

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

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

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M4 50-59

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	SIEPIETOWSKI Piotr	387	LS AIRPORT RUN WARSZAWA	M4 50-59	1			00:00:23	00:18:01	00:35:51	00:53:34.85	00:53:34.85		4:07	14.6 (100%)
2	MAJCHRZAK Sławomir	277	UKS TYCHÓW STARY	M4 50-59	2			00:00:26	00:18:46	00:37:53	00:57:10.65	00:57:10.65	+00:03:35 (6.3%)	4:23	13.6 (93.2%)
3	ŚWIERCZ Jacek	455	BYLEDOBIEC ANIN	M4 50-59	3			00:00:33	00:20:39	00:41:28	01:02:01.60	01:02:01.60	+00:08:26 (13.6%)	4:46	12.6 (86.3%)
4	OSTAPIŃSKI Wojtek	335	OSTRESROKI	M4 50-59	4			00:00:58	00:21:44	00:42:01	01:02:06.30	01:02:06.30	+00:08:31 (13.7%)	4:46	12.6 (86.3%)
5	MACIEJEWSKI Stanisław	275	WPRUNNING	M4 50-59	5			00:00:26	00:20:45	00:41:39	01:02:43.35	01:02:43.35	+00:09:08 (14.6%)	4:49	12.4 (84.9%)
6	JAKUBOWSKI Dariusz	148	BIEGAM SOBIE	M4 50-59	6			00:00:31	00:20:39	00:41:41	01:02:46.10	01:02:46.10	+00:09:11 (14.6%)	4:49	12.4 (84.9%)
7	KAKOLECKI Michał	174		M4 50-59	7	Yes		00:01:02	00:22:30	00:43:34	01:04:09.00	01:04:09.00	+00:10:34 (16.5%)	4:56	12.2 (83.6%)
8	CHARLEJ Ireneusz	60		M4 50-59	8			00:00:36	00:22:22	00:44:29	01:06:19.70	01:06:19.70	+00:12:44 (19.2%)	5:06	11.8 (80.8%)
9	RAPCZYŃSKI Witold	547		M4 50-59	9			00:00:53	00:22:28	00:44:37	01:06:43.55	01:06:43.55	+00:13:08 (19.7%)	5:07	11.7 (80.1%)
10	OWOC Tomasz	338	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M4 50-59	10			00:00:43	00:22:09	00:44:24	01:06:47.70	01:06:47.70	+00:13:12 (19.8%)	5:08	11.7 (80.1%)
11	KANIA Paweł	182	BIEGAM NA TARCHOMINIE	M4 50-59	11	Tak		00:01:08	00:23:04	00:45:19	01:07:56.35	01:07:56.35	+00:14:21 (21.1%)	5:13	11.5 (78.8%)
12	CELIŃSKI Tomasz	236		M4 50-59	12			00:00:49	00:23:40	00:46:18	01:08:00.75	01:08:00.75	+00:14:25 (21.2%)	5:13	11.5 (78.8%)
13	RODAK Zbigniew	367		M4 50-59	13			00:01:29	00:24:51	00:46:51	01:08:15.50	01:08:15.50	+00:14:40 (21.5%)	5:15	11.4 (78.1%)
14	GWIZDAŁA Cezary	135		M4 50-59	14	Tak		00:00:30	00:22:50	00:46:01	01:09:19.30	01:09:19.30	+00:15:44 (22.7%)	5:19	11.3 (77.4%)
15	WALIGÓRSKI Krzysztof	477	MARKOWI BIEGACZE	M4 50-59	15			00:00:51	00:24:13	00:47:01	01:09:25.05	01:09:25.05	+00:15:50 (22.8%)	5:20	11.2 (76.7%)
16	PTASIŃSKI Piotr	362		M4 50-59	16			00:00:47	00:24:02	00:47:51	01:11:07.50	01:11:07.50	+00:17:32 (24.7%)	5:28	11 (75.3%)
17	SOBCZAK Bogusław	404	M.I.L.A.	M4 50-59	17			00:00:56	00:24:04	00:47:07	01:11:09.00	01:11:09.00	+00:17:34 (24.7%)	5:28	11 (75.3%)

