

# BIEG NA 5 KILOMETRÓW | XII BIEG SIEDLECKIEGO JACKA

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** XII Bieg Siedleckiego Jacka
**Organizator:** Agencja Rozwoju Miasta Siedlce sp. z o.o.
**Data:** 2021-08-29
**Miejsce:** Siedlce
**Dystans:** 5 km

## Klasyfikacja: M40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **JASTRZĘBSKI Paweł** | **469** | YULO RUN TEAM SIEDLCE | M40 | 1 | 00:00:06 | **00:18:39.65** | **00:18:46.10** | | 3:43 | 16.1 (100%) |
| 2 | **KANDER Leszek** | **369** | YULU RUN TEAM SIEDLCE | M40 | 2 | 00:00:07 | **00:20:37.30** | **00:20:44.60** | +00:01:57 (9.5%) | 4:07 | 14.6 (90.7%) |
| 3 | **KŁOSIŃSKI Rafał** | **319** | WIELKIE | M40 | 3 | 00:00:07 | **00:20:54.80** | **00:21:02.50** | +00:02:15 (10.8%) | 4:10 | 14.4 (89.4%) |
| 4 | **WYSOKIŃSKI Marcin** | **202** | | M40 | 4 | 00:00:08 | **00:20:57.10** | **00:21:05.15** | +00:02:17 (10.9%) | 4:11 | 14.3 (88.8%) |
| 5 | **WAROWNY Robert** | **205** | | M40 | 5 | 00:00:08 | **00:21:50.95** | **00:21:59.10** | +00:03:11 (14.6%) | 4:22 | 13.7 (85.1%) |
| 6 | **KMIECIK Arkadiusz** | **407** | | M40 | 6 | 00:00:08 | **00:21:51.75** | **00:21:59.95** | +00:03:12 (14.6%) | 4:22 | 13.7 (85.1%) |
| 7 | **CHRÓST Marcin** | **355** | KS-ZIELONO CZARNI | M40 | 7 | 00:00:09 | **00:21:54.65** | **00:22:04.30** | +00:03:15 (14.8%) | 4:22 | 13.7 (85.1%) |
| 8 | **PIEKARSKI Piotr** | **343** | | M40 | 8 | 00:00:08 | **00:22:37.80** | **00:22:46.15** | +00:03:58 (17.5%) | 4:31 | 13.3 (82.6%) |
| 9 | **KUBAŚ Arkadiusz** | **443** | KLUB AKTYWNYCH PARKRUN SKÓRZEC | M40 | 9 | 00:00:09 | **00:22:50.10** | **00:22:59.90** | +00:04:10 (18.3%) | 4:34 | 13.1 (81.4%) |
| 10 | **ROZBICKI Zbigniew** | **495** | | M40 | 10 | 00:00:12 | **00:23:12.65** | **00:23:25.20** | +00:04:33 (19.6%) | 4:38 | 12.9 (80.1%) |
| 11 | **WYSOKIŃSKI Mariusz** | **439** | | M40 | 11 | 00:00:10 | **00:23:24.00** | **00:23:34.55** | +00:04:44 (20.3%) | 4:40 | 12.8 (79.5%) |
| 12 | **CHOMA Marek** | **417** | PĘDZĄCE LENIWCE | M40 | 12 | 00:00:09 | **00:23:41.65** | **00:23:51.15** | +00:05:02 (21.2%) | 4:44 | 12.7 (78.9%) |
| 13 | **HOŁUBIEC Paweł** | **339** | YULO RUN TEAM SIEDLCE | M40 | 13 | 00:00:09 | **00:24:13.45** | **00:24:22.85** | +00:05:33 (23.0%) | 4:50 | 12.4 (77.0%) |
| 14 | **KRUPA Marek** | **220** | | M40 | 14 | 00:00:10 | **00:24:19.55** | **00:24:30.10** | +00:05:39 (23.3%) | 4:51 | 12.3 (76.4%) |
