

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: M4 50-59

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	MAJCHRZAK Sławomir	218	UKS TYCHOW STARY	M4 50-59	1	00:00:03	00:00:18	00:16:52	00:33:53	00:50:51.20	00:50:54.20		3:54	15.3 (100%)
2	KRÓL Dariusz	534	ZABIEGANY WOŁOMIN	M4 50-59	2	00:00:02	00:00:21	00:17:07	00:34:14	00:51:11.45	00:51:14.35	+00:00:20 (0.7%)	3:56	15.2 (99.3%)
3	TYMICKI Zbigniew	382	ENTRE.PL TEAM	M4 50-59	3	00:00:08	00:00:27	00:19:02	00:37:19	00:55:33.80	00:55:42.50	+00:04:42 (8.5%)	4:16	14 (91.5%)
4	ZIÓLKOWSKI Jacek	420		M4 50-59	4	00:00:01	00:00:21	00:18:35	00:37:28	00:55:59.55	00:56:01.40	+00:05:08 (9.2%)	4:18	13.9 (90.8%)
5	JASKÓŁOWSKI Waldemar	135	WOJSKOWA AKADEMIA TECHNICZNA	M4 50-59	5	00:00:00	00:00:41	00:19:15	00:38:02	00:56:51.55	00:56:51.55	+00:06:00 (10.6%)	4:22	13.7 (89.5%)
6	FILIPCZUK Dariusz	83		M4 50-59	6	00:00:06	00:00:23	00:19:05	00:38:23	00:57:32.95	00:57:38.95	+00:06:41 (11.6%)	4:25	13.6 (88.9%)
7	RZEPLIŃSKI Jacek	501		M4 50-59	7	00:00:12	00:00:27	00:19:38	00:39:36	00:59:41.15	00:59:53.30	+00:08:49 (14.8%)	4:35	13.1 (85.6%)
8	HAJKOWICZ Adam	528		M4 50-59	8	00:00:05	00:00:25	00:19:45	00:39:43	00:59:51.35	00:59:56.90	+00:09:00 (15.0%)	4:36	13 (85.0%)
9	OPIATOWSKI Ryszard	269		M4 50-59	9	00:00:11	00:00:28	00:20:11	00:40:22	01:00:22.60	01:00:33.95	+00:09:31 (15.8%)	4:38	12.9 (84.3%)
10	FRE Luis	430	WOLNA WENEZUELA	M4 50-59	10	00:00:04	00:00:22	00:20:18	00:40:30	01:00:27.85	01:00:32.15	+00:09:36 (15.9%)	4:39	12.9 (84.3%)
11	STAŃCZUK Leszek	505	YULO RUN TEAM SIEDLCE	M4 50-59	11	00:00:10	00:00:26	00:20:15	00:40:26	01:00:48.95	01:00:59.05	+00:09:57 (16.4%)	4:40	12.8 (83.7%)
12	ŚWIERCZ Andrzej	509	KB IM. PIOTRA SĘKOWSKIEGO	M4 50-59	12	00:00:10	00:00:26	00:20:01	00:40:19	01:00:50.65	01:01:00.75	+00:09:59 (16.4%)	4:40	12.8 (83.7%)
13	GÓJSKI Mirosław	107	HYDROMIR	M4 50-59	13	00:00:15	00:00:28	00:20:00	00:40:19	01:01:12.40	01:01:28.05	+00:10:21 (16.9%)	4:42	12.7 (83.0%)
14	CELIŃSKI Tomasz	43	TUPTUŚ OTWOCK	M4 50-59	14	00:00:05	00:00:25	00:21:18	00:42:23	01:03:38.90	01:03:44.55	+00:12:47 (20.1%)	4:53	12.3 (80.4%)
15	PIERAŃSKI Adam	284	VEGE RUNNERS	M4 50-59	15	00:00:11	00:00:33	00:22:04	00:43:36	01:04:38.75	01:04:50.00	+00:13:47 (21.3%)	4:58	12.1 (79.1%)
16	DZIARNOWSKI Włodek	73	BIEGAMPŁOCK TEAM	M4 50-59	16	00:00:14	00:00:30	00:21:11	00:42:41	01:04:45.85	01:05:00.70	+00:13:54 (21.5%)	4:58	12 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							0.1km	4.4km	8.7km	13km	13km			
