BIAŁOŁĘCKI BIEG WOLNOŚCI

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

Klasyfikacja: M3 40-49 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	**KUŚMIERZ Sylwester**	**252**	MARKOWI BIEGACZE	M3 40-49 lat	1			00:00:18	00:15:28	00:30:47	**00:46:10.05**	**00:46:10.05**		3:33	16.9 (100%)
2	**MIOTK Marcin**	**302**	MIOTK.PL EVEREST MOTYWACJI	M3 40-49 lat	2	Tak		00:00:21	00:16:31	00:33:05	**00:49:52.30**	**00:49:52.30**	+00:03:42 (7.4%)	3:50	15.6 (92.3%)
3	**GOZDEK Radek**	**120**	BIEGANIEPO40.PL	M3 40-49 lat	3	Tak		00:00:21	00:17:25	00:34:47	**00:51:41.95**	**00:51:41.95**	+00:05:31 (10.7%)	3:58	15.1 (89.3%)
4	**MIELCZAREK Krzysztof**	**296**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	4	Tak		00:00:21	00:17:26	00:34:49	**00:52:23.10**	**00:52:23.10**	+00:06:13 (11.9%)	4:01	14.9 (88.2%)
5	**CHRAPEK Janusz**	**64**	ROSSMANN	M3 40-49 lat	5			00:00:26	00:18:12	00:36:05	**00:54:00.55**	**00:54:00.55**	+00:07:50 (14.5%)	4:09	14.4 (85.2%)
6	**ANUSIEWICZ Robert**	**16**	-	M3 40-49 lat	6	Tak		00:00:24	00:18:17	00:36:10	**00:54:14.05**	**00:54:14.05**	+00:08:04 (14.9%)	4:10	14.4 (85.2%)
7	**GAJEK Ireneusz**	**100**	ASFALTLOVE DZIKI	M3 40-49 lat	7			00:00:23	00:18:25	00:37:04	**00:55:51.65**	**00:55:51.65**	+00:09:41 (17.4%)	4:17	14 (82.8%)
8	**GAWEŁ Piotr**	**106**		M3 40-49 lat	8			00:00:30	00:18:00	00:36:50	**00:56:04.25**	**00:56:04.25**	+00:09:54 (17.7%)	4:18	13.9 (82.2%)
9	**KOWALSKI Sebastian**	**233**		M3 40-49 lat	9			00:00:31	00:19:25	00:38:03	**00:56:31.15**	**00:56:31.15**	+00:10:21 (18.3%)	4:20	13.8 (81.7%)
10	**SZAŁKOWSKI Dawid**	**434**	MARKOWI BIEGACZE	M3 40-49 lat	10			00:00:25	00:18:47	00:37:44	**00:56:37.85**	**00:56:37.85**	+00:10:27 (18.5%)	4:21	13.8 (81.7%)
11	**CIESIELSKI Marcin**	**68**	WARSAW RUN CLUB	M3 40-49 lat	11			00:00:23	00:19:19	00:38:24	**00:56:58.20**	**00:56:58.20**	+00:10:48 (19.0%)	4:22	13.7 (81.1%)
12	**MICHALSKI Robert**	**293**	ZABIEGANY WOŁOMIN	M3 40-49 lat	12			00:00:25	00:19:21	00:38:41	**00:57:34.60**	**00:57:34.60**	+00:11:24 (19.8%)	4:25	13.5 (79.9%)
13	**ŁYSIAK Michał**	**273**	SZWAGRY DWA	M3 40-49 lat	13	Tak		00:00:28	00:19:22	00:38:51	**00:58:20.80**	**00:58:20.80**	+00:12:10 (20.9%)	4:29	13.4 (79.3%)
14	**BUDNICKI Michał**	**235**		M3 40-49 lat	14	Tak		00:00:27	00:19:53	00:39:32	**00:58:31.90**	**00:58:31.90**	+00:12:21 (21.1%)	4:30	13.3 (78.7%)
15	**BODZIACHOWSKI Marcin**	**47**	JACEKBIEGA RUNNING TEAM / ERACENT RUNNING TEAM	M3 40-49 lat	15			00:00:23	00:19:05	00:39:01	**00:58:56.15**	**00:58:56.15**	+00:12:46 (21.7%)	4:32	13.2 (78.1%)
16	**JAWORSKI Piotr**	**41**	MARKOWI BIEGACZE	M3 40-49 lat	16	Tak		00:00:26	00:19:21	00:39:01	**00:58:58.75**	**00:58:58.75**	+00:12:48 (21.7%)	4:32	13.2 (78.1%)
