



## 5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa – Włochy  
**Data:** 2023-11-05  
**Miejsce:** Warszawa  
**Dystans:** 8 km

**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	WASIEWICZ Krzysztof	406	KONDYCJA PIASECZNO	M 30-39 lat	1	00:00:01	00:23:52.60	00:23:53.95		2:59	20.1 (100%)
2	PYRZAK Paweł	267	BIEGANIEPO40	M 30-39 lat	2	00:00:01	00:25:40.95	00:25:42.45	+00:01:48 (7.0%)	3:12	18.7 (93.0%)
3	WÓJCIK Krzysztof	493	KLUB SPORTOWY ATLETA	M 30-39 lat	3	00:00:01	00:26:28.00	00:26:29.80	+00:02:35 (9.8%)	3:18	18.1 (90.0%)
4	ABU NAHIA Karim	14	NADAKTYWNI TORUŃ	M 30-39 lat	4	00:00:01	00:26:31.50	00:26:33.40	+00:02:38 (10.0%)	3:18	18.1 (90.0%)
5	SZMIGIELSKI Mateusz	312		M 30-39 lat	5	00:00:02	00:27:12.05	00:27:14.65	+00:03:19 (12.2%)	3:24	17.6 (87.6%)
6	KAŁDOWSKI Łukasz	115		M 30-39 lat	6	00:00:01	00:27:28.60	00:27:30.45	+00:03:36 (13.1%)	3:26	17.5 (87.1%)
7	NIEDŹWIADEK Kamil	226	NIEDŹWIADKI RUNNING TEAM	M 30-39 lat	7	00:00:02	00:27:32.00	00:27:34.25	+00:03:39 (13.3%)	3:26	17.4 (86.6%)
8	WOŹNIAK Przemysław	359	WIELISZEW HERON TEAM	M 30-39 lat	8	00:00:03	00:27:32.35	00:27:35.95	+00:03:39 (13.3%)	3:26	17.4 (86.6%)
9	SZYMBORSKI Rafał	319	BKS WATAHA WARSZAWA	M 30-39 lat	9	00:00:01	00:27:55.85	00:27:57.65	+00:04:03 (14.5%)	3:29	17.2 (85.6%)
10	MACIEJOWICZ Michał	180	KALINOWSKITEAM	M 30-39 lat	10	00:00:03	00:28:00.30	00:28:03.30	+00:04:07 (14.7%)	3:30	17.1 (85.1%)
11	MURAWSKI Tomek	217	KS ATLETA	M 30-39 lat	11	00:00:01	00:28:09.95	00:28:11.25	+00:04:17 (15.2%)	3:31	17.1 (85.1%)
12	PARASZKA Łukasz	377	MINIONSSPEEDTEAM	M 30-39 lat	12	00:00:04	00:28:43.30	00:28:47.40	+00:04:50 (16.9%)	3:35	16.7 (83.1%)
13	SZLASA Marek	310		M 30-39 lat	13	00:00:14	00:30:36.00	00:30:50.00	+00:06:43 (22.0%)	3:49	15.7 (78.1%)
14	MATEJEK Rafał	189	BIEGAJ Z URSUSEM	M 30-39 lat	14	00:00:05	00:31:21.50	00:31:27.25	+00:07:28 (23.9%)	3:55	15.3 (76.1%)
15	GOŁĄBOWSKI Maciej	502		M 30-39 lat	15	00:00:06	00:31:22.55	00:31:28.80	+00:07:29 (23.9%)	3:55	15.3 (76.1%)
16	ŚCIBIOREK Bartosz	321		M 30-39 lat	16	00:00:12	00:31:34.05	00:31:46.25	+00:07:41 (24.4%)	3:56	15.2 (75.6%)
17	SŁADEK Patryk	425	EX TEAM	M 30-39 lat	17	00:00:02	00:31:37.70	00:31:40.45	+00:07:45 (24.5%)	3:57	15.2 (75.6%)
