

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2022-12-11
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M2 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	RYDZ Artur	375	ŚWIĘTOKRZYSKY KURATORZY	M2 30-39 lat	1		Tak	00:00:19	00:16:23	00:32:31	00:48:28.45	00:48:28.45		3:43	16.1 (100%)
2	ŁABĘDZKI Konrad	264	DUKLANOWSKI TEAM	M2 30-39 lat	2			00:00:22	00:16:22	00:32:32	00:48:39.45	00:48:39.45	+00:00:11 (0.4%)	3:44	16 (99.4%)
3	KUREK Jarosław	249	WOJSKOWA AKADEMIA TECHNICZNA	M2 30-39 lat	3	Tak		00:00:19	00:16:20	00:33:10	00:50:11.65	00:50:11.65	+00:01:43 (3.4%)	3:51	15.5 (96.3%)
4	HILDEBRAND Marcin	139		M2 30-39 lat	4	Tak		00:00:21	00:17:14	00:34:19	00:51:22.45	00:51:22.45	+00:02:54 (5.6%)	3:57	15.2 (94.4%)
5	SKWARCZ Paweł	399		M2 30-39 lat	5	Tak		00:00:21	00:17:18	00:34:37	00:51:30.85	00:51:30.85	+00:03:02 (5.9%)	3:57	15.1 (93.8%)
6	URMANOWSKI Daniel	472	DREAM RUN	M2 30-39 lat	6	Tak		00:00:21	00:17:02	00:34:27	00:51:46.90	00:51:46.90	+00:03:18 (6.4%)	3:58	15.1 (93.8%)
7	JUSIŃSKI Krzystian	168	BRACHTWO BIEGOWE BGK	M2 30-39 lat	7			00:00:21	00:17:13	00:34:54	00:52:42.25	00:52:42.25	+00:04:13 (8.0%)	4:03	14.8 (91.9%)
8	SZYBALSKI Michał	443		M2 30-39 lat	8			00:00:20	00:17:25	00:35:19	00:53:02.85	00:53:02.85	+00:04:34 (8.6%)	4:04	14.7 (91.3%)
9	WOŹNIAK Przemysław	495	WIELISZEW HERON TEAM	M2 30-39 lat	9			00:00:52	00:18:13	00:35:38	00:53:02.90	00:53:02.90	+00:04:34 (8.6%)	4:04	14.7 (91.3%)
10	KOŚCIK Jakub	225		M2 30-39 lat	10			00:00:36	00:18:57	00:37:20	00:55:56.25	00:55:56.25	+00:07:27 (13.3%)	4:18	13.9 (86.3%)
11	TKACZYK Adam	458		M2 30-39 lat	11			00:00:24	00:19:13	00:37:36	00:56:08.55	00:56:08.55	+00:07:40 (13.7%)	4:19	13.9 (86.3%)
12	SZMIGIELSKI Mateusz	438		M2 30-39 lat	12			00:00:43	00:19:42	00:39:00	00:58:03.50	00:58:03.50	+00:09:35 (16.5%)	4:27	13.4 (83.2%)
13	GAŁUSZKA Filip	105	KOKOSZKA36TEAM	M2 30-39 lat	13			00:00:54	00:20:04	00:39:23	00:58:05.15	00:58:05.15	+00:09:36 (16.5%)	4:28	13.4 (83.2%)
14	ŚLIMKO Daniel	506		M2 30-39 lat	14			00:00:28	00:19:22	00:38:37	00:58:16.45	00:58:16.45	+00:09:48 (16.8%)	4:28	13.4 (83.2%)
15	KRÓL Maciej	237	BIEGAM NA TARCHOMINIE	M2 30-39 lat	15			00:00:30	00:19:22	00:39:13	00:58:37.85	00:58:37.85	+00:10:09 (17.3%)	4:30	13.3 (82.6%)
16	GLINKA Karol	115		M2 30-39 lat	16		Tak	00:00:43	00:20:06	00:39:48	00:59:32.35	00:59:32.35	+00:11:03 (18.6%)	4:34	13.1 (81.4%)
17	MOKRZEWSKI Maciej	305		M2 30-39 lat	17			00:00:54	00:20:23	00:40:02	00:59:34.00	00:59:34.00	+00:11:05 (18.6%)	4:34	13.1 (81.4%)
