



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Białotęcki Bieg Wolności
Urząd Dzielnicy Białoteka m.st. Warszawa
2023-12-10
Warszawa
13 km

BIAŁOTĘCKI BIEG WOLNOŚCI

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: M2 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białotęki	Pracownicy Służby Więziennej	Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	WERNER Kamil	556	DZIKI BIEG	M2 30-39 lat	1	Tak		00:00:01	00:00:18	00:15:00	00:29:59	00:44:54.65	00:44:55.80		3:27	17.4 (100%)
2	PYRZAK Paweł	417	BIEGANIEPO40.PL	M2 30-39 lat	2	Tak		00:00:01	00:00:18	00:15:15	00:30:41	00:46:26.10	00:46:27.30	+00:01:31 (3.3%)	3:34	16.8 (96.6%)
3	URMANOWSKI Daniel	547	DREAM RUN	M2 30-39 lat	3	Tak		00:00:02	00:00:22	00:15:46	00:31:57	00:48:03.05	00:48:05.05	+00:03:08 (6.5%)	3:41	16.2 (93.1%)
4	BIELECKI Jakub	45	JAKUB BIELECKI	M2 30-39 lat	4			00:00:01	00:00:20	00:16:07	00:32:19	00:48:29.75	00:48:31.45	+00:03:35 (7.4%)	3:43	16.1 (92.5%)
5	HILDEBRAND Marcin	172	BIEGAM NA TARCHOMINIE	M2 30-39 lat	5	Tak		00:00:02	00:00:23	00:16:34	00:33:06	00:49:38.00	00:49:40.30	+00:04:43 (9.5%)	3:49	15.7 (90.2%)
6	WOŹNIAK Przemysław	811		M2 30-39 lat	6			00:00:03	00:00:22	00:16:21	00:33:08	00:49:54.75	00:49:57.85	+00:05:00 (10.0%)	3:50	15.6 (89.7%)
7	SZMIGIELSKI Mateusz	508		M2 30-39 lat	7			00:00:03	00:00:24	00:16:45	00:33:52	00:50:55.00	00:50:58.20	+00:06:00 (11.8%)	3:55	15.3 (87.9%)
8	SKWARCZ Paweł	467	DZIKI BIEG	M2 30-39 lat	8	Tak		00:00:00	00:00:24	00:17:10	00:34:13	00:51:12.40	00:51:12.40	+00:06:17 (12.3%)	3:56	15.2 (87.4%)
9	JUSIŃSKI Krystian	195	BRACTWO BIEGOWE BGK	M2 30-39 lat	9			00:00:02	00:00:25	00:17:09	00:34:10	00:51:21.70	00:51:24.50	+00:06:27 (12.6%)	3:57	15.2 (87.4%)
10	KUPA Bartosz	288	SPORTANO	M2 30-39 lat	10			00:00:02	00:00:23	00:17:45	00:35:54	00:54:14.00	00:54:16.05	+00:09:19 (17.2%)	4:10	14.4 (82.8%)
11	KĄTNIAK Paweł	221		M2 30-39 lat	11			00:00:01	00:00:24	00:17:42	00:36:06	00:54:28.25	00:54:30.00	+00:09:33 (17.6%)	4:11	14.3 (82.2%)
12	GALIŃSKI Sebastian	129		M2 30-39 lat	12			00:00:02	00:00:23	00:17:29	00:35:58	00:54:29.00	00:54:31.50	+00:09:34 (17.6%)	4:11	14.3 (82.2%)
13	KOŚCIK Jakub	258	ADIDAS RUNNERS WARSAW	M2 30-39 lat	13			00:00:04	00:00:28	00:18:35	00:36:35	00:55:02.45	00:55:06.75	+00:10:07 (18.4%)	4:14	14.2 (81.6%)
14	JAKUBIAK Bartosz	181		M2 30-39 lat	14			00:00:03	00:00:26	00:19:10	00:37:53	00:56:21.35	00:56:24.45	+00:11:26 (20.3%)	4:20	13.8 (79.3%)
