

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

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	<b>MAJCHRZAK Sławomir</b>	<b>218</b>	UKS TYCHOW STARY	M4 50-59	1	00:00:03	00:00:18	00:16:52	00:33:53	<b>00:50:51.20</b>	<b>00:50:54.20</b>		3:54	15.3
2	<b>KRÓL Dariusz</b>	<b>534</b>	ZABIEGANY WOŁOMIN	M4 50-59	2	00:00:02	00:00:21	00:17:07	00:34:14	<b>00:51:11.45</b>	<b>00:51:14.35</b>	+00:00:20	3:56	15.2
3	<b>TYMICKI Zbigniew</b>	<b>382</b>	ENTRE.PL TEAM	M4 50-59	3	00:00:08	00:00:27	00:19:02	00:37:19	<b>00:55:33.80</b>	<b>00:55:42.50</b>	+00:04:42	4:16	14
4	<b>ZIÓLKOWSKI Jacek</b>	<b>420</b>		M4 50-59	4	00:00:01	00:00:21	00:18:35	00:37:28	<b>00:55:59.55</b>	<b>00:56:01.40</b>	+00:05:08	4:18	13.9
5	<b>JASKÓŁOWSKI Waldemar</b>	<b>135</b>	WOJSKOWA AKADEMIA TECHNICZNA	M4 50-59	5	00:00:00	00:00:41	00:19:15	00:38:02	<b>00:56:51.55</b>	<b>00:56:51.55</b>	+00:06:00	4:22	13.7
6	<b>FILIPCZUK Dariusz</b>	<b>83</b>		M4 50-59	6	00:00:06	00:00:23	00:19:05	00:38:23	<b>00:57:32.95</b>	<b>00:57:38.95</b>	+00:06:41	4:25	13.6
7	<b>RZEPLIŃSKI Jacek</b>	<b>501</b>		M4 50-59	7	00:00:12	00:00:27	00:19:38	00:39:36	<b>00:59:41.15</b>	<b>00:59:53.30</b>	+00:08:49	4:35	13.1
8	<b>HAJKOWICZ Adam</b>	<b>528</b>		M4 50-59	8	00:00:05	00:00:25	00:19:45	00:39:43	<b>00:59:51.35</b>	<b>00:59:56.90</b>	+00:09:00	4:36	13
9	<b>OPIATOWSKI Ryszard</b>	<b>269</b>		M4 50-59	9	00:00:11	00:00:28	00:20:11	00:40:22	<b>01:00:22.60</b>	<b>01:00:33.95</b>	+00:09:31	4:38	12.9
10	<b>FRE Luis</b>	<b>430</b>	WOLNA WENEZUELA	M4 50-59	10	00:00:04	00:00:22	00:20:18	00:40:30	<b>01:00:27.85</b>	<b>01:00:32.15</b>	+00:09:36	4:39	12.9
11	<b>STAŃCZUK Leszek</b>	<b>505</b>	YULO RUN TEAM SIEDLCE	M4 50-59	11	00:00:10	00:00:26	00:20:15	00:40:26	<b>01:00:48.95</b>	<b>01:00:59.05</b>	+00:09:57	4:40	12.8
12	<b>ŚWIERCZ Andrzej</b>	<b>509</b>	KB IM. PIOTRA SĘKOWSKIEGO	M4 50-59	12	00:00:10	00:00:26	00:20:01	00:40:19	<b>01:00:50.65</b>	<b>01:01:00.75</b>	+00:09:59	4:40	12.8
13	<b>GÓJSKI Mirosław</b>	<b>107</b>	HYDROMIR	M4 50-59	13	00:00:15	00:00:28	00:20:00	00:40:19	<b>01:01:12.40</b>	<b>01:01:28.05</b>	+00:10:21	4:42	12.7
14	<b>CELIŃSKI Tomasz</b>	<b>43</b>	TUPTUŚ OTWOCK	M4 50-59	14	00:00:05	00:00:25	00:21:18	00:42:23	<b>01:03:38.90</b>	<b>01:03:44.55</b>	+00:12:47	4:53	12.3
15	<b>PIERAŃSKI Adam</b>	<b>284</b>	VEGE RUNNERS	M4 50-59	15	00:00:11	00:00:33	00:22:04	00:43:36	<b>01:04:38.75</b>	<b>01:04:50.00</b>	+00:13:47	4:58	12.1
16	<b>DZIARNOWSKI Włodek</b>	<b>73</b>	BIEGAMPŁOCK TEAM	M4 50-59	16	00:00:14	00:00:30	00:21:11	00:42:41	<b>01:04:45.85</b>	<b>01:05:00.70</b>	+00:13:54	4:58	12