18	KALINOWSKI Kamil	176		M2 30-39 lat	18	Tak		00:00:30	00:20:35	00:40:59	01:01:10.05	01:01:10.05	+00:12:41 (20.8%)	4:42	12.8 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białołęki	Służby Więziennej								
19	HAUDEK Paweł	136		M2 30-39 lat	19	Tak		00:00:44	00:20:32	00:40:55	01:01:19.10	01:01:19.10	+00:12:50 (20.9%)	4:43	12.7 (78.9%)
20	SZCZEPANOWSKI Mikołaj	435		M2 30-39 lat	20			00:00:43	00:20:58	00:41:20	01:01:44.50	01:01:44.50	+00:13:16 (21.5%)	4:44	12.6 (78.3%)
21	KUCHAREK Paweł	242		M2 30-39 lat	21	Tak	Tak	00:00:43	00:21:09	00:41:32	01:01:52.15	01:01:52.15	+00:13:23 (21.7%)	4:45	12.6 (78.3%)
22	TRACZYK Przemysław	463	ASFALTLOVE DZIKI	M2 30-39 lat	22			00:00:23	00:20:34	00:41:18	01:02:05.40	01:02:05.40	+00:13:36 (21.9%)	4:46	12.6 (78.3%)
23	GĘSIARZ Szymon	110		M2 30-39 lat	23			00:00:36	00:20:50	00:42:00	01:03:27.70	01:03:27.70	+00:14:59 (23.6%)	4:52	12.3 (76.4%)
24	MATHEA Jacek	285		M2 30-39 lat	24	Tak		00:01:29	00:22:31	00:43:16	01:03:33.90	01:03:33.90	+00:15:05 (23.7%)	4:53	12.3 (76.4%)
24	KOŁODZIEJ Mirosław	211	WOLNY KRAFT	M2 30-39 lat	24			00:01:16	00:23:00	00:43:46	01:03:33.90	01:03:33.90	+00:15:05 (23.7%)	4:53	12.3 (76.4%)
26	ŚCIBOR Marcin	449	RUCH IZBICA	M2 30-39 lat	26			00:00:55	00:21:19	00:42:25	01:03:40.70	01:03:40.70	+00:15:12 (23.9%)	4:53	12.3 (76.4%)
27	KNOP Damian	206	TRUCHCIKIEM_PO_POLSCE	M2 30-39 lat	27			00:01:18	00:22:36	00:43:54	01:05:21.95	01:05:21.95	+00:16:53 (25.8%)	5:01	11.9 (73.9%)
28	WRONIEWSKI Grzegorz	499		M2 30-39 lat	28			00:00:59	00:22:35	00:44:36	01:05:50.60	01:05:50.60	+00:17:22 (26.4%)	5:03	11.8 (73.3%)
29	KUREK Jacek	250		M2 30-39 lat	29			00:01:01	00:22:36	00:44:38	01:06:00.20	01:06:00.20	+00:17:31 (26.6%)	5:04	11.8 (73.3%)
30	CHĘC Tomasz	61		M2 30-39 lat	30			00:01:04	00:22:36	00:44:34	01:06:20.25	01:06:20.25	+00:17:51 (26.9%)	5:06	11.8 (73.3%)
31	STĘPNOWSKI Jakub	423		M2 30-39 lat	31			00:00:35	00:21:30	00:43:43	01:06:52.35	01:06:52.35	+00:18:23 (27.5%)	5:08	11.7 (72.7%)
32	WIERNIK Daniel	484		M2 30-39 lat	32	Tak		00:00:41	00:22:25	00:44:46	01:07:04.15	01:07:04.15	+00:18:35 (27.7%)	5:09	11.6 (72.0%)
33	DOBOSZ Piotr	83	WŚCIEKŁE PIĘŚCI WĘŻA	M2 30-39 lat	33	Tak		00:01:17	00:23:47	00:46:13	01:08:18.90	01:08:18.90	+00:19:50 (29.0%)	5:15	11.4 (70.8%)
34	GRADOMSKI Łukasz	545		M2 30-39 lat	34			00:01:17	00:23:55	00:45:55	01:08:38.00	01:08:38.00	+00:20:09 (29.4%)	5:16	11.4 (70.8%)
35	TROJANOWSKI Rafał	465		M2 30-39 lat	35			00:01:06	00:23:13	00:46:40	01:09:17.40	01:09:17.40	+00:20:48 (30.0%)	5:19	11.3 (70.2%)
