

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2019-12-14
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M3 40-49 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	GOZDEK Syczoryk	106	TRUCHT TARCHOMIN TEAM BIEGANIEPO40.PL	M3 40-49 lat	1	00:00:02	00:00:18	00:16:19	00:32:46	00:49:11.15	00:49:13.45		3:47	15.9 (100%)
2	MIELCZAREK Krzysztof	236	BIEGAM NA TARCHOMINIE	M3 40-49 lat	2	00:00:04	00:00:18	00:16:26	00:33:27	00:50:23.40	00:50:27.60	+00:01:12 (2.4%)	3:52	15.5 (97.5%)
3	KUBERA Piotr	194	ADIDAS RUNNERS WARSAW	M3 40-49 lat	3	00:00:00	00:00:22	00:17:21	00:35:04	00:52:36.00	00:52:36.00	+00:03:24 (6.5%)	4:02	14.8 (93.1%)
4	STRADOMSKI Artur	345	MARKOWI BIEGACZE	M3 40-49 lat	4	00:00:03	00:00:20	00:17:33	00:35:05	00:52:38.75	00:52:42.70	+00:03:27 (6.6%)	4:03	14.8 (93.1%)
5	ANUSIEWICZ Robert	474		M3 40-49 lat	5	00:00:04	00:00:21	00:17:55	00:35:41	00:52:55.95	00:53:00.45	+00:03:44 (7.1%)	4:04	14.7 (92.5%)
6	PYTLINSKI Rafał	298		M3 40-49 lat	6	00:00:03	00:00:20	00:17:53	00:35:38	00:53:03.30	00:53:06.55	+00:03:52 (7.3%)	4:04	14.7 (92.5%)
7	GAJEK Ireneusz	89		M3 40-49 lat	7	00:00:10	00:00:25	00:18:02	00:35:42	00:53:28.15	00:53:38.75	+00:04:17 (8.0%)	4:06	14.6 (91.8%)
8	ROWIŃSKI Tomasz	307		M3 40-49 lat	8	00:00:02	00:00:17	00:17:43	00:36:46	00:54:55.50	00:54:57.55	+00:05:44 (10.4%)	4:13	14.2 (89.3%)
9	OCZKOWSKI Mateusz	264	GRUPA BIEGOWA CHTMO	M3 40-49 lat	9	00:00:17	00:00:34	00:18:44	00:36:48	00:54:58.60	00:55:16.20	+00:05:47 (10.5%)	4:13	14.2 (89.3%)
10	MIELCZAREK Marek	235	MARKOWI BIEGACZE	M3 40-49 lat	10	00:00:05	00:00:19	00:18:12	00:36:42	00:55:00.30	00:55:05.35	+00:05:49 (10.6%)	4:13	14.2 (89.3%)
11	SIERZPUTOWSKI Robert	453	NASIELSK BASZTA TEAM	M3 40-49 lat	11	00:00:03	00:00:20	00:18:18	00:36:40	00:55:02.80	00:55:06.30	+00:05:51 (10.6%)	4:14	14.2 (89.3%)
12	GWIZDALA Cezary	122	KUŹNIA TRIATHLONU	M3 40-49 lat	12	00:00:05	00:00:22	00:18:40	00:37:23	00:56:06.95	00:56:12.30	+00:06:55 (12.3%)	4:19	13.9 (87.4%)
13	KORKOSZ Andrzej	174		M3 40-49 lat	13	00:00:05	00:00:24	00:19:14	00:38:06	00:56:51.80	00:56:57.05	+00:07:40 (13.5%)	4:22	13.7 (86.2%)
14	MICHNOWSKI Sebastian	233		M3 40-49 lat	14	00:00:08	00:00:27	00:18:58	00:38:02	00:56:53.45	00:57:02.30	+00:07:42 (13.5%)	4:22	13.7 (86.2%)
15	JAWORSKI Piotr	137	EKOBIEGI	M3 40-49 lat	15	00:00:04	00:00:19	00:18:15	00:37:34	00:56:54.80	00:56:58.90	+00:07:43 (13.6%)	4:22	13.7 (86.2%)
16	WASZKIEWICZ Ariel	465	WASZKA TEAM	M3 40-49 lat	16	00:00:11	00:00:30	00:19:42	00:38:30	00:57:14.05	00:57:25.90	+00:08:02 (14.1%)	4:24	13.6 (85.5%)

