



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

Urząd Dzielnicy Warszawa – Włochy

2022-11-06

Warszawa

8 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	KALIŃSKI Przemysław	128	BIEGAJ Z URSUSEM	M 40-49 lat	1	00:00:01	00:28:00.30	00:28:02.10		3:30	17.1 (100%)
2	ZYCH Mariusz	383	BIEGAJ POD OKIEM TRENERA	M 40-49 lat	2	00:00:02	00:28:10.15	00:28:13.00	+00:00:09 (0.6%)	3:31	17 (99.4%)
3	MIROWSKI Jarosław	223		M 40-49 lat	3	00:00:03	00:28:55.55	00:28:59.00	+00:00:55 (3.2%)	3:36	16.6 (97.1%)
4	CHRAPEK Janusz	40	ROSSMANN	M 40-49 lat	4	00:00:03	00:29:25.45	00:29:29.20	+00:01:25 (4.8%)	3:40	16.3 (95.3%)
5	STROIŃSKI Daniel	590	ATTIQ TEAM	M 40-49 lat	5	00:00:02	00:29:33.60	00:29:36.30	+00:01:33 (5.3%)	3:41	16.2 (94.7%)
6	DRAB Michał	60	EDC RUNNERS	M 40-49 lat	6	00:00:02	00:29:47.75	00:29:49.80	+00:01:47 (6.0%)	3:43	16.1 (94.2%)
7	KWIATEK Tomasz	186		M 40-49 lat	7	00:00:01	00:30:00.15	00:30:01.15	+00:01:59 (6.7%)	3:45	16 (93.6%)
8	MAŁEK Mariusz	204	KB V MAX ADAMÓW	M 40-49 lat	8	00:00:02	00:30:07.30	00:30:10.15	+00:02:07 (7.0%)	3:45	15.9 (93.0%)
9	STYCZYŃSKI Grzegorz	398	SP 94	M 40-49 lat	9	00:00:03	00:30:14.60	00:30:18.20	+00:02:14 (7.4%)	3:46	15.9 (93.0%)
10	MAKULEC Marcin	203	SANTANDER RUNNERS CLUB	M 40-49 lat	10	00:00:04	00:30:26.05	00:30:30.45	+00:02:25 (8.0%)	3:48	15.8 (92.4%)
11	STRYKOWSKI Daniel	313		M 40-49 lat	11	00:00:03	00:30:57.30	00:31:00.65	+00:02:57 (9.5%)	3:52	15.5 (90.6%)
12	LEWDOROWICZ Wojciech	193	SAM SOBIE KLUBEM	M 40-49 lat	12	00:00:07	00:30:58.00	00:31:05.25	+00:02:57 (9.6%)	3:52	15.5 (90.6%)
13	WNUK Tomasz	360		M 40-49 lat	13	00:00:03	00:31:09.80	00:31:13.20	+00:03:09 (10.1%)	3:53	15.4 (90.1%)
14	ABRAMCZYK Rafał	391		M 40-49 lat	14	00:00:04	00:31:40.80	00:31:45.00	+00:03:40 (11.6%)	3:57	15.2 (88.9%)
15	GÓRECKI Rafał	88	UKS MELO BŁONIE	M 40-49 lat	15	00:00:02	00:31:50.65	00:31:53.45	+00:03:50 (12.1%)	3:58	15.1 (88.3%)
16	KOCHMAŃSKI Tomasz	151		M 40-49 lat	16	00:00:17	00:32:24.75	00:32:41.80	+00:04:24 (13.6%)	4:03	14.8 (86.5%)
17	PIKUL Piotr	263		M 40-49 lat	17	00:00:04	00:32:48.15	00:32:52.45	+00:04:47 (14.6%)	4:06	14.6 (85.4%)
18	BORKOWSKI Mariusz	431		M 40-49 lat	18	00:00:04	00:32:56.80	00:33:00.80	+00:04:56 (15.0%)	4:07	14.6 (85.4%)