17	**KORKOSZ Andrzej**	**219**		M3 40-49 lat	17			00:00:38	00:20:10	00:39:37	**00:59:00.45**	**00:59:00.45**	+00:12:50 (21.8%)	4:32	13.2 (78.1%)
18	**MICHNOWSKI Sebastian**	**295**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	18	Tak		00:00:45	00:20:12	00:39:48	**00:59:08.90**	**00:59:08.90**	+00:12:58 (21.9%)	4:32	13.2 (78.1%)
19	**JUTKIEWICZ Marcin**	**170**	OBIEGANIU.PL	M3 40-49 lat	19	Tak		00:00:25	00:19:41	00:39:21	**00:59:12.85**	**00:59:12.85**	+00:13:02 (22.0%)	4:33	13.2 (78.1%)

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
20	**WŁODKOWSKI Robert**	**490**		M3 40-49 lat	20	Tak		00:00:26	00:20:01	00:40:03	**00:59:50.90**	**00:59:50.90**	+00:13:40 (22.9%)	4:36	13 (76.9%)
21	**SZYMAŃSKI Andrzej**	**446**		M3 40-49 lat	21	Tak		00:00:25	00:19:11	00:38:56	**00:59:51.55**	**00:59:51.55**	+00:13:41 (22.9%)	4:36	13 (76.9%)
22	**ŁATKOWSKI Łukasz**	**266**	GRUPA BIEGOWA CHTMO	M3 40-49 lat	22			00:00:31	00:20:31	00:40:40	**01:00:10.55**	**01:00:10.55**	+00:14:00 (23.3%)	4:37	13 (76.9%)
23	**ZIOMEK Marek**	**515**	MARKOWI BIEGACZE	M3 40-49 lat	23	Tak		00:00:48	00:20:42	00:40:39	**01:00:23.55**	**01:00:23.55**	+00:14:13 (23.6%)	4:38	12.9 (76.3%)
24	**MOŁODKIEWICZ Zbigniew**	**307**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	Tak		00:00:28	00:20:28	00:40:18	**01:00:31.25**	**01:00:31.25**	+00:14:21 (23.7%)	4:39	12.9 (76.3%)
25	**JANECKI Przemysław**	**151**	PROJEKT MARATON EUROPA PLUS (AŚ WARSZAWA GROCHÓW)	M3 40-49 lat	25		Tak	00:00:39	00:20:13	00:40:30	**01:00:37.65**	**01:00:37.65**	+00:14:27 (23.9%)	4:39	12.9 (76.3%)
26	**MANCZENKO Eugeniusz**	**282**	LEŚNE SZYCHY	M3 40-49 lat	26			00:00:43	00:20:26	00:40:56	**01:00:56.65**	**01:00:56.65**	+00:14:46 (24.2%)	4:41	12.8 (75.7%)
27	**BIEDKA Robert**	**44**	RUN CREW OSTROŁĘKA	M3 40-49 lat	27		Tak	00:00:35	00:20:39	00:40:58	**01:01:00.30**	**01:01:00.30**	+00:14:50 (24.3%)	4:41	12.8 (75.7%)
28	**GRZESIK Marcin**	**131**	GRUPA BIEGOWA CHTMO	M3 40-49 lat	28			00:00:32	00:20:31	00:40:53	**01:01:02.90**	**01:01:02.90**	+00:14:52 (24.4%)	4:41	12.8 (75.7%)
29	**GRYZ Jacek**	**130**	SUNFIT STUDIO	M3 40-49 lat	29			00:00:37	00:20:55	00:41:08	**01:01:25.00**	**01:01:25.00**	+00:15:14 (24.8%)	4:43	12.7 (75.1%)
30	**CISKI Piotr**	**71**		M3 40-49 lat	30	Tak		00:00:47	00:21:08	00:41:36	**01:01:56.90**	**01:01:56.90**	+00:15:46 (25.5%)	4:45	12.6 (74.6%)
31	**MAZUREK Marcin**	**288**		M3 40-49 lat	31	Tak		00:00:38	00:21:01	00:41:41	**01:01:57.90**	**01:01:57.90**	+00:15:47 (25.5%)	4:45	12.6 (74.6%)
32	**TOMASZEK Robert**	**459**		M3 40-49 lat	32	Tak		00:00:30	00:19:54	00:40:44	**01:02:16.20**	**01:02:16.20**	+00:16:06 (25.9%)	4:47	12.5 (74.0%)
