



Organizator:
Data:
Miejsce:
Dystans:

Urząd Dzielnicy Warszawa – Włochy
2022-11-06
Warszawa
8 km

5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	PYRZAK Paweł	276	BIEGANIEPO40.PL	M 30-39 lat	1	00:00:02	00:27:33.50	00:27:35.85		3:26	17.4 (100%)
2	ABU NAHIA Karim	10	NADAKTYWNI TORUŃ	M 30-39 lat	2	00:00:02	00:27:50.40	00:27:52.45	+00:00:16 (1.0%)	3:28	17.2 (98.9%)
3	MURAWSKI Tomasz	226	PAWKO RUNNER TEAM	M 30-39 lat	3	00:00:02	00:28:59.85	00:29:02.05	+00:01:26 (5.0%)	3:37	16.6 (95.4%)
4	GAJEWSKI Marek	75	ADIDAS RUNNERS WARSAW	M 30-39 lat	4	00:00:03	00:29:10.20	00:29:13.30	+00:01:36 (5.5%)	3:38	16.5 (94.8%)
5	WOŹNIAK Przemysław	365	WIELISZEW HERON TEAM	M 30-39 lat	5	00:00:04	00:29:26.80	00:29:31.65	+00:01:53 (6.4%)	3:40	16.3 (93.7%)
6	GROCHOWSKI Maciej	96		M 30-39 lat	6	00:00:03	00:29:30.95	00:29:34.20	+00:01:57 (6.6%)	3:41	16.3 (93.7%)
7	PIATKA Tomasz	260	ADIDAS RUNNERS WARSAW	M 30-39 lat	7	00:00:02	00:29:41.80	00:29:44.50	+00:02:08 (7.2%)	3:42	16.2 (93.1%)
8	SERAFIN Piotr	411		M 30-39 lat	8	00:00:03	00:30:33.50	00:30:37.40	+00:03:00 (9.8%)	3:49	15.7 (90.2%)
9	MICHLEWICZ Krzysztof	219		M 30-39 lat	9	00:00:05	00:30:36.35	00:30:41.60	+00:03:02 (10.0%)	3:49	15.7 (90.2%)
10	PARASZKA Łukasz	253	MINIONS SPEED TEAM	M 30-39 lat	10	00:00:05	00:30:40.30	00:30:45.40	+00:03:06 (10.2%)	3:50	15.7 (90.2%)
11	WALENCIK Marcin	352		M 30-39 lat	11	00:00:04	00:30:50.40	00:30:55.00	+00:03:16 (10.6%)	3:51	15.6 (89.7%)
12	KĄTNIAK Paweł	138		M 30-39 lat	12	00:00:02	00:31:00.80	00:31:03.20	+00:03:27 (11.1%)	3:52	15.5 (89.1%)
13	MACIEJOWICZ Michał	201		M 30-39 lat	13	00:00:06	00:31:33.45	00:31:39.80	+00:03:59 (12.7%)	3:56	15.2 (87.4%)
14	TUREK Łukasz	349	LATAJĄCE HO(L)ENDRY/MORDOWNIK	M 30-39 lat	14	00:00:06	00:32:09.25	00:32:16.20	+00:04:35 (14.3%)	4:01	14.9 (85.6%)

Msc		Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
15	BIAŁECKI	Piotr	21	ORANG	M 30-39 lat	15	00:00:12	00:32:17.35	00:32:29.50	+00:04:43 (14.7%)	4:02	14.9 (85.6%)
16	MIELCZARSKI	Bartosz	430		M 30-39 lat	16	00:00:04	00:32:28.85	00:32:33.70	+00:04:55 (15.2%)	4:03	14.8 (85.1%)
17	GOLABOWSKI	Maciej	80		M 30-39 lat	17	00:00:05	00:32:40.85	00:32:46.70	+00:05:07 (15.7%)	4:05	14.7 (84.5%)
18	KUŹDUB	Piotr	184		M 30-39 lat	18	00:00:06	00:33:01.05	00:33:07.40	+00:05:27 (16.5%)	4:07	14.5 (83.3%)