18	KRAWCZYK Łukasz	156		M 30-39 lat	18	00:00:04	00:32:07.35	00:32:11.45	+00:08:14 (25.7%)	4:00	14.9 (74.1%)
19	DĄBROWSKI Jan	57		M 30-39 lat	19	00:00:20	00:32:12.70	00:32:33.05	+00:08:20 (25.9%)	4:01	14.9 (74.1%)
20	STOBNICKI Mateusz	303	GĄBIN BIEGA / PARKRUN PRUSZKÓW	M 30-39 lat	20	00:00:13	00:32:17.55	00:32:30.85	+00:08:24 (26.1%)	4:02	14.9 (74.1%)
21	WOŁODKO Michał	358		M 30-39 lat	21	00:00:13	00:32:28.85	00:32:41.85	+00:08:36 (26.5%)	4:03	14.8 (73.6%)
22	DULIBAN Tomasz	64		M 30-39 lat	22	00:00:06	00:32:51.15	00:32:57.85	+00:08:58 (27.3%)	4:06	14.6 (72.6%)
23	PERZANOWSKI Jakub	248		M 30-39 lat	23	00:00:12	00:33:03.05	00:33:15.85	+00:09:10 (27.8%)	4:07	14.5 (72.1%)
24	GARLICKI Marek	490		M 30-39 lat	24	00:00:04	00:33:19.10	00:33:23.15	+00:09:26 (28.3%)	4:09	14.4 (71.6%)
25	SZCZECH Łukasz	384		M 30-39 lat	25	00:00:07	00:33:21.10	00:33:28.25	+00:09:28 (28.4%)	4:10	14.4 (71.6%)
26	WOJEWÓDZKI Marcin	355	WOJEWÓDZCY TEAM	M 30-39 lat	26	00:00:04	00:33:39.15	00:33:43.75	+00:09:46 (29.0%)	4:12	14.3 (71.1%)
27	MILKEVICZ Jarosław	207		M 30-39 lat	27	00:01:12	00:33:43.25	00:34:56.00	+00:09:50 (29.2%)	4:12	14.2 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	MIZERA Krzysztof	211	ŁKS ŁÓDŹ	M 30-39 lat	28	00:00:11	00:33:51.05	00:34:02.65	+00:09:58 (29.5%)	4:13	14.2 (70.6%)
29	MOCZYDŁOWSKI Rafał	213		M 30-39 lat	29	00:00:25	00:33:59.55	00:34:24.60	+00:10:06 (29.8%)	4:14	14.1 (70.1%)
30	CLAJOT Fabian	52		M 30-39 lat	30	00:00:17	00:33:59.75	00:34:16.95	+00:10:07 (29.8%)	4:14	14.1 (70.1%)
31	PARTYCKI Łukasz	243	WP PRIME RUNNING TEAM	M 30-39 lat	31	00:00:07	00:34:01.55	00:34:09.05	+00:10:08 (29.8%)	4:15	14.1 (70.1%)
32	WOJTCZAK Michał	357		M 30-39 lat	32	00:00:24	00:34:01.75	00:34:26.05	+00:10:09 (29.8%)	4:15	14.1 (70.1%)
33	PŁOCHOCKI Jacek	256	SZYBKIE NIUNIE	M 30-39 lat	33	00:00:06	00:34:05.25	00:34:12.10	+00:10:12 (30.0%)	4:15	14.1 (70.1%)
34	ROMANKIEWICZ Maciej	274	UKS FORPRO WARSZAWA	M 30-39 lat	34	00:00:05	00:34:16.70	00:34:21.85	+00:10:24 (30.3%)	4:17	14 (69.7%)
35	OKSIĘDZKI Tomasz Jan Oksiedzki	458	DELOITTE ADVENTURE TEAM	M 30-39 lat	35	00:00:06	00:34:17.65	00:34:24.10	+00:10:25 (30.4%)	4:17	14 (69.7%)
36	CHOMKA Michał	47	AEROSPACE RUNNERS	M 30-39 lat	36	00:00:06	00:34:20.15	00:34:26.50	+00:10:27 (30.5%)	4:17	14 (69.7%)
