

# BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby								
20	<b>WŁODKOWSKI Robert</b>	<b>490</b>		M3 40-49 lat	20	Tak		00:00:26	00:20:01	00:40:03	<b>00:59:50.90</b>	<b>00:59:50.90</b>	+00:13:40 (22.9%)	4:36	13 (76.9%)
21	<b>SZYMAŃSKI Andrzej</b>	<b>446</b>		M3 40-49 lat	21	Tak		00:00:25	00:19:11	00:38:56	<b>00:59:51.55</b>	<b>00:59:51.55</b>	+00:13:41 (22.9%)	4:36	13 (76.9%)
22	<b>ŁATKOWSKI Łukasz</b>	<b>266</b>	GRUPA BIEGOWA CHTMO	M3 40-49 lat	22			00:00:31	00:20:31	00:40:40	<b>01:00:10.55</b>	<b>01:00:10.55</b>	+00:14:00 (23.3%)	4:37	13 (76.9%)
23	<b>ZIOMEK Marek</b>	<b>515</b>	MARKOWI BIEGACZE	M3 40-49 lat	23	Tak		00:00:48	00:20:42	00:40:39	<b>01:00:23.55</b>	<b>01:00:23.55</b>	+00:14:13 (23.6%)	4:38	12.9 (76.3%)
24	<b>MOŁODKIEWICZ Zbigniew</b>	<b>307</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	Tak		00:00:28	00:20:28	00:40:18	<b>01:00:31.25</b>	<b>01:00:31.25</b>	+00:14:21 (23.7%)	4:39	12.9 (76.3%)
25	<b>JANECKI Przemysław</b>	<b>151</b>	PROJEKT MARATON EUROPA PLUS (AŚ WARSZAWA GROCHÓW)	M3 40-49 lat	25		Tak	00:00:39	00:20:13	00:40:30	<b>01:00:37.65</b>	<b>01:00:37.65</b>	+00:14:27 (23.9%)	4:39	12.9 (76.3%)
26	<b>MANCZENKO Eugeniusz</b>	<b>282</b>	LEŚNE SZYCHY	M3 40-49 lat	26			00:00:43	00:20:26	00:40:56	<b>01:00:56.65</b>	<b>01:00:56.65</b>	+00:14:46 (24.2%)	4:41	12.8 (75.7%)
27	<b>BIEDKA Robert</b>	<b>44</b>	RUN CREW OSTROŁĘKA	M3 40-49 lat	27		Tak	00:00:35	00:20:39	00:40:58	<b>01:01:00.30</b>	<b>01:01:00.30</b>	+00:14:50 (24.3%)	4:41	12.8 (75.7%)
28	<b>GRZESIK Marcin</b>	<b>131</b>	GRUPA BIEGOWA CHTMO	M3 40-49 lat	28			00:00:32	00:20:31	00:40:53	<b>01:01:02.90</b>	<b>01:01:02.90</b>	+00:14:52 (24.4%)	4:41	12.8 (75.7%)
29	<b>GRYZ Jacek</b>	<b>130</b>	SUNFIT STUDIO	M3 40-49 lat	29			00:00:37	00:20:55	00:41:08	<b>01:01:25.00</b>	<b>01:01:25.00</b>	+00:15:14 (24.8%)	4:43	12.7 (75.1%)
30	<b>CISKI Piotr</b>	<b>71</b>		M3 40-49 lat	30	Tak		00:00:47	00:21:08	00:41:36	<b>01:01:56.90</b>	<b>01:01:56.90</b>	+00:15:46 (25.5%)	4:45	12.6 (74.6%)
31	<b>MAZUREK Marcin</b>	<b>288</b>		M3 40-49 lat	31	Tak		00:00:38	00:21:01	00:41:41	<b>01:01:57.90</b>	<b>01:01:57.90</b>	+00:15:47 (25.5%)	4:45	12.6 (74.6%)
32	<b>TOMASZEK Robert</b>	<b>459</b>		M3 40-49 lat	32	Tak		00:00:30	00:19:54	00:40:44	<b>01:02:16.20</b>	<b>01:02:16.20</b>	+00:16:06 (25.9%)	4:47	12.5 (74.0%)
33	<b>SIKORSKI Paweł</b>	<b>391</b>	KIP RUNNING	M3 40-49 lat	33			00:00:34	00:21:10	00:42:18	<b>01:03:46.95</b>	<b>01:03:46.95</b>	+00:17:36 (27.6%)	4:54	12.2 (72.2%)