33	**SIKORSKI Paweł**	**391**	KIP RUNNING	M3 40-49 lat	33			00:00:34	00:21:10	00:42:18	**01:03:46.95**	**01:03:46.95**	+00:17:36 (27.6%)	4:54	12.2 (72.2%)
34	**ŚMIETAŃSKI Piotr**	**452**	NASIELSK BASZTA TEAM	M3 40-49 lat	34			00:01:08	00:22:22	00:43:08	**01:04:01.30**	**01:04:01.30**	+00:17:51 (27.9%)	4:55	12.2 (72.2%)
35	**MIĘTEK Artur**	**297**		M3 40-49 lat	35		Tak	00:00:41	00:21:43	00:43:00	**01:04:27.85**	**01:04:27.85**	+00:18:17 (28.4%)	4:57	12.1 (71.6%)
36	**RYMKIEWICZ Zbigniew**	**376**		M3 40-49 lat	36			00:01:00	00:21:55	00:43:40	**01:04:29.85**	**01:04:29.85**	+00:18:19 (28.4%)	4:57	12.1 (71.6%)
37	**CIBORSKI Jakub**	**66**		M3 40-49 lat	37			00:00:55	00:22:01	00:43:26	**01:04:40.85**	**01:04:40.85**	+00:18:30 (28.6%)	4:58	12.1 (71.6%)
38	**JARMUŻEWSKI Adam**	**153**	TIA	M3 40-49 lat	38	Tak		00:00:58	00:21:59	00:43:16	**01:04:51.35**	**01:04:51.35**	+00:18:41 (28.8%)	4:59	12 (71.0%)
39	**WASIAK Maciej**	**478**		M3 40-49 lat	39		Tak	00:00:46	00:21:32	00:43:09	**01:04:57.00**	**01:04:57.00**	+00:18:46 (28.9%)	4:59	12 (71.0%)
40	**DOMŻALSKI Artur**	**87**		M3 40-49 lat	40	Tak		00:00:55	00:22:01	00:43:27	**01:05:05.85**	**01:05:05.85**	+00:18:55 (29.1%)	5:00	12 (71.0%)
41	**KOWALSKI Mariusz**	**232**		M3 40-49 lat	41			00:01:08	00:23:00	00:44:23	**01:05:17.50**	**01:05:17.50**	+00:19:07 (29.3%)	5:01	11.9 (70.4%)
42	**OSIAL Mariusz**	**330**	KB IM. PIOTRA SĘKOWSKIEGO	M3 40-49 lat	42			00:00:54	00:22:36	00:43:54	**01:05:21.90**	**01:05:21.90**	+00:19:11 (29.4%)	5:01	11.9 (70.4%)
43	**KOBYLEC Artur**	**207**		M3 40-49 lat	43	Tak		00:01:29	00:22:33	00:43:51	**01:05:43.15**	**01:05:43.15**	+00:19:33 (29.8%)	5:03	11.9 (70.4%)
44	**KULIK Tomasz**	**246**		M3 40-49 lat	44			00:00:55	00:22:19	00:44:02	**01:06:03.30**	**01:06:03.30**	+00:19:53 (30.1%)	5:04	11.8 (69.8%)
45	**WRONIEWSKI Mariusz**	**500**		M3 40-49 lat	45			00:01:01	00:22:32	00:44:34	**01:06:24.10**	**01:06:24.10**	+00:20:14 (30.5%)	5:06	11.7 (69.2%)
46	**KOŁODZIEJCZYK Krzysztof**	**212**	NASIELSK BASZTA TEAM	M3 40-49 lat	46			00:01:13	00:22:31	00:44:50	**01:06:32.35**	**01:06:32.35**	+00:20:22 (30.6%)	5:07	11.7 (69.2%)

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
47	**GAWLIK Arkadiusz**	**108**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	47	Tak		00:00:49	00:22:50	00:44:58	**01:06:42.65**	**01:06:42.65**	+00:20:32 (30.8%)	5:07	11.7 (69.2%)
48	**MIŚTA Grzegorz**	**303**		M3 40-49 lat	48		Tak	00:00:43	00:22:54	00:45:06	**01:06:49.25**	**01:06:49.25**	+00:20:39 (30.9%)	5:08	11.7 (69.2%)
49	**POTRZEBOWSKI Dominik**	**357**	MARKOWI BIEGACZE	M3 40-49 lat	49			00:00:42	00:21:45	00:44:05	**01:07:06.70**	**01:07:06.70**	+00:20:56 (31.2%)	5:09	11.6 (68.6%)