37	SKIBIŃSKI Sławomir	498		M 30-39 lat	37	00:00:04	00:34:22.30	00:34:27.25	+00:10:29 (30.5%)	4:17	14 (69.7%)
38	PILARSKI Bartłomiej	252		M 30-39 lat	38	00:00:11	00:34:22.65	00:34:34.00	+00:10:30 (30.5%)	4:17	14 (69.7%)
39	SOBAŃSKI Mateusz	499		M 30-39 lat	39	00:01:14	00:34:44.30	00:35:58.35	+00:10:51 (31.3%)	4:20	13.8 (68.7%)
40	GWARA Adrian	97		M 30-39 lat	40	00:00:24	00:34:54.15	00:35:18.15	+00:11:01 (31.6%)	4:21	13.8 (68.7%)
41	BONAROWSKI Andrzej	31		M 30-39 lat	41	00:00:19	00:35:02.95	00:35:22.30	+00:11:10 (31.9%)	4:22	13.7 (68.2%)
42	WITKOWSKI Mirosław	352	PKS MOCZY MORDY	M 30-39 lat	42	00:00:18	00:35:20.45	00:35:38.80	+00:11:27 (32.4%)	4:25	13.6 (67.7%)
43	BOJAROWSKI Albert	30		M 30-39 lat	43	00:00:29	00:36:00.95	00:36:30.90	+00:12:08 (33.7%)	4:30	13.3 (66.2%)
44	RZĄWA Paweł	494		M 30-39 lat	44	00:00:34	00:36:08.10	00:36:42.20	+00:12:15 (33.9%)	4:31	13.3 (66.2%)
45	SZWACIŃSKI Andrzej	316		M 30-39 lat	45	00:00:26	00:36:15.55	00:36:41.80	+00:12:22 (34.1%)	4:31	13.2 (65.7%)
46	WRZESZCZ Łukasz	360		M 30-39 lat	46	00:00:13	00:36:23.50	00:36:36.60	+00:12:30 (34.4%)	4:32	13.2 (65.7%)
47	GABIS Krzysztof	77	PSIARZE Z FORTÓW	M 30-39 lat	47	00:00:49	00:36:24.60	00:37:14.40	+00:12:32 (34.4%)	4:33	13.2 (65.7%)
48	STASZEWSKI Jarosław	483	KRC	M 30-39 lat	48	00:00:20	00:36:42.50	00:37:02.55	+00:12:49 (35.0%)	4:35	13.1 (65.2%)
49	MILEWSKI Patryk	206	GRUPA BIEGOWA UM WARSZAWA	M 30-39 lat	49	00:00:20	00:36:43.15	00:37:03.30	+00:12:50 (35.0%)	4:35	13.1 (65.2%)
50	RADECKI Michał	268		M 30-39 lat	50	00:00:16	00:36:54.25	00:37:10.30	+00:13:01 (35.3%)	4:36	13 (64.7%)
51	WASILEWSKI Adam	339		M 30-39 lat	51	00:00:07	00:36:55.55	00:37:03.20	+00:13:02 (35.3%)	4:36	13 (64.7%)
52	OSTROWSKI Kacper	237		M 30-39 lat	52	00:00:13	00:36:58.05	00:37:11.65	+00:13:05 (35.4%)	4:37	13 (64.7%)
53	HABDAS Damian	98		M 30-39 lat	53	00:00:42	00:37:19.20	00:38:01.45	+00:13:26 (36.0%)	4:39	12.9 (64.2%)
54	ZIELIŃSKI Tomasz	388	ZALATANI 1 BLTR.	M 30-39 lat	54	00:00:26	00:37:31.85	00:37:58.10	+00:13:39 (36.4%)	4:41	12.8 (63.7%)
55	CIEPIELA Roman	49		M 30-39 lat	55	00:00:09	00:37:42.75	00:37:52.50	+00:13:50 (36.7%)	4:42	12.7 (63.2%)
56	ORŁOWSKI Tomasz	460		M 30-39 lat	56	00:00:46	00:37:57.20	00:38:43.85	+00:14:04 (37.1%)	4:44	12.6 (62.7%)