| 15 | **SIEROCIŃSKI Robert** | **453** | DZIKI GOŁOBORZY | M40 | 15 | 00:00:09 | **00:24:39.90** | **00:24:49.30** | +00:06:00 (24.3%) | 4:55 | 12.2 (75.8%) |
| 16 | **KOĆ Karol** | **207** | | M40 | 16 | 00:00:11 | **00:24:45.40** | **00:24:56.55** | +00:06:05 (24.6%) | 4:57 | 12.1 (75.2%) |
| 17 | **OLSZEWSKI Piotr** | **447** | TEAM1431 | M40 | 17 | 00:00:09 | **00:24:47.40** | **00:24:56.65** | +00:06:07 (24.7%) | 4:57 | 12.1 (75.2%) |
| 18 | **DUDA Jacek** | **304** | | M40 | 18 | 00:00:10 | **00:24:59.25** | **00:25:09.60** | +00:06:19 (25.3%) | 4:59 | 12 (74.5%) |
| 19 | **GOTOWICKI Seweryn** | **455** | | M40 | 19 | 00:00:08 | **00:25:11.10** | **00:25:19.55** | +00:06:31 (25.9%) | 5:02 | 11.9 (73.9%) |
| 20 | **KRÓL Dariusz** | **214** | | M40 | 20 | 00:00:11 | **00:25:13.55** | **00:25:25.00** | +00:06:33 (26.0%) | 5:02 | 11.9 (73.9%) |
| 21 | **KULIK Karol** | **414** | GRUPA BIEGACZY SKÓRZEC BIEGA | M40 | 21 | 00:00:09 | **00:26:06.10** | **00:26:15.65** | +00:07:26 (28.5%) | 5:13 | 11.5 (71.4%) |
| 22 | **MATŁACZ Łukasz** | **225** | | M40 | 22 | 00:00:11 | **00:26:21.05** | **00:26:32.25** | +00:07:41 (29.2%) | 5:16 | 11.4 (70.8%) |
| 23 | **MISZTA Grzegorz** | **494** | | M40 | 23 | 00:00:10 | **00:26:25.40** | **00:26:35.70** | +00:07:45 (29.4%) | 5:17 | 11.4 (70.8%) |
| 24 | **KRAKOWSKI Karol** | **458** | PĘDZĄCE LENIWCE | M40 | 24 | 00:00:11 | **00:26:40.25** | **00:26:51.80** | +00:08:00 (30.0%) | 5:20 | 11.3 (70.2%) |
| 25 | **KANIA Arkadiusz** | **260** | | M40 | 25 | 00:00:00 | **00:26:50.00** | **00:26:50.00** | +00:08:10 (30.5%) | 5:22 | 11.2 (69.6%) |
| 26 | **OKUNIEWSKI Grzegorz** | **433** | ALIOR RUNNING TEAM | M40 | 26 | 00:00:09 | **00:26:58.55** | **00:27:07.65** | +00:08:18 (30.8%) | 5:23 | 11.1 (68.9%) |
| 27 | **KARPIŃSKI Marian** | **268** | KLUB AKTYWNYCH PARKRUN SKÓRZEC | M40 | 27 | 00:00:12 | **00:27:12.60** | **00:27:25.15** | +00:08:32 (31.4%) | 5:26 | 11 (68.3%) |
| 28 | **LIPIŃSKI Marek** | **375** | | M40 | 28 | 00:00:09 | **00:27:21.80** | **00:27:30.85** | +00:08:42 (31.8%) | 5:28 | 11 (68.3%) |
| 29 | **BASZKIEWICZ Paweł** | **456** | ZBUCKI RUCH | M40 | 29 | 00:00:13 | **00:27:22.75** | **00:27:36.05** | +00:08:43 (31.8%) | 5:28 | 11 (68.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 30 | **MLONEK Paweł** | **383** | | M40 | 30 | 00:00:15 | **00:28:10.60** | **00:28:26.10** | +00:09:30 (33.8%) | 5:38 | 10.7 (66.5%) |