17	<b>MYSTKOWSKI Mieczysław</b>	<b>447</b>		M4 50-59	17	00:00:16	00:00:33	00:21:09	00:43:10	<b>01:04:57.65</b>	<b>01:05:14.20</b>	+00:14:06	4:59	12
18	<b>BABIUCH Marek</b>	<b>18</b>		M4 50-59	18	00:00:09	00:00:27	00:22:02	00:43:46	<b>01:06:03.55</b>	<b>01:06:12.85</b>	+00:15:12	5:04	11.8
19	<b>WILEŃSKI Zbigniew</b>	<b>398</b>	GRUPA BIEGOWA UM W-WA	M4 50-59	19	00:00:27	00:00:36	00:22:58	00:45:28	<b>01:07:15.20</b>	<b>01:07:42.75</b>	+00:16:24	5:10	11.6
20	<b>KOSMALA Dariusz</b>	<b>178</b>		M4 50-59	20	00:00:11	00:00:32	00:21:44	00:44:27	<b>01:07:52.55</b>	<b>01:08:04.10</b>	+00:17:01	5:13	11.5
21	<b>GRZEGORSKI Arkadiusz</b>	<b>117</b>	KB FOLIE	M4 50-59	21	00:00:34	00:00:36	00:22:10	00:44:35	<b>01:08:00.60</b>	<b>01:08:35.30</b>	+00:17:09	5:13	11.5
22	<b>SMOLEŃSKI Piotr</b>	<b>330</b>	TRUCHT TARCHOMIN TEAM	M4 50-59	22	00:00:12	00:00:29	00:22:34	00:45:16	<b>01:08:04.70</b>	<b>01:08:16.75</b>	+00:17:13	5:14	11.5
23	<b>EWERTOWSKI Piotr</b>	<b>76</b>	MARKOWI BIEGACZE	M4 50-59	23	00:00:26	00:00:37	00:22:33	00:44:21	<b>01:08:56.30</b>	<b>01:09:23.15</b>	+00:18:05	5:18	11.3
24	<b>SZULAWSKI Robert</b>	<b>363</b>	GSD. ŻOLIBORZ.	M4 50-59	24	00:00:08	00:00:30	00:22:39	00:45:22	<b>01:08:58.20</b>	<b>01:09:07.10</b>	+00:18:07	5:18	11.3
25	<b>PYTKA Andrzej</b>	<b>297</b>		M4 50-59	25	00:00:44	00:00:36	00:22:43	00:45:30	<b>01:10:03.45</b>	<b>01:10:47.65</b>	+00:19:12	5:23	11.1
26	<b>SKOWRON Wojciech</b>	<b>543</b>		M4 50-59	26	00:00:46	00:00:39	00:24:06	00:47:08	<b>01:10:15.35</b>	<b>01:11:02.10</b>	+00:19:24	5:24	11.1
27	<b>LEŃCZUK Andrzej</b>	<b>440</b>		M4 50-59	27	00:00:23	00:00:33	00:22:25	00:45:23	<b>01:10:25.10</b>	<b>01:10:48.25</b>	+00:19:33	5:25	11.1
28	<b>RODAK Zbigniew</b>	<b>303</b>		M4 50-59	28	00:00:25	00:00:36	00:24:26	00:47:30	<b>01:10:59.35</b>	<b>01:11:24.35</b>	+00:20:08	5:27	11
29	<b>BAKUŁA Wiesław</b>	<b>517</b>	WAMPIR	M4 50-59	29	00:00:04	00:00:27	00:23:19	00:46:52	<b>01:11:15.95</b>	<b>01:11:20.80</b>	+00:20:24	5:28	10.9
30	<b>MĘDRZYCKI Mirosław</b>	<b>232</b>	PARKRUN BRÓDNO	M4 50-59	30	00:00:01	00:00:22	00:23:00	00:46:33	<b>01:11:39.80</b>	<b>01:11:41.75</b>	+00:20:48	5:30	10.9

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
31	<b>WALIGÓRSKI Krzysztof</b>	<b>463</b>	MARKOWI BIEGACZE	M4 50-59	31	00:00:27	00:00:37	00:26:05	00:50:43	<b>01:14:21.55</b>	<b>01:14:49.25</b>	+00:23:30	5:43	10.5
32	<b>SAŁAJCZYK Sylwester</b>	<b>452</b>		M4 50-59	32	00:00:34	00:00:38	00:25:08	00:49:49	<b>01:15:00.00</b>	<b>01:15:34.10</b>	+00:24:08	5:46	10.4
