

# BEMOWSKI PRZEŁĄJ STULECIA - MĘŻCZYŹNI

B4SPORT

**Wydarzenie:** Bemowski Przełaj Stulecia  
**Organizator:** Urząd Dzielnicy Bemowo  
**Data:** 2018-09-09  
**Miejsce:** Warszawa  
**Dystans:** 8 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2km	Start_All 4km	Start_All 6km	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	<b>ŁOBODZIŃSKI Piotr</b>	<b>1</b>	ADIDAS RUNNERS	M30	1	00:00:01	00:07:30	00:15:16	00:22:56	<b>00:29:41.65</b>	<b>00:29:42.80</b>		3:42	16.2 (100%)
2	<b>FALANDYSZ Damian</b>	<b>106</b>	WPRUNNING	M30	2	00:00:01	00:07:32	00:15:16	00:22:57	<b>00:30:32.00</b>	<b>00:30:33.20</b>	+00:00:50 (2.7%)	3:49	15.7 (96.9%)
3	<b>PIOTROWSKI Maciej</b>	<b>128</b>		M30	3	00:00:01	00:07:37	00:15:25	00:23:10	<b>00:30:54.75</b>	<b>00:30:56.10</b>	+00:01:13 (3.9%)	3:51	15.5 (95.7%)
4	<b>OLSZEWSKI Paweł</b>	<b>153</b>	WARSZAWIAKY	M30	4	00:00:01	00:07:30	00:15:16	00:23:32	<b>00:32:24.25</b>	<b>00:32:25.45</b>	+00:02:42 (8.4%)	4:03	14.8 (91.4%)
5	<b>ZUBKIEWICZ Paweł</b>	<b>101</b>		M30	5	00:00:02	00:08:18	00:16:41	00:25:14	<b>00:33:33.15</b>	<b>00:33:35.60</b>	+00:03:51 (11.5%)	4:11	14.3 (88.3%)
6	<b>KOCHANIAK Rafał</b>	<b>144</b>	POWER TRAINING	M30	6	00:00:02	00:08:33	00:17:13	00:26:01	<b>00:34:42.00</b>	<b>00:34:44.65</b>	+00:05:00 (14.4%)	4:20	13.8 (85.2%)
7	<b>MROCZEK Michał</b>	<b>55</b>	ROLKI BEMOWO :P	M30	7	00:00:02	00:07:52	00:17:34	00:27:26	<b>00:36:27.85</b>	<b>00:36:30.40</b>	+00:06:46 (18.6%)	4:33	13.2 (81.5%)
8	<b>KAPCZYNSKI Paweł</b>	<b>77</b>		M30	8	00:00:00	00:09:54	00:19:49	00:29:43	<b>00:39:38.00</b>	<b>00:39:38.00</b>	+00:09:56 (25.1%)	4:57	12.1 (74.7%)
9	<b>TULIK Łukasz</b>	<b>105</b>	ZA MNA	M30	9	00:00:02	00:08:53	00:19:00	00:29:33	<b>00:40:25.55</b>	<b>00:40:27.75</b>	+00:10:43 (26.5%)	5:03	11.9 (73.5%)
10	<b>CHMIELEWSKI Mariusz</b>	<b>10</b>	WAT WARSZAWA	M30	10	00:00:02	00:09:25	00:19:39	00:30:13	<b>00:40:29.75</b>	<b>00:40:31.95</b>	+00:10:48 (26.7%)	5:03	11.9 (73.5%)
11	<b>GRZYMKOWSKI Marcin</b>	<b>74</b>	UKS SP 321	M30	11	00:00:02	00:09:32	00:19:57	00:30:29	<b>00:40:43.65</b>	<b>00:40:46.45</b>	+00:11:02 (27.1%)	5:05	11.8 (72.8%)
12	<b>ZASŁAWSKI Hubert</b>	<b>79</b>		M30	12	00:00:05	00:10:34	00:21:06	00:31:22	<b>00:40:53.85</b>	<b>00:40:59.00</b>	+00:11:12 (27.4%)	5:06	11.7 (72.2%)
13	<b>URBAN Paweł</b>	<b>118</b>		M30	13	00:00:04	00:10:03	00:20:16	00:30:41	<b>00:41:03.55</b>	<b>00:41:08.25</b>	+00:11:21 (27.7%)	5:08	11.7 (72.2%)
14	<b>KAMIŃSKI Maciej</b>	<b>82</b>		M30	14	00:00:06	00:10:46	00:21:45	00:32:58	<b>00:44:13.85</b>	<b>00:44:19.90</b>	+00:14:32 (32.9%)	5:31	10.9 (67.3%)
15	<b>KRZEMIŃSKI Marcin</b>	<b>108</b>		M30	15	00:00:04	00:10:17	00:21:29	00:33:25	<b>00:45:28.15</b>	<b>00:45:32.95</b>	+00:15:46 (34.7%)	5:41	10.6 (65.4%)
16	<b>CHĘĆ Adam</b>	<b>135</b>		M30	16	00:00:04	00:10:18	00:21:44	00:33:48	<b>00:45:56.50</b>	<b>00:46:01.20</b>	+00:16:14 (35.4%)	5:44	10.4 (64.2%)
17	<b>SZCZĘSNY Paweł</b>	<b>96</b>		M30	17	00:00:07	00:10:48	00:22:15	00:34:17	<b>00:46:01.00</b>	<b>00:46:08.00</b>	+00:16:19 (35.5%)	5:45	10.4 (64.2%)
18	<b>KOZŁOWSKI Witold</b>	<b>78</b>		M30	18	00:00:04	00:10:39	00:22:21	00:34:19	<b>00:46:03.00</b>	<b>00:46:07.20</b>	+00:16:21 (35.5%)	5:45	10.4 (64.2%)
19	<b>CABAJ Przemysław</b>	<b>93</b>		M30	19	00:00:03	00:10:26	00:22:13	00:34:24	<b>00:46:05.80</b>	<b>00:46:09.40</b>	+00:16:24 (35.6%)	5:45	10.4 (64.2%)
20	<b>SICIŃSKI Dariusz</b>	<b>136</b>		M30	20	00:00:08	00:10:39	00:22:40	00:35:07	<b>00:46:56.50</b>	<b>00:47:04.75</b>	+00:17:14 (36.7%)	5:52	10.2 (63.0%)
21	<b>KSIĘŻAK Sylwester</b>	<b>88</b>	EXCELLENT HOUSE TEAM	M30	21	00:00:05	00:11:03	00:23:47	00:36:47	<b>00:49:19.35</b>	<b>00:49:24.50</b>	+00:19:37 (39.8%)	6:09	9.7 (59.9%)
22	<b>MAZUR Radosław</b>	<b>2</b>		M30	22	00:00:05	00:10:50	00:24:35	00:39:00	<b>00:52:49.40</b>	<b>00:52:54.85</b>	+00:23:07 (43.8%)	6:36	9.1 (56.2%)

Znaleziono 22 wynik(ów)