOWSKI Mateusz	288		M1-29	8	00:03:21	00:25:51.85	00:29:13.05	+00:08:13 (31.8%)	5:10 11.6 (68.2%)
34	MIEDŹWIEDŹ Łukasz	199		M30-49	25	00:03:28	00:25:52.45	00:29:21.30	+00:08:14 (31.8%)	5:10 11.6 (68.2%)
35	KŁOK Emil	149	TRAWOŻERCY	M1-29	9	00:03:21	00:26:19.80	00:29:41.30	+00:08:41 (33.0%)	5:16 11.4 (67.1%)
36	DZIEMBA Tomasz	66		M1-29	10	00:03:44	00:27:21.20	00:31:05.25	+00:09:43 (35.5%)	5:28 11 (64.7%)
37	PTAK Marcin	267		M30-49	26	00:03:36	00:28:03.55	00:31:40.40	+00:10:25 (37.2%)	5:36 10.7 (62.9%)
38	ANIOŁKOWSKI Krzysztof	6		M30-49	27	00:03:27	00:28:06.65	00:31:34.10	+00:10:28 (37.3%)	5:37 10.7 (62.9%)
39	PIEJAK Tomasz	418		M1-29	11	00:03:44	00:28:08.00	00:31:52.35	+00:10:30 (37.3%)	5:37 10.7 (62.9%)
40	AKERMAN Adrian	4	TRAWOŻERCY	M1-29	12	00:03:39	00:28:25.20	00:32:04.45	+00:10:47 (38.0%)	5:41 10.6 (62.4%)
41	SENKOWSKI Gustaw	292		M1-29	13	00:03:52	00:28:27.55	00:32:20.25	+00:10:49 (38.0%)	5:41 10.5 (61.8%)
42	CZERNIAWSKI Bartosz	49		M1-29	14	00:03:52	00:28:31.95	00:32:24.40	+00:10:53 (38.2%)	5:42 10.5 (61.8%)
43	GÓRECKI Michał	94		M30-49	28	00:03:21	00:28:42.80	00:32:04.65	+00:11:04 (38.6%)	5:44 10.4 (61.2%)
44	BARTCZAK Maciej	426		M1-29	15	00:03:22	00:28:50.25	00:32:12.75	+00:11:12 (38.9%)	5:46 10.4 (61.2%)
45	ZIELIŃSKI Piotr	394	BIEGNIJ Z PROSERVICE	M30-49	29	00:03:55	00:28:57.80	00:32:53.35	+00:11:19 (39.1%)	5:47 10.4 (61.2%)
46	STACHURSKI Przemysław	317		M30-49	30	00:03:32	00:29:11.25	00:32:43.30	+00:11:33 (39.6%)	5:50 10.3 (60.6%)
47	NAPIERSKI Łukasz	209		M30-49	31	00:03:22	00:29:20.35	00:32:42.90	+00:11:42 (39.9%)	5:52 10.2 (60.0%)
48	WYRWICZ Marek	383		M30-49	32	00:03:48	00:29:38.70	00:33:27.45	+00:12:00 (40.5%)	5:55 10.1 (59.4%)
49	OLSZOWSKI Michał	219		M30-49	33	00:03:22	00:29:40.20	00:33:02.75	+00:12:02 (40.6%)	5:56 10.1 (59.4%)
50	MŁOCEK Piotr	201	WILANÓW-ZAWADY	M1-29	16	00:03:25	00:29:41.65	00:33:07.20	+00:12:03 (40.6%)	5:56 10.1 (59.4%)
51	SZTYLKO Michał	333		M30-49	34	00:03:49	00:29:43.55	00:33:33.45	+00:12:05 (40.7%)	5:56 10.1 (59.4%)
52	JAROS Arkadiusz	118		M50+	2	00:03:19	00:29:46.75	00:33:06.45	+00:12:08 (40.8%)	5:57 10.1 (59.4%)
53	BIENKOWSKI Mateusz	22		M30-49	35	00:03:18	00:29:48.60	00:33:07.15	+00:12:10 (40.8%)	5:57 10.1 (59.4%)
