



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

Urząd Dzielnicy Warszawa – Włochy

2023-11-05

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	MIOTK Marcin	208	MIOTK.PL EVEREST MOTYWACJI	M 50-59 lat	1	00:00:01	00:26:15.40	00:26:17.20		3:16	18.3 (100%)
2	MARCINIAK Grzegorz	186	BWRUNNERS	M 50-59 lat	2	00:00:02	00:29:29.20	00:29:31.80	+00:03:13 (11.0%)	3:41	16.3 (89.1%)
3	MICHALAK Mariusz	198	MM TEAM	M 50-59 lat	3	00:00:03	00:29:34.45	00:29:37.75	+00:03:19 (11.2%)	3:41	16.2 (88.5%)
4	GANCZEWSKI Paweł	80		M 50-59 lat	4	00:00:03	00:31:34.20	00:31:37.35	+00:05:18 (16.8%)	3:56	15.2 (83.1%)
5	DĘBSKI Andrzej	58		M 50-59 lat	5	00:00:04	00:31:45.20	00:31:49.30	+00:05:29 (17.3%)	3:58	15.1 (82.5%)
6	SOCHA Tomasz	478	TRINERGY	M 50-59 lat	6	00:00:11	00:31:48.45	00:32:00.10	+00:05:33 (17.5%)	3:58	15.1 (82.5%)
7	WELKIER Marcin	342		M 50-59 lat	7	00:00:03	00:32:07.50	00:32:10.65	+00:05:52 (18.3%)	4:00	14.9 (81.4%)
8	KLUSKA Piotr	446	WIRTUALNA POLSKA TRIATHLON TEAM	M 50-59 lat	8	00:00:07	00:32:14.90	00:32:22.00	+00:05:59 (18.6%)	4:01	14.9 (81.4%)
9	TWARDOWSKI Piotr	383	SPOCENI NA MAXA	M 50-59 lat	9	00:00:02	00:32:22.35	00:32:25.10	+00:06:06 (18.9%)	4:02	14.8 (80.9%)
10	LEKI Robert	436	BEMOWO BIEGA	M 50-59 lat	10	00:00:03	00:32:40.80	00:32:44.30	+00:06:25 (19.7%)	4:05	14.7 (80.3%)
11	MCGIVERN Colm	197	WITC - WARSAW INTERNATIONAL TRIATHLON CLUB	M 50-59 lat	11	00:00:10	00:33:26.15	00:33:37.00	+00:07:10 (21.5%)	4:10	14.4 (78.7%)
12	KLIMEK Arkadiusz	129		M 50-59 lat	12	00:00:45	00:34:25.30	00:35:10.80	+00:08:09 (23.7%)	4:18	13.9 (76.0%)
13	OWOC Tomasz	239	PKO BANK POLSKI / ADIDAS RUNNERS WARSAW	M 50-59 lat	13	00:00:13	00:34:29.95	00:34:43.80	+00:08:14 (23.9%)	4:18	13.9 (76.0%)
13	PRUSZYŃSKI Edward	265	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59 lat	14	00:00:10	00:34:33.25	00:34:43.80	+00:08:17 (24.0%)	4:19	13.9 (76.0%)
15	WYSOKIŃSKI Michał	362		M 50-59 lat	15	00:00:09	00:34:33.30	00:34:42.55	+00:08:17 (24.0%)	4:19	13.9 (76.0%)
16	HRYNKIEWICZ Maciej	103		M 50-59 lat	16	00:00:24	00:34:56.25	00:35:21.05	+00:08:40 (24.8%)	4:22	13.7 (74.9%)
17	SZCZEPAŃSKI Bogdan	306		M 50-59 lat	17	00:00:08	00:35:08.00	00:35:16.20	+00:08:52 (25.3%)	4:23	13.7 (74.9%)
18	MACIEJEWSKI Stanisław	179	WPRUNNING	M 50-59 lat	18	00:00:03	00:35:39.45	00:35:43.10	+00:09:24 (26.4%)	4:27	13.5 (73.8%)
19	PRAJSNAR Robert	263	SPEEDING TURTLES	M 50-59 lat	19	00:00:27	00:36:30.05	00:36:57.35	+00:10:14 (28.1%)	4:33	13.2 (72.1%)
20	GROCHOWSKI Andrzej	431	THIN BLUE LINE	M 50-59 lat	20	00:00:08	00:36:43.85	00:36:51.95	+00:10:28 (28.5%)	4:35	13.1 (71.6%)
21	PTASIŃSKI Piotr	443		M 50-59 lat	21	00:00:10	00:37:08.25	00:37:19.10	+00:10:52 (29.3%)	4:38	12.9 (70.5%)
22	RODAK Zbigniew	270		M 50-59 lat	22	00:00:37	00:37:21.70	00:37:59.35	+00:11:06 (29.7%)	4:40	12.9 (70.5%)
23	CHARLEJ Ireneusz	44		M 50-59 lat	23	00:00:14	00:37:31.65	00:37:46.20	+00:11:16 (30.0%)	4:41	12.8 (69.9%)