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	GĘBALA Wojtek	94		M3 40-49 lat	17	00:00:06	00:00:24	00:19:04	00:38:25	00:57:21.70	00:57:27.75	+00:08:10 (14.3%)	4:24	13.6 (85.5%)
18	WIŚNIEWSKI Krzysztof	467	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	18	00:00:06	00:00:25	00:19:20	00:38:39	00:57:58.30	00:58:04.45	+00:08:47 (15.2%)	4:27	13.5 (84.9%)
19	MAMLA Zbigniew	221	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	19	00:00:09	00:00:26	00:18:40	00:38:18	00:58:11.85	00:58:21.55	+00:09:00 (15.5%)	4:28	13.4 (84.3%)
20	RESZCZYK Marcin	302		M3 40-49 lat	20	00:00:33	00:00:33	00:19:56	00:39:17	00:58:21.80	00:58:55.15	+00:09:10 (15.7%)	4:29	13.4 (84.3%)
21	PUCHACZ Piotr	294	MPK	M3 40-49 lat	21	00:00:15	00:00:36	00:19:20	00:38:45	00:58:25.35	00:58:40.90	+00:09:14 (15.8%)	4:29	13.4 (84.3%)
22	SYGOCKI Konrad	352	BIEGAM NA TARCHOMINIE	M3 40-49 lat	22	00:00:20	00:00:35	00:19:25	00:38:56	00:58:48.25	00:59:08.65	+00:09:37 (16.4%)	4:31	13.3 (83.6%)
23	GÓRAL Tadeusz	540	KKB	M3 40-49 lat	23	00:00:02	00:00:23	00:19:25	00:39:05	00:58:49.40	00:58:52.30	+00:09:38 (16.4%)	4:31	13.3 (83.6%)
24	KANIA Paweł	153	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	00:00:06	00:00:23	00:18:57	00:38:55	00:58:53.40	00:59:00.05	+00:09:42 (16.5%)	4:31	13.2 (83.0%)
25	NAPIÓRKOWSKI Grzegorz	246	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	25	00:00:06	00:00:27	00:19:04	00:39:04	00:58:58.30	00:59:04.75	+00:09:47 (16.6%)	4:32	13.2 (83.0%)
26	ŚMIETAŃSKI Piotr	459	NASIELSK BASZTA TEAM	M3 40-49 lat	26	00:00:16	00:00:29	00:19:34	00:38:50	00:59:02.95	00:59:19.70	+00:09:51 (16.7%)	4:32	13.2 (83.0%)
27	SERAFIN Tomasz	503		M3 40-49 lat	27	00:00:06	00:00:25	00:19:08	00:39:20	00:59:13.80	00:59:20.65	+00:10:02 (17.0%)	4:33	13.2 (83.0%)
28	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	28	00:00:09	00:00:26	00:19:53	00:40:02	00:59:53.15	01:00:02.65	+00:10:42 (17.9%)	4:36	13 (81.8%)
29	DERESZEWSKI Piotr	64	ZABIEGANY WOŁOMIN	M3 40-49 lat	29	00:00:15	00:00:30	00:21:11	00:41:25	01:01:00.60	01:01:16.45	+00:11:49 (19.4%)	4:41	12.8 (80.5%)
30	BYSTRY Grzegorz	41	KS LENIWIEC	M3 40-49 lat	30	00:00:24	00:00:30	00:20:30	00:40:37	01:01:04.45	01:01:28.60	+00:11:53 (19.5%)	4:41	12.8 (80.5%)
31	CHARLEJ Ireneusz	45	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	31	00:00:09	00:00:26	00:19:57	00:40:42	01:01:06.10	01:01:15.55	+00:11:54 (19.5%)	4:42	12.8 (80.5%)
32	KOŁODZIEJCZYK Krzysztof	170	NASIELSK BASZTA TEAM	M3 40-49 lat	32	00:00:19	00:00:36	00:19:31	00:40:26	01:01:12.45	01:01:31.45	+00:12:01 (19.6%)	4:42	12.7 (79.9%)