34	<b>ŚMIETAŃSKI Piotr</b>	<b>452</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	34			00:01:08	00:22:22	00:43:08	<b>01:04:01.30</b>	<b>01:04:01.30</b>	+00:17:51 (27.9%)	4:55	12.2 (72.2%)
35	<b>MIĘTEK Artur</b>	<b>297</b>		M3 40-49 lat	35		Tak	00:00:41	00:21:43	00:43:00	<b>01:04:27.85</b>	<b>01:04:27.85</b>	+00:18:17 (28.4%)	4:57	12.1 (71.6%)
36	<b>RYMKIEWICZ Zbigniew</b>	<b>376</b>		M3 40-49 lat	36			00:01:00	00:21:55	00:43:40	<b>01:04:29.85</b>	<b>01:04:29.85</b>	+00:18:19 (28.4%)	4:57	12.1 (71.6%)
37	<b>CIBORSKI Jakub</b>	<b>66</b>		M3 40-49 lat	37			00:00:55	00:22:01	00:43:26	<b>01:04:40.85</b>	<b>01:04:40.85</b>	+00:18:30 (28.6%)	4:58	12.1 (71.6%)
38	<b>JARMUŻEWSKI Adam</b>	<b>153</b>	TIA	M3 40-49 lat	38	Tak		00:00:58	00:21:59	00:43:16	<b>01:04:51.35</b>	<b>01:04:51.35</b>	+00:18:41 (28.8%)	4:59	12 (71.0%)
39	<b>WASIAK Maciej</b>	<b>478</b>		M3 40-49 lat	39		Tak	00:00:46	00:21:32	00:43:09	<b>01:04:57.00</b>	<b>01:04:57.00</b>	+00:18:46 (28.9%)	4:59	12 (71.0%)
40	<b>DOMŻAŁSKI Artur</b>	<b>87</b>		M3 40-49 lat	40	Tak		00:00:55	00:22:01	00:43:27	<b>01:05:05.85</b>	<b>01:05:05.85</b>	+00:18:55 (29.1%)	5:00	12 (71.0%)
41	<b>KOWALSKI Mariusz</b>	<b>232</b>		M3 40-49 lat	41			00:01:08	00:23:00	00:44:23	<b>01:05:17.50</b>	<b>01:05:17.50</b>	+00:19:07 (29.3%)	5:01	11.9 (70.4%)
42	<b>OSIAŁ Mariusz</b>	<b>330</b>	KB IM. PIOTRA SĘKOWSKIEGO	M3 40-49 lat	42			00:00:54	00:22:36	00:43:54	<b>01:05:21.90</b>	<b>01:05:21.90</b>	+00:19:11 (29.4%)	5:01	11.9 (70.4%)
43	<b>KOBYLEC Artur</b>	<b>207</b>		M3 40-49 lat	43	Tak		00:01:29	00:22:33	00:43:51	<b>01:05:43.15</b>	<b>01:05:43.15</b>	+00:19:33 (29.8%)	5:03	11.9 (70.4%)
44	<b>KULIK Tomasz</b>	<b>246</b>		M3 40-49 lat	44			00:00:55	00:22:19	00:44:02	<b>01:06:03.30</b>	<b>01:06:03.30</b>	+00:19:53 (30.1%)	5:04	11.8 (69.8%)
45	<b>WRONIEWSKI Mariusz</b>	<b>500</b>		M3 40-49 lat	45			00:01:01	00:22:32	00:44:34	<b>01:06:24.10</b>	<b>01:06:24.10</b>	+00:20:14 (30.5%)	5:06	11.7 (69.2%)
46	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>212</b>	NASIELSK BASZTA TEAM	M3 40-49 lat	46			00:01:13	00:22:31	00:44:50	<b>01:06:32.35</b>	<b>01:06:32.35</b>	+00:20:22 (30.6%)	5:07	11.7 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby								
47	<b>GAWLIK Arkadiusz</b>	<b>108</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	47	Tak		00:00:49	00:22:50	00:44:58	<b>01:06:42.65</b>	<b>01:06:42.65</b>	+00:20:32 (30.8%)	5:07	11.7 (69.2%)