17	MYSTKOWSKI Mieczysław	447		M4 50-59	17	00:00:16	00:00:33	00:21:09	00:43:10	01:04:57.65	01:05:14.20	+00:14:06 (21.7%)	4:59	12 (78.4%)
18	BABIUCH Marek	18		M4 50-59	18	00:00:09	00:00:27	00:22:02	00:43:46	01:06:03.55	01:06:12.85	+00:15:12 (23.0%)	5:04	11.8 (77.1%)
19	WILEŃSKI Zbigniew	398	GRUPA BIEGOWA UM W-WA	M4 50-59	19	00:00:27	00:00:36	00:22:58	00:45:28	01:07:15.20	01:07:42.75	+00:16:24 (24.4%)	5:10	11.6 (75.8%)
20	KOSMALA Dariusz	178		M4 50-59	20	00:00:11	00:00:32	00:21:44	00:44:27	01:07:52.55	01:08:04.10	+00:17:01 (25.1%)	5:13	11.5 (75.2%)
21	GRZEGORSKI Arkadiusz	117	KB FOLIE	M4 50-59	21	00:00:34	00:00:36	00:22:10	00:44:35	01:08:00.60	01:08:35.30	+00:17:09 (25.2%)	5:13	11.5 (75.2%)
22	SMOLEŃSKI Piotr	330	TRUCHT TARCHOMIN TEAM	M4 50-59	22	00:00:12	00:00:29	00:22:34	00:45:16	01:08:04.70	01:08:16.75	+00:17:13 (25.3%)	5:14	11.5 (75.2%)
23	EWERTOWSKI Piotr	76	MARKOWI BIEGACZE	M4 50-59	23	00:00:26	00:00:37	00:22:33	00:44:21	01:08:56.30	01:09:23.15	+00:18:05 (26.2%)	5:18	11.3 (73.9%)
24	SZULAWSKI Robert	363	GSD. ŻOLIBORZ.	M4 50-59	24	00:00:08	00:00:30	00:22:39	00:45:22	01:08:58.20	01:09:07.10	+00:18:07 (26.3%)	5:18	11.3 (73.9%)
25	PYTKA Andrzej	297		M4 50-59	25	00:00:44	00:00:36	00:22:43	00:45:30	01:10:03.45	01:10:47.65	+00:19:12 (27.4%)	5:23	11.1 (72.5%)
26	SKOWRON Wojciech	543		M4 50-59	26	00:00:46	00:00:39	00:24:06	00:47:08	01:10:15.35	01:11:02.10	+00:19:24 (27.6%)	5:24	11.1 (72.5%)
27	LEŃCZUK Andrzej	440		M4 50-59	27	00:00:23	00:00:33	00:22:25	00:45:23	01:10:25.10	01:10:48.25	+00:19:33 (27.8%)	5:25	11.1 (72.5%)
28	RODAK Zbigniew	303		M4 50-59	28	00:00:25	00:00:36	00:24:26	00:47:30	01:10:59.35	01:11:24.35	+00:20:08 (28.4%)	5:27	11 (71.9%)
29	BAKUŁA Wiesław	517	WAMPIR	M4 50-59	29	00:00:04	00:00:27	00:23:19	00:46:52	01:11:15.95	01:11:20.80	+00:20:24 (28.6%)	5:28	10.9 (71.2%)
30	MĘDRZYCKI Mirosław	232	PARKRUN BRÓDNO	M4 50-59	30	00:00:01	00:00:22	00:23:00	00:46:33	01:11:39.80	01:11:41.75	+00:20:48 (29.0%)	5:30	10.9 (71.2%)
31	WALIGÓRSKI Krzysztof	463	MARKOWI BIEGACZE	M4 50-59	31	00:00:27	00:00:37	00:26:05	00:50:43	01:14:21.55	01:14:49.25	+00:23:30 (31.6%)	5:43	10.5 (68.6%)
32	SALAJCZYK Sylwester	452		M4 50-59	32	00:00:34	00:00:38	00:25:08	00:49:49	01:15:00.00	01:15:34.10	+00:24:08 (32.2%)	5:46	10.4 (68.0%)