57	KALUKIEWICZ Wacisław	438		M 30-39 lat	57	00:00:40	00:38:09.65	00:38:50.05	+00:14:17 (37.4%)	4:46	12.6 (62.7%)
58	KALBARCZYK Igor	113		M 30-39 lat	58	00:00:16	00:38:40.70	00:38:57.30	+00:14:48 (38.3%)	4:50	12.4 (61.7%)
59	DOBROWOLSKI Bartosz	59	STG WARSZAWA	M 30-39 lat	59	00:00:05	00:38:51.15	00:38:56.60	+00:14:58 (38.5%)	4:51	12.4 (61.7%)
60	GRONOWSKI Arkadiusz	95		M 30-39 lat	60	00:00:25	00:39:00.25	00:39:25.65	+00:15:07 (38.8%)	4:52	12.3 (61.2%)
61	KRATOK Dmitry	155		M 30-39 lat	61	00:00:21	00:39:01.60	00:39:23.30	+00:15:09 (38.8%)	4:52	12.3 (61.2%)
62	BARANOWSKI Łukasz	20		M 30-39 lat	62	00:00:18	00:39:14.75	00:39:33.20	+00:15:22 (39.2%)	4:54	12.2 (60.7%)
63	NALAZEK Michał	219		M 30-39 lat	63	00:00:18	00:39:21.45	00:39:40.40	+00:15:28 (39.3%)	4:55	12.2 (60.7%)
64	OROZO Daniel	512		M 30-39 lat	64	00:00:05	00:39:42.55	00:39:48.40	+00:15:49 (39.9%)	4:57	12.1 (60.2%)
65	ŚMIELAK Mariusz	322		M 30-39 lat	65	00:00:21	00:39:44.75	00:40:06.30	+00:15:52 (39.9%)	4:58	12.1 (60.2%)
66	WOLSKI Łukasz	505		M 30-39 lat	66	00:00:02	00:39:52.20	00:39:54.40	+00:15:59 (40.1%)	4:59	12 (59.7%)
67	OLSZEWSKI Tomasz	235		M 30-39 lat	67	00:00:37	00:40:04.15	00:40:42.10	+00:16:11 (40.4%)	5:00	12 (59.7%)
68	KOWALEWSKI Kamil	149		M 30-39 lat	68	00:00:35	00:40:16.35	00:40:51.60	+00:16:23 (40.7%)	5:02	11.9 (59.2%)
69	SOKOLIŃSKI Artur	401		M 30-39 lat	69	00:00:17	00:40:53.85	00:41:11.75	+00:17:01 (41.6%)	5:06	11.7 (58.2%)
70	DYBOWSKI Arkadiusz	68		M 30-39 lat	70	00:00:42	00:41:02.45	00:41:45.10	+00:17:09 (41.8%)	5:07	11.7 (58.2%)
71	MUSIAŁ Krzysztof	413		M 30-39 lat	71	00:00:23	00:41:02.90	00:41:26.10	+00:17:10 (41.8%)	5:07	11.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
72	<b>BRZEZIK Piotr</b>	<b>35</b>		M 30-39 lat	72	00:00:10	<b>00:41:04.70</b>	<b>00:41:15.10</b>	+00:17:12 (41.9%)	5:08	11.7 (58.2%)
73	<b>ANDRZEJCZAK Tomasz</b>	<b>15</b>	GROSZEK	M 30-39 lat	73	00:00:22	<b>00:41:19.85</b>	<b>00:41:42.00</b>	+00:17:27 (42.2%)	5:09	11.6 (57.7%)
74	<b>KOPROWSKI Jacek</b>	<b>141</b>	PARKRUN PRUSZKÓW	M 30-39 lat	74	00:00:28	<b>00:41:23.50</b>	<b>00:41:52.10</b>	+00:17:30 (42.3%)	5:10	11.6 (57.7%)
75	<b>WĘGRZYN Wojtek</b>	<b>453</b>		M 30-39 lat	75	00:00:22	<b>00:41:43.70</b>	<b>00:42:05.85</b>	+00:17:51 (42.8%)	5:12	11.5 (57.2%)