50	**GAJEWSKI Mariusz**	**102**		M3 40-49 lat	50		Tak	00:00:45	00:21:41	00:43:56	**01:07:08.55**	**01:07:08.55**	+00:20:58 (31.2%)	5:09	11.6 (68.6%)
51	**SEBASTIAN Kręgiel**	**384**	SZCZYT ZA SZCZYTEM	M3 40-49 lat	51			00:00:36	00:21:58	00:44:29	**01:07:27.65**	**01:07:27.65**	+00:21:17 (31.6%)	5:11	11.6 (68.6%)
52	**GRAD Tomasz**	**126**	MARKOWI BIEGACZE	M3 40-49 lat	52	Tak		00:00:51	00:23:18	00:45:39	**01:07:45.30**	**01:07:45.30**	+00:21:35 (31.9%)	5:12	11.5 (68.0%)
53	**PRĘDKI Marcin**	**358**		M3 40-49 lat	53	Tak		00:01:13	00:23:54	00:45:48	**01:07:49.85**	**01:07:49.85**	+00:21:39 (31.9%)	5:13	11.5 (68.0%)
54	**GRALA Grzegorz**	**127**		M3 40-49 lat	54	Tak		00:01:10	00:23:43	00:46:17	**01:07:56.60**	**01:07:56.60**	+00:21:46 (32.0%)	5:13	11.5 (68.0%)
55	**LEWANDOWSKI Piotr**	**261**		M3 40-49 lat	55	Tak		00:00:39	00:21:49	00:44:39	**01:08:18.55**	**01:08:18.55**	+00:22:08 (32.4%)	5:15	11.4 (67.5%)
56	**OLEKSIAK Piotr**	**324**		M3 40-49 lat	56	Tak		00:00:56	00:23:51	00:46:17	**01:08:25.05**	**01:08:25.05**	+00:22:15 (32.5%)	5:15	11.4 (67.5%)
57	**SIEPIETOWSKI Tomasz**	**386**	ANPHARM RUN TEAM	M3 40-49 lat	57			00:00:50	00:23:43	00:46:22	**01:08:43.95**	**01:08:43.95**	+00:22:33 (32.8%)	5:17	11.4 (67.5%)
58	**SPYCHAŁA Piotr**	**413**		M3 40-49 lat	58	Tak		00:00:30	00:22:51	00:45:59	**01:08:53.00**	**01:08:53.00**	+00:22:42 (33.0%)	5:17	11.3 (66.9%)
59	**GAJOWNICZEK Jarosław**	**103**	BESTIE OCR LEGIONOWO	M3 40-49 lat	59	Tak		00:00:57	00:23:19	00:46:11	**01:09:06.35**	**01:09:06.35**	+00:22:56 (33.2%)	5:18	11.3 (66.9%)
60	**SOCHACKI Mariusz**	**409**		M3 40-49 lat	60			00:01:00	00:24:26	00:47:07	**01:09:28.50**	**01:09:28.50**	+00:23:18 (33.5%)	5:20	11.2 (66.3%)
61	**KACZOR Mariusz**	**172**		M3 40-49 lat	61			00:00:45	00:23:20	00:46:30	**01:10:03.30**	**01:10:03.30**	+00:23:53 (34.1%)	5:23	11.1 (65.7%)
62	**STRÓŻYK Piotrek**	**425**		M3 40-49 lat	62			00:01:12	00:24:47	00:47:34	**01:10:08.00**	**01:10:08.00**	+00:23:57 (34.2%)	5:23	11.1 (65.7%)
63	**JABŁONKA Radek**	**144**	DZIADY OCR	M3 40-49 lat	63			00:00:55	00:24:31	00:47:46	**01:10:11.45**	**01:10:11.45**	+00:24:01 (34.2%)	5:23	11.1 (65.7%)
64	**ZDUNIAK Marcin**	**509**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	64	Tak		00:01:12	00:25:08	00:48:42	**01:10:54.60**	**01:10:54.60**	+00:24:44 (34.9%)	5:27	11 (65.1%)
65	**ŁOZIŃSKI Piotr**	**267**	BRACTWO BIEGOWE BGK	M3 40-49 lat	65	Tak		00:00:58	00:24:11	00:47:33	**01:11:02.20**	**01:11:02.20**	+00:24:52 (35.0%)	5:27	11 (65.1%)
66	**BIAŁOKOS Kamil**	**43**	GRUPA BIEGOWA CHTMO	M3 40-49 lat	66	Tak		00:00:59	00:25:31	00:47:38	**01:11:06.15**	**01:11:06.15**	+00:24:56 (35.1%)	5:28	11 (65.1%)