19	HALAT Andrzej	102	POSMAKUJ RUN TEAM	M 40-49 lat	19	00:00:06	00:33:08.10	00:33:15.05	+00:05:07 (15.5%)	4:08	14.5 (84.8%)
20	FELIGA Mariusz	70	ADIDAS RUNNERS WARSAW	M 40-49 lat	20	00:00:14	00:33:08.80	00:33:23.20	+00:05:08 (15.5%)	4:08	14.5 (84.8%)
21	KOWALSKI Jarosław	168	AR	M 40-49 lat	21	00:00:14	00:33:09.10	00:33:23.10	+00:05:08 (15.5%)	4:08	14.5 (84.8%)
22	SZYJKA Krzysztof	329		M 40-49 lat	22	00:00:21	00:33:51.70	00:34:13.65	+00:05:51 (17.3%)	4:13	14.2 (83.0%)
23	BRYGOŁA Tomasz	472	PARKRUN POLE MOKOTOWSKIE	M 40-49 lat	23	00:00:21	00:34:15.25	00:34:36.70	+00:06:14 (18.2%)	4:16	14 (81.9%)
24	DĘBSKI Andrzej	57		M 40-49 lat	24	00:00:17	00:34:18.25	00:34:36.20	+00:06:17 (18.4%)	4:17	14 (81.9%)
25	CHOJNACKI Mikołaj	39	WARSAW RUN CLUB	M 40-49 lat	25	00:00:15	00:34:23.15	00:34:38.65	+00:06:22 (18.6%)	4:17	14 (81.9%)
26	BUCZKOWSKI Piotr	32		M 40-49 lat	26	00:00:06	00:34:34.75	00:34:41.70	+00:06:34 (19.0%)	4:19	13.9 (81.3%)
27	MACKIEWICZ Wojciech	588		M 40-49 lat	27	00:00:04	00:34:36.35	00:34:40.65	+00:06:36 (19.1%)	4:19	13.9 (81.3%)

							Czas netto 8km	Czas brutto 8km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu			Różn		
28	RABIEJ Wojciech	455	DUCLA ACADEMY	M 40-49 lat	28	00:00:06	00:34:42.25	00:34:49.00	+00:06:41 (19.3%)	4:20	13.8 (80.7%)
29	DUKACZEWSKI Michal	63		M 40-49 lat	29	00:00:12	00:35:00.45	00:35:13.20	+00:07:00 (20.0%)	4:22	13.7 (80.1%)
30	MACHOŃ Paweł	199	GRUPA BIEGOWA UM W-WA	M 40-49 lat	30	00:00:12	00:35:03.85	00:35:16.30	+00:07:03 (20.1%)	4:22	13.7 (80.1%)
31	ZAŁĘCKI Michał	375	PSIEJAK TEAM	M 40-49 lat	31	00:00:13	00:35:34.10	00:35:47.75	+00:07:33 (21.3%)	4:26	13.5 (78.9%)
32	KRÓLICKI Konrad	173	STG WARSZAWA	M 40-49 lat	32	00:00:13	00:35:36.65	00:35:50.45	+00:07:36 (21.4%)	4:27	13.5 (78.9%)
33	GÓRKA Krzysztof	90		M 40-49 lat	33	00:00:18	00:35:48.10	00:36:06.75	+00:07:47 (21.8%)	4:28	13.4 (78.4%)
34	DĄBAL Marcin	407	BIEGIEM RADOM!	M 40-49 lat	34	00:00:08	00:35:50.10	00:35:58.70	+00:07:49 (21.9%)	4:28	13.4 (78.4%)
35	KOWALSKI Mariusz	166		M 40-49 lat	35	00:00:16	00:35:51.95	00:36:08.55	+00:07:51 (21.9%)	4:28	13.4 (78.4%)
36	OSOWSKI Andrzej	243		M 40-49 lat	36	00:00:05	00:36:06.20	00:36:11.50	+00:08:05 (22.4%)	4:30	13.3 (77.8%)
