

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Urząd Dzielnicy Białołęka m.st. Warszawa  
2019-12-14  
Warszawa  
13 km

Klasyfikacja: M1 < 29 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	<b>SŁUPIK Tomasz</b>	<b>455</b>		M1 < 29 lat	1	00:00:01	00:00:15	00:14:15	00:28:39	<b>00:43:19.00</b>	<b>00:43:20.50</b>		3:19	18
2	<b>TABER Konrad</b>	<b>371</b>	ACTIVE PROSPERIA/ STO-NOGI MILANÓWEK	M1 < 29 lat	2	00:00:01	00:00:16	00:15:23	00:30:52	<b>00:46:30.85</b>	<b>00:46:31.95</b>	+00:03:11	3:34	16.8
3	<b>MASIAREK Maciej</b>	<b>227</b>		M1 < 29 lat	3	00:00:03	00:00:15	00:15:08	00:30:57	<b>00:46:53.85</b>	<b>00:46:57.05</b>	+00:03:34	3:36	16.6
4	<b>NOWOSIELSKI Grzegorz</b>	<b>448</b>	ŻÓRAWSKI TEAM	M1 < 29 lat	4	00:00:02	00:00:20	00:16:46	00:33:20	<b>00:49:32.30</b>	<b>00:49:34.70</b>	+00:06:13	3:48	15.7
5	<b>SZMIGIELSKI Mateusz</b>	<b>531</b>		M1 < 29 lat	5	00:00:08	00:00:27	00:17:33	00:35:01	<b>00:53:16.40</b>	<b>00:53:24.95</b>	+00:09:57	4:05	14.6
6	<b>TURSKI Maciej</b>	<b>511</b>	MMA, TYLKO MMA	M1 < 29 lat	6	00:00:06	00:00:21	00:18:07	00:36:17	<b>00:54:56.50</b>	<b>00:55:03.05</b>	+00:11:37	4:13	14.2
7	<b>SZWARC Szymon</b>	<b>364</b>		M1 < 29 lat	7	00:00:06	00:00:23	00:17:51	00:36:22	<b>00:55:13.05</b>	<b>00:55:19.05</b>	+00:11:54	4:14	14.1
8	<b>MACANDER Jakub</b>	<b>496</b>		M1 < 29 lat	8	00:04:34	00:00:17	00:18:38	00:37:35	<b>00:56:38.25</b>	<b>01:01:12.45</b>	+00:13:19	4:21	13.8
9	<b>TROJANOWSKI Rafał</b>	<b>379</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M1 < 29 lat	9	00:00:04	00:00:22	00:19:05	00:38:32	<b>00:58:06.90</b>	<b>00:58:11.45</b>	+00:14:47	4:28	13.4
10	<b>ROPIAK Paweł</b>	<b>305</b>		M1 < 29 lat	10	00:00:00	00:01:02	00:20:04	00:39:27	<b>00:59:24.10</b>	<b>00:59:24.10</b>	+00:16:05	4:34	13.1
11	<b>KACZMAREK Jakub</b>	<b>144</b>		M1 < 29 lat	11	00:00:00	00:00:20	00:18:03	00:40:25	<b>01:00:02.20</b>	<b>01:00:02.20</b>	+00:16:43	4:37	13
12	<b>DĄBROWSKI Daniel</b>	<b>61</b>	FARMACJA TARCHOMIN	M1 < 29 lat	12	00:00:16	00:00:35	00:20:21	00:41:12	<b>01:00:28.00</b>	<b>01:00:44.05</b>	+00:17:09	4:39	12.9
13	<b>HELMAN Filip</b>	<b>432</b>	FR WARSZAWA	M1 < 29 lat	13	00:00:14	00:00:25	00:19:43	00:40:26	<b>01:01:56.60</b>	<b>01:02:10.85</b>	+00:18:37	4:45	12.6
14	<b>POPOWICZ Bartłomiej</b>	<b>291</b>		M1 < 29 lat	14	00:00:32	00:00:30	00:21:40	00:43:35	<b>01:03:29.70</b>	<b>01:04:01.75</b>	+00:20:10	4:53	12.3