67	**GMITRZUK Paweł**	**117**	BESTIE OCR LEGIONOWO	M3 40-49 lat	67			00:00:59	00:24:24	00:47:41	**01:11:06.90**	**01:11:06.90**	+00:24:56 (35.1%)	5:28	11 (65.1%)
68	**JASKÓLSKI Marcin**	**161**	BESTIE OCR LEGIONOWO	M3 40-49 lat	68			00:01:01	00:24:25	00:47:38	**01:11:07.20**	**01:11:07.20**	+00:24:57 (35.1%)	5:28	11 (65.1%)
69	**WIERBIŁOWICZ Dariusz**	**483**		M3 40-49 lat	69			00:00:53	00:23:29	00:46:59	**01:11:15.15**	**01:11:15.15**	+00:25:05 (35.2%)	5:28	10.9 (64.5%)
70	**MICHALSKI Ryszard**	**292**	BEMOWO BIEGA	M3 40-49 lat	70			00:00:53	00:23:42	00:47:48	**01:11:46.65**	**01:11:46.65**	+00:25:36 (35.7%)	5:31	10.9 (64.5%)
71	**BARTNIK Rafał**	**29**	ZABIEGANY WOŁOMIN	M3 40-49 lat	71			00:01:02	00:24:35	00:48:16	**01:11:49.05**	**01:11:49.05**	+00:25:39 (35.7%)	5:31	10.9 (64.5%)
72	**DOMINIAK Zbigniew**	**508**		M3 40-49 lat	72	Tak		00:00:45	00:24:11	00:48:06	**01:11:55.75**	**01:11:55.75**	+00:25:45 (35.8%)	5:31	10.8 (63.9%)
73	**KOPER Sebastian**	**217**	CARREFOUR RUNNING TEAM	M3 40-49 lat	73			00:00:50	00:23:36	00:47:30	**01:12:04.45**	**01:12:04.45**	+00:25:54 (35.9%)	5:32	10.8 (63.9%)

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74	**NOGAL Robert**	**314**	INDOORY URSUS	M3 40-49 lat	74			00:01:24	00:24:55	00:48:39	**01:12:15.20**	**01:12:15.20**	+00:26:05 (36.1%)	5:33	10.8 (63.9%)
75	**PROKOPIUK Grzegorz**	**360**	SZWAGRY DWA	M3 40-49 lat	75	Tak		00:00:34	00:24:46	00:48:15	**01:12:18.90**	**01:12:18.90**	+00:26:08 (36.2%)	5:33	10.8 (63.9%)
76	**BORUSZEWSKI Maciej**	**52**		M3 40-49 lat	76			00:01:02	00:24:34	00:48:51	**01:12:29.65**	**01:12:29.65**	+00:26:19 (36.3%)	5:34	10.8 (63.9%)
77	**MATYSZCZAK Krzysztof**	**287**	KENKO	M3 40-49 lat	77			00:01:03	00:27:54	00:50:57	**01:12:37.85**	**01:12:37.85**	+00:26:27 (36.4%)	5:35	10.7 (63.3%)
78	**JONKO Marcin**	**165**		M3 40-49 lat	78			00:01:08	00:25:45	00:49:28	**01:12:42.70**	**01:12:42.70**	+00:26:32 (36.5%)	5:35	10.7 (63.3%)
79	**KOŁOSOWSKI Piotr**	**213**		M3 40-49 lat	79			00:00:56	00:25:35	00:50:15	**01:12:42.75**	**01:12:42.75**	+00:26:32 (36.5%)	5:35	10.7 (63.3%)
80	**STEMPEL Tomasz**	**419**		M3 40-49 lat	80			00:01:28	00:25:53	00:49:33	**01:12:59.45**	**01:12:59.45**	+00:26:49 (36.7%)	5:36	10.7 (63.3%)
81	**NOSARZEWSKI Mariusz**	**315**	GB PRESS	M3 40-49 lat	81			00:01:06	00:24:26	00:48:41	**01:13:15.10**	**01:13:15.10**	+00:27:05 (37.0%)	5:38	10.6 (62.7%)
82	**GOZDZIKIEWICZ Błażej**	**121**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	82	Tak		00:00:50	00:24:54	00:49:43	**01:13:43.05**	**01:13:43.05**	+00:27:33 (37.4%)	5:40	10.6 (62.7%)
83	**KOĆ Marcin**	**209**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	83			00:01:09	00:25:18	00:49:39	**01:14:02.35**	**01:14:02.35**	+00:27:52 (37.6%)	5:41	10.5 (62.1%)