37	WARZOCZA Michal	354	SFS RUNNING	M 40-49 lat	37	00:00:19	00:36:30.60	00:36:50.45	+00:08:30 (23.3%)	4:33	13.2 (77.2%)
38	PIOTRAK Marcin	264		M 40-49 lat	38	00:00:11	00:36:30.65	00:36:42.25	+00:08:30 (23.3%)	4:33	13.2 (77.2%)
39	SOŁTYSIAK Paweł	305	KS POLONIA W-WA	M 40-49 lat	39	00:00:04	00:36:31.35	00:36:35.55	+00:08:31 (23.3%)	4:33	13.1 (76.6%)
40	LENDZION Jarosław	189	GRUPA BIEGOWA UM W-WA	M 40-49 lat	40	00:00:08	00:36:34.10	00:36:43.00	+00:08:33 (23.4%)	4:34	13.1 (76.6%)
41	SIEJKA Mateusz	293		M 40-49 lat	41	00:00:20	00:36:35.40	00:36:55.40	+00:08:35 (23.5%)	4:34	13.1 (76.6%)
42	IWAŃCZYK Grzegorz	114		M 40-49 lat	42	00:00:09	00:36:53.00	00:37:02.30	+00:08:52 (24.1%)	4:36	13 (76.0%)
43	GÓRSKI Marcin	460		M 40-49 lat	43	00:00:27	00:37:02.45	00:37:29.90	+00:09:02 (24.4%)	4:37	13 (76.0%)
44	SANTAREK Wojciech	292		M 40-49 lat	44	00:00:23	00:37:14.40	00:37:37.45	+00:09:14 (24.8%)	4:39	12.9 (75.4%)
45	PTASZNIK Maciej	275	DOGOŃ GRODZISK MAZOWIECKI	M 40-49 lat	45	00:00:03	00:37:15.45	00:37:19.40	+00:09:15 (24.8%)	4:39	12.9 (75.4%)
46	MATYSZCZAK Krzysztof	216	KENKO	M 40-49 lat	46	00:00:35	00:37:17.65	00:37:53.15	+00:09:17 (24.9%)	4:39	12.9 (75.4%)
47	JODŁOWSKI Grzegorz	124		M 40-49 lat	47	00:00:11	00:37:25.40	00:37:37.25	+00:09:25 (25.2%)	4:40	12.8 (74.9%)
48	GOLEBIEWSKI Michal	81	TEAM ZABIEGANEDNI	M 40-49 lat	48	00:00:34	00:37:30.60	00:38:04.65	+00:09:30 (25.3%)	4:41	12.8 (74.9%)
49	DĘBSKI Andrzej	56		M 40-49 lat	49	00:00:07	00:37:45.60	00:37:52.90	+00:09:45 (25.8%)	4:43	12.7 (74.3%)
50	SOLIWODA Mirosław	304		M 40-49 lat	50	00:00:12	00:37:45.90	00:37:58.65	+00:09:45 (25.8%)	4:43	12.7 (74.3%)
51	DRZEWIECKI Marek	61		M 40-49 lat	51	00:00:04	00:37:49.40	00:37:54.25	+00:09:49 (26.0%)	4:43	12.7 (74.3%)
52	SZEWCZYK Jacek	322		M 40-49 lat	52	00:00:25	00:37:52.05	00:38:17.25	+00:09:51 (26.0%)	4:44	12.7 (74.3%)
53	ROSTKOWSKI Bartosz	283		M 40-49 lat	53	00:00:13	00:37:53.95	00:38:07.20	+00:09:53 (26.1%)	4:44	12.7 (74.3%)
54	GUZOWSKI Tomasz	100	OX2	M 40-49 lat	54	00:00:14	00:37:59.35	00:38:13.75	+00:09:59 (26.3%)	4:44	12.6 (73.7%)
55	GOCŁOWSKI Cezary	389	GRUPA BIEGOWA UM W-WA	M 40-49 lat	55	00:00:08	00:38:01.85	00:38:09.90	+00:10:01 (26.4%)	4:45	12.6 (73.7%)