54	CEROWSKI Steve	43		M50+	3	00:03:53	00:30:19.60	00:34:13.15	+00:12:41 (41.9%)	6:04 9.9 (58.2%)
55	LIBERA Paweł	179	GRUPA BIEGOWA UM-WWA	M30-49	36	00:03:49	00:30:38.90	00:34:28.85	+00:13:00 (42.5%)	6:07 9.8 (57.6%)
56	ŻÓŁCIŃSKI Waldemar	404	GRUPA BIEGOWA UM W-WA	M50+	4	00:03:50	00:30:40.70	00:34:31.55	+00:13:02 (42.5%)	6:08 9.8 (57.6%)
57	PAŁAMAR Krzysztof	232	WILANÓW-ZAWADY	M50+	5	00:03:22	00:30:43.90	00:34:06.10	+00:13:05 (42.6%)	6:08 9.8 (57.6%)
58	MAJEWSKI Marek	189		M50+	6	00:03:26	00:30:47.50	00:34:13.85	+00:13:09 (42.7%)	6:09 9.7 (57.1%)
59	SZŁOSER Piotr	330		M30-49	37	00:00:11	00:30:53.90	00:31:05.05	+00:13:15 (42.9%)	6:10 9.7 (57.1%)
60	WÓJCIK Rafał	377		M30-49	38	00:03:30	00:31:07.35	00:34:38.05	+00:13:29 (43.3%)	6:13 9.6 (56.5%)
61	MRÓZ Sebastian	206		M30-49	39	00:03:20	00:31:08.40	00:34:28.50	+00:13:30 (43.4%)	6:13 9.6 (56.5%)
62	STARUCH Andrzej	320	NIEZRZESZONY	M50+	7	00:03:33	00:31:18.05	00:34:51.10	+00:13:40 (43.7%)	6:15 9.6 (56.5%)
63	PAC Bartosz	228		M30-49	40	00:03:32	00:31:27.60	00:35:00.30	+00:13:49 (43.9%)	6:17 9.5 (55.9%)
64	BASIŃSKI Dawid	15		M1-29	17	00:03:24	00:31:42.65	00:35:07.05	+00:14:04 (44.4%)	6:20 9.5 (55.9%)
65	MRÓZ Mateusz	207		M1-29	18	00:03:20	00:31:52.10	00:35:12.65	+00:14:14 (44.7%)	6:22 9.4 (55.3%)
66	GRABOWSKI Jerzy	95		M50+	8	00:03:34	00:32:24.35	00:35:58.90	+00:14:46 (45.6%)	6:28 9.3 (54.7%)
67	IMIELA Maciel	108	-	M1-29	19	00:03:19	00:33:07.35	00:36:26.80	+00:15:29 (46.8%)	6:37 9.1 (53.5%)
68	HOŁOWACZ Tomasz	105	KONDYCJA	M50+	9	00:03:47	00:33:28.80	00:37:16.05	+00:15:50 (47.3%)	6:41 9 (52.9%)
69	MAKOSA Daniel	196	POLSOJA	M1-29	20	00:03:24	00:34:00.65	00:37:25.40	+00:16:22 (48.2%)	6:48 8.8 (51.8%)
70	BARTOSIK Wojtek	13		M30-49	41	00:03:47	00:34:31.20	00:38:18.65	+00:16:53 (48.9%)	6:54 8.7 (51.2%)
71	KOCHAŃCZYK Paweł	151		M30-49	42	00:03:28	00:34:43.05	00:38:11.05	+00:17:05 (49.2%)	6:56 8.6 (50.6%)
72	MATYSIAK Krzysztof	193		M30-49	43	00:03:27	00:34:44.00	00:38:11.55	+00:17:06 (49.2%)	6:56 8.6 (50.6%)
73	KALINOWSKI Adam	134	1976	M30-49	44	00:03:37	00:34:45.10	00:38:22.85	+00:17:07 (49.3%)	6:57 8.6 (50.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
74	POTEMPSKI Paweł	265		M30-49	45	00:04:04	00:34:59.90	00:39:04.15	+00:17:21 (49.6%)	7:00	8.6 (50.6%)