19	ŚCIBIOREK	Bartosz	334		M 30-39 lat	19	00:00:06	00:33:42.00	00:33:48.50	+00:06:08 (18.2%)	4:12	14.2 (81.6%)
20	KOŁODZIEJ	Mirosław	152	WOLNY KRAFT	M 30-39 lat	20	00:00:02	00:33:43.85	00:33:46.35	+00:06:10 (18.3%)	4:12	14.2 (81.6%)
21	IWANIUK	Tomasz	113	ŻYWCEM ZABIEGANI	M 30-39 lat	21	00:00:34	00:34:03.95	00:34:38.40	+00:06:30 (19.1%)	4:15	14.1 (81.0%)
22	PERZANOWSKI	Jakub	257		M 30-39 lat	22	00:00:10	00:34:29.90	00:34:40.20	+00:06:56 (20.1%)	4:18	13.9 (79.9%)
23	JANKOWSKI	Jakub	118		M 30-39 lat	23	00:00:17	00:34:45.95	00:35:03.30	+00:07:12 (20.7%)	4:20	13.8 (79.3%)
24	SZLASA	Marek	323		M 30-39 lat	24	00:00:46	00:35:09.60	00:35:56.45	+00:07:36 (21.6%)	4:23	13.7 (78.7%)
25	WRZESZCZ	Łukasz	370	BIEGOWY WARIAT RUNNING TEAM	M 30-39 lat	25	00:00:07	00:35:13.20	00:35:20.65	+00:07:39 (21.8%)	4:24	13.6 (78.2%)
26	CIEĆWIERZ	Michał	45		M 30-39 lat	26	00:00:08	00:35:42.35	00:35:51.10	+00:08:08 (22.8%)	4:27	13.4 (77.0%)
27	TRACZYK	Przemysław	346	ASFALTLOVE DZIKI	M 30-39 lat	27	00:00:12	00:35:59.60	00:36:12.25	+00:08:26 (23.4%)	4:29	13.3 (76.4%)
28	MARSZAŁEK	Marcin	211		M 30-39 lat	28	00:00:39	00:36:00.30	00:36:40.20	+00:08:26 (23.5%)	4:30	13.3 (76.4%)
29	REMISZ	Łukasz	279		M 30-39 lat	29	00:00:19	00:36:20.65	00:36:39.95	+00:08:47 (24.2%)	4:32	13.2 (75.9%)
30	SZWACIŃSKI	Andrzej	429		M 30-39 lat	30	00:00:19	00:36:33.90	00:36:53.40	+00:09:00 (24.6%)	4:34	13.1 (75.3%)
31	KĘDRA	Mateusz	394		M 30-39 lat	31	00:00:17	00:36:38.15	00:36:55.65	+00:09:04 (24.8%)	4:34	13.1 (75.3%)
32	SZCZERBA	Łukasz	439		M 30-39 lat	32	00:00:38	00:36:44.95	00:37:23.00	+00:09:11 (25.0%)	4:35	13.1 (75.3%)
33	CHRZANOWSKI	Wojciech	41		M 30-39 lat	33	00:00:05	00:37:03.20	00:37:08.70	+00:09:29 (25.6%)	4:37	13 (74.7%)
34	GRYMUZA	Jacek	98	CRAZY HORNET	M 30-39 lat	34	00:00:10	00:37:31.75	00:37:42.65	+00:09:58 (26.6%)	4:41	12.8 (73.6%)
35	WILK	Daniel	358	GRUPA BIEGOWA UM W-WA	M 30-39 lat	35	00:00:31	00:37:31.75	00:38:03.15	+00:09:58 (26.6%)	4:41	12.8 (73.6%)
36	SZUMSKI	Maciej	328	JW2414	M 30-39 lat	36	00:00:41	00:37:36.20	00:38:17.40	+00:10:02 (26.7%)	4:42	12.8 (73.6%)
37	ZGIERUN	Paweł	378		M 30-39 lat	37	00:00:17	00:37:58.25	00:38:15.75	+00:10:24 (27.4%)	4:44	12.6 (72.4%)

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38	OSTROWSKI Kacper	245	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 30-39 lat	38	00:00:31	00:37:59.80	00:38:31.35	+00:10:26 (27.5%)	4:44	12.6 (72.4%)
