



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 50-59 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Mariusz	217	MM TEAM	M 50-59 lat	1	00:00:03	00:30:55.05	00:30:58.60		3:51	15.5 (100%)
2	TRYBUSZKIEWICZ Wojciech	445	GENERALI TEAM	M 50-59 lat	2	00:00:02	00:31:35.20	00:31:37.55	+00:00:40 (2.1%)	3:56	15.2 (98.1%)
3	WYDRA Mariusz	410	STARE BABICE BIEGAJĄ	M 50-59 lat	3	00:00:08	00:31:48.75	00:31:57.55	+00:00:53 (2.8%)	3:58	15.1 (97.4%)
4	KUCHARCZYK Paweł	177	ROZBIEGANE MICHAŁOWICE	M 50-59 lat	4	00:00:03	00:31:55.35	00:31:59.10	+00:01:00 (3.1%)	3:59	15 (96.8%)
5	AUGUSTYNIAK Mariusz	12		M 50-59 lat	5	00:00:18	00:33:42.85	00:34:01.00	+00:02:47 (8.3%)	4:12	14.2 (91.6%)
6	PRĘDOTA Krzysztof	271	TARCHOMIN TRIATHLON TEAM	M 50-59 lat	6	00:00:05	00:33:59.00	00:34:04.90	+00:03:03 (9.0%)	4:14	14.1 (91.0%)
7	SZCZEPAŃSKI Bogdan	318	JW2370	M 50-59 lat	7	00:00:04	00:34:47.10	00:34:52.00	+00:03:52 (11.1%)	4:20	13.8 (89.0%)
8	GOŁĘDZINOWSKI Tomasz	82	NEON TEAM	M 50-59 lat	8	00:00:04	00:35:00.60	00:35:05.30	+00:04:05 (11.7%)	4:22	13.7 (88.4%)
9	JAKUBOWSKI Dariusz	390	BIEGAM SOBIE	M 50-59 lat	9	00:00:22	00:35:10.50	00:35:33.10	+00:04:15 (12.1%)	4:23	13.6 (87.7%)
10	LIPSKI Jarek	196		M 50-59 lat	10	00:00:08	00:35:25.80	00:35:34.30	+00:04:30 (12.7%)	4:25	13.6 (87.7%)
11	MACIEJEWSKI Stanisław	200	WPRUNNING	M 50-59 lat	11	00:00:06	00:35:43.30	00:35:49.75	+00:04:48 (13.4%)	4:27	13.4 (86.5%)
12	PRUSZYŃSKI Edward	273	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59 lat	12	00:00:09	00:35:51.75	00:36:01.65	+00:04:56 (13.8%)	4:28	13.4 (86.5%)
13	SIDOROWICZ Grzegorz	456	UNIQA RUNNING TEAM	M 50-59 lat	13	00:00:06	00:36:04.35	00:36:10.70	+00:05:09 (14.3%)	4:30	13.3 (85.8%)
14	OWOC Tomasz	248	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50-59 lat	14	00:00:16	00:37:06.40	00:37:23.00	+00:06:11 (16.7%)	4:38	12.9 (83.2%)
15	BEREDA Krzysztof	19	KAZIKI	M 50-59 lat	15	00:00:30	00:37:21.30	00:37:52.00	+00:06:26 (17.2%)	4:40	12.9 (83.2%)
16	TOMASIAK Cezary	344	BEMOWOBIEGA	M 50-59 lat	16	00:00:09	00:37:26.15	00:37:35.85	+00:06:31 (17.4%)	4:40	12.8 (82.6%)
17	TULIK Przemysław	348		M 50-59 lat	17	00:00:12	00:37:43.75	00:37:55.90	+00:06:48 (18.1%)	4:42	12.7 (81.9%)
18	OSTASZEWSKI Jakub	244		M 50-59 lat	18	00:00:14	00:38:11.15	00:38:25.55	+00:07:16 (19.0%)	4:46	12.6 (81.3%)
