



## 5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa – Włochy  
**Data:** 2022-11-06  
**Miejsce:** Warszawa  
**Dystans:** 8 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 60+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	FALANDYSZ Janusz	69	WPRUNNING PRUSZKÓW	M 60+	1	00:00:03	00:31:43.05	00:31:46.35		3:57	15.1 (100%)
2	NIEDŹWIADK Czesław	232	NIEDŹWIADKI RUNNING TEAM	M 60+	2	00:00:08	00:35:23.45	00:35:32.25	+00:03:40 (10.4%)	4:25	13.6 (90.1%)
3	MIKINA Artur	396	GUNS N' ROSES RUN TEAM	M 60+	3	00:00:09	00:36:44.90	00:36:54.70	+00:05:01 (13.7%)	4:35	13.1 (86.8%)
4	ORABCZYK Szymon	597		M 60+	4	00:00:05	00:37:21.65	00:37:27.55	+00:05:38 (15.1%)	4:40	12.9 (85.4%)
5	SIESS Jarosław	298		M 60+	5	00:00:11	00:38:14.65	00:38:26.20	+00:06:31 (17.1%)	4:46	12.6 (83.4%)
6	DZIARNOWSKI Włodek	67	BIEGAMPŁOCK TEAM	M 60+	6	00:00:11	00:38:56.75	00:39:08.60	+00:07:13 (18.6%)	4:52	12.3 (81.5%)
7	SZYMAŃSKI Irek	332	TOGETHER WITH YOU RUN TEAM	M 60+	7	00:00:09	00:39:14.20	00:39:23.30	+00:07:31 (19.2%)	4:54	12.2 (80.8%)
8	FREITYS Luis	555	WOLNA WENEZUELA	M 60+	8	00:00:18	00:40:23.80	00:40:42.15	+00:08:40 (21.5%)	5:02	11.9 (78.8%)
9	OSIŃSKI Stanisław	242		70+	2	00:00:07	00:43:29.00	00:43:36.55	+00:11:45 (27.1%)	5:26	11 (72.8%)
10	KISIEL Wincentt	584	WIDŁOROGI	70+	3	00:00:10	00:43:55.65	00:44:05.65	+00:12:12 (27.8%)	5:29	10.9 (72.2%)
11	ZAKRZEWSKI Grzegorz	374	STG WARSZAWA	M 60+	9	00:00:32	00:44:21.70	00:44:54.65	+00:12:38 (28.5%)	5:32	10.8 (71.5%)
12	ŻÓŁCIŃSKI Waldemar	387	GRUPA BIEGOWA UM W-WA	M 60+	10	00:00:37	00:44:35.90	00:45:13.55	+00:12:52 (28.9%)	5:34	10.8 (71.5%)
13	SUWALD Andrzej	585	JACEK BIEGA RUNNING TEAM	M 60+	11	00:00:44	00:45:28.40	00:46:13.15	+00:13:45 (30.3%)	5:41	10.6 (70.2%)
14	NOWAKOWSKI Czesław	234	DUCLA ACADEMY WARSZAWA	70+	4	00:00:35	00:45:36.90	00:46:12.70	+00:13:53 (30.5%)	5:42	10.5 (69.5%)
15	HULANICKI Andrzej	110		M 60+	12	00:00:22	00:45:43.15	00:46:05.60	+00:14:00 (30.6%)	5:42	10.5 (69.5%)
16	BEDNARZAK Tadeusz	18		M 60+	13	00:00:41	00:45:45.90	00:46:27.80	+00:14:02 (30.7%)	5:43	10.5 (69.5%)
17	LESZCZYŃSKI Roman	388		70+	5	00:00:17	00:45:48.20	00:46:05.40	+00:14:05 (30.8%)	5:43	10.5 (69.5%)
18	GORAL Piotr	450		M 60+	14	00:00:17	00:46:42.45	00:47:00.30	+00:14:59 (32.1%)	5:50	10.3 (68.2%)
19	OLCZAK Witold	238	UMCS BIEGA	M 60+	15	00:00:41	00:47:57.90	00:48:39.40	+00:16:14 (33.9%)	5:59	10 (66.2%)
20	SOKOŁOWSKI Marian	303	SAMOTNY WILK	70+	6	00:00:20	00:50:08.00	00:50:28.50	+00:18:24 (36.7%)	6:16	9.6 (63.6%)
21	GLASSER Marek	78		70+	7	00:00:36	00:50:19.50	00:50:55.60	+00:18:36 (37.0%)	6:17	9.5 (62.9%)
22	NOWORYTA Jacek	235	MĘSKA S	70+	10	00:00:29	00:58:18.20	00:58:47.55	+00:26:35 (45.6%)	7:17	8.2 (54.3%)

Znaleziono 22 wynik(ów)