

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

Punkt pomiarowy: 8,7 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	0.1km	4.4km	8.7km
1	GOZDEK Scyzoryk	106	TRUCHT TARCHOMIN TEAM BIEGANIEPO40.PL	M3 40-49 lat	00:00:02	00:00:18	00:16:19	00:32:46
2	MIELCZAREK Krzysztof	236	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:04	00:00:18	00:16:26	00:33:27
3	KUBERA Piotr	194	ADIDAS RUNNERS WARSAW	M3 40-49 lat	00:00:00	00:00:22	00:17:21	00:35:04
4	STRADOMSKI Artur	345	MARKOWI BIEGACZE	M3 40-49 lat	00:00:03	00:00:20	00:17:33	00:35:05
5	PYTLINSKI Rafał	298		M3 40-49 lat	00:00:03	00:00:20	00:17:53	00:35:38
6	ANUSIEWICZ Robert	474		M3 40-49 lat	00:00:04	00:00:21	00:17:55	00:35:41
7	GAJEK Ireneusz	89		M3 40-49 lat	00:00:10	00:00:25	00:18:02	00:35:42
8	SIERZPUTOWSKI Robert	453	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:03	00:00:20	00:18:18	00:36:40
9	MIELCZAREK Marek	235	MARKOWI BIEGACZE	M3 40-49 lat	00:00:05	00:00:19	00:18:12	00:36:42
10	ROWIŃSKI Tomasz	307		M3 40-49 lat	00:00:02	00:00:17	00:17:43	00:36:46
11	OCZKOWSKI Mateusz	264	GRUPA BIEGOWA CHTMO	M3 40-49 lat	00:00:17	00:00:34	00:18:44	00:36:48
12	GWIZDAŁA Cezary	122	KUŹNIA TRIATHLONU	M3 40-49 lat	00:00:05	00:00:22	00:18:40	00:37:23
13	JAWORSKI Piotr	137	EKOBIEGI	M3 40-49 lat	00:00:04	00:00:19	00:18:15	00:37:34
14	MICHNOWSKI Sebastian	233		M3 40-49 lat	00:00:08	00:00:27	00:18:58	00:38:02
15	KORKOSZ Andrzej	174		M3 40-49 lat	00:00:05	00:00:24	00:19:14	00:38:06
16	MAMLA Zbigniew	221	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:09	00:00:26	00:18:40	00:38:18
17	GĘBALA Wojtek	94		M3 40-49 lat	00:00:06	00:00:24	00:19:04	00:38:25
18	WASZKIEWICZ Ariel	465	WASZKA TEAM	M3 40-49 lat	00:00:11	00:00:30	00:19:42	00:38:30
19	WIŚNIEWSKI Krzysztof	467	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	00:00:06	00:00:25	00:19:20	00:38:39
20	PUCHACZ Piotr	294	MPK	M3 40-49 lat	00:00:15	00:00:36	00:19:20	00:38:45
21	ŚMIETAŃSKI Piotr	459	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:16	00:00:29	00:19:34	00:38:50
22	KANIA Paweł	153	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:06	00:00:23	00:18:57	00:38:55
23	SYGOCKI Konrad	352	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:19:25	00:38:56
24	NAPIÓRKOWSKI Grzegorz	246	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:06	00:00:27	00:19:04	00:39:04
25	GÓRAL Tadeusz	540	KKB	M3 40-49 lat	00:00:02	00:00:23	00:19:25	00:39:05
26	RESZCZYK Marcin	302		M3 40-49 lat	00:00:33	00:00:33	00:19:56	00:39:17
27	SERAFIN Tomasz	503		M3 40-49 lat	00:00:06	00:00:25	00:19:08	00:39:20
28	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	00:00:09	00:00:26	00:19:53	00:40:02
29	KOŁODZIEJCZYK Krzysztof	170	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:19	00:00:36	00:19:31	00:40:26
30	BYSTRY Grzegorz	41	KS LENIWIEC	M3 40-49 lat	00:00:24	00:00:30	00:20:30	00:40:37
31	CHARLEJ Ireneusz	45	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	00:00:09	00:00:26	00:19:57	00:40:42