15	ZGODA Mateusz	601		M2 30-39 lat	15	Tak		00:00:01	00:00:23	00:18:34	00:37:41	00:56:33.00	00:56:34.50	+00:11:38 (20.6%)	4:21	13.8 (79.3%)
16	ADAMCZYK Wojciech	12		M2 30-39 lat	16			00:01:03	00:00:30	00:18:53	00:37:44	00:57:00.20	00:58:03.75	+00:12:05 (21.2%)	4:23	13.7 (78.7%)
17	HAUDEK Paweł	168		M2 30-39 lat	17	Tak		00:00:19	00:00:38	00:19:41	00:38:59	00:57:42.40	00:58:01.65	+00:12:47 (22.2%)	4:26	13.5 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy		Pracownicy				Czas		Tempo min/km	Tempo km/h	
						Białołęki	Więziennej	Czas startu	0.2km	4.4km	8.7km	netto 13km	brutto 13km			Różn
18	DZIUBAK Bartłomiej	112	ŻELECHÓW TEAM	M2 30-39 lat	18			00:00:00	00:19:30	00:38:47	00:58:03.90	00:58:03.90	+00:13:09 (22.7%)	4:27	13.4 (77.0%)	
19	KUCHAREK Paweł	283		M2 30-39 lat	19	Tak		00:00:07	00:00:30	00:19:29	00:38:29	00:58:31.05	00:58:38.35	+00:13:36 (23.3%)	4:30	13.3 (76.4%)
20	TROJANOWSKI Rafał	534	BIEGAJĄCE ZĄBKI	M2 30-39 lat	20			00:00:24	00:00:39	00:20:47	00:40:42	01:00:18.95	01:00:43.10	+00:15:24 (25.5%)	4:38	12.9 (74.1%)
21	SENATOR Artur	452		M2 30-39 lat	21	Tak		00:00:09	00:00:33	00:20:22	00:40:37	01:00:26.10	01:00:35.20	+00:15:31 (25.7%)	4:38	12.9 (74.1%)
22	GLINKA Karol	135	ASB	M2 30-39 lat	22		Tak	00:00:05	00:00:33	00:21:14	00:41:16	01:00:32.50	01:00:38.20	+00:15:37 (25.8%)	4:39	12.9 (74.1%)
23	GADOMSKI Łukasz	124	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	M2 30-39 lat	23			00:00:36	00:00:42	00:21:18	00:41:42	01:01:18.30	01:01:54.30	+00:16:23 (26.7%)	4:42	12.7 (73.0%)
24	SEMENIUK Bartosz	451	BÓBR TŁUSZCZ	M2 30-39 lat	24			00:00:58	00:00:37	00:21:12	00:41:32	01:01:21.85	01:02:20.05	+00:16:27 (26.8%)	4:43	12.7 (73.0%)
25	PACZKOWSKI Oskar	389	BIEGIEM DO AGD SEROCK	M2 30-39 lat	25			00:00:28	00:00:39	00:21:23	00:42:00	01:02:21.70	01:02:49.70	+00:17:27 (28.0%)	4:47	12.5 (71.8%)
26	PASTUKHOV Vasyl	394		M2 30-39 lat	26			00:00:00	00:21:34	00:42:02		01:02:33.90	01:02:33.90	+00:17:39 (28.2%)	4:48	12.5 (71.8%)
27	DZYRUK Maciej	113		M2 30-39 lat	27			00:00:17	00:00:43	00:21:06	00:42:09	01:03:06.05	01:03:23.50	+00:18:11 (28.8%)	4:51	12.4 (71.3%)
28	CHĘC Tomasz	77		M2 30-39 lat	28			00:00:17	00:00:37	00:21:22	00:42:19	01:03:14.55	01:03:32.15	+00:18:19 (29.0%)	4:51	12.3 (70.7%)