84	**WCISŁO Marcin**	**480**		M3 40-49 lat	84			00:01:08	00:24:57	00:49:27	**01:14:19.45**	**01:14:19.45**	+00:28:09 (37.9%)	5:43	10.5 (62.1%)
84	**BITOWSKI Hubert**	**46**		M3 40-49 lat	84			00:01:10	00:25:27	00:50:12	**01:14:19.45**	**01:14:19.45**	+00:28:09 (37.9%)	5:43	10.5 (62.1%)
86	**KOSECKI Jakub**	**415**		M3 40-49 lat	86			00:01:30	00:27:56	00:51:24	**01:14:20.65**	**01:14:20.65**	+00:28:10 (37.9%)	5:43	10.5 (62.1%)
87	**MACURA Michał**	**276**		M3 40-49 lat	87	Tak		00:00:55	00:25:19	00:50:15	**01:15:04.20**	**01:15:04.20**	+00:28:54 (38.5%)	5:46	10.4 (61.5%)
88	**CZAJKOWSKI Rafał**	**73**	EKOBIEGI	M3 40-49 lat	88	Tak		00:01:04	00:28:21	00:51:52	**01:15:16.40**	**01:15:16.40**	+00:29:06 (38.7%)	5:47	10.4 (61.5%)
89	**WOSIK Jerzy**	**493**	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M3 40-49 lat	89			00:01:24	00:27:53	00:51:40	**01:15:40.55**	**01:15:40.55**	+00:29:30 (39.0%)	5:49	10.3 (60.9%)
90	**SZCZYGIEŁ Piotr**	**436**		M3 40-49 lat	90			00:00:40	00:24:23	00:50:43	**01:15:59.85**	**01:15:59.85**	+00:29:49 (39.3%)	5:50	10.3 (60.9%)
91	**STANISZEWSKI Rafał**	**416**	TURBODZIKI	M3 40-49 lat	91		Tak	00:00:47	00:26:34	00:51:53	**01:16:53.40**	**01:16:53.40**	+00:30:43 (40.0%)	5:54	10.1 (59.8%)
92	**KATNER Tomasz**	**195**		M3 40-49 lat	92			00:00:58	00:26:06	00:51:51	**01:17:01.70**	**01:17:01.70**	+00:30:51 (40.1%)	5:55	10.1 (59.8%)
93	**KUCIŃSKI Łukasz**	**244**		M3 40-49 lat	93			00:00:52	00:25:04	00:50:36	**01:17:17.25**	**01:17:17.25**	+00:31:07 (40.3%)	5:56	10.1 (59.8%)
94	**CHOJNOWSKI Andrzej**	**63**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	94	Tak		00:01:08	00:27:15	00:52:47	**01:18:13.40**	**01:18:13.40**	+00:32:03 (41.0%)	6:01	10 (59.2%)
95	**ADAMKIEWICZ Marcin**	**14**		M3 40-49 lat	95	Tak		00:00:33	00:25:29	00:51:09	**01:19:09.05**	**01:19:09.05**	+00:32:59 (41.7%)	6:05	9.9 (58.6%)
96	**ZYGADŁO Piotr**	**518**		M3 40-49 lat	96			00:00:46	00:27:43	00:53:47	**01:19:20.95**	**01:19:20.95**	+00:33:10 (41.8%)	6:06	9.8 (58.0%)
97	**NOWAK Marcin**	**318**		M3 40-49 lat	97		Tak	00:01:26	00:27:39	00:53:40	**01:19:22.75**	**01:19:22.75**	+00:33:12 (41.8%)	6:06	9.8 (58.0%)
98	**OSIŃSKI Zbigniew**	**333**	BIEGAM BO LUBIĘ	M3 40-49 lat	98	Tak		00:00:37	00:26:01	00:52:25	**01:19:27.85**	**01:19:27.85**	+00:33:17 (41.9%)	6:06	9.8 (58.0%)
99	**TUMIŃSKI Artur**	**470**		M3 40-49 lat	99	Tak		00:01:07	00:26:36	00:52:32	**01:19:44.60**	**01:19:44.60**	+00:33:34 (42.1%)	6:08	9.8 (58.0%)
100	**ŁUCZAK Piotr**	**271**	PKO BANK POLSKI	M3 40-49 lat	100	Tak		00:00:54	00:25:40	00:52:37	**01:20:28.20**	**01:20:28.20**	+00:34:18 (42.6%)	6:11	9.7 (57.4%)

