

# BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

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

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M3 40-49 lat

Punkt pomiarowy: 8,7 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
1	<b>GOZDEK Scyzoryk</b>	<b>106</b>	TRUCHT TARCHOMIN TEAM BIEGANIEPO40.PL	M3 40-49 lat	00:00:02	00:00:18	00:16:19	00:32:46
2	<b>MIELCZAREK Krzysztof</b>	<b>236</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:04	00:00:18	00:16:26	00:33:27
3	<b>KUBERA Piotr</b>	<b>194</b>	ADIDAS RUNNERS WARSAW	M3 40-49 lat	00:00:00	00:00:22	00:17:21	00:35:04
4	<b>STRADOMSKI Artur</b>	<b>345</b>	MARKOWI BIEGACZE	M3 40-49 lat	00:00:03	00:00:20	00:17:33	00:35:05
5	<b>PYTLINSKI Rafał</b>	<b>298</b>		M3 40-49 lat	00:00:03	00:00:20	00:17:53	00:35:38
6	<b>ANUSIEWICZ Robert</b>	<b>474</b>		M3 40-49 lat	00:00:04	00:00:21	00:17:55	00:35:41
7	<b>GAJEK Ireneusz</b>	<b>89</b>		M3 40-49 lat	00:00:10	00:00:25	00:18:02	00:35:42
8	<b>SIERZPUTOWSKI Robert</b>	<b>453</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:03	00:00:20	00:18:18	00:36:40
9	<b>MIELCZAREK Marek</b>	<b>235</b>	MARKOWI BIEGACZE	M3 40-49 lat	00:00:05	00:00:19	00:18:12	00:36:42
10	<b>ROWIŃSKI Tomasz</b>	<b>307</b>		M3 40-49 lat	00:00:02	00:00:17	00:17:43	00:36:46
11	<b>OCZKOWSKI Mateusz</b>	<b>264</b>	GRUPA BIEGOWA CHTMO	M3 40-49 lat	00:00:17	00:00:34	00:18:44	00:36:48
12	<b>GWIZDAŁA Cezary</b>	<b>122</b>	KUŹNIA TRIATHLONU	M3 40-49 lat	00:00:05	00:00:22	00:18:40	00:37:23
13	<b>JAWORSKI Piotr</b>	<b>137</b>	EKOBIEGI	M3 40-49 lat	00:00:04	00:00:19	00:18:15	00:37:34
14	<b>MICHNOWSKI Sebastian</b>	<b>233</b>		M3 40-49 lat	00:00:08	00:00:27	00:18:58	00:38:02
15	<b>KORKOSZ Andrzej</b>	<b>174</b>		M3 40-49 lat	00:00:05	00:00:24	00:19:14	00:38:06
16	<b>MAMLA Zbigniew</b>	<b>221</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:09	00:00:26	00:18:40	00:38:18
17	<b>GĘBALA Wojtek</b>	<b>94</b>		M3 40-49 lat	00:00:06	00:00:24	00:19:04	00:38:25
18	<b>WASZKIEWICZ Ariel</b>	<b>465</b>	WASZKA TEAM	M3 40-49 lat	00:00:11	00:00:30	00:19:42	00:38:30
19	<b>WIŚNIEWSKI Krzysztof</b>	<b>467</b>	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	00:00:06	00:00:25	00:19:20	00:38:39
20	<b>PUCHACZ Piotr</b>	<b>294</b>	MPK	M3 40-49 lat	00:00:15	00:00:36	00:19:20	00:38:45
21	<b>ŚMIETAŃSKI Piotr</b>	<b>459</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:16	00:00:29	00:19:34	00:38:50
22	<b>KANIA Paweł</b>	<b>153</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:06	00:00:23	00:18:57	00:38:55
23	<b>SYGOCKI Konrad</b>	<b>352</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:19:25	00:38:56
24	<b>NAPIÓRKOWSKI Grzegorz</b>	<b>246</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:06	00:00:27	00:19:04	00:39:04
25	<b>GÓRAL Tadeusz</b>	<b>540</b>	KKB	M3 40-49 lat	00:00:02	00:00:23	00:19:25	00:39:05