24	KISZCZYC Artur	128		M 50-59 lat	24	00:00:15	00:37:58.25	00:38:13.80	+00:11:42 (30.9%)	4:44	12.6 (68.9%)
25	NIEDZIÓŁKA Jacek	223	TO NATURALNE	M 50-59 lat	25	00:00:15	00:38:26.20	00:38:41.50	+00:12:10 (31.7%)	4:48	12.5 (68.3%)
26	KRAJEWSKI Przemysław	151	MEDYCY W BIEGU	M 50-59 lat	26	00:00:14	00:39:54.85	00:40:09.55	+00:13:39 (34.2%)	4:59	12 (65.6%)
27	SĘDEK Piotr	280	XXX	M 50-59 lat	27	00:00:14	00:40:07.90	00:40:22.55	+00:13:52 (34.6%)	5:00	12 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	BIELECKI Jacek	28	RUN CZARNÓW	M 50-59 lat	28	00:00:30	00:40:24.70	00:40:55.30	+00:14:09 (35.0%)	5:03	11.9 (65.0%)
29	KOSMALA Dariusz	142		M 50-59 lat	29	00:00:12	00:40:54.05	00:41:06.05	+00:14:38 (35.8%)	5:06	11.7 (63.9%)
30	SZELWACHOWSKI Dariusz	308		M 50-59 lat	30	00:00:13	00:41:04.90	00:41:18.60	+00:14:49 (36.1%)	5:08	11.7 (63.9%)
31	TYBURC Paweł	332	RADA DZIELNICY BIAŁOŁĘKA	M 50-59 lat	31	00:00:09	00:41:58.30	00:42:07.85	+00:15:42 (37.4%)	5:14	11.4 (62.3%)
32	GRODZICKI Krzysztof	93		M 50-59 lat	32	00:00:34	00:42:07.45	00:42:42.35	+00:15:52 (37.7%)	5:15	11.4 (62.3%)
33	HANSDORFER Pawel	100		M 50-59 lat	33	00:00:15	00:42:30.05	00:42:45.75	+00:16:14 (38.2%)	5:18	11.3 (61.7%)
34	STASIAK Marcin	405		M 50-59 lat	34	00:00:12	00:42:32.45	00:42:44.70	+00:16:17 (38.3%)	5:19	11.3 (61.7%)
35	BORUSZEWSKI Maciej	33		M 50-59 lat	35	00:00:35	00:42:54.05	00:43:29.70	+00:16:38 (38.8%)	5:21	11.2 (61.2%)
36	DĄBROWSKI Jacek	56		M 50-59 lat	36	00:00:17	00:43:06.35	00:43:23.95	+00:16:50 (39.1%)	5:23	11.1 (60.7%)
37	JABŁOŃSKI Michał	106	BWRUNNERS	M 50-59 lat	37	00:00:31	00:44:12.05	00:44:43.20	+00:17:56 (40.6%)	5:31	10.9 (59.6%)
38	RYBICKI Marek	279		M 50-59 lat	38	00:00:33	00:44:36.35	00:45:10.00	+00:18:20 (41.1%)	5:34	10.8 (59.0%)
39	KOCIA Mariusz	131		M 50-59 lat	39	00:00:38	00:44:47.90	00:45:26.10	+00:18:32 (41.4%)	5:35	10.7 (58.5%)
40	OLKOWSKI Robert	234		M 50-59 lat	40	00:00:30	00:44:50.00	00:45:20.90	+00:18:34 (41.4%)	5:36	10.7 (58.5%)
41	WOJEWÓDZKI Krzysztof	356		M 50-59 lat	41	00:00:45	00:45:38.40	00:46:23.50	+00:19:23 (42.5%)	5:42	10.5 (57.4%)
42	LECH Pawel	165		M 50-59 lat	42	00:00:07	00:46:25.70	00:46:33.45	+00:20:10 (43.4%)	5:48	10.3 (56.3%)
43	KOPIEC Marcin	140	PIASECZNO RUNNING	M 50-59 lat	43	00:00:07	00:47:10.55	00:47:17.60	+00:20:55 (44.3%)	5:53	10.2 (55.7%)
44	NASKRĘT Arkadiusz	220		M 50-59 lat	44	00:00:56	00:47:55.35	00:48:51.45	+00:21:39 (45.2%)	5:59	10 (54.6%)
45	GÓRAL Tadeusz	382		M 50-59 lat	45	00:00:31	00:49:39.70	00:50:10.85	+00:23:24 (47.1%)	6:12	9.7 (53.0%)
46	JANUCHTA Tomasz	107	KKB	M 50-59 lat	46	00:00:31	00:53:43.55	00:54:14.90	+00:27:28 (51.1%)	6:42	8.9 (48.6%)
47	SZOSTAKOWSKI Jarosław	313		M 50-59 lat	47	00:00:39	00:54:52.15	00:55:31.95	+00:28:36 (52.1%)	6:51	8.7 (47.5%)
48	TOŁWIŃSKI Robert	391		M 50-59 lat	48	00:00:23	00:57:37.90	00:58:01.70	+00:31:22 (54.4%)	7:12	8.3 (45.4%)

Znaleziono 48 wynik(ów)