36	ROGUSKI Michał	368		M2 30-39 lat	36			00:01:07	00:24:09	00:46:49	01:09:20.75	01:09:20.75	+00:20:52 (30.1%)	5:20	11.3 (70.2%)
37	BORGOŃ Piotr	51		M2 30-39 lat	37	Tak		00:01:16	00:23:48	00:46:55	01:09:52.15	01:09:52.15	+00:21:23 (30.6%)	5:22	11.2 (69.6%)
38	SKRZYPEK Michał	398		M2 30-39 lat	38			00:00:36	00:20:40	00:44:01	01:10:03.15	01:10:03.15	+00:21:34 (30.8%)	5:23	11.1 (68.9%)
39	KOSINSKI Olek	222		M2 30-39 lat	39			00:00:55	00:24:07	00:47:26	01:11:08.15	01:11:08.15	+00:22:39 (31.9%)	5:28	11 (68.3%)
40	LAUR Mirosław	256	MILWAUKEE POLSKA	M2 30-39 lat	40			00:00:34	00:23:43	00:47:27	01:11:13.80	01:11:13.80	+00:22:45 (31.9%)	5:28	11 (68.3%)
41	PIASECKI Rafał	343	PARÓWY WWA	M2 30-39 lat	41	Tak		00:00:53	00:25:10	00:48:48	01:12:08.10	01:12:08.10	+00:23:39 (32.8%)	5:32	10.8 (67.1%)
42	SŁOWIK Paweł	402	PARÓWY WWA	M2 30-39 lat	42			00:00:53	00:25:10	00:48:48	01:12:09.35	01:12:09.35	+00:23:40 (32.8%)	5:33	10.8 (67.1%)
43	KORDALSKI Emil	218	DWSZDR	M2 30-39 lat	43			00:00:33	00:23:05	00:47:24	01:12:16.95	01:12:16.95	+00:23:48 (32.9%)	5:33	10.8 (67.1%)
44	BARANOWSKI Łukasz	25		M2 30-39 lat	44			00:00:55	00:24:31	00:47:46	01:12:24.90	01:12:24.90	+00:23:56 (33.1%)	5:34	10.8 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h	
						Mieszkańcy Białołęki	Służby Więziennej	0.2km	4.4km						8.7km
45	KARASIEWICZ Łukasz	187	SZURAM KILOMETRY / KB OŻARÓW MAZOWIECKI BIEGA	M2 30-39 lat	45										
								00:01:06	00:24:27	00:48:43	01:12:56.15	01:12:56.15	+00:24:27 (33.5%)	5:36	10.7 (66.5%)
46	MILCZAREK Tomasz	300		M2 30-39 lat	46	Tak									
								00:01:23	00:24:55	00:48:39	01:13:00.10	01:13:00.10	+00:24:31 (33.6%)	5:36	10.7 (66.5%)
47	BARDZIŃSKI Łukasz	26		M2 30-39 lat	47	Tak									
								00:01:30	00:24:48	00:48:51	01:13:39.55	01:13:39.55	+00:25:11 (34.2%)	5:39	10.6 (65.8%)
48	DZYRUK Maciej	92		M2 30-39 lat	48										
								00:01:13	00:25:44	00:49:57	01:13:49.25	01:13:49.25	+00:25:20 (34.3%)	5:40	10.6 (65.8%)
49	DWOJAK Piotr	437		M2 30-39 lat	49										
								00:00:41	00:24:02	00:48:46	01:14:09.55	01:14:09.55	+00:25:41 (34.6%)	5:42	10.5 (65.2%)
50	KARWECKI Patryk	194		M2 30-39 lat	50	Tak									
								00:01:03	00:24:33	00:49:06	01:14:41.90	01:14:41.90	+00:26:13 (35.1%)	5:44	10.4 (64.6%)
51	BAJDAŁA Robert	21		M2 30-39 lat	51										
								00:01:13	00:27:41	00:52:26	01:16:38.05	01:16:38.05	+00:28:09 (36.7%)	5:53	10.2 (63.4%)
52	MALANOWICZ Michał	280		M2 30-39 lat	52										
								00:01:13	00:27:41	00:52:26	01:16:39.20	01:16:39.20	+00:28:10 (36.8%)	5:53	10.2 (63.4%)
53	RUBIN-SZYMAŃSKI Łukasz Ryszard	371	ŁOMIANKOWSKS GRUPA BIEGOWA/ OSP ŁOMIANKI	M2 30-39 lat	53										