26	<b>RESZCZYK Marcin</b>	<b>302</b>		M3 40-49 lat	00:00:33	00:00:33	00:19:56	00:39:17
27	<b>SERAFIN Tomasz</b>	<b>503</b>		M3 40-49 lat	00:00:06	00:00:25	00:19:08	00:39:20
28	<b>ZELENT Arkadiusz</b>	<b>415</b>	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	00:00:09	00:00:26	00:19:53	00:40:02
29	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>170</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:19	00:00:36	00:19:31	00:40:26
30	<b>BYSTRY Grzegorz</b>	<b>41</b>	KS LENIWIEC	M3 40-49 lat	00:00:24	00:00:30	00:20:30	00:40:37
31	<b>CHARLEJ Ireneusz</b>	<b>45</b>	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	00:00:09	00:00:26	00:19:57	00:40:42
32	<b>CIMOCHOWSKI Mieczysław</b>	<b>53</b>	MC SERWIS	M3 40-49 lat	00:00:09	00:00:28	00:20:06	00:40:55

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
33	<b>ŁUBIŃSKI Krzysztof</b>	<b>495</b>		M3 40-49 lat	00:00:24	00:00:35	00:20:35	00:40:59
34	<b>KUBAN Sebastian</b>	<b>193</b>		M3 40-49 lat	00:00:20	00:00:33	00:20:50	00:41:22
35	<b>DERESZEWSKI Piotr</b>	<b>64</b>	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:15	00:00:30	00:21:11	00:41:25
36	<b>MOSUR Kamil</b>	<b>242</b>		M3 40-49 lat	00:00:15	00:00:30	00:21:05	00:41:25
37	<b>KUSY Marcin</b>	<b>493</b>		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26
38	<b>KUSY Marcin</b>	<b>493</b>		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26
39	<b>SUTUŁA Dariusz</b>	<b>350</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	00:00:21	00:00:33	00:21:00	00:41:31
40	<b>CAŁKA Marek</b>	<b>480</b>		M3 40-49 lat	00:00:21	00:00:35	00:20:56	00:41:37
41	<b>LEWANDOWSKI Robert</b>	<b>207</b>		M3 40-49 lat	00:00:13	00:00:34	00:20:50	00:41:43
42	<b>NOWAK Jakub</b>	<b>101</b>	DOBRZYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	00:00:02	00:00:22	00:20:39	00:41:48
43	<b>OLSZANKA Arkadiusz</b>	<b>266</b>		M3 40-49 lat	00:00:15	00:00:30	00:21:10	00:41:55
44	<b>SUCHODOLSKI Mariusz</b>	<b>349</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:27	00:21:19	00:42:11
45	<b>ŁATKOWSKI Łukasz</b>	<b>209</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:24	00:00:34	00:21:37	00:42:18
46	<b>BIALOKOS Kamil</b>	<b>29</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:25	00:00:35	00:21:38	00:42:18
47	<b>FRAĆKIEWICZ Dariusz</b>	<b>86</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:21:05	00:42:19
48	<b>LEWANDOWSKI Piotr</b>	<b>206</b>	TRUCH TARCHOMINTEAM	M3 40-49 lat	00:00:10	00:00:26	00:20:16	00:42:20
49	<b>STRÓŻYK Piotrek</b>	<b>346</b>		M3 40-49 lat	00:00:25	00:00:33	00:21:17	00:42:20
50	<b>KAROLAK Rafał</b>	<b>155</b>	STOMILEX	M3 40-49 lat	00:00:33	00:00:37	00:21:09	00:42:27
51	<b>MIĘTEK Artur</b>	<b>237</b>	III ZKSS SR LEGIONOWO	M3 40-49 lat	00:00:12	00:00:34	00:21:24	00:42:29