39	GDAŃSKI Michał	425		M 30-39 lat	39	00:00:08	00:38:02.05	00:38:10.25	+00:10:28 (27.5%)	4:45	12.6 (72.4%)
40	PARZNIEWSKI Maciej	254		M 30-39 lat	40	00:00:23	00:38:14.50	00:38:38.00	+00:10:41 (27.9%)	4:46	12.6 (72.4%)
41	LIPSKI Maciej	195		M 30-39 lat	41	00:00:17	00:38:16.05	00:38:33.45	+00:10:42 (28.0%)	4:47	12.5 (71.8%)
42	TOMASZEWSKI Ryszard	345		M 30-39 lat	42	00:00:09	00:38:24.65	00:38:33.75	+00:10:51 (28.3%)	4:48	12.5 (71.8%)
43	GRYCNER Paweł	97	PALESTRA	M 30-39 lat	43	00:00:15	00:38:27.40	00:38:43.30	+00:10:53 (28.3%)	4:48	12.5 (71.8%)
44	STASZEWSKI Jarosław	309		M 30-39 lat	44	00:00:10	00:38:59.60	00:39:09.90	+00:11:26 (29.3%)	4:52	12.3 (70.7%)
45	KOŃSKI Mariusz	157		M 30-39 lat	45	00:00:16	00:39:04.10	00:39:20.85	+00:11:30 (29.5%)	4:53	12.3 (70.7%)
46	HABDAS Damian	101		M 30-39 lat	46	00:00:41	00:39:15.05	00:39:56.70	+00:11:41 (29.8%)	4:54	12.2 (70.1%)
47	PRZYCHODZEŃ Karol	274		M 30-39 lat	47	00:00:23	00:39:33.75	00:39:56.90	+00:12:00 (30.3%)	4:56	12.1 (69.5%)
48	PASZKOWSKI Konrad	255	SOLANIN	M 30-39 lat	48	00:00:21	00:39:36.65	00:39:58.00	+00:12:03 (30.4%)	4:57	12.1 (69.5%)
49	RESIAK Maciej	280		M 30-39 lat	49	00:00:07	00:39:37.20	00:39:44.90	+00:12:03 (30.4%)	4:57	12.1 (69.5%)
50	DĄBROWSKI Marcin	54		M 30-39 lat	50	00:00:22	00:39:46.45	00:40:08.75	+00:12:12 (30.7%)	4:58	12.1 (69.5%)
51	ZAKRZEWSKI Michał	400		M 30-39 lat	51	00:00:28	00:39:58.65	00:40:27.00	+00:12:25 (31.1%)	4:59	12 (69.0%)
52	PASZKOWSKI Michał	404		M 30-39 lat	52	00:00:21	00:40:11.75	00:40:33.55	+00:12:38 (31.4%)	5:01	11.9 (68.4%)
53	PIASECKI Rafał	259	PARÓWY WWA	M 30-39 lat	53	00:00:30	00:40:21.30	00:40:51.95	+00:12:47 (31.7%)	5:02	11.9 (68.4%)
54	SŁOWIK Paweł	300	PARÓWY WWA	M 30-39 lat	54	00:00:30	00:40:21.35	00:40:52.30	+00:12:47 (31.7%)	5:02	11.9 (68.4%)
55	JAWORSKI Łukasz	122	SFORA BMK	M 30-39 lat	55	00:00:09	00:40:52.00	00:41:01.40	+00:13:18 (32.6%)	5:06	11.7 (67.2%)
56	KOŁUCKI Stefan	156		M 30-39 lat	56	00:00:33	00:41:04.00	00:41:37.30	+00:13:30 (32.9%)	5:08	11.7 (67.2%)
57	DĄBROWSKI Emil	52		M 30-39 lat	57	00:00:36	00:41:04.40	00:41:41.35	+00:13:30 (32.9%)	5:08	11.7 (67.2%)
58	LAMPARSKI Łukasz	454		M 30-39 lat	58	00:00:29	00:41:09.20	00:41:38.80	+00:13:35 (33.0%)	5:08	11.7 (67.2%)