75	PIOŁUNOWICZ Maciej	250	BRACTWO BIEGOWE BGK	M30-49	46	00:03:32	00:35:31.25	00:39:03.55	+00:17:53 (50.4%)	7:06	8.4 (49.4%)
76	PERZ Michał	242	FC PERZOWO	M50+	10	00:03:42	00:35:41.30	00:39:24.00	+00:18:03 (50.6%)	7:08	8.4 (49.4%)
77	KRAIŃSKI Antoni	164	NIEZRZESZONY	M50+	11	00:03:35	00:35:52.55	00:39:27.85	+00:18:14 (50.8%)	7:10	8.4 (49.4%)
78	SZTEJNERT Jakub	331		M30-49	47	00:03:51	00:35:54.10	00:39:45.90	+00:18:16 (50.9%)	7:10	8.4 (49.4%)
79	PLUTA Daniel	256		M30-49	48	00:03:17	00:36:21.35	00:39:38.90	+00:18:43 (51.5%)	7:16	8.3 (48.8%)
80	KRZESZOWSKI Piotr	169		M1-29	21	00:03:30	00:37:16.75	00:40:47.15	+00:19:38 (52.7%)	7:27	8 (47.1%)
81	DUCZYŃSKI Maciej	61	VEGE RUNNERS	M30-49	49	00:03:55	00:37:40.65	00:41:35.85	+00:20:02 (53.2%)	7:32	8 (47.1%)
82	OSTAPOWICZ Jarosław	226		M50+	12	00:03:27	00:38:06.45	00:41:33.90	+00:20:28 (53.7%)	7:37	7.9 (46.5%)
83	FIGIEL Wojciech	73		M30-49	50	00:03:47	00:39:35.95	00:43:23.20	+00:21:57 (55.5%)	7:55	7.6 (44.7%)
84	GAJDA Adam	79		M50+	13	00:03:35	00:40:51.10	00:44:26.25	+00:23:13 (56.8%)	8:10	7.3 (42.9%)
85	NOWORYTA Jacek	214	ASA TEAM BIEGIEM PO ZDROWIE	M50+	14	00:03:40	00:41:05.40	00:44:45.70	+00:23:27 (57.1%)	8:13	7.3 (42.9%)
86	MAŁEK Andrzej	192		M50+	15	00:03:36	00:42:03.10	00:45:39.30	+00:24:25 (58.1%)	8:24	7.1 (41.8%)
87	SOCHOCKI Dariusz	313		M50+	16	00:03:44	00:42:05.55	00:45:50.45	+00:24:27 (58.1%)	8:25	7.1 (41.8%)
88	CYGAN Dariusz	48		M1-29	22	00:04:15	00:43:19.05	00:47:34.40	+00:25:41 (59.3%)	8:39	6.9 (40.6%)
89	PANASIUK Stefan	236		M50+	17	00:03:50	00:46:46.90	00:50:37.35	+00:29:08 (62.3%)	9:21	6.4 (37.6%)
90	MROCZKOWSKI Zdzisław	205		M50+	18	00:03:55	00:50:14.15	00:54:09.85	+00:32:36 (64.9%)	10:02	6 (35.3%)
91	KAMIŃSKI Waldemar	137	SLOW JOGGING WARSZAWA	M50+	19	00:04:09	00:56:29.05	01:00:38.40	+00:38:51 (68.8%)	11:17	5.3 (31.2%)
92	WUS Zenon	381		M50+	20	00:04:04	00:56:30.90	01:00:35.30	+00:38:52 (68.8%)	11:18	5.3 (31.2%)
93	BREJKOL Wojciech	430	SLOW JOGGING BIAŁOŁĘKA	M50+	21	00:04:08	00:56:31.25	01:00:39.25	+00:38:53 (68.8%)	11:18	5.3 (31.2%)
	BIRSKI Piotr	26		M30-49		DNF	DNF	DNF		-	- (0.0%)
	SIENKIEWICZ Piotr	295		M30-49		DNF	DNF	DNF		-	- (0.0%)

Total 95 results.