52	<b>GAJEWSKI Mariusz</b>	<b>90</b>		M3 40-49 lat	00:00:33	00:00:35	00:20:49	00:42:34
53	<b>ROKITA Andrzej</b>	<b>304</b>		M3 40-49 lat	00:00:34	00:00:35	00:21:46	00:42:36
54	<b>KOŚCIUK Maciek</b>	<b>179</b>		M3 40-49 lat	00:00:00	00:00:33	00:20:58	00:42:40
55	<b>SZACHNA Piotr</b>	<b>354</b>	EKOBIEGI	M3 40-49 lat	00:00:18	00:00:36	00:22:45	00:42:49
56	<b>GOLIASZ Paweł</b>	<b>102</b>	BIEGAM I JUŻ	M3 40-49 lat	00:00:19	00:00:32	00:21:09	00:42:52
57	<b>GOŁASZEWSKI Marcin</b>	<b>103</b>		M3 40-49 lat	00:00:10	00:00:28	00:21:28	00:42:54
58	<b>CZAJKOWSKI Marcin</b>	<b>59</b>	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	00:00:25	00:00:37	00:21:48	00:42:56
59	<b>CZAJKOWSKI Marek</b>	<b>58</b>	---	M3 40-49 lat	00:00:23	00:00:35	00:21:50	00:42:58
60	<b>PIOTROWSKI Artur</b>	<b>521</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:23	00:00:35	00:21:06	00:42:58
61	<b>WYDRA Mariusz</b>	<b>469</b>		M3 40-49 lat	00:00:34	00:00:37	00:22:11	00:43:02
62	<b>FIRYSIUK Tomasz</b>	<b>84</b>		M3 40-49 lat	00:00:32	00:00:38	00:22:11	00:43:19
63	<b>ZRAZEK Piotr</b>	<b>421</b>		M3 40-49 lat	00:00:34	00:00:39	00:21:37	00:43:20
64	<b>SĄGOL Sylwester</b>	<b>316</b>		M3 40-49 lat	00:00:52	00:00:33	00:21:52	00:43:21
65	<b>RUDNIK Jarosław</b>	<b>309</b>	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:10	00:00:28	00:21:13	00:43:24
66	<b>STEMPEL Tomasz</b>	<b>341</b>	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	00:00:16	00:00:31	00:21:29	00:43:26
67	<b>KOPER Sebastian</b>	<b>173</b>	CARREFOUR RUNNING TEAM	M3 40-49 lat	00:00:04	00:00:23	00:21:27	00:43:34
68	<b>PISAREK Norbert</b>	<b>289</b>		M3 40-49 lat	00:00:49	00:00:35	00:22:16	00:43:34
69	<b>PAZIEWSKI Andrzej</b>	<b>281</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:22:05	00:43:37
70	<b>SZYMAŃSKI Robert</b>	<b>366</b>	KREWKI URSYNÓW HDK	M3 40-49 lat	00:00:31	00:00:32	00:21:42	00:43:39
71	<b>SZELĄG Tomasz</b>	<b>360</b>	MKB DREPTAK	M3 40-49 lat	00:00:35	00:00:34	00:21:42	00:43:40
72	<b>BIEDKA Robert</b>	<b>533</b>	REBOOK RUN CREW	M3 40-49 lat	00:00:09	00:00:29	00:21:47	00:43:51
73	<b>SOBCZAK Bogusław</b>	<b>457</b>	M.I.L.A - MASTERS IWICZNA LIFE ATHLETICS	M3 40-49 lat	00:00:31	00:00:33	00:21:53	00:43:51
74	<b>MILANIAK Bogdan</b>	<b>446</b>		M3 40-49 lat	00:00:32	00:00:37	00:22:06	00:44:08
75	<b>OCHAB Janusz</b>	<b>261</b>		M3 40-49 lat	00:00:26	00:00:35	00:22:37	00:44:38
76	<b>WIERBIŁOWICZ Dariusz</b>	<b>397</b>		M3 40-49 lat	00:00:30	00:00:34	00:22:33	00:44:54
77	<b>BRONISZEWSKI Jakub</b>	<b>477</b>		M3 40-49 lat	00:00:40	00:00:36	00:22:23	00:44:54
78	<b>WYSOCKI Robert</b>	<b>408</b>	GRUPA BIEGOWA UM WA-WA	M3 40-49 lat	00:00:25	00:00:35	00:22:35	00:45:06

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
79	<b>KSENIAK Szymon</b>	<b>191</b>		M3 40-49 lat	00:00:23	00:00:34	00:22:40	00:45:08