								00:01:20	00:23:42	00:48:29	01:16:42.25	01:16:42.25	+00:28:13 (36.8%)	5:54	10.2 (63.4%)
54	BAK Hubert	33	BRACHTWO BIEGOWE BGK	M2 30-39 lat	54	Tak									
								00:00:59	00:25:12	00:50:38	01:17:17.55	01:17:17.55	+00:28:49 (37.3%)	5:56	10.1 (62.7%)
55	STEPANIUK Robert	420		M2 30-39 lat	55										
								00:00:42	00:25:48	00:52:11	01:18:38.75	01:18:38.75	+00:30:10 (38.4%)	6:02	9.9 (61.5%)
56	STROMECKI Marcin	424	BFM	M2 30-39 lat	56	Tak									
								00:01:39	00:28:26	00:55:10	01:19:59.95	01:19:59.95	+00:31:31 (39.4%)	6:09	9.8 (60.9%)
57	ORŁOWSKI Tomasz	328		M2 30-39 lat	57										
								00:01:17	00:28:21	00:54:45	01:20:18.80	01:20:18.80	+00:31:50 (39.6%)	6:10	9.7 (60.2%)
58	ZYBULA Maciej Leonard	517	BEES & HONEY	M2 30-39 lat	58	Tak									
								00:00:26	00:26:37	00:54:36	01:23:47.75	01:23:47.75	+00:35:19 (42.2%)	6:26	9.3 (57.8%)
59	JAROSZEWSKI Konrad	159		M2 30-39 lat	59										
								00:01:10	00:28:32	00:58:33	01:29:31.90	01:29:31.90	+00:41:03 (45.9%)	6:53	8.7 (54.0%)
	FALKOWSKI Łukasz	94		M2 30-39 lat				00:01:17	00:25:15	00:48:22	DNF	DNF	-	- (0.0%)	
	KEMPA Piotr	198		M2 30-39 lat		Tak		00:00:54	00:24:42	00:49:38	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	OSTASZEWSKI Marcin	336	PACIAK RUNNING CLUB	M2 30-39 lat		Tak		00:01:14	00:29:57	00:57:45	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	DUDZIŃSKI Przemysław	260		M2 30-39 lat		Tak		00:01:11	00:25:47	DNF	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	CHODUN Paweł	523		M2 30-39 lat				00:01:18	00:26:33	DNF	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	KUNKA Piotr	247	TEAM ZABIEGANEDNI	M2 30-39 lat				00:01:25	00:28:21	DNF	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	DRZAŁ Daniel	524		M2 30-39 lat		Tak		00:01:09	00:29:20	DNF	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	SKROBEK Piotr	397		M2 30-39 lat				00:01:26	00:30:41	DNF	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	ARTYMIUK Olaf	19		M2 30-39 lat				00:01:15	00:30:44	DNF	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					
	KARPIŃSKI Marcin	193		M2 30-39 lat		Tak		00:01:19	00:31:56	DNF	DNF	DNF	-	- (0.0%)	
								DNF	DNF	DNF					

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
	KOWALSKI Michał	230	SKARYMAKERSI	M2 30-39 lat				00:01:01 DNF	00:34:15 DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJCIECHOWSKI Maciej	492		M2 30-39 lat				00:00:46 DNF	00:35:37 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 71 wynik(ów)