56	ŚWINIARSKI Mariusz	337	FITTERROR TEAM	M 40-49 lat	56	00:00:38	00:38:11.35	00:38:50.10	+00:10:11 (26.7%)	4:46	12.6 (73.7%)
57	SZADKOWSKI Piotr	317		M 40-49 lat	57	00:00:19	00:38:16.00	00:38:35.55	+00:10:15 (26.8%)	4:47	12.5 (73.1%)
58	PLIŃSKI Maciej	403		M 40-49 lat	58	00:00:44	00:38:19.95	00:39:04.35	+00:10:19 (26.9%)	4:47	12.5 (73.1%)
59	KUSY Marcin	183		M 40-49 lat	59	00:00:06	00:38:30.10	00:38:36.85	+00:10:29 (27.3%)	4:48	12.5 (73.1%)
60	JABŁONKA Radek	115	DZIADY OCR	M 40-49 lat	60	00:00:12	00:38:33.75	00:38:45.95	+00:10:33 (27.4%)	4:49	12.5 (73.1%)
61	KOWALSKI Tomasz	167	12TRI.PL	M 40-49 lat	61	00:00:15	00:38:42.25	00:38:57.75	+00:10:41 (27.6%)	4:50	12.4 (72.5%)
62	KOTAS Wojciech	427	EDC RUNNERS	M 40-49 lat	62	00:00:20	00:38:45.25	00:39:05.65	+00:10:44 (27.7%)	4:50	12.4 (72.5%)
63	KOWALCZYK Krzysztof	162		M 40-49 lat	63	00:00:10	00:39:09.10	00:39:19.85	+00:11:08 (28.5%)	4:53	12.3 (71.9%)
64	NABIAŁCZYK Sylwester	405	JAJA KÓŻE Z WOLNEGO WYBIEGÓ	M 40-49 lat	64	00:00:15	00:39:30.65	00:39:46.30	+00:11:30 (29.1%)	4:56	12.2 (71.3%)
65	WĄDOŁOWSKI Sylwestet	409		M 40-49 lat	65	00:00:26	00:39:32.70	00:39:58.70	+00:11:32 (29.2%)	4:56	12.1 (70.8%)
66	SCHWOCH Daniel	468		M 40-49 lat	66	00:00:09	00:39:48.60	00:39:58.20	+00:11:48 (29.7%)	4:58	12.1 (70.8%)
67	SIENKIEWICZ Piotr	297		M 40-49 lat	67	00:00:42	00:39:56.85	00:40:39.00	+00:11:56 (29.9%)	4:59	12 (70.2%)
68	RUDNIK Jarosław	284		M 40-49 lat	68	00:00:24	00:39:56.90	00:40:21.35	+00:11:56 (29.9%)	4:59	12 (70.2%)
69	GROCHOWSKI Andrzej	408	KP PIASTÓW	M 40-49 lat	69	00:00:25	00:39:59.60	00:40:25.20	+00:11:59 (30.0%)	4:59	12 (70.2%)
70	GNIADZIK Rafał	79	KOMENDA STOŁECZNA POLICJI W WARSZAWIE	M 40-49 lat	70	00:00:22	00:40:36.65	00:40:58.75	+00:12:36 (31.0%)	5:04	11.8 (69.0%)
71	KNAPIK Paweł	149		M 40-49 lat	71	00:00:28	00:41:02.65	00:41:31.15	+00:13:02 (31.8%)	5:07	11.7 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
72	BORUSZEWSKI Maciej	25		M 40-49 lat	72	00:00:30	00:41:13.30	00:41:43.30	+00:13:13 (32.1%)	5:09	11.6 (67.8%)
73	MATEŃKA Piotr	214	DYSPOZYCJA DNIA TEAM	M 40-49 lat	73	00:00:09	00:41:19.85	00:41:29.25	+00:13:19 (32.2%)	5:09	11.6 (67.8%)