48	<b>MIŚTA Grzegorz</b>	<b>303</b>		M3 40-49 lat	48	Tak		00:00:43	00:22:54	00:45:06	<b>01:06:49.25</b>	<b>01:06:49.25</b>	+00:20:39 (30.9%)	5:08	11.7 (69.2%)
49	<b>POTRZEBOWSKI Dominik</b>	<b>357</b>	MARKOWI BIEGACZE	M3 40-49 lat	49			00:00:42	00:21:45	00:44:05	<b>01:07:06.70</b>	<b>01:07:06.70</b>	+00:20:56 (31.2%)	5:09	11.6 (68.6%)
50	<b>GAJEWSKI Mariusz</b>	<b>102</b>		M3 40-49 lat	50	Tak		00:00:45	00:21:41	00:43:56	<b>01:07:08.55</b>	<b>01:07:08.55</b>	+00:20:58 (31.2%)	5:09	11.6 (68.6%)
51	<b>SEBASTIAN Kręgiel</b>	<b>384</b>	SZCZYT ZA SZCZYTEM	M3 40-49 lat	51			00:00:36	00:21:58	00:44:29	<b>01:07:27.65</b>	<b>01:07:27.65</b>	+00:21:17 (31.6%)	5:11	11.6 (68.6%)
52	<b>GRAD Tomasz</b>	<b>126</b>	MARKOWI BIEGACZE	M3 40-49 lat	52	Tak		00:00:51	00:23:18	00:45:39	<b>01:07:45.30</b>	<b>01:07:45.30</b>	+00:21:35 (31.9%)	5:12	11.5 (68.0%)
53	<b>PRĘDKI Marcin</b>	<b>358</b>		M3 40-49 lat	53	Tak		00:01:13	00:23:54	00:45:48	<b>01:07:49.85</b>	<b>01:07:49.85</b>	+00:21:39 (31.9%)	5:13	11.5 (68.0%)
54	<b>GRALA Grzegorz</b>	<b>127</b>		M3 40-49 lat	54	Tak		00:01:10	00:23:43	00:46:17	<b>01:07:56.60</b>	<b>01:07:56.60</b>	+00:21:46 (32.0%)	5:13	11.5 (68.0%)
55	<b>LEWANDOWSKI Piotr</b>	<b>261</b>		M3 40-49 lat	55	Tak		00:00:39	00:21:49	00:44:39	<b>01:08:18.55</b>	<b>01:08:18.55</b>	+00:22:08 (32.4%)	5:15	11.4 (67.5%)
56	<b>OLEKSIAK Piotr</b>	<b>324</b>		M3 40-49 lat	56	Tak		00:00:56	00:23:51	00:46:17	<b>01:08:25.05</b>	<b>01:08:25.05</b>	+00:22:15 (32.5%)	5:15	11.4 (67.5%)
57	<b>SIEPIETOWSKI Tomasz</b>	<b>386</b>	ANPHARM RUN TEAM	M3 40-49 lat	57			00:00:50	00:23:43	00:46:22	<b>01:08:43.95</b>	<b>01:08:43.95</b>	+00:22:33 (32.8%)	5:17	11.4 (67.5%)
58	<b>SPYCHAŁA Piotr</b>	<b>413</b>		M3 40-49 lat	58	Tak		00:00:30	00:22:51	00:45:59	<b>01:08:53.00</b>	<b>01:08:53.00</b>	+00:22:42 (33.0%)	5:17	11.3 (66.9%)
59	<b>GAJOWNICZEK Jarosław</b>	<b>103</b>	BESTIE OCR LEGIONOWO	M3 40-49 lat	59	Tak		00:00:57	00:23:19	00:46:11	<b>01:09:06.35</b>	<b>01:09:06.35</b>	+00:22:56 (33.2%)	5:18	11.3 (66.9%)
60	<b>SOCHACKI Mariusz</b>	<b>409</b>		M3 40-49 lat	60			00:01:00	00:24:26	00:47:07	<b>01:09:28.50</b>	<b>01:09:28.50</b>	+00:23:18 (33.5%)	5:20	11.2 (66.3%)
61	<b>KACZOR Mariusz</b>	<b>172</b>		M3 40-49 lat	61			00:00:45	00:23:20	00:46:30	<b>01:10:03.30</b>	<b>01:10:03.30</b>	+00:23:53 (34.1%)	5:23	11.1 (65.7%)
62	<b>STRÓŻYK Piotrek</b>	<b>425</b>		M3 40-49 lat	62			00:01:12	00:24:47	00:47:34	<b>01:10:08.00</b>	<b>01:10:08.00</b>	+00:23:57 (34.2%)	5:23	11.1 (65.7%)