19	GÓRAL Tadeusz	86	KKB	M 50-59 lat	19	00:00:06	00:38:32.90	00:38:39.05	+00:07:37 (19.8%)	4:49	12.5 (80.6%)
20	KLIMEK Arkadiusz	146		M 50-59 lat	20	00:00:30	00:39:03.40	00:39:33.60	+00:08:08 (20.8%)	4:52	12.3 (79.4%)
21	WĘCŁAWSKI Grzegorz	357		M 50-59 lat	21	00:00:31	00:39:19.55	00:39:51.35	+00:08:24 (21.4%)	4:54	12.2 (78.7%)
22	KOSMAŁA Dariusz	160		M 50-59 lat	22	00:00:05	00:39:35.80	00:39:41.35	+00:08:40 (21.9%)	4:56	12.1 (78.1%)
23	RADZIKOWSKI Franek	277		M 50-59 lat	23	00:00:31	00:39:57.25	00:40:28.65	+00:09:02 (22.6%)	4:59	12 (77.4%)
24	KISZCZYC Artur	141		M 50-59 lat	24	00:00:29	00:41:05.75	00:41:34.80	+00:10:10 (24.8%)	5:08	11.7 (75.5%)
25	SZELWACHOWSKI Dariusz	321		M 50-59 lat	25	00:00:08	00:41:50.70	00:41:59.25	+00:10:55 (26.1%)	5:13	11.5 (74.2%)
26	PETRYKA Wojciech	258		M 50-59 lat	26	00:00:11	00:41:51.00	00:42:02.10	+00:10:55 (26.1%)	5:13	11.5 (74.2%)
27	TAUSZYŃSKI Tomasz	338		M 50-59 lat	27	00:00:29	00:41:55.75	00:42:25.30	+00:11:00 (26.3%)	5:14	11.5 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	NOWACZEK Grzegorz	233	ROZBIEGANY SULEJÓWEK	M 50-59 lat	28	00:00:26	00:42:06.65	00:42:33.25	+00:11:11 (26.6%)	5:15	11.4 (73.5%)
29	HANSDORFER Pawel	420		M 50-59 lat	29	00:00:32	00:43:08.35	00:43:40.80	+00:12:13 (28.3%)	5:23	11.1 (71.6%)
30	GRABOWSKI Leszek	92	STARE BABICE BIEGAJĄ	M 50-59 lat	30	00:00:28	00:44:21.35	00:44:49.60	+00:13:26 (30.3%)	5:32	10.8 (69.7%)
31	KITA Grzegorz	142		M 50-59 lat	31	00:00:12	00:45:21.45	00:45:33.60	+00:14:26 (31.8%)	5:40	10.6 (68.4%)
32	BUDZEWSKI Marcin	33		M 50-59 lat	32	00:00:35	00:45:24.35	00:45:59.95	+00:14:29 (31.9%)	5:40	10.6 (68.4%)
33	BIELECKI Jacek	23	RUN CZARNÓW	M 50-59 lat	33	00:00:32	00:46:30.60	00:47:03.05	+00:15:35 (33.5%)	5:48	10.3 (66.5%)
34	NASKRĘT Arkadiusz	228		M 50-59 lat	34	00:00:40	00:48:10.30	00:48:51.10	+00:17:15 (35.8%)	6:01	10 (64.5%)
35	JANKOWSKI Remigiusz	119		M 50-59 lat	35	00:00:24	00:49:49.15	00:50:13.20	+00:18:54 (37.9%)	6:13	9.6 (61.9%)
36	DĄBROWSKI Jacek	53		M 50-59 lat	36	00:00:30	00:51:32.20	00:52:02.60	+00:20:37 (40.0%)	6:26	9.3 (60.0%)
37	POPOWSKI Jarosław	270		M 50-59 lat	37	00:00:41	00:53:48.40	00:54:29.60	+00:22:53 (42.5%)	6:43	8.9 (57.4%)
38	SZOSTAKOWSKI Jarosław	324		M 50-59 lat	38	00:00:54	01:06:11.25	01:07:06.20	+00:35:16 (53.3%)	8:16	7.3 (47.1%)

Znaleziono 38 wynik(ów)