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
101	**TORZEWSKI Janusz**	**462**	BEMOWO BIEGA	M3 40-49 lat	101			00:01:07	00:27:51	00:54:47	**01:20:57.50**	**01:20:57.50**	+00:34:47 (43.0%)	6:13	9.6 (56.8%)
102	**NOSKIEWICZ Krzysztof**	**316**		M3 40-49 lat	102			00:00:57	00:27:10	00:54:25	**01:21:14.80**	**01:21:14.80**	+00:35:04 (43.2%)	6:14	9.6 (56.8%)
103	**CZUPTA Hirek**	**76**	KLUB ROGATEGO MORSA	M3 40-49 lat	103			00:00:53	00:28:00	00:56:15	**01:23:48.80**	**01:23:48.80**	+00:37:38 (44.9%)	6:26	9.3 (55.0%)
104	**SUCHORZEWSKI Norbert**	**427**		M3 40-49 lat	104			00:01:28	00:28:15	00:55:34	**01:24:24.95**	**01:24:24.95**	+00:38:14 (45.3%)	6:29	9.2 (54.4%)
105	**SOWA Andrzej**	**412**		M3 40-49 lat	105			00:00:49	00:27:55	00:56:08	**01:24:27.90**	**01:24:27.90**	+00:38:17 (45.3%)	6:29	9.2 (54.4%)
106	**HEBDA Bartłomiej**	**138**		M3 40-49 lat	106			00:01:33	00:30:10	00:57:07	**01:24:29.85**	**01:24:29.85**	+00:38:19 (45.4%)	6:29	9.2 (54.4%)
107	**KAMIŃSKI Marcin**	**178**		M3 40-49 lat	107			00:01:16	00:29:06	00:57:03	**01:24:50.35**	**01:24:50.35**	+00:38:40 (45.6%)	6:31	9.2 (54.4%)
108	**ŁOZOWSKI Robert**	**269**		M3 40-49 lat	108	Tak		00:00:44	00:27:31	00:55:55	**01:25:01.45**	**01:25:01.45**	+00:38:51 (45.7%)	6:32	9.2 (54.4%)
109	**TYBURC Paweł**	**69**	RADA DZIELNICY BIAŁOŁĘKA	M3 40-49 lat	109	Tak		00:01:21	00:28:08	00:56:06	**01:25:25.80**	**01:25:25.80**	+00:39:15 (46.0%)	6:34	9.1 (53.8%)
110	**LEŚKO Jarek**	**258**		M3 40-49 lat	110	Tak		00:01:25	00:29:22	00:56:58	**01:26:17.25**	**01:26:17.25**	+00:40:07 (46.5%)	6:38	9 (53.3%)
111	**RUSIN Bartosz**	**374**		M3 40-49 lat	111			00:01:25	00:29:25	00:57:58	**01:27:13.50**	**01:27:13.50**	+00:41:03 (47.1%)	6:42	8.9 (52.7%)
112	**BERNAT Sebastian**	**40**	STARE WILKI	M3 40-49 lat	112			00:01:14	00:30:14	00:57:54	**01:28:00.75**	**01:28:00.75**	+00:41:50 (47.5%)	6:46	8.9 (52.7%)
113	**JEŻMAŃSKI Sławek**	**164**		M3 40-49 lat	113	Tak		00:01:27	00:30:57	01:00:28	**01:30:08.55**	**01:30:08.55**	+00:43:58 (48.8%)	6:56	8.7 (51.5%)
114	**ŻUCHOWSKI Artur**	**520**	MY MIESZKAŃCY LEGIONOWO	M3 40-49 lat	114			00:01:19	00:29:36	00:59:10	**01:30:09.70**	**01:30:09.70**	+00:43:59 (48.8%)	6:56	8.7 (51.5%)
115	**WOŹNIAK Marcin**	**496**		M3 40-49 lat	115			00:01:28	00:31:19	01:01:50	**01:32:04.85**	**01:32:04.85**	+00:45:54 (49.9%)	7:04	8.5 (50.3%)
116	**FIEDOSIUK Michał**	**96**		M3 40-49 lat	116	Tak		00:01:10	00:32:25	01:03:42	**01:36:42.75**	**01:36:42.75**	+00:50:32 (52.3%)	7:26	8.1 (47.9%)
117	**ŁUKASIEWICZ Robert**	**272**	KOKOSZKA36TEAM	M3 40-49 lat	117	Tak		00:01:00	00:30:46	01:04:12	**01:38:44.40**	**01:38:44.40**	+00:52:34 (53.2%)	7:35	7.9 (46.7%)