29	KARWECKI Patryk	214		M2 30-39 lat	29			00:00:08	00:00:30	00:21:32	00:42:50	01:03:17.05	01:03:25.90	+00:18:22 (29.0%)	4:52	12.3 (70.7%)
30	KALINOWSKI Kamil	618		M2 30-39 lat	30	Tak		00:00:05	00:00:31	00:21:33	00:42:50	01:03:26.55	01:03:31.60	+00:18:31 (29.2%)	4:52	12.3 (70.7%)
31	ŁACIŃSKI Przemysław	302	BIEGAJ POD OKIEM TRENERA	M2 30-39 lat	31			00:00:28	00:00:34	00:21:26	00:42:31	01:03:42.65	01:04:11.45	+00:18:48 (29.5%)	4:54	12.2 (70.1%)
32	ROSZEWSKI Jakub	430	ŻACZKI	M2 30-39 lat	32			00:00:44	00:00:45	00:22:40	00:43:32	01:04:00.55	01:04:45.25	+00:19:05 (29.8%)	4:55	12.2 (70.1%)
33	OSTAŁOWSKI Paweł	624		M2 30-39 lat	33	Tak		00:00:35	00:00:44	00:21:56	00:43:04	01:04:18.25	01:04:53.95	+00:19:23 (30.2%)	4:56	12.1 (69.5%)
34	KOWALCZYK Rafał	263	LEGIA RUN CLUB	M2 30-39 lat	34	Tak		00:00:35	00:00:44	00:21:57	00:43:05	01:04:28.75	01:05:03.80	+00:19:34 (30.3%)	4:57	12.1 (69.5%)
35	STĘPNOWSKI Jakub	483		M2 30-39 lat	35			00:00:17	00:00:43	00:23:37	00:44:34	01:05:00.50	01:05:17.50	+00:20:05 (30.9%)	5:00	12 (69.0%)
36	MILEWSKI Patryk	342	GRUPA BIEGOWA UM WARSZAWA	M2 30-39 lat	36			00:00:51	00:00:42	00:23:48	00:45:31	01:06:18.60	01:07:10.20	+00:21:23 (32.3%)	5:06	11.8 (67.8%)
37	CHODUN Paweł	78		M2 30-39 lat	37			00:00:36	00:00:44	00:23:39	00:46:24	01:07:23.10	01:07:59.45	+00:22:28 (33.4%)	5:11	11.6 (66.7%)
38	MAZURKIEWICZ Jakub	334		M2 30-39 lat	38			00:00:35	00:00:45	00:23:36	00:45:40	01:07:49.30	01:08:24.65	+00:22:54 (33.8%)	5:13	11.5 (66.1%)
39	WOŹNIAK Artur	573	M	M2 30-39 lat	39			00:00:36	00:00:42	00:23:12	00:45:36	01:07:57.15	01:08:33.80	+00:23:02 (33.9%)	5:13	11.5 (66.1%)
40	RADECKI Michał	419		M2 30-39 lat	40			00:00:28	00:00:45	00:23:25	00:46:03	01:08:17.60	01:08:46.25	+00:23:22 (34.2%)	5:15	11.4 (65.5%)
41	KRATOK Dmitry	278	RUN_WAWA_RUN	M2 30-39 lat	41	Tak		00:00:18	00:00:43	00:23:35	00:46:17	01:08:32.75	01:08:51.45	+00:23:38 (34.5%)	5:16	11.4 (65.5%)
42	WIERNIK Daniel	560		M2 30-39 lat	42	Tak		00:00:29	00:00:43	00:22:17	00:45:23	01:08:50.15	01:09:19.70	+00:23:55 (34.8%)	5:17	11.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy		Pracownicy				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h					
						Białołęki	Więziennej	Czas startu	0.2km	4.4km	8.7km										
43	BIAŁEK Tomasz	40		M2 30-39 lat	43								00:01:00	00:00:38	00:23:12	00:46:35	01:08:59.50	01:10:00.35	+00:24:04 (34.9%)	5:18	11.3 (64.9%)