33	KUSY Marcin	493		M3 40-49 lat	33	00:00:13	00:00:29	00:20:47	00:41:26	01:01:13.25	01:01:26.90	+00:12:02 (19.7%)	4:42	12.7 (79.9%)
34	MOSUR Kamil	242		M3 40-49 lat	34	00:00:15	00:00:30	00:21:05	00:41:25	01:01:21.40	01:01:36.50	+00:12:10 (19.8%)	4:43	12.7 (79.9%)
35	CIMOCHOWSKI Mieczysław	53	MC SERWIS	M3 40-49 lat	35	00:00:09	00:00:28	00:20:06	00:40:55	01:01:46.90	01:01:56.80	+00:12:35 (20.4%)	4:45	12.6 (79.2%)
36	SZACHNA Piotr	354	EKOBIEGI	M3 40-49 lat	36	00:00:18	00:00:36	00:22:45	00:42:49	01:01:50.60	01:02:08.65	+00:12:39 (20.5%)	4:45	12.6 (79.2%)
37	ŁUBIŃSKI Krzysztof	495		M3 40-49 lat	37	00:00:24	00:00:35	00:20:35	00:40:59	01:01:51.75	01:02:16.20	+00:12:40 (20.5%)	4:45	12.6 (79.2%)
38	ŁATKOWSKI Łukasz	209	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	38	00:00:24	00:00:34	00:21:37	00:42:18	01:02:05.40	01:02:30.30	+00:12:54 (20.8%)	4:46	12.6 (79.2%)
39	SUCHODOLSKI Mariusz	349	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	39	00:00:13	00:00:27	00:21:19	00:42:11	01:02:08.55	01:02:22.35	+00:12:57 (20.8%)	4:46	12.6 (79.2%)

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40	CAŁKA Marek	480		M3 40-49 lat	40	00:00:21	00:00:35	00:20:56	00:41:37	01:02:15.45	01:02:37.00	+00:13:04 (21.0%)	4:47	12.5 (78.6%)
41	SUTUŁA Dariusz	350	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	41	00:00:21	00:00:33	00:21:00	00:41:31	01:02:33.30	01:02:54.55	+00:13:22 (21.4%)	4:48	12.5 (78.6%)
42	BIAŁOKOS Kamil	29	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	42	00:00:25	00:00:35	00:21:38	00:42:18	01:02:33.90	01:02:59.20	+00:13:22 (21.4%)	4:48	12.5 (78.6%)
43	OLSZANKA Arkadiusz	266		M3 40-49 lat	43	00:00:15	00:00:30	00:21:10	00:41:55	01:02:35.75	01:02:50.75	+00:13:24 (21.4%)	4:48	12.5 (78.6%)
44	KUBAN Sebastian	193		M3 40-49 lat	44	00:00:20	00:00:33	00:20:50	00:41:22	01:02:36.60	01:02:56.95	+00:13:25 (21.4%)	4:48	12.5 (78.6%)
45	CZAJKOWSKI Marcin	59	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	45	00:00:25	00:00:37	00:21:48	00:42:56	01:03:00.30	01:03:25.60	+00:13:49 (21.9%)	4:50	12.4 (78.0%)
46	LEWANDOWSKI Robert	207		M3 40-49 lat	46	00:00:13	00:00:34	00:20:50	00:41:43	01:03:03.55	01:03:17.35	+00:13:52 (22.0%)	4:51	12.4 (78.0%)
47	ROKITA Andrzej	304		M3 40-49 lat	47	00:00:34	00:00:35	00:21:46	00:42:36	01:03:11.30	01:03:45.45	+00:14:00 (22.2%)	4:51	12.3 (77.4%)
48	NOWAK Jakub	101	DOBRYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	48	00:00:02	00:00:22	00:20:39	00:41:48	01:03:22.15	01:03:24.75	+00:14:11 (22.4%)	4:52	12.3 (77.4%)