76	<b>KUNKA Andrzej</b>	<b>162</b>		M 30-39 lat	76	00:00:24	<b>00:42:29.50</b>	<b>00:42:54.30</b>	+00:18:36 (43.8%)	5:18	11.3 (56.2%)
77	<b>SACZKO Adam</b>	<b>381</b>		M 30-39 lat	77	00:00:34	<b>00:42:34.90</b>	<b>00:43:09.15</b>	+00:18:42 (43.9%)	5:19	11.3 (56.2%)
78	<b>CHMIELEWSKI Kamil</b>	<b>46</b>		M 30-39 lat	78	00:00:26	<b>00:42:35.25</b>	<b>00:43:01.80</b>	+00:18:42 (43.9%)	5:19	11.3 (56.2%)
79	<b>SUCHOCKI Konrad</b>	<b>304</b>		M 30-39 lat	79	00:00:37	<b>00:42:59.80</b>	<b>00:43:37.10</b>	+00:19:07 (44.5%)	5:22	11.2 (55.7%)
80	<b>BARBUCHA Piotr</b>	<b>21</b>		M 30-39 lat	80	00:00:40	<b>00:43:00.30</b>	<b>00:43:40.85</b>	+00:19:07 (44.5%)	5:22	11.2 (55.7%)
81	<b>SARNECKI Paweł</b>	<b>409</b>		M 30-39 lat	81	00:00:22	<b>00:43:00.60</b>	<b>00:43:23.20</b>	+00:19:08 (44.5%)	5:22	11.2 (55.7%)
82	<b>RUDENKA Andrei</b>	<b>277</b>		M 30-39 lat	82	00:00:37	<b>00:43:01.20</b>	<b>00:43:38.50</b>	+00:19:08 (44.5%)	5:22	11.2 (55.7%)
83	<b>SZCZEPAŃSKI Marek</b>	<b>307</b>		M 30-39 lat	83	00:00:25	<b>00:43:04.60</b>	<b>00:43:29.95</b>	+00:19:12 (44.6%)	5:23	11.1 (55.2%)
84	<b>SARZYŃSKI Marcin</b>	<b>437</b>	AZS WAT	M 30-39 lat	84	00:00:25	<b>00:43:12.80</b>	<b>00:43:38.25</b>	+00:19:20 (44.7%)	5:24	11.1 (55.2%)
85	<b>WARDAK Łukasz</b>	<b>507</b>		M 30-39 lat	85	00:00:39	<b>00:43:38.10</b>	<b>00:44:17.40</b>	+00:19:45 (45.3%)	5:27	11 (54.7%)
86	<b>SOCHOCKI Wojciech</b>	<b>295</b>		M 30-39 lat	86	00:00:50	<b>00:43:50.00</b>	<b>00:44:40.25</b>	+00:19:57 (45.5%)	5:28	11 (54.7%)
87	<b>FRANASZEK Krzysztof</b>	<b>75</b>	TATUSIE Z BRZUSZKIEM	M 30-39 lat	87	00:00:30	<b>00:44:10.40</b>	<b>00:44:40.45</b>	+00:20:17 (45.9%)	5:31	10.9 (54.2%)
88	<b>DUMANOWSKI Artur</b>	<b>65</b>		M 30-39 lat	88	00:00:09	<b>00:44:11.95</b>	<b>00:44:21.60</b>	+00:20:19 (46.0%)	5:31	10.9 (54.2%)
89	<b>KAPLA Tomek</b>	<b>118</b>		M 30-39 lat	89	00:00:09	<b>00:44:37.00</b>	<b>00:44:46.85</b>	+00:20:44 (46.5%)	5:34	10.8 (53.7%)
90	<b>KUJKO Piotr</b>	<b>161</b>		M 30-39 lat	90	00:00:32	<b>00:44:39.55</b>	<b>00:45:11.75</b>	+00:20:46 (46.5%)	5:34	10.8 (53.7%)
91	<b>WEKA Krzysztof</b>	<b>462</b>	BIAŁYSTOK BIEGA TEAM	M 30-39 lat	91	00:00:24	<b>00:44:40.80</b>	<b>00:45:05.25</b>	+00:20:48 (46.6%)	5:35	10.7 (53.2%)