32	CIMOCHOWSKI Mieczysław	53	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	ŁUBIŃSKI Krzysztof	495		M3 40-49 lat	00:00:24	00:00:35	00:20:35	00:40:59
34	KUBAN Sebastian	193		M3 40-49 lat	00:00:20	00:00:33	00:20:50	00:41:22
35	DERESZEWSKI Piotr	64	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:15	00:00:30	00:21:11	00:41:25
36	MOSUR Kamil	242		M3 40-49 lat	00:00:15	00:00:30	00:21:05	00:41:25
37	KUSY Marcin	493		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26
38	KUSY Marcin	493		M3 40-49 lat	00:00:13	00:00:29	00:20:47	00:41:26
39	SUTUŁA Dariusz	350	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	00:00:21	00:00:33	00:21:00	00:41:31
40	CAŁKA Marek	480		M3 40-49 lat	00:00:21	00:00:35	00:20:56	00:41:37
41	LEWANDOWSKI Robert	207		M3 40-49 lat	00:00:13	00:00:34	00:20:50	00:41:43
42	NOWAK Jakub	101	DOBRZYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	00:00:02	00:00:22	00:20:39	00:41:48
43	OLSZANKA Arkadiusz	266		M3 40-49 lat	00:00:15	00:00:30	00:21:10	00:41:55
44	SUCHODOLSKI Mariusz	349	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:27	00:21:19	00:42:11
45	ŁATKOWSKI Łukasz	209	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:24	00:00:34	00:21:37	00:42:18
46	BIAŁOKOS Kamil	29	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:25	00:00:35	00:21:38	00:42:18
47	FRAĆKIEWICZ Dariusz	86	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:21:05	00:42:19
48	LEWANDOWSKI Piotr	206	TRUCH TARCHOMINTEAM	M3 40-49 lat	00:00:10	00:00:26	00:20:16	00:42:20
49	STRÓŻYK Piotrek	346		M3 40-49 lat	00:00:25	00:00:33	00:21:17	00:42:20
50	KAROLAK Rafał	155	STOMILEX	M3 40-49 lat	00:00:33	00:00:37	00:21:09	00:42:27
51	MIĘTEK Artur	237	III ZKSS SR LEGIONOWO	M3 40-49 lat	00:00:12	00:00:34	00:21:24	00:42:29
52	GAJEWSKI Mariusz	90		M3 40-49 lat	00:00:33	00:00:35	00:20:49	00:42:34
53	ROKITA Andrzej	304		M3 40-49 lat	00:00:34	00:00:35	00:21:46	00:42:36
54	KOŚCIUK Maciek	179		M3 40-49 lat	00:00:00	00:00:33	00:20:58	00:42:40
55	SZACHNA Piotr	354	EKOBIEGI	M3 40-49 lat	00:00:18	00:00:36	00:22:45	00:42:49
56	GOLIASZ Paweł	102	BIEGAM I JUŻ	M3 40-49 lat	00:00:19	00:00:32	00:21:09	00:42:52
57	GOŁASZEWSKI Marcin	103		M3 40-49 lat	00:00:10	00:00:28	00:21:28	00:42:54
58	CZAJKOWSKI Marcin	59	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	00:00:25	00:00:37	00:21:48	00:42:56
59	CZAJKOWSKI Marek	58	---	M3 40-49 lat	00:00:23	00:00:35	00:21:50	00:42:58
60	PIOTROWSKI Artur	521	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:23	00:00:35	00:21:06	00:42:58
61	WYDRA Mariusz	469		M3 40-49 lat	00:00:34	00:00:37	00:22:11	00:43:02
62	FIRYSIUK Tomasz	84		M3 40-49 lat	00:00:32	00:00:38	00:22:11	00:43:19
63	ZRAZEK Piotr	421		M3 40-49 lat	00:00:34	00:00:39	00:21:37	00:43:20
64	SĄGOL Sylwester	316		M3 40-49 lat	00:00:52	00:00:33	00:21:52	00:43:21
65	RUDNIK Jarosław	309	ZABIEGANY WOŁOMIN	M3 40-49 lat	00:00:10	00:00:28	00:21:13	00:43:24
66	STEMPEL Tomasz	341	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	00:00:16	00:00:31	00:21:29	00:43:26