49	MIĘTEK Artur	237	III ZKSS SR LEGIONOWO	M3 40-49 lat	49	00:00:12	00:00:34	00:21:24	00:42:29	01:03:29.80	01:03:42.50	+00:14:18 (22.5%)	4:53	12.3 (77.4%)
50	PISAREK Norbert	289		M3 40-49 lat	50	00:00:49	00:00:35	00:22:16	00:43:34	01:03:32.75	01:04:22.45	+00:14:21 (22.6%)	4:53	12.3 (77.4%)
51	STRÓŻYK Piotrek	346		M3 40-49 lat	51	00:00:25	00:00:33	00:21:17	00:42:20	01:03:44.25	01:04:09.30	+00:14:33 (22.8%)	4:54	12.2 (76.7%)
52	GOŁASZEWSKI Marcin	103		M3 40-49 lat	52	00:00:10	00:00:28	00:21:28	00:42:54	01:03:52.50	01:04:03.25	+00:14:41 (23.0%)	4:54	12.2 (76.7%)
53	FRACKIEWICZ Dariusz	86	BIEGAM NA TARCHOMINIE	M3 40-49 lat	53	00:00:23	00:00:35	00:21:05	00:42:19	01:04:00.60	01:04:24.00	+00:14:49 (23.2%)	4:55	12.2 (76.7%)
54	WYDRA Mariusz	469		M3 40-49 lat	54	00:00:34	00:00:37	00:22:11	00:43:02	01:04:02.35	01:04:37.20	+00:14:51 (23.2%)	4:55	12.2 (76.7%)
55	GAJEWSKI Mariusz	90		M3 40-49 lat	55	00:00:33	00:00:35	00:20:49	00:42:34	01:04:16.00	01:04:49.70	+00:15:04 (23.5%)	4:56	12.1 (76.1%)
56	PAZIEWSKI Andrzej	281	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:20	00:00:35	00:22:05	00:43:37	01:04:18.95	01:04:39.90	+00:15:07 (23.5%)	4:56	12.1 (76.1%)
57	LEWANDOWSKI Piotr	206	TRUCH TARCHOMINTEAM	M3 40-49 lat	57	00:00:10	00:00:26	00:20:16	00:42:20	01:04:30.15	01:04:40.20	+00:15:19 (23.7%)	4:57	12.1 (76.1%)
58	CZAJKOWSKI Marek	58	---	M3 40-49 lat	58	00:00:23	00:00:35	00:21:50	00:42:58	01:04:30.45	01:04:53.65	+00:15:19 (23.8%)	4:57	12.1 (76.1%)
59	PIOTROWSKI Artur	521	NASIELSK BASZTA TEAM	M3 40-49 lat	59	00:00:23	00:00:35	00:21:06	00:42:58	01:04:33.20	01:04:57.05	+00:15:22 (23.8%)	4:58	12.1 (76.1%)
60	KOŚCIUK Maciek	179		M3 40-49 lat	60	00:00:00	00:00:33	00:20:58	00:42:40	01:04:35.15	01:04:35.15	+00:15:24 (23.8%)	4:58	12.1 (76.1%)
61	SĄGOL Sylwester	316		M3 40-49 lat	61	00:00:52	00:00:33	00:21:52	00:43:21	01:05:04.95	01:05:57.00	+00:15:53 (24.4%)	5:00	12 (75.5%)
62	RUDNIK Jarosław	309	ZABIEGANY WOŁOMIN	M3 40-49 lat	62	00:00:10	00:00:28	00:21:13	00:43:24	01:05:08.40	01:05:19.05	+00:15:57 (24.5%)	5:00	12 (75.5%)

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63	GOLIASZ Paweł	102	BIEGAM I JUŻ	M3 40-49 lat	63	00:00:19	00:00:32	00:21:09	00:42:52	01:05:17.80	01:05:37.50	+00:16:06 (24.7%)	5:01	11.9 (74.8%)
64	STEMPEL Tomasz	341	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	64	00:00:16	00:00:31	00:21:29	00:43:26	01:05:38.00	01:05:54.85	+00:16:26 (25.1%)	5:02	11.9 (74.8%)
65	OCHAB Janusz	261		M3 40-49 lat	65	00:00:26	00:00:35	00:22:37	00:44:38	01:05:47.30	01:06:14.05	+00:16:36 (25.2%)	5:03	11.9 (74.8%)