63	<b>JABŁONKA Radek</b>	<b>144</b>	DZIADY OCR	M3 40-49 lat	63			00:00:55	00:24:31	00:47:46	<b>01:10:11.45</b>	<b>01:10:11.45</b>	+00:24:01 (34.2%)	5:23	11.1 (65.7%)
64	<b>ZDUNIAK Marcin</b>	<b>509</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	64	Tak		00:01:12	00:25:08	00:48:42	<b>01:10:54.60</b>	<b>01:10:54.60</b>	+00:24:44 (34.9%)	5:27	11 (65.1%)
65	<b>ŁOZIŃSKI Piotr</b>	<b>267</b>	BRACTWO BIEGOWE BGK	M3 40-49 lat	65	Tak		00:00:58	00:24:11	00:47:33	<b>01:11:02.20</b>	<b>01:11:02.20</b>	+00:24:52 (35.0%)	5:27	11 (65.1%)
66	<b>BIAŁOKOS Kamil</b>	<b>43</b>	GRUPA BIEGOWA CHTMO	M3 40-49 lat	66	Tak		00:00:59	00:25:31	00:47:38	<b>01:11:06.15</b>	<b>01:11:06.15</b>	+00:24:56 (35.1%)	5:28	11 (65.1%)
67	<b>GMITRZUK Paweł</b>	<b>117</b>	BESTIE OCR LEGIONOWO	M3 40-49 lat	67			00:00:59	00:24:24	00:47:41	<b>01:11:06.90</b>	<b>01:11:06.90</b>	+00:24:56 (35.1%)	5:28	11 (65.1%)
68	<b>JASKÓLSKI Marcin</b>	<b>161</b>	BESTIE OCR LEGIONOWO	M3 40-49 lat	68			00:01:01	00:24:25	00:47:38	<b>01:11:07.20</b>	<b>01:11:07.20</b>	+00:24:57 (35.1%)	5:28	11 (65.1%)
69	<b>WIERBIŁOWICZ Dariusz</b>	<b>483</b>		M3 40-49 lat	69			00:00:53	00:23:29	00:46:59	<b>01:11:15.15</b>	<b>01:11:15.15</b>	+00:25:05 (35.2%)	5:28	10.9 (64.5%)
70	<b>MICHALSKI Ryszard</b>	<b>292</b>	BEMOWO BIEGA	M3 40-49 lat	70			00:00:53	00:23:42	00:47:48	<b>01:11:46.65</b>	<b>01:11:46.65</b>	+00:25:36 (35.7%)	5:31	10.9 (64.5%)
71	<b>BARTNIK Rafał</b>	<b>29</b>	ZABIEGANY WOŁOMIN	M3 40-49 lat	71			00:01:02	00:24:35	00:48:16	<b>01:11:49.05</b>	<b>01:11:49.05</b>	+00:25:39 (35.7%)	5:31	10.9 (64.5%)
72	<b>DOMINIAK Zbigniew</b>	<b>508</b>		M3 40-49 lat	72	Tak		00:00:45	00:24:11	00:48:06	<b>01:11:55.75</b>	<b>01:11:55.75</b>	+00:25:45 (35.8%)	5:31	10.8 (63.9%)
73	<b>KOPER Sebastian</b>	<b>217</b>	CARREFOUR RUNNING TEAM	M3 40-49 lat	73			00:00:50	00:23:36	00:47:30	<b>01:12:04.45</b>	<b>01:12:04.45</b>	+00:25:54 (35.9%)	5:32	10.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby								
74	<b>NOGAL Robert</b>	<b>314</b>	INDOORY URSUS	M3 40-49 lat	74			00:01:24	00:24:55	00:48:39	<b>01:12:15.20</b>	<b>01:12:15.20</b>	+00:26:05 (36.1%)	5:33	10.8 (63.9%)
75	<b>PROKOPIUK Grzegorz</b>	<b>360</b>	SZWAGRY DWA	M3 40-49 lat	75	Tak		00:00:34	00:24:46	00:48:15	<b>01:12:18.90</b>	<b>01:12:18.90</b>	+00:26:08 (36.2%)	5:33	10.8 (63.9%)
76	<b>BORUSZEWSKI Maciej</b>	<b>52</b>		M3 40-49 lat	76			00:01:02	00:24:34	00:48:51	<b>01:12:29.65</b>	<b>01:12:29.65</b>	+00:26:19 (36.3%)	5:34	10.8 (63.9%)
77	<b>MATYSZCZAK Krzysztof</b>	<b>287</b>	KENKO	M3 40-49 lat	77			00:01:03	00:27:54	00:50:57	<b>01:12:37.85</b>	<b>01:12:37.85</b>	+00:26:27 (36.4%)	5:35	10.7 (63.3%)