| 31 | **KOWALEWSKI Mariusz** | **356** | | M40 | 31 | 00:00:12 | **00:28:22.20** | **00:28:34.95** | +00:09:42 (34.2%) | 5:40 | 10.6 (65.8%) |
| 32 | **WĘGŁOWSKI Witold** | **364** | | M40 | 32 | 00:00:11 | **00:28:28.90** | **00:28:40.15** | +00:09:49 (34.5%) | 5:41 | 10.5 (65.2%) |
| 33 | **NICEWICZ Jacek** | **477** | BK | M40 | 33 | 00:00:17 | **00:28:43.15** | **00:29:00.70** | +00:10:03 (35.0%) | 5:44 | 10.4 (64.6%) |
| 34 | **KULIK Maciej** | **283** | | M40 | 34 | 00:00:08 | **00:29:08.65** | **00:29:16.85** | +00:10:29 (36.0%) | 5:49 | 10.3 (64.0%) |
| 35 | **CEGIEŁKA Rafał** | **357** | | M40 | 35 | 00:00:13 | **00:29:57.85** | **00:30:11.15** | +00:11:18 (37.7%) | 5:59 | 10 (62.1%) |
| 36 | **KĘDZIERSKI Jacek** | **234** | | M40 | 36 | 00:00:11 | **00:30:07.15** | **00:30:18.50** | +00:11:27 (38.0%) | 6:01 | 10 (62.1%) |
| 37 | **SOWIŃSKI Michał** | **503** | | M40 | 37 | 00:00:18 | **00:31:07.20** | **00:31:25.70** | +00:12:27 (40.0%) | 6:13 | 9.6 (59.6%) |
| 38 | **DRABIO Maciej** | **335** | | M40 | 38 | 00:00:16 | **00:31:54.50** | **00:32:10.75** | +00:13:14 (41.5%) | 6:22 | 9.4 (58.4%) |
| 39 | **MACIOŁEK Szymon** | **506** | | M40 | 39 | 00:00:17 | **00:33:13.35** | **00:33:30.60** | +00:14:33 (43.8%) | 6:38 | 9 (55.9%) |
| 40 | **SZKOP Piotr** | **489** | | M40 | 40 | 00:00:15 | **00:33:25.05** | **00:33:40.85** | +00:14:45 (44.2%) | 6:41 | 9 (55.9%) |
| 41 | **WASILUK Ireneusz** | **303** | | M40 | 41 | 00:00:16 | **00:34:00.10** | **00:34:16.95** | +00:15:20 (45.1%) | 6:48 | 8.8 (54.7%) |
| 42 | **RYŚ Andrzej** | **211** | JUDO MASTERS SIEDLCE | M40 | 42 | 00:00:11 | **00:36:42.95** | **00:36:54.10** | +00:18:03 (49.2%) | 7:20 | 8.2 (50.9%) |
| 43 | **KUKLA Dariusz** | **273** | | M40 | 43 | 00:00:00 | **00:37:08.30** | **00:37:08.30** | +00:18:28 (49.8%) | 7:25 | 8.1 (50.3%) |
| 44 | **SKÓRA Tomek** | **411** | SKÓRZEC BIEGA | M40 | 44 | 00:00:19 | **00:39:21.95** | **00:39:41.75** | +00:20:42 (52.6%) | 7:52 | 7.6 (47.2%) |
| 45 | **KONDRACIUK Karol** | **249** | | M40 | 45 | 00:00:16 | **00:41:28.05** | **00:41:44.50** | +00:22:48 (55.0%) | 8:17 | 7.2 (44.7%) |
| 46 | **BIAŁY Jacek** | **479** | JKB | M40 | 46 | 00:00:19 | | | | | (0.0%) |

Znaleziono 46 wynik(ów)