118	**GIERANOWSKI Marcin**	**113**	ZALATANI	M3 40-49 lat	118			00:01:04	00:32:15	01:05:44	**01:40:52.90**	**01:40:52.90**	+00:54:42 (54.2%)	7:45	7.7 (45.6%)
119	**NASKRĘT Mariusz**	**312**		M3 40-49 lat	119			00:01:01	00:32:31	01:06:38	**01:42:09.80**	**01:42:09.80**	+00:55:59 (54.8%)	7:51	7.6 (45.0%)
	SOBOTA Artur	**408**	DECOARTY.PL	M3 40-49 lat				00:00:42 DNF	00:21:38 DNF	00:43:39 DNF	**DNF**	**DNF**		-	- (0.0%)
	PIOTROWSKI Piotr	**346**		M3 40-49 lat				00:01:12 DNF	00:25:22 DNF	00:50:13 DNF	**DNF**	**DNF**		-	- (0.0%)
	NADOBNIK Konrad	**311**		M3 40-49 lat				00:00:52 DNF	00:25:14 DNF	00:50:19 DNF	**DNF**	**DNF**		-	- (0.0%)
	WACH Michał	**474**	BIEGAM NA TARCHOMINIE	M3 40-49 lat		Tak		00:01:10 DNF	00:27:13 DNF	00:52:46 DNF	**DNF**	**DNF**		-	- (0.0%)
	MĘDEL Cezary	**290**		M3 40-49 lat				00:01:13 DNF	00:29:16 DNF	00:57:16 DNF	**DNF**	**DNF**		-	- (0.0%)
	OSTASZEWSKI Wojtek	**337**	WERKUS RUNNERS	M3 40-49 lat		Tak		00:01:14 DNF	00:29:57 DNF	00:57:27 DNF	**DNF**	**DNF**		-	- (0.0%)
	KUCICKI Krzysztof	**243**		M3 40-49 lat		Tak		00:01:17 DNF	00:29:23 DNF	00:58:40 DNF	**DNF**	**DNF**		-	- (0.0%)
	VUCO Ivo	**473**	HULTAJ LITERACKI	M3 40-49 lat				00:01:28 DNF	00:30:25 DNF	01:00:14 DNF	**DNF**	**DNF**		-	- (0.0%)

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
	PAC Bartosz	**340**		M3 40-49 lat				00:01:19 DNF	00:30:06 DNF	01:02:18 DNF	**DNF**	**DNF**		-	- (0.0%)
	DĘBSKI Andrzej	**81**		M3 40-49 lat				00:00:51 DNF	00:22:44 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PAWIŃSKI Artur	**342**	ADIDAS RUNNERS WARSAW	M3 40-49 lat				DNF	00:23:47 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JAROŃ Jarosław	**155**	RUN DE GIRARD	M3 40-49 lat				00:00:43 DNF	00:27:48 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BOHDZIEWICZ Paweł	**48**	BRAVEHEARTS LEGIONOWO	M3 40-49 lat				00:00:47 DNF	00:29:11 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOMOŃ Maciej	**214**		M3 40-49 lat				00:01:15 DNF	00:30:09 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ZATYLNY Tomasz	**505**		M3 40-49 lat		Tak		00:00:48 DNF	00:30:46 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BAJOREK Jacek	**22**		M3 40-49 lat				00:01:06 DNF	00:30:54 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	STĘPNIK Marcin	**422**		M3 40-49 lat			Tak	00:00:32 DNF	00:31:02 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	NOWICKI Dariusz	**319**		M3 40-49 lat		Tak		00:01:15 DNF	00:32:03 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	TRENTOWSKI Piotr	**464**		M3 40-49 lat		Tak		00:01:20 DNF	00:33:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOŁACZ Jakub	**497**		M3 40-49 lat				00:01:16 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 139 wynik(ów)