78	<b>JONKO Marcin</b>	<b>165</b>		M3 40-49 lat	78			00:01:08	00:25:45	00:49:28	<b>01:12:42.70</b>	<b>01:12:42.70</b>	+00:26:32 (36.5%)	5:35	10.7 (63.3%)
79	<b>KOŁOSOWSKI Piotr</b>	<b>213</b>		M3 40-49 lat	79			00:00:56	00:25:35	00:50:15	<b>01:12:42.75</b>	<b>01:12:42.75</b>	+00:26:32 (36.5%)	5:35	10.7 (63.3%)
80	<b>STEMPEL Tomasz</b>	<b>419</b>		M3 40-49 lat	80			00:01:28	00:25:53	00:49:33	<b>01:12:59.45</b>	<b>01:12:59.45</b>	+00:26:49 (36.7%)	5:36	10.7 (63.3%)
81	<b>NOSARZEWSKI Mariusz</b>	<b>315</b>	GB PRESS	M3 40-49 lat	81			00:01:06	00:24:26	00:48:41	<b>01:13:15.10</b>	<b>01:13:15.10</b>	+00:27:05 (37.0%)	5:38	10.6 (62.7%)
82	<b>GOZDZIKIEWICZ Błażej</b>	<b>121</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	82	Tak		00:00:50	00:24:54	00:49:43	<b>01:13:43.05</b>	<b>01:13:43.05</b>	+00:27:33 (37.4%)	5:40	10.6 (62.7%)
83	<b>KOĆ Marcin</b>	<b>209</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	83			00:01:09	00:25:18	00:49:39	<b>01:14:02.35</b>	<b>01:14:02.35</b>	+00:27:52 (37.6%)	5:41	10.5 (62.1%)
84	<b>WCISŁO Marcin</b>	<b>480</b>		M3 40-49 lat	84			00:01:08	00:24:57	00:49:27	<b>01:14:19.45</b>	<b>01:14:19.45</b>	+00:28:09 (37.9%)	5:43	10.5 (62.1%)
84	<b>BITOWSKI Hubert</b>	<b>46</b>		M3 40-49 lat	84			00:01:10	00:25:27	00:50:12	<b>01:14:19.45</b>	<b>01:14:19.45</b>	+00:28:09 (37.9%)	5:43	10.5 (62.1%)
86	<b>KOSECKI Jakub</b>	<b>415</b>		M3 40-49 lat	86			00:01:30	00:27:56	00:51:24	<b>01:14:20.65</b>	<b>01:14:20.65</b>	+00:28:10 (37.9%)	5:43	10.5 (62.1%)
87	<b>MACURA Michał</b>	<b>276</b>		M3 40-49 lat	87	Tak		00:00:55	00:25:19	00:50:15	<b>01:15:04.20</b>	<b>01:15:04.20</b>	+00:28:54 (38.5%)	5:46	10.4 (61.5%)
88	<b>CZAJKOWSKI Rafał</b>	<b>73</b>	EKOBIEGI	M3 40-49 lat	88	Tak		00:01:04	00:28:21	00:51:52	<b>01:15:16.40</b>	<b>01:15:16.40</b>	+00:29:06 (38.7%)	5:47	10.4 (61.5%)
89	<b>WOSIK Jerzy</b>	<b>493</b>	DANIEL WOSIK TERVEL MOUNTAIN RUNNER	M3 40-49 lat	89			00:01:24	00:27:53	00:51:40	<b>01:15:40.55</b>	<b>01:15:40.55</b>	+00:29:30 (39.0%)	5:49	10.3 (60.9%)
90	<b>SZCZYGIEŁ Piotr</b>	<b>436</b>		M3 40-49 lat	90			00:00:40	00:24:23	00:50:43	<b>01:15:59.85</b>	<b>01:15:59.85</b>	+00:29:49 (39.3%)	5:50	10.3 (60.9%)
91	<b>STANISZEWSKI Rafał</b>	<b>416</b>	TURBODZIKI	M3 40-49 lat	91		Tak	00:00:47	00:26:34	00:51:53	<b>01:16:53.40</b>	<b>01:16:53.40</b>	+00:30:43 (40.0%)	5:54	10.1 (59.8%)