59	JAWOREK Krzysztof	121		M 30-39 lat	59	00:00:37	00:41:16.10	00:41:53.50	+00:13:42 (33.2%)	5:09	11.6 (66.7%)
60	SANIEWSKI Sebastian	291	UNIQA RUNING TEAM	M 30-39 lat	60	00:00:38	00:41:23.65	00:42:01.65	+00:13:50 (33.4%)	5:10	11.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
61	FIJAŁEK Kamil	428	WTP	M 30-39 lat	61	00:00:32	00:41:24.75	00:41:57.15	+00:13:51 (33.5%)	5:10	11.6 (66.7%)
62	GÓRKA Krzysztof	419		M 30-39 lat	62	00:00:22	00:41:45.80	00:42:08.35	+00:14:12 (34.0%)	5:13	11.5 (66.1%)
63	KORDALSKI Emil	159		M 30-39 lat	63	00:00:23	00:41:57.90	00:42:20.95	+00:14:24 (34.3%)	5:14	11.4 (65.5%)
64	KUNKA Andrzej	180		M 30-39 lat	64	00:00:17	00:42:09.50	00:42:26.55	+00:14:36 (34.6%)	5:16	11.4 (65.5%)
65	MAKOWSKI Marek	202	VEGE RUNNERS	M 30-39 lat	65	00:00:25	00:42:40.40	00:43:05.50	+00:15:06 (35.4%)	5:20	11.3 (64.9%)
66	SZCZĘSNY Aleksander	320		M 30-39 lat	66	00:00:15	00:42:49.70	00:43:05.35	+00:15:16 (35.7%)	5:21	11.2 (64.4%)
67	WOJCIECHOWSKI Łukasz	363		M 30-39 lat	67	00:00:13	00:42:56.95	00:43:10.80	+00:15:23 (35.8%)	5:22	11.2 (64.4%)
68	JÓZEFOWICZ Maciej	125		M 30-39 lat	68	00:00:13	00:43:31.30	00:43:45.15	+00:15:57 (36.7%)	5:26	11 (63.2%)
69	MUSIAŁ Krzysztof	473	ZABIEGANY TATA	M 30-39 lat	69	00:00:24	00:43:34.40	00:43:58.45	+00:16:00 (36.8%)	5:26	11 (63.2%)
70	KLAMBOROWSKI Artur	144		M 30-39 lat	70	00:00:27	00:43:41.95	00:44:09.40	+00:16:08 (36.9%)	5:27	11 (63.2%)
71	CHMIELEWSKI Kamil	38		M 30-39 lat	71	00:00:26	00:43:52.00	00:44:18.20	+00:16:18 (37.2%)	5:29	10.9 (62.6%)
72	SMUŁEK Rafał	301		M 30-39 lat	72	00:00:29	00:43:59.25	00:44:28.70	+00:16:25 (37.3%)	5:29	10.9 (62.6%)
73	BARANOWSKI Łukasz	16	PWPW SA	M 30-39 lat	73	00:00:12	00:44:00.75	00:44:13.20	+00:16:27 (37.4%)	5:30	10.9 (62.6%)
74	CIEPIELA Roman	46		M 30-39 lat	74	00:00:21	00:44:03.00	00:44:24.00	+00:16:29 (37.4%)	5:30	10.9 (62.6%)
75	DUDZIŃSKI Mateusz	402		M 30-39 lat	75	00:00:33	00:44:28.70	00:45:02.45	+00:16:55 (38.0%)	5:33	10.8 (62.1%)
76	GRECKI Michał	94		M 30-39 lat	76	00:00:20	00:44:31.50	00:44:51.60	+00:16:58 (38.1%)	5:33	10.8 (62.1%)
77	ZARĘBA Piotr	392	JW2414	M 30-39 lat	77	00:00:37	00:44:36.55	00:45:13.85	+00:17:03 (38.2%)	5:34	10.8 (62.1%)
78	CZEREPAK Wojciech	51		M 30-39 lat	78	00:00:41	00:44:48.25	00:45:29.30	+00:17:14 (38.5%)	5:36	10.7 (61.5%)
79	SOCHOCKI Wojciech	302		M 30-39 lat	79	00:00:33	00:44:53.75	00:45:27.00	+00:17:20 (38.6%)	5:36	10.7 (61.5%)