66	KOPER Sebastian	173	CARREFOUR RUNNING TEAM	M3 40-49 lat	66	00:00:04	00:00:23	00:21:27	00:43:34	01:05:54.35	01:05:58.75	+00:16:43 (25.4%)	5:04	11.8 (74.2%)
67	ZRAZEK Piotr	421		M3 40-49 lat	67	00:00:34	00:00:39	00:21:37	00:43:20	01:05:58.05	01:06:32.90	+00:16:46 (25.4%)	5:04	11.8 (74.2%)
68	KWIATKOWSKI Tomasz	204		M3 40-49 lat	68	00:00:43	00:00:37	00:22:43	00:45:31	01:06:04.40	01:06:48.30	+00:16:53 (25.6%)	5:05	11.8 (74.2%)
69	SZYMAŃSKI Robert	366	KREWKI URSYNÓW HDK	M3 40-49 lat	69	00:00:31	00:00:32	00:21:42	00:43:39	01:06:14.65	01:06:46.60	+00:17:03 (25.8%)	5:05	11.8 (74.2%)
70	SZELAĞ Tomasz	360	MKB DREPTAK	M3 40-49 lat	70	00:00:35	00:00:34	00:21:42	00:43:40	01:06:33.35	01:07:09.05	+00:17:22 (26.1%)	5:07	11.7 (73.6%)
71	SOBCZAK Bogusław	457	M.I.L.A - MASTERS IWICZNA LIFE ATHLETICS	M3 40-49 lat	71	00:00:31	00:00:33	00:21:53	00:43:51	01:06:44.00	01:07:15.80	+00:17:32 (26.3%)	5:08	11.7 (73.6%)
72	FIRYSIUK Tomasz	84		M3 40-49 lat	72	00:00:32	00:00:38	00:22:11	00:43:19	01:06:48.10	01:07:21.00	+00:17:36 (26.4%)	5:08	11.7 (73.6%)
73	BRONISZEWSKI Jakub	477		M3 40-49 lat	73	00:00:40	00:00:36	00:22:23	00:44:54	01:06:51.00	01:07:31.25	+00:17:39 (26.4%)	5:08	11.7 (73.6%)
74	KSENIAK Szymon	191		M3 40-49 lat	74	00:00:23	00:00:34	00:22:40	00:45:08	01:06:53.65	01:07:16.75	+00:17:42 (26.5%)	5:08	11.7 (73.6%)
75	WIERBIŁOWICZ Dariusz	397		M3 40-49 lat	75	00:00:30	00:00:34	00:22:33	00:44:54	01:07:02.35	01:07:32.50	+00:17:51 (26.6%)	5:09	11.6 (73.0%)
76	MILANIAK Bogdan	446		M3 40-49 lat	76	00:00:32	00:00:37	00:22:06	00:44:08	01:07:13.30	01:07:46.20	+00:18:02 (26.8%)	5:10	11.6 (73.0%)
77	WYSOCKI Robert	408	GRUPA BIEGOWA UM WA-WA	M3 40-49 lat	77	00:00:25	00:00:35	00:22:35	00:45:06	01:07:18.00	01:07:43.45	+00:18:06 (26.9%)	5:10	11.6 (73.0%)
78	KUFLOWSKI Artur	199	JW.3411	M3 40-49 lat	78	00:00:28	00:00:37	00:22:52	00:45:22	01:07:37.90	01:08:06.55	+00:18:26 (27.3%)	5:12	11.5 (72.3%)
79	WIŚNIEWSKI Tomasz	403	KPMG RUNNING TEAM	M3 40-49 lat	79	00:00:25	00:00:34	00:23:09	00:45:48	01:07:51.55	01:08:17.30	+00:18:40 (27.5%)	5:13	11.5 (72.3%)
80	TRZASKOWSKI Dariusz	381	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	80	00:00:13	00:00:29	00:22:34	00:45:17	01:08:03.55	01:08:16.55	+00:18:52 (27.7%)	5:14	11.5 (72.3%)
81	KILIAŃSKI Rafał	162	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	81	00:00:12	00:00:30	00:22:34	00:45:19	01:08:04.05	01:08:16.45	+00:18:52 (27.7%)	5:14	11.5 (72.3%)
82	TODORSKI Tomasz	375		M3 40-49 lat	82	00:00:19	00:00:33	00:23:07	00:45:28	01:08:09.25	01:08:28.85	+00:18:58 (27.8%)	5:14	11.4 (71.7%)