67	KOPER Sebastian	173	CARREFOUR RUNNING TEAM	M3 40-49 lat	00:00:04	00:00:23	00:21:27	00:43:34
68	PISAREK Norbert	289		M3 40-49 lat	00:00:49	00:00:35	00:22:16	00:43:34
69	PAZIEWSKI Andrzej	281	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:20	00:00:35	00:22:05	00:43:37
70	SZYMAŃSKI Robert	366	KREWKI URSYNÓW HDK	M3 40-49 lat	00:00:31	00:00:32	00:21:42	00:43:39
71	SZELAĞ Tomasz	360	MKB DREPTAK	M3 40-49 lat	00:00:35	00:00:34	00:21:42	00:43:40
72	BIEDKA Robert	533	REBOOK RUN CREW	M3 40-49 lat	00:00:09	00:00:29	00:21:47	00:43:51
73	SOBCZAK Bogusław	457	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	MILANIAK Bogdan	446		M3 40-49 lat	00:00:32	00:00:37	00:22:06	00:44:08
75	OCHAB Janusz	261		M3 40-49 lat	00:00:26	00:00:35	00:22:37	00:44:38
76	WIERBIŁOWICZ Dariusz	397		M3 40-49 lat	00:00:30	00:00:34	00:22:33	00:44:54
77	BRONISZEWSKI Jakub	477		M3 40-49 lat	00:00:40	00:00:36	00:22:23	00:44:54
78	WYSOCKI Robert	408	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	KSENIAK Szymon	191		M3 40-49 lat	00:00:23	00:00:34	00:22:40	00:45:08
80	RUSIN Bartosz	310	KS STASZEWCY	M3 40-49 lat	00:00:18	00:00:34	00:22:18	00:45:11
81	TRZASKOWSKI Dariusz	381	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:13	00:00:29	00:22:34	00:45:17
82	KILIAŃSKI Rafał	162	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	00:00:12	00:00:30	00:22:34	00:45:19
83	KUFLOWSKI Artur	199	JW.3411	M3 40-49 lat	00:00:28	00:00:37	00:22:52	00:45:22
84	TODORSKI Tomasz	375		M3 40-49 lat	00:00:19	00:00:33	00:23:07	00:45:28
85	KWIATKOWSKI Tomasz	204		M3 40-49 lat	00:00:43	00:00:37	00:22:43	00:45:31
86	MALINOWSKI Mikołaj	530		M3 40-49 lat	00:00:05	00:00:25	00:22:54	00:45:35
87	WACH Michał	387	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:22	00:00:36	00:23:12	00:45:38
88	GÓRECKI Krzysztof	110		M3 40-49 lat	00:00:43	00:00:38	00:23:06	00:45:40
89	WIŚNIEWSKI Tomasz	403	KPMG RUNNING TEAM	M3 40-49 lat	00:00:25	00:00:34	00:23:09	00:45:48
90	ZWOLIŃSKI Grzegorz	422	REEBOK RUN CREW	M3 40-49 lat	00:00:31	00:00:34	00:23:11	00:45:53
91	WIŚNIEWSKI Paweł	404	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	00:00:07	00:00:27	00:22:01	00:45:58
92	BARTNIK Rafał	24		M3 40-49 lat	00:00:16	00:00:31	00:22:30	00:46:12
93	JAROŃ Jarosław	133	KOKOSZKA36TEAM	M3 40-49 lat	00:00:18	00:00:35	00:22:59	00:46:13
94	JABŁONKA Radosław	128	DZIADY OCR	M3 40-49 lat	00:00:20	00:00:34	00:23:04	00:46:14
95	GÓRECKI Rajmund	109		M3 40-49 lat	00:00:36	00:00:36	00:23:19	00:46:27
96	ŁĘCKI Tomasz	211		M3 40-49 lat	00:00:20	00:00:32	00:23:06	00:47:00
97	PARADOWSKI Andrzej	275		M3 40-49 lat	00:00:52	00:00:33	00:23:31	00:47:04
98	SOCHACKI Mariusz	332		M3 40-49 lat	00:00:15	00:00:32	00:23:25	00:47:13
99	NIEDZIELA Dominik	249		M3 40-49 lat	00:00:50	00:00:37	00:24:28	00:47:14
100	BORUSZEWSKI Maciej	35		M3 40-49 lat	00:00:13	00:00:34	00:24:00	00:47:40
101	MĘDEL Cezary	230		M3 40-49 lat	00:00:19	00:00:37	00:24:11	00:47:48