44	ROGUSKI Michał	425		M2 30-39 lat	44								00:00:50	00:00:43	00:24:30	00:47:15	01:09:02.95	01:09:53.10	+00:24:08 (35.0%)	5:18	11.3 (64.9%)
45	KARPECHENKO Artem	212	RUN_WAWA_RUN	M2 30-39 lat	45								00:00:12	00:00:38	00:23:56	00:47:17	01:09:19.60	01:09:32.10	+00:24:24 (35.2%)	5:19	11.3 (64.9%)
46	SAWICKI Adrian	449		M2 30-39 lat	46								00:00:03	00:00:30	00:23:49	00:47:06	01:09:56.65	01:10:00.00	+00:25:02 (35.8%)	5:22	11.2 (64.4%)
47	KEMPKA Tomasz	223		M2 30-39 lat	47								00:00:34	00:00:47	00:24:11	00:47:13	01:10:06.45	01:10:40.70	+00:25:11 (35.9%)	5:23	11.1 (63.8%)
48	AMBROZIAK Mateusz	14		M2 30-39 lat	48								00:00:37	00:00:45	00:24:13	00:47:37	01:10:13.70	01:10:51.60	+00:25:19 (36.1%)	5:24	11.1 (63.8%)
49	KOPYŚ Jakub	251		M2 30-39 lat	49	Tak							00:00:48	00:00:44	00:25:35	00:49:10	01:11:37.45	01:12:25.65	+00:26:42 (37.3%)	5:30	10.9 (62.6%)
50	KACHAN Igor	196		M2 30-39 lat	50								00:00:55	00:00:42	00:25:24	00:48:50	01:12:13.85	01:13:09.20	+00:27:19 (37.8%)	5:33	10.8 (62.1%)
51	ORŁOWSKI Kacper	382		M2 30-39 lat	51								00:00:30	00:00:46	00:25:04	00:48:53	01:12:24.05	01:12:54.50	+00:27:29 (38.0%)	5:34	10.8 (62.1%)
52	ŚCIBIOREK Bartosz	516		M2 30-39 lat	52								00:00:21	00:00:42	00:25:02	00:50:21	01:12:52.85	01:13:14.35	+00:27:58 (38.4%)	5:36	10.7 (61.5%)
53	ORŁOWSKI Tomasz	383		M2 30-39 lat	53								00:00:29	00:00:43	00:24:20	00:48:59	01:13:08.35	01:13:38.05	+00:28:13 (38.6%)	5:37	10.7 (61.5%)
54	KEMPA Piotr	222		M2 30-39 lat	54	Tak							00:00:05	00:00:33	00:23:25	00:47:52	01:13:30.80	01:13:36.15	+00:28:36 (38.9%)	5:39	10.6 (60.9%)
55	KAMIŃSKI Michał	202		M2 30-39 lat	55								00:00:19	00:00:41	00:23:50	00:48:09	01:13:47.40	01:14:07.30	+00:28:52 (39.1%)	5:40	10.6 (60.9%)
56	BŁACH Mateusz	50	KOMENDA GŁÓWNA POLICJI	M2 30-39 lat	56								00:00:16	00:00:40	00:24:45	00:49:28	01:14:30.90	01:14:47.10	+00:29:36 (39.7%)	5:43	10.5 (60.3%)
57	SENKO Mateusz	453	STOWARZYSZENIE RAZEM DLA BIAŁOLEKI	M2 30-39 lat	57	Tak							00:00:42	00:00:45	00:26:35	00:51:07	01:14:50.30	01:15:33.20	+00:29:55 (40.0%)	5:45	10.4 (59.8%)
58	HARASIMIUK Norbert	167		M2 30-39 lat	58								00:00:40	00:00:45	00:26:11	00:51:12	01:14:56.80	01:15:37.35	+00:30:02 (40.1%)	5:45	10.4 (59.8%)
59	PAWLINA Bartosz	398	DZIKUNY	M2 30-39 lat	59								00:00:07	00:00:35	00:25:07	00:50:24	01:15:11.20	01:15:18.60	+00:30:16 (40.3%)	5:47	10.4 (59.8%)