15	<b>TWORZEWSK Piotr</b>	<b>523</b>	OSTROBIEC / SEKCJA BOKSERSKA KSZO	M1 < 29 lat	15	00:00:37	00:00:36	00:21:30	00:42:42	<b>01:04:00.45</b>	<b>01:04:38.35</b>	+00:20:41	4:55	12.2
16	<b>MUSIAŁ Krzysztof</b>	<b>243</b>		M1 < 29 lat	16	00:00:22	00:00:30	00:20:48	00:42:43	<b>01:04:06.20</b>	<b>01:04:28.35</b>	+00:20:47	4:55	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	<b>STACHOWICZ Paweł</b>	<b>458</b>		M1 < 29 lat	17	00:00:31	00:00:33	00:21:46	00:43:12	<b>01:04:21.00</b>	<b>01:04:52.10</b>	+00:21:02	4:57	12.1
18	<b>TOMCZAK Karol</b>	<b>510</b>		M1 < 29 lat	18	00:00:11	00:00:30	00:22:10	00:44:55	<b>01:06:44.30</b>	<b>01:06:55.45</b>	+00:23:25	5:08	11.7
19	<b>BARAN Przemysław</b>	<b>23</b>		M1 < 29 lat	19	00:00:36	00:00:34	00:22:55	00:45:40	<b>01:08:16.15</b>	<b>01:08:52.75</b>	+00:24:57	5:15	11.4
20	<b>FIGIEL Michał</b>	<b>80</b>	AMATORSKI KLUB ŻUŻLOWY	M1 < 29 lat	20	00:00:18	00:00:32	00:22:09	00:45:40	<b>01:09:54.30</b>	<b>01:10:13.10</b>	+00:26:35	5:22	11.2
21	<b>TOMCZAK Andrzej</b>	<b>522</b>		M1 < 29 lat	21	00:00:13	00:00:27	00:22:08	00:45:24	<b>01:10:18.45</b>	<b>01:10:31.90</b>	+00:26:59	5:24	11.1
22	<b>SKRZYŃSKI Adam</b>	<b>327</b>		M1 < 29 lat	22	00:00:32	00:00:39	00:24:13	00:47:36	<b>01:10:22.30</b>	<b>01:10:55.00</b>	+00:27:03	5:24	11.1
23	<b>KOWALCZYK Mateusz</b>	<b>183</b>		M1 < 29 lat	23	00:00:40	00:00:34	00:24:42	00:49:40	<b>01:16:15.85</b>	<b>01:16:56.35</b>	+00:32:56	5:52	10.2
24	<b>BARAN Wojciech</b>	<b>22</b>		M1 < 29 lat	24	00:00:36	00:00:35	00:25:52	00:51:37	<b>01:16:44.10</b>	<b>01:17:20.25</b>	+00:33:25	5:54	10.2
25	<b>GOLENIOWSKI Patryk</b>	<b>482</b>	1992	M1 < 29 lat	25	00:00:16	00:00:33	00:25:17	00:51:52	<b>01:19:36.10</b>	<b>01:19:52.45</b>	+00:36:17	6:07	9.8
26	<b>BĄK Hubert</b>	<b>27</b>		M1 < 29 lat	26	00:00:30	00:00:38	00:26:07	00:52:58	<b>01:23:04.05</b>	<b>01:23:35.00</b>	+00:39:45	6:23	9.4
27	<b>DUDA Kamil</b>	<b>70</b>		M1 < 29 lat	27	00:00:39	00:00:38	00:31:42	01:05:48	<b>01:40:30.95</b>	<b>01:41:10.45</b>	+00:57:11	7:43	7.8
28	<b>KACZMARZYK Hubert</b>	<b>146</b>	WOJSKOWA AKADEMIA TECHNICZNA	M1 < 29 lat	28	00:00:25	00:00:33	00:18:34	00:37:54			+00:09:15	4:21	13.8
29	<b>KRUPIŃSKI Marek</b>	<b>437</b>	1995	M1 < 29 lat	29	00:00:03	00:00:18	00:18:56	00:40:11			+00:11:32	4:37	13
30	<b>KOZŁOWSKI Robert</b>	<b>519</b>	CHUDY BYK	M1 < 29 lat	30	00:00:50	00:00:39	00:46:52	01:13:14			+00:44:36	8:25	7.1
	<b>BUDNIK Stanisław</b>	<b>479</b>	NASIELSK BASZTA TEAM	M1 < 29 lat		DNF	00:00:39 DNF	00:30:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	-

Znaleziono 31 wynik(ów)