92	<b>KATNER Tomasz</b>	<b>195</b>		M3 40-49 lat	92			00:00:58	00:26:06	00:51:51	<b>01:17:01.70</b>	<b>01:17:01.70</b>	+00:30:51 (40.1%)	5:55	10.1 (59.8%)
93	<b>KUCIŃSKI Łukasz</b>	<b>244</b>		M3 40-49 lat	93			00:00:52	00:25:04	00:50:36	<b>01:17:17.25</b>	<b>01:17:17.25</b>	+00:31:07 (40.3%)	5:56	10.1 (59.8%)
94	<b>CHOJNOWSKI Andrzej</b>	<b>63</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat	94	Tak		00:01:08	00:27:15	00:52:47	<b>01:18:13.40</b>	<b>01:18:13.40</b>	+00:32:03 (41.0%)	6:01	10 (59.2%)
95	<b>ADAMKIEWICZ Marcin</b>	<b>14</b>		M3 40-49 lat	95	Tak		00:00:33	00:25:29	00:51:09	<b>01:19:09.05</b>	<b>01:19:09.05</b>	+00:32:59 (41.7%)	6:05	9.9 (58.6%)
96	<b>ZYGADŁO Piotr</b>	<b>518</b>		M3 40-49 lat	96			00:00:46	00:27:43	00:53:47	<b>01:19:20.95</b>	<b>01:19:20.95</b>	+00:33:10 (41.8%)	6:06	9.8 (58.0%)
97	<b>NOWAK Marcin</b>	<b>318</b>		M3 40-49 lat	97		Tak	00:01:26	00:27:39	00:53:40	<b>01:19:22.75</b>	<b>01:19:22.75</b>	+00:33:12 (41.8%)	6:06	9.8 (58.0%)
98	<b>OSIŃSKI Zbigniew</b>	<b>333</b>	BIEGAM BO LUBIĘ	M3 40-49 lat	98	Tak		00:00:37	00:26:01	00:52:25	<b>01:19:27.85</b>	<b>01:19:27.85</b>	+00:33:17 (41.9%)	6:06	9.8 (58.0%)
99	<b>TUMIŃSKI Artur</b>	<b>470</b>		M3 40-49 lat	99	Tak		00:01:07	00:26:36	00:52:32	<b>01:19:44.60</b>	<b>01:19:44.60</b>	+00:33:34 (42.1%)	6:08	9.8 (58.0%)
100	<b>ŁUCZAK Piotr</b>	<b>271</b>	PKO BANK POLSKI	M3 40-49 lat	100	Tak		00:00:54	00:25:40	00:52:37	<b>01:20:28.20</b>	<b>01:20:28.20</b>	+00:34:18 (42.6%)	6:11	9.7 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Więziennej								
101	<b>TORZEWSKI Janusz</b>	<b>462</b>	BEMOWO BIEGA	M3 40-49 lat	101				00:01:07	00:27:51	00:54:47	<b>01:20:57.50</b>	<b>01:20:57.50</b>	+00:34:47 (43.0%)	6:13	9.6 (56.8%)
102	<b>NOSKIEWICZ Krzysztof</b>	<b>316</b>		M3 40-49 lat	102				00:00:57	00:27:10	00:54:25	<b>01:21:14.80</b>	<b>01:21:14.80</b>	+00:35:04 (43.2%)	6:14	9.6 (56.8%)
103	<b>CZUPTA Hirek</b>	<b>76</b>	KLUB ROGATEGO MORSZA	M3 40-49 lat	103				00:00:53	00:28:00	00:56:15	<b>01:23:48.80</b>	<b>01:23:48.80</b>	+00:37:38 (44.9%)	6:26	9.3 (55.0%)
104	<b>SUCHORZEWSKI Norbert</b>	<b>427</b>		M3 40-49 lat	104				00:01:28	00:28:15	00:55:34	<b>01:24:24.95</b>	<b>01:24:24.95</b>	+00:38:14 (45.3%)	6:29	9.2 (54.4%)
105	<b>SOWA Andrzej</b>	<b>412</b>		M3 40-49 lat	105				00:00:49	00:27:55	00:56:08	<b>01:24:27.90</b>	<b>01:24:27.90</b>	+00:38:17 (45.3%)	6:29	9.2 (54.4%)
106	<b>HEBDA Bartłomiej</b>	<b>138</b>		M3 40-49 lat	106				00:01:33	00:30:10	00:57:07	<b>01:24:29.85</b>	<b>01:24:29.85</b>	+00:38:19 (45.4%)	6:29	9.2 (54.4%)
