



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 60+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	NIEDŹWIADEK Czesław	225	NIEDŹWIADKI RUNNING TEAM	M 60+	1	00:00:00	00:33:51.20	00:33:51.20		4:13	14.2 (100%)
2	ŁUKASZEWICZ Ryszard	397		M 60+	2	00:00:05	00:33:52.65	00:33:58.60	+00:00:01 (0.1%)	4:14	14.2 (100%)
3	DRABCZYK Szymon	404		M 60+	3	00:00:05	00:35:03.80	00:35:09.25	+00:01:12 (3.5%)	4:22	13.7 (96.5%)
4	FREITES Luis	555		M 60+	4	00:00:05	00:37:20.95	00:37:26.60	+00:03:29 (9.4%)	4:40	12.9 (90.8%)
5	BERDYCHOWSKI Zygmunt	497		M 60+	5	00:00:45	00:38:34.70	00:39:19.90	+00:04:43 (12.2%)	4:49	12.4 (87.3%)
6	KOLASA Andrzej	133	KLUB J.SŁOWACKIEGO	M 60+	6	00:00:04	00:38:47.65	00:38:52.50	+00:04:56 (12.7%)	4:50	12.4 (87.3%)
7	PIĄTEK Bogdan	249	LECHICI ZIELONKA	M 60+	7	00:00:27	00:39:05.20	00:39:32.45	+00:05:14 (13.4%)	4:53	12.3 (86.6%)
8	STARCZEWSKI Piotr	301		M 60+	8	00:00:26	00:40:24.85	00:40:51.40	+00:06:33 (16.2%)	5:03	11.9 (83.8%)
9	LITAK Grzegorz	171		M 60+	9	00:00:36	00:42:57.65	00:43:34.50	+00:09:06 (21.2%)	5:22	11.2 (78.9%)
10	GORAL Piotr	464		M 60+	10	00:00:19	00:43:04.50	00:43:23.90	+00:09:13 (21.4%)	5:23	11.1 (78.2%)
11	NOWACKI Julian	228	TO NATURALNE	M 60+	11	00:00:17	00:44:06.25	00:44:23.65	+00:10:15 (23.2%)	5:30	10.9 (76.8%)
12	ŻÓŁCIŃSKI Waldemar	371	GRUPA BIEGOWA UM W-WA	M 60+	12	00:00:38	00:44:18.90	00:44:57.40	+00:10:27 (23.6%)	5:32	10.8 (76.1%)
13	MALER Władysław	184	NEW BALANCE RUN CLUB	M 60+	13	00:00:14	00:44:45.85	00:45:00.25	+00:10:54 (24.4%)	5:35	10.7 (75.4%)
14	NIEWIADOMSKI Zdzisław	227		M 60+	14	00:00:25	00:45:19.65	00:45:45.10	+00:11:28 (25.3%)	5:39	10.6 (74.6%)
15	OSIŃSKI Stanisław	236	NASIELSK BASZTA TEAM	M 60+	15	00:00:10	00:45:56.85	00:46:07.40	+00:12:05 (26.3%)	5:44	10.4 (73.2%)
16	GLASSER Marek	83		M 60+	16	00:00:23	00:46:14.95	00:46:38.60	+00:12:23 (26.8%)	5:46	10.4 (73.2%)
17	NOWAKOWSKI Czesław	429	DUCLA ACADEMY WARSZAWA	M 60+	17	00:00:30	00:47:22.00	00:47:52.75	+00:13:30 (28.5%)	5:55	10.1 (71.1%)
18	SOKOŁOWSKI Marian	297	SAMOTNY WILK	M 60+	18	00:00:27	00:50:17.20	00:50:45.15	+00:16:26 (32.7%)	6:17	9.5 (66.9%)
19	DYMEL Andrzej	69	MARKOWI BIEGACZE	M 60+	19	00:00:21	00:51:59.95	00:52:21.00	+00:18:08 (34.9%)	6:29	9.2 (64.8%)
20	OLCZAK Witold	232	UMCS BIEGA	M 60+	20	00:00:39	00:54:53.05	00:55:32.15	+00:21:01 (38.3%)	6:51	8.7 (61.3%)
21	MINECKI Zbigniew	510		M 60+	21	00:00:44	00:56:58.75	00:57:43.20	+00:23:07 (40.6%)	7:07	8.4 (59.2%)

Znaleziono 21 wynik(ów)