102	CHOJNOWSKI Andrzej	47	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:23	00:00:35	00:24:23	00:48:03
103	OLESIAK Arkadiusz	265	BIEGAM NA TARCHOMINIE	M3 40-49 lat	00:00:19	00:00:37	00:24:36	00:48:13
104	NOSARZEWSKI Mariusz	254		M3 40-49 lat	00:00:20	00:00:37	00:24:10	00:48:16
105	KULIK Karol	539		M3 40-49 lat	00:00:37	00:00:37	00:25:09	00:48:20
106	KARWOWSKA Mariusz	156	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:26	00:00:35	00:24:24	00:48:25
107	KOZIATEK Mariusz	186		M3 40-49 lat	00:00:23	00:00:36	00:24:54	00:48:55
108	CIERNIAK Michał	50	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	00:00:46	00:00:36	00:25:02	00:49:14
109	LACH Adrian	205	TRICLUB	M3 40-49 lat	00:00:12	00:00:33	00:23:02	00:49:18
110	REGUCKI Ryszard	301		M3 40-49 lat	00:00:36	00:00:31	00:24:34	00:49:42
111	BOJAR Paweł	33		M3 40-49 lat	00:00:23	00:00:36	00:25:21	00:50:01
112	ŁOZIŃSKI Piotr	494	BRACTWO BIEGOWE BGK	M3 40-49 lat	00:00:11	00:00:34	00:25:17	00:50:14
113	CIEŚLIŃSKI Dariusz	52	DARIOS	M3 40-49 lat	00:00:18	00:00:37	00:24:24	00:50:19
114	BIDZINSKI Krzysztof	31	LEBIEGI	M3 40-49 lat	00:00:29	00:00:38	00:25:14	00:50:35
115	KRÓLIK Tomasz	188		M3 40-49 lat	00:00:33	00:00:35	00:25:36	00:50:45
116	ZARĘBA Jarosław	410		M3 40-49 lat	00:00:30	00:00:37	00:25:14	00:50:47
117	PANCEROW Marcin	449		M3 40-49 lat	00:00:10	00:00:33	00:24:38	00:50:56
118	WALCZAK Dariusz	389	CYTRYNOWI STUDENCI	M3 40-49 lat	00:00:09	00:00:35	00:25:39	00:51:23
119	FIJĄLKOWSKI Michał	81	PO PROSTU MY	M3 40-49 lat	00:00:42	00:00:38	00:26:39	00:51:40
120	GÓRSKI Krzysztof	111		M3 40-49 lat	00:00:13	00:00:33	00:25:13	00:51:42
121	SIKORSKI Michał	535	EKO BIEGI	M3 40-49 lat	00:00:51	00:00:37	00:26:32	00:52:51
122	GRACZYK Roman	112		M3 40-49 lat	00:00:18	00:00:38	00:26:09	00:53:11
123	DŁUŻNIEWSKI Tomasz	66		M3 40-49 lat	00:00:46	00:00:37	00:26:56	00:53:57
124	KULAK Paweł	200		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	PETRYCKI Marcin	283	PUMP!T	M3 40-49 lat	00:00:11	00:00:35	00:27:59	00:54:43
126	PAWEŁEK Krzysztof	279	PO PROSTU MY	M3 40-49 lat	00:00:43	00:00:37	00:28:14	00:57:07
127	KUCICKI Krzysztof	196		M3 40-49 lat	00:00:05	00:00:26	00:26:22	00:57:23
128	ŁUKASIEWICZ Robert	216	KOKOSZKA36TEAM	M3 40-49 lat	00:00:40	00:00:36	00:28:18	00:58:05
129	ŁUCZAK Piotr	214	PKO BANK POLSKI	M3 40-49 lat	00:00:34	00:00:39	00:28:50	00:58:21
130	NASKRĘT Mariusz	247		M3 40-49 lat	00:00:45	00:00:39	00:32:16	01:05:01
131	DOBOSZ Marek	67		M3 40-49 lat	00:00:55	00:00:36	00:31:31	01:05:13
132	NOWAK Bartłomiej	256		M3 40-49 lat	00:00:03	00:00:27	00:43:14	
133	MIŚTA Grzegorz	100	FRONTIS	M3 40-49 lat	00:00:10	00:00:35	00:28:05	
134	PIETRAS Tomasz	285	NASIELSK BASZTA TEAM	M3 40-49 lat	00:00:38	00:00:38	00:24:38	
135	BAJOREK Jacek	19	MARKOWI BIEGACZE	M3 40-49 lat	00:00:38	00:00:37	00:28:05	
	JÓZWIK Robert	142	HARX TEAM	M3 40-49 lat	DNF	00:00:36 DNF	00:24:17 DNF	DNF
	TYBURC Paweł	548		M3 40-49 lat	DNF	01:09:11 DNF	DNF	DNF

Znaleziono 137 wynik(ów)