80	<b>RUSIN Bartosz</b>	<b>310</b>	KS STASZEWCY	M3 40-49 lat	00:00:18	00:00:34	00:22:18	00:45:11
81	<b>TRZASKOWSKI Dariusz</b>	<b>381</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:29	00:22:34	00:45:17
82	<b>KILIAŃSKI Rafał</b>	<b>162</b>	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:12	00:00:30	00:22:34	00:45:19
83	<b>KUFLOWSKI Artur</b>	<b>199</b>	JW.3411	M3 40-49 lat	00:00:28	00:00:37	00:22:52	00:45:22
84	<b>TODORSKI Tomasz</b>	<b>375</b>		M3 40-49 lat	00:00:19	00:00:33	00:23:07	00:45:28
85	<b>KWIATKOWSKI Tomasz</b>	<b>204</b>		M3 40-49 lat	00:00:43	00:00:37	00:22:43	00:45:31
86	<b>MALINOWSKI Mikołaj</b>	<b>530</b>		M3 40-49 lat	00:00:05	00:00:25	00:22:54	00:45:35
87	<b>WACH Michał</b>	<b>387</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:22	00:00:36	00:23:12	00:45:38
88	<b>GÓRECKI Krzysztof</b>	<b>110</b>		M3 40-49 lat	00:00:43	00:00:38	00:23:06	00:45:40
89	<b>WIŚNIEWSKI Tomasz</b>	<b>403</b>	KPMG RUNNING TEAM	M3 40-49 lat	00:00:25	00:00:34	00:23:09	00:45:48
90	<b>ZWOLIŃSKI Grzegorz</b>	<b>422</b>	REEBOK RUN CREW	M3 40-49 lat	00:00:31	00:00:34	00:23:11	00:45:53
91	<b>WIŚNIEWSKI Paweł</b>	<b>404</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:07	00:00:27	00:22:01	00:45:58
92	<b>BARTNIK Rafał</b>	<b>24</b>		M3 40-49 lat	00:00:16	00:00:31	00:22:30	00:46:12
93	<b>JAROŃ Jarosław</b>	<b>133</b>	KOKOSZKA36TEAM	M3 40-49 lat	00:00:18	00:00:35	00:22:59	00:46:13
94	<b>JABŁONKA Radosław</b>	<b>128</b>	DZIADY OCR	M3 40-49 lat	00:00:20	00:00:34	00:23:04	00:46:14
95	<b>GÓRECKI Rajmund</b>	<b>109</b>		M3 40-49 lat	00:00:36	00:00:36	00:23:19	00:46:27
96	<b>ŁĘCKI Tomasz</b>	<b>211</b>		M3 40-49 lat	00:00:20	00:00:32	00:23:06	00:47:00
97	<b>PARADOWSKI Andrzej</b>	<b>275</b>		M3 40-49 lat	00:00:52	00:00:33	00:23:31	00:47:04
98	<b>SOCHACKI Mariusz</b>	<b>332</b>		M3 40-49 lat	00:00:15	00:00:32	00:23:25	00:47:13
99	<b>NIEDZIELA Dominik</b>	<b>249</b>		M3 40-49 lat	00:00:50	00:00:37	00:24:28	00:47:14
100	<b>BORUSZEWSKI Maciej</b>	<b>35</b>		M3 40-49 lat	00:00:13	00:00:34	00:24:00	00:47:40
101	<b>MĘDEL Cezary</b>	<b>230</b>		M3 40-49 lat	00:00:19	00:00:37	00:24:11	00:47:48
102	<b>CHOJNOWSKI Andrzej</b>	<b>47</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:24:23	00:48:03
103	<b>OLESIAK Arkadiusz</b>	<b>265</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:19	00:00:37	00:24:36	00:48:13
104	<b>NOSARZEWSKI Mariusz</b>	<b>254</b>		M3 40-49 lat	00:00:20	00:00:37	00:24:10	00:48:16
105	<b>KULIK Karol</b>	<b>539</b>		M3 40-49 lat	00:00:37	00:00:37	00:25:09	00:48:20
106	<b>KARWOWSKA Mariusz</b>	<b>156</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:26	00:00:35	00:24:24	00:48:25
107	<b>KOZIATEK Mariusz</b>	<b>186</b>		M3 40-49 lat	00:00:23	00:00:36	00:24:54	00:48:55
108	<b>CIERNIAK Michał</b>	<b>50</b>	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:46	00:00:36	00:25:02	00:49:14