107	<b>KAMIŃSKI Marcin</b>	<b>178</b>		M3 40-49 lat	107				00:01:16	00:29:06	00:57:03	<b>01:24:50.35</b>	<b>01:24:50.35</b>	+00:38:40 (45.6%)	6:31	9.2 (54.4%)
108	<b>ŁOZOWSKI Robert</b>	<b>269</b>		M3 40-49 lat	108	Tak			00:00:44	00:27:31	00:55:55	<b>01:25:01.45</b>	<b>01:25:01.45</b>	+00:38:51 (45.7%)	6:32	9.2 (54.4%)
109	<b>TYBURC Paweł</b>	<b>69</b>	RADA DZIELNICY BIAŁOŁĘKA	M3 40-49 lat	109	Tak			00:01:21	00:28:08	00:56:06	<b>01:25:25.80</b>	<b>01:25:25.80</b>	+00:39:15 (46.0%)	6:34	9.1 (53.8%)
110	<b>LEŚKO Jarek</b>	<b>258</b>		M3 40-49 lat	110	Tak			00:01:25	00:29:22	00:56:58	<b>01:26:17.25</b>	<b>01:26:17.25</b>	+00:40:07 (46.5%)	6:38	9 (53.3%)
111	<b>RUSIN Bartosz</b>	<b>374</b>		M3 40-49 lat	111				00:01:25	00:29:25	00:57:58	<b>01:27:13.50</b>	<b>01:27:13.50</b>	+00:41:03 (47.1%)	6:42	8.9 (52.7%)
112	<b>BERNAT Sebastian</b>	<b>40</b>	STARE WILKI	M3 40-49 lat	112				00:01:14	00:30:14	00:57:54	<b>01:28:00.75</b>	<b>01:28:00.75</b>	+00:41:50 (47.5%)	6:46	8.9 (52.7%)
113	<b>JEŻMAŃSKI Sławek</b>	<b>164</b>		M3 40-49 lat	113	Tak			00:01:27	00:30:57	01:00:28	<b>01:30:08.55</b>	<b>01:30:08.55</b>	+00:43:58 (48.8%)	6:56	8.7 (51.5%)
114	<b>ŻUCHOWSKI Artur</b>	<b>520</b>	MY MIESZKAŃCY LEGIONOWO	M3 40-49 lat	114				00:01:19	00:29:36	00:59:10	<b>01:30:09.70</b>	<b>01:30:09.70</b>	+00:43:59 (48.8%)	6:56	8.7 (51.5%)
115	<b>WOŹNIAK Marcin</b>	<b>496</b>		M3 40-49 lat	115				00:01:28	00:31:19	01:01:50	<b>01:32:04.85</b>	<b>01:32:04.85</b>	+00:45:54 (49.9%)	7:04	8.5 (50.3%)
116	<b>FIEDOSIUK Michał</b>	<b>96</b>		M3 40-49 lat	116	Tak			00:01:10	00:32:25	01:03:42	<b>01:36:42.75</b>	<b>01:36:42.75</b>	+00:50:32 (52.3%)	7:26	8.1 (47.9%)
117	<b>ŁUKASIEWICZ Robert</b>	<b>272</b>	KOKOSZKA36TEAM	M3 40-49 lat	117	Tak			00:01:00	00:30:46	01:04:12	<b>01:38:44.40</b>	<b>01:38:44.40</b>	+00:52:34 (53.2%)	7:35	7.9 (46.7%)
118	<b>GIERANOWSKI Marcin</b>	<b>113</b>	ZALATANI	M3 40-49 lat	118				00:01:04	00:32:15	01:05:44	<b>01:40:52.90</b>	<b>01:40:52.90</b>	+00:54:42 (54.2%)	7:45	7.7 (45.6%)
119	<b>NASKRĘT Mariusz</b>	<b>312</b>		M3 40-49 lat	119				00:01:01	00:32:31	01:06:38	<b>01:42:09.80</b>	<b>01:42:09.80</b>	+00:55:59 (54.8%)	7:51	7.6 (45.0%)