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 Białoleęki	Służby Więziennej								
18	GIL Wojciech	114	TEAM ZABIEGANEDNI	M4 50-59	18			00:00:36	00:23:06	00:46:48	01:11:38.40	01:11:38.40	+00:18:03 (25.2%)	5:30	10.9 (74.7%)
19	GÓRAL Tadeusz	119	KKB	M4 50-59	19			00:00:31	00:24:50	00:48:20	01:11:44.00	01:11:44.00	+00:18:09 (25.3%)	5:31	10.9 (74.7%)
20	WIŚNIEWSKI Tomasz	488		M4 50-59	20			00:01:09	00:25:27	00:49:02	01:12:02.70	01:12:02.70	+00:18:27 (25.6%)	5:32	10.8 (74.0%)
21	KOSMAŁA Dariusz	223		M4 50-59	21			00:00:45	00:24:54	00:49:29	01:14:12.45	01:14:12.45	+00:20:37 (27.8%)	5:42	10.5 (71.9%)
22	ŚWIDERSKI Darek	453	POLYPHARM	M4 50-59	22			00:00:49	00:24:18	00:48:39	01:15:06.90	01:15:06.90	+00:21:32 (28.7%)	5:46	10.4 (71.2%)
23	MIŁOSZ Marek	301		M4 50-59	23	Tak		00:01:25	00:25:53	00:50:25	01:15:09.40	01:15:09.40	+00:21:34 (28.7%)	5:46	10.4 (71.2%)
24	ZAKRZEWSKI Marek	439		M4 50-59	24			00:01:03	00:28:15	00:52:02	01:15:33.45	01:15:33.45	+00:21:58 (29.1%)	5:48	10.3 (70.5%)
25	SUCHODOLSKI Mariusz	426	BIEGIEM NA KAWĘ	M4 50-59	25	Tak		00:01:27	00:26:45	00:51:43	01:15:35.70	01:15:35.70	+00:22:00 (29.1%)	5:48	10.3 (70.5%)
26	WIECZOREK Dariusz	482		M4 50-59	26			00:03:26	00:28:14	00:52:42	01:16:05.95	01:16:05.95	+00:22:31 (29.6%)	5:51	10.3 (70.5%)
27	BUJNICKI Kazimierz	58	MORSY ZIELONKA	M4 50-59	27			00:00:50	00:25:52	00:51:32	01:16:10.95	01:16:10.95	+00:22:36 (29.7%)	5:51	10.2 (69.9%)
28	BAKUŁA Wiesław	23	WAMPIR	M4 50-59	28	Tak		00:00:32	00:24:46	00:50:13	01:16:26.25	01:16:26.25	+00:22:51 (29.9%)	5:52	10.2 (69.9%)
29	BAK Andrzej	34		M4 50-59	29			00:00:57	00:25:12	00:50:41	01:17:18.55	01:17:18.55	+00:23:43 (30.7%)	5:56	10.1 (69.2%)
30	SZULAWSKI Robert	440	GSD.RUNNERS.	M4 50-59	30			00:00:57	00:27:09	00:55:01	01:21:14.30	01:21:14.30	+00:27:39 (34.0%)	6:14	9.6 (65.8%)
31	KOSTRZEWSKI Piotr	224		M4 50-59	31			00:01:29	00:27:55	00:54:42	01:22:01.80	01:22:01.80	+00:28:26 (34.7%)	6:18	9.5 (65.1%)
32	JOŃCZYK Stanisław	166		M4 50-59	32			00:01:10	00:28:21	00:55:43	01:23:07.25	01:23:07.25	+00:29:32 (35.5%)	6:23	9.4 (64.4%)
33	MIASTOWSKI Rafał	18	SŁOŃ B	M4 50-59	33			00:01:23	00:29:21	00:57:17	01:23:56.45	01:23:56.45	+00:30:21 (36.2%)	6:27	9.3 (63.7%)
34	PRĘGOWSKI Grzegorz	359	EKOBIEGI	M4 50-59	34			00:00:57	00:28:01	00:56:23	01:25:42.05	01:25:42.05	+00:32:07 (37.5%)	6:35	9.1 (62.3%)
35	SZOSTAKOWSKI Jarosław	2		M4 50-59	35			00:01:22	00:31:26	01:03:15	01:37:29.40	01:37:29.40	+00:43:54 (45.0%)	7:29	8 (54.8%)
	OLKOWSKI Robert	326		M4 50-59				00:01:19 DNF	00:28:22 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KOSIATY Jarosław	221	RÓBMY SWOJE	M4 50-59				00:00:55 DNF	00:30:32 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	RÓŻAŃSKI Robert	421		M4 50-59		Tak		00:00:57 DNF	00:33:09 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KUPIEC Robert	248	ŚWIĘTOKRZYSCY KURATORZY	M4 50-59			Tak	00:00:53 DNF	00:40:41 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KRUPINIEWICZ Antoni	238		M4 50-59				00:01:30 DNF	00:41:35 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KAMIŃSKI Waldemar	179	SLOW JOGGING BIAŁOLEĘKA	M4 50-59		Tak		00:01:41 DNF	00:44:02 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 41 wynik(ów)