109	<b>LACH Adrian</b>	<b>205</b>	TRICLUB	M3 40-49 lat	00:00:12	00:00:33	00:23:02	00:49:18
110	<b>REGUCKI Ryszard</b>	<b>301</b>		M3 40-49 lat	00:00:36	00:00:31	00:24:34	00:49:42
111	<b>BOJAR Paweł</b>	<b>33</b>		M3 40-49 lat	00:00:23	00:00:36	00:25:21	00:50:01
112	<b>ŁOZIŃSKI Piotr</b>	<b>494</b>	BRACTWO BIEGOWE BGK	M3 40-49 lat	00:00:11	00:00:34	00:25:17	00:50:14
113	<b>CIEŚLIŃSKI Dariusz</b>	<b>52</b>	DARIOS	M3 40-49 lat	00:00:18	00:00:37	00:24:24	00:50:19
114	<b>BIDZINSKI Krzysztof</b>	<b>31</b>	LEBIEGI	M3 40-49 lat	00:00:29	00:00:38	00:25:14	00:50:35
115	<b>KRÓLIK Tomasz</b>	<b>188</b>		M3 40-49 lat	00:00:33	00:00:35	00:25:36	00:50:45
116	<b>ZARĘBA Jarosław</b>	<b>410</b>		M3 40-49 lat	00:00:30	00:00:37	00:25:14	00:50:47
117	<b>PANCEROW Marcin</b>	<b>449</b>		M3 40-49 lat	00:00:10	00:00:33	00:24:38	00:50:56
118	<b>WALCZAK Dariusz</b>	<b>389</b>	CYTRYNOWI STUDENCI	M3 40-49 lat	00:00:09	00:00:35	00:25:39	00:51:23
119	<b>FIJĄLKOWSKI Michał</b>	<b>81</b>	PO PROSTU MY	M3 40-49 lat	00:00:42	00:00:38	00:26:39	00:51:40
120	<b>GÓRSKI Krzysztof</b>	<b>111</b>		M3 40-49 lat	00:00:13	00:00:33	00:25:13	00:51:42
121	<b>SIKORSKI Michał</b>	<b>535</b>	EKO BIEGI	M3 40-49 lat	00:00:51	00:00:37	00:26:32	00:52:51
122	<b>GRACZYK Roman</b>	<b>112</b>		M3 40-49 lat	00:00:18	00:00:38	00:26:09	00:53:11
123	<b>DŁUŻNIEWSKI Tomasz</b>	<b>66</b>		M3 40-49 lat	00:00:46	00:00:37	00:26:56	00:53:57
124	<b>KULAK Paweł</b>	<b>200</b>		M3 40-49 lat	00:00:31	00:00:38	00:26:49	00:54:03

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
125	<b>PETRYCKI Marcin</b>	<b>283</b>	PUMP!T	M3 40-49 lat	00:00:11	00:00:35	00:27:59	00:54:43
126	<b>PAWEŁEK Krzysztof</b>	<b>279</b>	PO PROSTU MY	M3 40-49 lat	00:00:43	00:00:37	00:28:14	00:57:07
127	<b>KUCICKI Krzysztof</b>	<b>196</b>		M3 40-49 lat	00:00:05	00:00:26	00:26:22	00:57:23
128	<b>ŁUKASIEWICZ Robert</b>	<b>216</b>	KOKOSZKA36TEAM	M3 40-49 lat	00:00:40	00:00:36	00:28:18	00:58:05
129	<b>ŁUCZAK Piotr</b>	<b>214</b>	PKO BANK POLSKI	M3 40-49 lat	00:00:34	00:00:39	00:28:50	00:58:21
130	<b>NASKRĘT Mariusz</b>	<b>247</b>		M3 40-49 lat	00:00:45	00:00:39	00:32:16	01:05:01
131	<b>DOBOSZ Marek</b>	<b>67</b>		M3 40-49 lat	00:00:55	00:00:36	00:31:31	01:05:13
132	<b>NOWAK Bartłomiej</b>	<b>256</b>		M3 40-49 lat	00:00:03	00:00:27	00:43:14	
133	<b>MIŚTA Grzegorz</b>	<b>100</b>	FRONTIS	M3 40-49 lat	00:00:10	00:00:35	00:28:05	
134	<b>PIETRAS Tomasz</b>	<b>285</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:38	00:00:38	00:24:38	
135	<b>BAJOREK Jacek</b>	<b>19</b>	MARKOWI BIEGACZE	M3 40-49 lat	00:00:38	00:00:37	00:28:05	
	<b>JÓZWIK Robert</b>	<b>142</b>	HARX TEAM	M3 40-49 lat	DNF	00:00:36 DNF	00:24:17 DNF	DNF
	<b>TYBURC Paweł</b>	<b>548</b>		M3 40-49 lat	DNF	01:09:11 DNF	DNF	DNF

Znaleziono 137 wynik(ów)