33	<b>ZDUŃSKI Jarosław</b>	<b>414</b>		M4 50-59	33	00:00:22	00:00:38	00:24:29	00:49:52	<b>01:15:09.10</b>	<b>01:15:31.45</b>	+00:24:17	5:46	10.4
34	<b>SELERSKI Krzysztof</b>	<b>319</b>	MARCIN.BIZ	M4 50-59	34	00:00:58	00:00:28	00:24:33	00:49:59	<b>01:16:17.70</b>	<b>01:17:15.95</b>	+00:25:26	5:52	10.2
35	<b>KWIATEK Jacek</b>	<b>203</b>		M4 50-59	35	00:00:35	00:00:37	00:25:28	00:51:04	<b>01:16:31.15</b>	<b>01:17:06.15</b>	+00:25:39	5:53	10.2
36	<b>KRÓL Ryszard</b>	<b>187</b>	LUBLIN BIEGA	M4 50-59	36	00:00:25	00:00:36	00:25:32	00:51:04	<b>01:16:44.75</b>	<b>01:17:09.80</b>	+00:25:53	5:54	10.2
37	<b>RZEPKA Mirek</b>	<b>313</b>	AKTYWNI BIEGACZE	M4 50-59	37	00:00:31	00:00:34	00:25:48	00:52:18	<b>01:18:59.40</b>	<b>01:19:30.45</b>	+00:28:08	6:04	9.9
38	<b>JERZAK Eryk</b>	<b>139</b>		M4 50-59	38	00:00:45	00:00:36	00:25:36	00:51:30	<b>01:19:12.10</b>	<b>01:19:57.10</b>	+00:28:20	6:05	9.8
39	<b>JERUZAL Jacek</b>	<b>138</b>	TUPTUŚ OTWOCK	M4 50-59	39	00:00:05	00:00:32	00:26:39	00:53:59	<b>01:22:23.40</b>	<b>01:22:29.35</b>	+00:31:32	6:20	9.5
40	<b>BAK Andrzej</b>	<b>26</b>		M4 50-59	40	00:00:30	00:00:38	00:26:07	00:53:05	<b>01:23:04.10</b>	<b>01:23:34.75</b>	+00:32:12	6:23	9.4
41	<b>ROSZAK Waldemar</b>	<b>306</b>	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	41	00:01:01	00:00:27	00:27:26	00:56:47	<b>01:24:50.85</b>	<b>01:25:52.75</b>	+00:33:59	6:31	9.2
42	<b>STAŃCZYK Grzegorz</b>	<b>338</b>		M4 50-59	42	00:00:49	00:00:37	00:28:27	00:57:15	<b>01:26:54.90</b>	<b>01:27:44.50</b>	+00:36:03	6:41	9
43	<b>CIEŚLAK Paweł</b>	<b>51</b>	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	43	00:01:05	00:00:42	00:35:43	01:01:19	<b>01:29:11.65</b>	<b>01:30:17.00</b>	+00:38:20	6:51	8.7
44	<b>NOWOSIELSKI Tomasz</b>	<b>260</b>	HERO	M4 50-59	44	00:00:29	00:00:39	00:25:24	00:52:24			+00:18:31	6:01	10
45	<b>FRENKEL Marek</b>	<b>87</b>		M4 50-59	45	00:00:48	00:00:39	00:27:31	00:54:29			+00:20:36	6:15	9.6
46	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>152</b>	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
47	<b>MAREK Roman</b>	<b>225</b>		M4 50-59	47	00:00:10	00:00:29	00:23:21				+00:06:28	5:18	11.3
48	<b>KILKOWSKI Jarosław</b>	<b>164</b>		M4 50-59	48	00:00:10	00:00:31	00:26:37				+00:09:45	6:02	9.9
49	<b>KAMIŃSKI Waldemar</b>	<b>433</b>		M4 50-59	49	00:01:08	00:00:39	00:35:42				+00:18:49	8:06	7.4
50	<b>ANUSZKIEWICZ Włodzimierz</b>	<b>16</b>		M4 50-59	50	00:00:08	00:00:32	00:36:39				+00:19:46	8:19	7.2

Znaleziono 50 wynik(ów)