74	NIEWIŃSKI Jan	421	FITTERROR TEAM	M 40-49 lat	74	00:00:39	00:41:25.20	00:42:04.40	+00:13:24 (32.4%)	5:10	11.6 (67.8%)
75	WRZESIEŃ Kamil	467	SOFTBLUE RUN CLUB	M 40-49 lat	75	00:00:19	00:41:25.75	00:41:45.60	+00:13:25 (32.4%)	5:10	11.6 (67.8%)
76	MACIAK Andrzej	415		M 40-49 lat	76	00:00:13	00:41:27.45	00:41:40.90	+00:13:27 (32.4%)	5:10	11.6 (67.8%)
77	WCISŁO Marcin	355		M 40-49 lat	77	00:00:09	00:42:16.55	00:42:25.95	+00:14:16 (33.8%)	5:17	11.4 (66.7%)
78	LEKI Robert	406	BEMOWO BIEGA	M 40-49 lat	78	00:00:25	00:42:17.50	00:42:43.10	+00:14:17 (33.8%)	5:17	11.4 (66.7%)
79	TRZCIŃSKI Marcin	457	LUXMED	M 40-49 lat	79	00:00:28	00:42:21.70	00:42:50.35	+00:14:21 (33.9%)	5:17	11.3 (66.1%)
80	SOBOLEWSKI Bartosz	463		M 40-49 lat	80	00:00:25	00:42:34.45	00:42:59.65	+00:14:34 (34.2%)	5:19	11.3 (66.1%)
81	KOŁODZIEJSKI Rafał	154		M 40-49 lat	81	00:00:21	00:42:37.05	00:42:58.85	+00:14:36 (34.3%)	5:19	11.3 (66.1%)
82	MARKIEWICZ Tomasz	209		M 40-49 lat	82	00:00:55	00:42:48.20	00:43:43.80	+00:14:47 (34.6%)	5:21	11.2 (65.5%)
83	KRÓL Radosław	172		M 40-49 lat	83	00:00:20	00:43:12.00	00:43:32.90	+00:15:11 (35.2%)	5:24	11.1 (64.9%)
84	WARDZIŃSKI Paweł	353	RUN AND GUN	M 40-49 lat	84	00:00:22	00:43:26.75	00:43:48.85	+00:15:26 (35.5%)	5:25	11.1 (64.9%)
85	CABAJ Marek	466	LUXMED	M 40-49 lat	85	00:00:43	00:43:49.05	00:44:32.70	+00:15:48 (36.1%)	5:28	11 (64.3%)
86	TCHEISHVILI Teimuraz	339	TORPEDO	M 40-49 lat	86	00:00:32	00:44:07.75	00:44:40.10	+00:16:07 (36.5%)	5:30	10.9 (63.7%)
87	RUDOLF Marcin	285		M 40-49 lat	87	00:00:24	00:44:22.35	00:44:46.45	+00:16:22 (36.9%)	5:32	10.8 (63.2%)
88	MARSZAŁEK Marcin	210		M 40-49 lat	88	00:00:29	00:44:30.40	00:45:00.30	+00:16:30 (37.1%)	5:33	10.8 (63.2%)
89	POŁOWIANIUK Marek	269		M 40-49 lat	89	00:00:42	00:44:59.75	00:45:42.05	+00:16:59 (37.8%)	5:37	10.7 (62.6%)
90	KATNER Tomasz	136		M 40-49 lat	90	00:00:30	00:45:35.80	00:46:06.60	+00:17:35 (38.6%)	5:41	10.5 (61.4%)
91	KWIECIŃSKI Radosław	464		M 40-49 lat	91	00:00:23	00:45:43.90	00:46:07.50	+00:17:43 (38.8%)	5:42	10.5 (61.4%)
92	CZECHLEWSKI Adam	50		M 40-49 lat	92	00:00:40	00:45:49.55	00:46:30.45	+00:17:49 (38.9%)	5:43	10.5 (61.4%)
93	JURKOWSKI Ernest	459		M 40-49 lat	93	00:00:56	00:45:55.25	00:46:52.10	+00:17:54 (39.0%)	5:44	10.5 (61.4%)