	<b>SOBOTA Artur</b>	<b>408</b>	DECOARTY.PL	M3 40-49 lat					00:00:42 DNF	00:21:38 DNF	00:43:39 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PIOTROWSKI Piotr</b>	<b>346</b>		M3 40-49 lat					00:01:12 DNF	00:25:22 DNF	00:50:13 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NADOBNIK Konrad</b>	<b>311</b>		M3 40-49 lat					00:00:52 DNF	00:25:14 DNF	00:50:19 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WACH Michał</b>	<b>474</b>	BIEGAM NA TARCHOMINIE	M3 40-49 lat		Tak			00:01:10 DNF	00:27:13 DNF	00:52:46 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MĘDEL Cezary</b>	<b>290</b>		M3 40-49 lat					00:01:13 DNF	00:29:16 DNF	00:57:16 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>OSTASZEWSKI Wojtek</b>	<b>337</b>	WERKUS RUNNERS	M3 40-49 lat		Tak			00:01:14 DNF	00:29:57 DNF	00:57:27 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KUCICKI Krzysztof</b>	<b>243</b>		M3 40-49 lat		Tak			00:01:17 DNF	00:29:23 DNF	00:58:40 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>VUCO Ivo</b>	<b>473</b>	HULTAJ LITERACKI	M3 40-49 lat					00:01:28 DNF	00:30:25 DNF	01:00:14 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy			0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy	Służby	Więziennej								
	<b>PAC Bartosz</b>	<b>340</b>		M3 40-49 lat					00:01:19 DNF	00:30:06 DNF	01:02:18 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>DĘBSKI Andrzej</b>	<b>81</b>		M3 40-49 lat					00:00:51 DNF	00:22:44 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>PAWIŃSKI Artur</b>	<b>342</b>	ADIDAS RUNNERS WARSAW	M3 40-49 lat					DNF	00:23:47 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>JAROŃ Jarosław</b>	<b>155</b>	RUN DE GIRARD	M3 40-49 lat					00:00:43 DNF	00:27:48 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BOHDZIEWICZ Paweł</b>	<b>48</b>	BRAVEHEARTS LEGIONOWO	M3 40-49 lat					00:00:47 DNF	00:29:11 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOMOŃ Maciej</b>	<b>214</b>		M3 40-49 lat					00:01:15 DNF	00:30:09 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ZATYLNy Tomasz</b>	<b>505</b>		M3 40-49 lat		Tak			00:00:48 DNF	00:30:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BAJOREK Jacek</b>	<b>22</b>		M3 40-49 lat					00:01:06 DNF	00:30:54 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>STĘPNIK Marcin</b>	<b>422</b>		M3 40-49 lat			Tak		00:00:32 DNF	00:31:02 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>NOWICKI Dariusz</b>	<b>319</b>		M3 40-49 lat		Tak			00:01:15 DNF	00:32:03 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>TRENTOWSKI Piotr</b>	<b>464</b>		M3 40-49 lat		Tak			00:01:20 DNF	00:33:16 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>KOŁACZ Jakub</b>	<b>497</b>		M3 40-49 lat					00:01:16 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 139 wynik(ów)