80	JACHOWSKI Patryk	399		M 30-39 lat	80	00:00:24	00:45:19.80	00:45:44.25	+00:17:46 (39.2%)	5:39	10.6 (60.9%)
81	MICHALAK Tomek	218		M 30-39 lat	81	00:00:36	00:45:22.00	00:45:58.00	+00:17:48 (39.3%)	5:40	10.6 (60.9%)
82	BRZEZIK Piotr	30		M 30-39 lat	82	00:00:26	00:45:38.45	00:46:04.80	+00:18:04 (39.6%)	5:42	10.5 (60.3%)
83	CZACHERSKI Kamil	49		M 30-39 lat	83	00:00:17	00:46:28.75	00:46:46.70	+00:18:55 (40.7%)	5:48	10.3 (59.2%)

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84	DUCH Emil	465		M 30-39 lat	84	00:00:18	00:46:52.70	00:47:11.65	+00:19:19 (41.2%)	5:51	10.2 (58.6%)
85	DOBROŁOWICZ Michał	58	MICHAŁ DOBROŁOWICZ	M 30-39 lat	85	00:00:15	00:46:57.40	00:47:12.50	+00:19:23 (41.3%)	5:52	10.2 (58.6%)
86	GOŁEK Miłosz	84		M 30-39 lat	86	00:00:16	00:46:59.10	00:47:15.55	+00:19:25 (41.3%)	5:52	10.2 (58.6%)
87	OLSZEWSKI Tomasz	239		M 30-39 lat	87	00:00:21	00:47:57.85	00:48:19.05	+00:20:24 (42.5%)	5:59	10 (57.5%)
88	SIKORA Mateusz	299		M 30-39 lat	88	00:00:43	00:48:19.80	00:49:02.85	+00:20:46 (43.0%)	6:02	9.9 (56.9%)
89	TORBUS Adam	589		M 30-39 lat	89	00:00:47	00:48:36.00	00:49:23.40	+00:21:02 (43.3%)	6:04	9.9 (56.9%)
90	BARBUCHA Piotr	17		M 30-39 lat	90	00:00:34	00:48:44.90	00:49:19.10	+00:21:11 (43.5%)	6:05	9.8 (56.3%)
91	ORŁOWSKI Tomasz	240		M 30-39 lat	91	00:00:44	00:49:05.30	00:49:49.85	+00:21:31 (43.9%)	6:08	9.8 (56.3%)
92	MŁYNARCZYK Andrzej	224		M 30-39 lat	92	00:00:27	00:49:16.90	00:49:44.40	+00:21:43 (44.1%)	6:09	9.7 (55.7%)
93	DUMANOWSKI Artur	64	JEDENTTEAM	M 30-39 lat	93	00:00:07	00:50:36.80	00:50:44.70	+00:23:03 (45.6%)	6:19	9.5 (54.6%)
94	ZAŁĘSKI Mateusz	376	RADNY DZIELNICY WŁOCHY	M 30-39 lat	94	00:00:35	00:52:18.60	00:52:54.30	+00:24:45 (47.3%)	6:32	9.2 (52.9%)
95	KRAWCZYK Łukasz	170		M 30-39 lat	95	00:00:46	00:52:41.30	00:53:28.10	+00:25:07 (47.7%)	6:35	9.1 (52.3%)
96	ISMAIL Mahmoud	112		M 30-39 lat	96	00:00:39	00:53:28.55	00:54:08.45	+00:25:55 (48.5%)	6:41	9 (51.7%)
97	SIENKIEWICZ Emil	296		M 30-39 lat	97	00:00:33	00:55:29.85	00:56:03.45	+00:27:56 (50.3%)	6:56	8.7 (50.0%)
98	OKRÓJ Dawid	236		M 30-39 lat	98	00:00:22	00:57:29.00	00:57:51.70	+00:29:55 (52.1%)	7:11	8.4 (48.3%)
99	PIOTROWICZ Sławomir	265	DEAF	M 30-39 lat	99	00:00:23	00:57:29.10	00:57:52.10	+00:29:55 (52.1%)	7:11	8.4 (48.3%)

Znaleziono 99 wynik(ów)