92	<b>ISMAIL Mahmoud</b>	<b>104</b>		M 30-39 lat	92	00:00:33	<b>00:44:41.35</b>	<b>00:45:14.50</b>	+00:20:48 (46.6%)	5:35	10.7 (53.2%)
93	<b>GOLISZEK Paweł</b>	<b>85</b>	3, 2,1 B(IEG) SYRENKA MEETING	M 30-39 lat	93	00:00:33	<b>00:44:43.35</b>	<b>00:45:16.95</b>	+00:20:50 (46.6%)	5:35	10.7 (53.2%)
94	<b>GRZANKOWSKI Damian</b>	<b>96</b>		M 30-39 lat	94	00:00:06	<b>00:44:53.75</b>	<b>00:45:00.45</b>	+00:21:01 (46.8%)	5:36	10.7 (53.2%)
95	<b>SMUŁEK Rafał</b>	<b>292</b>		M 30-39 lat	95	00:00:50	<b>00:45:15.00</b>	<b>00:46:05.95</b>	+00:21:22 (47.2%)	5:39	10.6 (52.7%)
96	<b>RUBIN-SZYMAŃSKI Łukasz Ryszard</b>	<b>276</b>	OSP ŁOMIANKI	M 30-39 lat	96	00:00:14	<b>00:45:22.70</b>	<b>00:45:37.15</b>	+00:21:30 (47.4%)	5:40	10.6 (52.7%)
97	<b>SOCZO Grzegorz</b>	<b>296</b>	WŁOCHY PANY	M 30-39 lat	97	00:00:09	<b>00:47:01.10</b>	<b>00:47:10.85</b>	+00:23:08 (49.2%)	5:52	10.2 (50.7%)
98	<b>PANAS Bartosz</b>	<b>461</b>		M 30-39 lat	98	00:00:20	<b>00:47:33.85</b>	<b>00:47:54.00</b>	+00:23:41 (49.8%)	5:56	10.1 (50.2%)
99	<b>GRAZDA Łukasz</b>	<b>89</b>		M 30-39 lat	99	00:00:48	<b>00:48:16.50</b>	<b>00:49:05.30</b>	+00:24:23 (50.5%)	6:02	9.9 (49.3%)
100	<b>DOMAŃSKI Daniel</b>	<b>60</b>		M 30-39 lat	100	00:00:51	<b>00:48:32.20</b>	<b>00:49:24.15</b>	+00:24:39 (50.8%)	6:04	9.9 (49.3%)
101	<b>LEWANDOWSKI Marcin</b>	<b>168</b>		M 30-39 lat	101	00:00:15	<b>00:49:06.15</b>	<b>00:49:21.70</b>	+00:25:13 (51.4%)	6:08	9.8 (48.8%)
102	<b>SMOLIŃSKI Łukasz</b>	<b>291</b>		M 30-39 lat	102	00:00:15	<b>00:49:06.65</b>	<b>00:49:21.95</b>	+00:25:14 (51.4%)	6:08	9.8 (48.8%)
103	<b>KRAWCZYK Michał</b>	<b>452</b>	ORANGE POLSKA	M 30-39 lat	103	00:00:39	<b>00:50:20.65</b>	<b>00:51:00.10</b>	+00:26:28 (52.6%)	6:17	9.5 (47.3%)
104	<b>ZAŁĘSKI Mateusz</b>	<b>451</b>	RADNY DZIELNICY WŁOCHY	M 30-39 lat	104	00:00:34	<b>00:53:40.30</b>	<b>00:54:14.40</b>	+00:29:47 (55.5%)	6:42	8.9 (44.3%)
105	<b>ADAMKIEWICZ Łukasz</b>	<b>376</b>		M 30-39 lat	105	00:00:16	<b>00:53:50.00</b>	<b>00:54:06.65</b>	+00:29:57 (55.6%)	6:43	8.9 (44.3%)
106	<b>OWERKO Mariusz</b>	<b>238</b>		M 30-39 lat	106	00:00:14	<b>00:53:50.10</b>	<b>00:54:04.45</b>	+00:29:57 (55.6%)	6:43	8.9 (44.3%)

Znaleziono 106 wynik(ów)