83	RUSIN Bartosz	310	KS STASZEWSCY	M3 40-49 lat	83	00:00:18	00:00:34	00:22:18	00:45:11	01:08:11.70	01:08:30.40	+00:19:00 (27.9%)	5:14	11.4 (71.7%)
84	WACH Michał	387	BIEGAM NA TARCHOMINIE	M3 40-49 lat	84	00:00:22	00:00:36	00:23:12	00:45:38	01:08:19.45	01:08:41.60	+00:19:08 (28.0%)	5:15	11.4 (71.7%)
85	GÓRECKI Krzysztof	110		M3 40-49 lat	85	00:00:43	00:00:38	00:23:06	00:45:40	01:08:22.35	01:09:05.65	+00:19:11 (28.1%)	5:15	11.4 (71.7%)

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
86	NIEDZIELA Dominik	249		M3 40-49 lat	86	00:00:50	00:00:37	00:24:28	00:47:14	01:08:42.55	01:09:33.05	+00:19:31 (28.4%)	5:17	11.4 (71.7%)
87	JABŁONKA Radosław	128	DZIADY OCR	M3 40-49 lat	87	00:00:20	00:00:34	00:23:04	00:46:14	01:09:05.40	01:09:25.75	+00:19:54 (28.8%)	5:18	11.3 (71.1%)
88	MALINOWSKI Mikołaj	530		M3 40-49 lat	88	00:00:05	00:00:25	00:22:54	00:45:35	01:09:10.65	01:09:15.65	+00:19:59 (28.9%)	5:19	11.3 (71.1%)
89	GÓRECKI Rajmund	109		M3 40-49 lat	89	00:00:36	00:00:36	00:23:19	00:46:27	01:09:14.75	01:09:50.80	+00:20:03 (29.0%)	5:19	11.3 (71.1%)
90	ZWOLIŃSKI Grzegorz	422	REEBOK RUN CREW	M3 40-49 lat	90	00:00:31	00:00:34	00:23:11	00:45:53	01:09:21.20	01:09:52.65	+00:20:10 (29.1%)	5:20	11.2 (70.4%)
91	JAROŃ Jarosław	133	KOKOSZKA36TEAM	M3 40-49 lat	91	00:00:18	00:00:35	00:22:59	00:46:13	01:10:24.45	01:10:42.65	+00:21:13 (30.1%)	5:24	11.1 (69.8%)
92	PARADOWSKI Andrzej	275		M3 40-49 lat	92	00:00:52	00:00:33	00:23:31	00:47:04	01:10:36.00	01:11:28.75	+00:21:24 (30.3%)	5:25	11 (69.2%)
93	KULIK Karol	539		M3 40-49 lat	93	00:00:37	00:00:37	00:25:09	00:48:20	01:10:48.60	01:11:26.35	+00:21:37 (30.5%)	5:26	11 (69.2%)
94	BARTNIK Rafał	24		M3 40-49 lat	94	00:00:16	00:00:31	00:22:30	00:46:12	01:10:55.60	01:11:11.80	+00:21:44 (30.7%)	5:27	11 (69.2%)
95	MĘDEL Cezary	230		M3 40-49 lat	95	00:00:19	00:00:37	00:24:11	00:47:48	01:11:11.60	01:11:30.90	+00:22:00 (30.9%)	5:28	11 (69.2%)
96	WIŚNIEWSKI Paweł	404	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	96	00:00:07	00:00:27	00:22:01	00:45:58	01:11:27.90	01:11:35.25	+00:22:16 (31.2%)	5:29	10.9 (68.6%)
97	OLESIAK Arkadiusz	265	BIEGAM NA TARCHOMINIE	M3 40-49 lat	97	00:00:19	00:00:37	00:24:36	00:48:13	01:11:28.15	01:11:47.90	+00:22:17 (31.2%)	5:29	10.9 (68.6%)
98	BORUSZEWSKI Maciej	35		M3 40-49 lat	98	00:00:13	00:00:34	00:24:00	00:47:40	01:11:56.20	01:12:09.95	+00:22:45 (31.6%)	5:32	10.8 (67.9%)
99	SOCHACKI Mariusz	332		M3 40-49 lat	99	00:00:15	00:00:32	00:23:25	00:47:13	01:11:56.65	01:12:12.15	+00:22:45 (31.6%)	5:32	10.8 (67.9%)
100	CHOJNOWSKI Andrzej	47	BIEGAM NA TARCHOMINIE	M3 40-49 lat	100	00:00:23	00:00:35	00:24:23	00:48:03	01:11:57.00	01:12:20.30	+00:22:45 (31.6%)	5:32	10.8 (67.9%)