94	KOTYNIA Konrad	161		M 40-49 lat	94	00:00:31	00:46:37.45	00:47:08.75	+00:18:37 (39.9%)	5:49	10.3 (60.2%)
95	CHĘĆ Adam	451		M 40-49 lat	95	00:00:23	00:46:50.10	00:47:13.95	+00:18:49 (40.2%)	5:51	10.2 (59.6%)
96	ZYGADŁO Piotr	385		M 40-49 lat	96	00:00:07	00:46:59.70	00:47:07.25	+00:18:59 (40.4%)	5:52	10.2 (59.6%)
97	JESIONOWSKI Marcin	123		M 40-49 lat	97	00:00:18	00:47:02.10	00:47:21.00	+00:19:01 (40.5%)	5:52	10.2 (59.6%)
98	KAPUSCINSKI Marcin	436		M 40-49 lat	98	00:00:25	00:47:03.15	00:47:28.75	+00:19:02 (40.5%)	5:52	10.2 (59.6%)
99	SOWA Andrzej	306		M 40-49 lat	99	00:00:06	00:47:14.85	00:47:20.95	+00:19:14 (40.7%)	5:54	10.2 (59.6%)
100	KUREK Krzysztof	181		M 40-49 lat	100	00:00:28	00:47:16.90	00:47:45.30	+00:19:16 (40.8%)	5:54	10.2 (59.6%)
101	BRONISZEWSKI Jakub	29		M 40-49 lat	101	00:00:39	00:47:39.25	00:48:18.90	+00:19:38 (41.2%)	5:57	10.1 (59.1%)
102	HEBDA Bartłomiej	106		M 40-49 lat	102	00:00:45	00:48:25.25	00:49:11.05	+00:20:24 (42.2%)	6:03	9.9 (57.9%)
103	MŁYNARCZYK Wojciech	442		M 40-49 lat	103	00:00:10	00:48:26.35	00:48:36.95	+00:20:26 (42.2%)	6:03	9.9 (57.9%)
104	PISARSKI Marcin	267		M 40-49 lat	104	00:00:22	00:48:45.65	00:49:08.50	+00:20:45 (42.6%)	6:05	9.8 (57.3%)
105	KOWALCZYK Michał	163		M 40-49 lat	105	00:00:13	00:51:48.60	00:52:01.95	+00:23:48 (45.9%)	6:28	9.3 (54.4%)
106	GAŁĄŻKA Paweł	77	ABNEGAT WARSZAWA	M 40-49 lat	106	00:00:07	00:53:28.95	00:53:36.20	+00:25:28 (47.6%)	6:41	9 (52.6%)
107	SZYMCZAK Paweł	333		M 40-49 lat	107	00:00:45	00:54:30.50	00:55:15.90	+00:26:30 (48.6%)	6:48	8.8 (51.5%)
108	HAUSMAN Michał	104		M 40-49 lat	108	00:00:45	00:54:31.00	00:55:16.20	+00:26:30 (48.6%)	6:48	8.8 (51.5%)
109	TOKARSKI Paweł	449		M 40-49 lat	109	00:00:15	00:54:46.10	00:55:01.30	+00:26:45 (48.9%)	6:50	8.8 (51.5%)
110	ZAJĄC Piotr	373		M 40-49 lat	110	00:00:32	00:54:56.85	00:55:29.00	+00:26:56 (49.0%)	6:52	8.7 (50.9%)
111	KARPOWICZ Michał	134		M 40-49 lat	111	00:00:32	00:56:50.70	00:57:22.80	+00:28:50 (50.7%)	7:06	8.4 (49.1%)
112	KAMIŃSKI Mirosław	131		M 40-49 lat	112	00:00:11	01:05:19.80	01:05:31.50	+00:37:19 (57.1%)	8:09	7.3 (42.7%)
113	WÓJCIK Robert	367		M 40-49 lat	113	00:00:57	01:06:10.25	01:07:08.05	+00:38:09 (57.7%)	8:16	7.3 (42.7%)