33	ZDUŃSKI Jarosław	414		M4 50-59	33	00:00:22	00:00:38	00:24:29	00:49:52	01:15:09.10	01:15:31.45	+00:24:17 (32.3%)	5:46	10.4 (68.0%)
34	SELERSKI Krzysztof	319	MARCIN.BIZ	M4 50-59	34	00:00:58	00:00:28	00:24:33	00:49:59	01:16:17.70	01:17:15.95	+00:25:26 (33.3%)	5:52	10.2 (66.7%)
35	KWIATEK Jacek	203		M4 50-59	35	00:00:35	00:00:37	00:25:28	00:51:04	01:16:31.15	01:17:06.15	+00:25:39 (33.5%)	5:53	10.2 (66.7%)
36	KRÓL Ryszard	187	LUBLIN BIEGA	M4 50-59	36	00:00:25	00:00:36	00:25:32	00:51:04	01:16:44.75	01:17:09.80	+00:25:53 (33.7%)	5:54	10.2 (66.7%)
37	RZEPKA Mirek	313	AKTYWNI BIEGACZE	M4 50-59	37	00:00:31	00:00:34	00:25:48	00:52:18	01:18:59.40	01:19:30.45	+00:28:08 (35.6%)	6:04	9.9 (64.7%)
38	JERZAK Eryk	139		M4 50-59	38	00:00:45	00:00:36	00:25:36	00:51:30	01:19:12.10	01:19:57.10	+00:28:20 (35.8%)	6:05	9.8 (64.1%)
39	JERUZAL Jacek	138	TUPTUŚ OTWOCK	M4 50-59	39	00:00:05	00:00:32	00:26:39	00:53:59	01:22:23.40	01:22:29.35	+00:31:32 (38.3%)	6:20	9.5 (62.1%)

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40	BĄK Andrzej	26		M4 50-59	40	00:00:30	00:00:38	00:26:07	00:53:05	01:23:04.10	01:23:34.75	+00:32:12 (38.8%)	6:23	9.4 (61.4%)
41	ROSZAK Waldemar	306	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	41	00:01:01	00:00:27	00:27:26	00:56:47	01:24:50.85	01:25:52.75	+00:33:59 (40.1%)	6:31	9.2 (60.1%)
42	STAŃCZYK Grzegorz	338		M4 50-59	42	00:00:49	00:00:37	00:28:27	00:57:15	01:26:54.90	01:27:44.50	+00:36:03 (41.5%)	6:41	9 (58.8%)
43	CIEŚLAK Pawel	51	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	43	00:01:05	00:00:42	00:35:43	01:01:19	01:29:11.65	01:30:17.00	+00:38:20 (43.0%)	6:51	8.7 (56.9%)
44	NOWOSIELSKI Tomasz	260	HERO	M4 50-59	44	00:00:29	00:00:39	00:25:24	00:52:24			+00:18:31	6:01	10 (65.4%)
45	FRENKEL Marek	87		M4 50-59	45	00:00:48	00:00:39	00:27:31	00:54:29			+00:20:36	6:15	9.6 (62.7%)
46	KAMIONOWSKI Mariusz-Jacek	152	MORSY OSTROŁĘKA	M4 50-59	46	00:00:06	00:00:32	00:25:45	00:56:40			+00:22:47	6:30	9.2 (60.1%)
47	MAREK Roman	225		M4 50-59	47	00:00:10	00:00:29	00:23:21				+00:06:28	5:18	11.3 (73.9%)
48	KILKOWSKI Jarosław	164		M4 50-59	48	00:00:10	00:00:31	00:26:37				+00:09:45	6:02	9.9 (64.7%)
49	KAMIŃSKI Waldemar	433		M4 50-59	49	00:01:08	00:00:39	00:35:42				+00:18:49	8:06	7.4 (48.4%)
50	ANUSZKIEWICZ Włodzimierz	16		M4 50-59	50	00:00:08	00:00:32	00:36:39				+00:19:46	8:19	7.2 (47.1%)

Znaleziono 50 wynik(ów)