101	KARWOWSKA Mariusz	156	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	101	00:00:26	00:00:35	00:24:24	00:48:25	01:12:02.50	01:12:28.95	+00:22:51 (31.7%)	5:32	10.8 (67.9%)
102	NOSARZEWSKI Mariusz	254		M3 40-49 lat	102	00:00:20	00:00:37	00:24:10	00:48:16	01:13:29.70	01:13:49.85	+00:24:18 (33.1%)	5:39	10.6 (66.7%)
103	CIERNIAK Michał	50	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	103	00:00:46	00:00:36	00:25:02	00:49:14	01:13:51.70	01:14:37.75	+00:24:40 (33.4%)	5:40	10.6 (66.7%)
104	KOZIATEK Mariusz	186		M3 40-49 lat	104	00:00:23	00:00:36	00:24:54	00:48:55	01:14:06.85	01:14:30.60	+00:24:55 (33.6%)	5:42	10.5 (66.0%)
105	REGUCKI Ryszard	301		M3 40-49 lat	105	00:00:36	00:00:31	00:24:34	00:49:42	01:14:18.20	01:14:54.45	+00:25:07 (33.8%)	5:42	10.5 (66.0%)
106	LACH Adrian	205	TRICLUB	M3 40-49 lat	106	00:00:12	00:00:33	00:23:02	00:49:18	01:14:55.35	01:15:07.60	+00:25:44 (34.4%)	5:45	10.4 (65.4%)
107	BOJAR Paweł	33		M3 40-49 lat	107	00:00:23	00:00:36	00:25:21	00:50:01	01:15:12.00	01:15:35.20	+00:26:00 (34.6%)	5:47	10.4 (65.4%)
108	ŁOZIŃSKI Piotr	494	BRACTWO BIEGOWE BGK	M3 40-49 lat	108	00:00:11	00:00:34	00:25:17	00:50:14	01:15:26.50	01:15:38.40	+00:26:15 (34.8%)	5:48	10.3 (64.8%)

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
109	KRÓLIK Tomasz	188		M3 40-49 lat	109	00:00:33	00:00:35	00:25:36	00:50:45	01:16:05.25	01:16:39.10	+00:26:54 (35.4%)	5:51	10.2 (64.2%)
110	FIJAŁKOWSKI Michał	81	PO PROSTU MY	M3 40-49 lat	110	00:00:42	00:00:38	00:26:39	00:51:40	01:16:12.45	01:16:54.65	+00:27:01 (35.5%)	5:51	10.2 (64.2%)
111	CIEŚLIŃSKI Dariusz	52	DARIOS	M3 40-49 lat	111	00:00:18	00:00:37	00:24:24	00:50:19	01:16:13.20	01:16:31.60	+00:27:02 (35.5%)	5:51	10.2 (64.2%)
112	ZARĘBA Jarosław	410		M3 40-49 lat	112	00:00:30	00:00:37	00:25:14	00:50:47	01:16:44.20	01:17:14.85	+00:27:33 (35.9%)	5:54	10.2 (64.2%)
113	WALCZAK Dariusz	389	CYTRYNOWI STUDENCI	M3 40-49 lat	113	00:00:09	00:00:35	00:25:39	00:51:23	01:18:12.30	01:18:21.35	+00:29:01 (37.1%)	6:00	10 (62.9%)
114	PANCEROW Marcin	449		M3 40-49 lat	114	00:00:10	00:00:33	00:24:38	00:50:56	01:18:25.30	01:18:35.85	+00:29:14 (37.3%)	6:01	9.9 (62.3%)
115	GÓRSKI Krzysztof	111		M3 40-49 lat	115	00:00:13	00:00:33	00:25:13	00:51:42	01:19:01.00	01:19:14.30	+00:29:49 (37.8%)	6:04	9.9 (62.3%)
116	SIKORSKI Michał	535	EKO BIEGI	M3 40-49 lat	116	00:00:51	00:00:37	00:26:32	00:52:51	01:19:49.60	01:20:40.85	+00:30:38 (38.4%)	6:08	9.8 (61.6%)
117	DŁUŻNIEWSKI Tomasz	66		M3 40-49 lat	117	00:00:46	00:00:37	00:26:56	00:53:57	01:19:57.15	01:20:43.80	+00:30:46 (38.5%)	6:09	9.8 (61.6%)