60	DUDANOWICZ Mateusz	107		M2 30-39 lat	60	Tak							00:00:48	00:00:45	00:26:41	00:51:48	01:16:06.55	01:16:55.15	+00:31:11 (41.0%)	5:51	10.2 (58.6%)
61	KOPROWSKI Jacek	250	PARKRUN PRUSZKÓW	M2 30-39 lat	61								00:00:50	00:00:44	00:25:47	00:50:47	01:17:01.20	01:17:51.30	+00:32:06 (41.7%)	5:55	10.1 (58.0%)
62	GRONAU Maciej	157		M2 30-39 lat	62								00:00:37	00:00:45	00:27:51	00:54:09	01:19:59.65	01:20:36.85	+00:35:05 (43.9%)	6:09	9.8 (56.3%)
63	WRÓBLEWSKI Tomasz	578		M2 30-39 lat	63	Tak							00:00:39	00:00:48	00:27:56	00:54:01	01:20:16.50	01:20:55.60	+00:35:21 (44.1%)	6:10	9.7 (55.7%)
64	ZASŁONKA Paweł	592		M2 30-39 lat	64	Tak							00:00:35	00:00:44	00:26:22	00:53:26	01:20:37.05	01:21:12.30	+00:35:42 (44.3%)	6:12	9.7 (55.7%)
65	KAPLA Tomek	206	BEMOWO BIEGA	M2 30-39 lat	65								00:00:15	00:00:50	00:27:27	00:55:02	01:22:58.35	01:23:14.30	+00:38:03 (45.9%)	6:22	9.4 (54.0%)
66	RUBIN-SZYMAŃSKI Łukasz Ryszard	433	OSP ŁOMIANKI	M2 30-39 lat	66								00:00:39	00:00:45	00:24:54	00:54:11	01:24:56.20	01:25:35.95	+00:40:01 (47.1%)	6:32	9.2 (52.9%)
67	KULBACKI Kamil	286		M2 30-39 lat	67								00:00:56	00:00:44	00:30:03	00:59:50	01:31:27.60	01:32:23.60	+00:46:32 (50.9%)	7:02	8.5 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
68	BERLIŃSKI Kamil	37		M2 30-39 lat	68	Tak		00:00:26	00:00:46	00:30:32	01:02:36	01:35:11.60	01:35:37.75	+00:50:16 (52.8%)	7:19	8.2 (47.1%)
69	ELWERTOWSKI Piotr	115		M2 30-39 lat	69			00:00:31	00:00:47	00:29:27	00:58:49			+00:28:50	6:45	8.9 (51.1%)
70	GRUSZKA Marcin	159		M2 30-39 lat	70			00:00:37	00:00:41	00:45:39	01:08:07			+00:38:08	7:49	7.7 (44.3%)
71	DUDZIŃSKI Przemysław	623		M2 30-39 lat	71	Tak		00:00:21	00:00:41	00:24:33				+00:09:33	5:34	10.8 (62.1%)
72	ARTYMIUK Olaf	17		M2 30-39 lat	72			00:00:58	00:00:46	00:30:02				+00:15:02	6:49	8.8 (50.6%)
73	GRZEŚLAK Krzysztof	162	DZIKUNY	M2 30-39 lat	73	Tak		00:00:26	00:00:49	00:31:56				+00:16:56	7:15	8.3 (47.7%)
74	KOWALSKI Michał	270	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	M2 30-39 lat	74			00:00:25	00:00:48	00:39:26				+00:24:26	8:57	6.7 (38.5%)
75	JURKOWSKI Artur	194	ZGLECHÓW RUNNERS	M2 30-39 lat	75			00:00:14	00:00:41	01:06:53				+00:51:53	15:12	3.9 (22.4%)
76	MIKOŁAJCZYK Andrzej	341		M2 30-39 lat	76			00:00:00		01:08:12				+	15:29	3.9 (22.4%)
77	SKARŻYŃSKI Bartłomiej	462		M2 30-39 lat	77			00:00:00		01:25:16				+	19:22	3.1 (17.8%)

Znaleziono 77 wynik(ów)