118	KULAK Paweł	200		M3 40-49 lat	118	00:00:31	00:00:38	00:26:49	00:54:03	01:21:15.40	01:21:47.20	+00:32:04 (39.5%)	6:15	9.6 (60.4%)
119	PAWEŁEK Krzysztof	279	PO PROSTU MY	M3 40-49 lat	119	00:00:43	00:00:37	00:28:14	00:57:07	01:25:53.90	01:26:37.35	+00:36:42 (42.7%)	6:36	9.1 (57.2%)
120	ŁUCZAK Piotr	214	PKO BANK POLSKI	M3 40-49 lat	120	00:00:34	00:00:39	00:28:50	00:58:21	01:27:32.85	01:28:07.75	+00:38:21 (43.8%)	6:44	8.9 (56.0%)
121	ŁUKASIEWICZ Robert	216	KOKOSZKA36TEAM	M3 40-49 lat	121	00:00:40	00:00:36	00:28:18	00:58:05	01:28:52.80	01:29:33.05	+00:39:41 (44.7%)	6:50	8.8 (55.3%)
122	DOBOSZ Marek	67		M3 40-49 lat	122	00:00:55	00:00:36	00:31:31	01:05:13	01:32:54.40	01:33:49.50	+00:43:43 (47.1%)	7:08	8.4 (52.8%)
123	NASKRĘT Mariusz	247		M3 40-49 lat	123	00:00:45	00:00:39	00:32:16	01:05:01	01:39:43.40	01:40:28.80	+00:50:32 (50.7%)	7:40	7.8 (49.1%)
124	KUSY Marcin	493		M3 40-49 lat	124	00:00:13	00:00:29	00:20:47	00:41:26			+00:08:41	4:45	12.6 (79.2%)
125	KAROLAK Rafał	155	STOMILEX	M3 40-49 lat	125	00:00:33	00:00:37	00:21:09	00:42:27			+00:09:41	4:52	12.3 (77.4%)
126	BIEDKA Robert	533	REBOOK RUN CREW	M3 40-49 lat	126	00:00:09	00:00:29	00:21:47	00:43:51			+00:11:05	5:02	11.9 (74.8%)
127	ŁĘCKI Tomasz	211		M3 40-49 lat	127	00:00:20	00:00:32	00:23:06	00:47:00			+00:14:15	5:24	11.1 (69.8%)
128	BIDZINSKI Krzysztof	31	LEBIEGI	M3 40-49 lat	128	00:00:29	00:00:38	00:25:14	00:50:35			+00:17:49	5:48	10.3 (64.8%)
129	GRACZYK Roman	112		M3 40-49 lat	129	00:00:18	00:00:38	00:26:09	00:53:11			+00:20:25	6:06	9.8 (61.6%)
130	PETRYCKI Marcin	283	PUMP!T	M3 40-49 lat	130	00:00:11	00:00:35	00:27:59	00:54:43			+00:21:57	6:17	9.5 (59.7%)
131	KUCICKI Krzysztof	196		M3 40-49 lat	131	00:00:05	00:00:26	00:26:22	00:57:23			+00:24:38	6:35	9.1 (57.2%)

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
132	PIETRAS Tomasz	285	NASIELSK BASZTA TEAM	M3 40-49 lat	132	00:00:38	00:00:38	00:24:38				+00:08:18	5:35	10.7 (67.3%)
133	MIŚTA Grzegorz	100	FRONTIS	M3 40-49 lat	133	00:00:10	00:00:35	00:28:05				+00:11:46	6:22	9.4 (59.1%)
134	BAJOREK Jacek	19	MARKOWI BIEGACZE	M3 40-49 lat	134	00:00:38	00:00:37	00:28:05				+00:11:45	6:22	9.4 (59.1%)
135	NOWAK Bartłomiej	256		M3 40-49 lat	135	00:00:03	00:00:27	00:43:14				+00:26:55	9:49	6.1 (38.4%)
	JÓZWIK Robert	142	HARX TEAM	M3 40-49 lat		DNF	00:00:36 DNF	00:24:17 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TYBURC Paweł	548		M3 40-49 lat		DNF	01:09:11 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 137 wynik(ów)