

Organizator: Urząd Dzielnicy Białoleka m.st. Warszawa
Data: 2021-12-12
Miejsce: Warszawa
Dystans: 13 km

Klasyfikacja: M5 60+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	NOWOCIEŃ Jacek	269	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	1	00:00:02	00:21:10	00:43:10	01:05:08.40	01:05:11.30		5:00	12
2	FALANDYSZ Janusz	109	WPRUNNING PRUSZKÓW	M5 60+	2	00:00:03	00:22:30	00:45:06	01:08:08.45	01:08:11.45	+00:03:00	5:14	11.4
3	KODA Eugeniusz	185	TEAM ZABIEGANEDNI	M5 60+	3	00:00:04	00:21:52	00:45:08	01:08:36.00	01:08:40.30	+00:03:27	5:16	11.4
4	TARNOWSKI Witold	371	KB TKKF PROMYK CIECHANÓW	M5 60+	4	00:00:06	00:22:58	00:46:53	01:11:48.10	01:11:54.70	+00:06:39	5:31	10.9
5	MIKINA Artur	246	PWPW SA	M5 60+	5	00:00:12	00:25:34	00:50:53	01:16:06.50	01:16:19.00	+00:10:58	5:51	10.2
6	KOLASA Andrzej	187	KLUB J.SŁOWACKIEGO	M5 60+	6	00:00:02	00:25:49	00:51:44	01:18:24.90	01:18:27.70	+00:13:16	6:01	9.9
7	WYRWAS Tadeusz	408	PGB SPORTOWA PACZKA	M5 60+	7	00:00:22	00:27:07	00:53:19	01:18:44.15	01:19:06.65	+00:13:35	6:03	9.9
8	DALGIEWICZ Dariusz	434		M5 60+	8	00:00:47	00:28:40	00:55:37	01:21:41.45	01:22:28.55	+00:16:33	6:17	9.5
9	SUWALD Andrzej	353	JACEKBIEGA RUNNING TEAM	M5 60+	9	00:00:48	00:26:37	00:54:31	01:22:15.55	01:23:04.00	+00:17:07	6:19	9.5
10	KOLCZYŃSKI Michał	437	TRUCHTACZ	M5 60+	10	00:00:29	00:27:00	00:55:22	01:25:11.15	01:25:40.95	+00:20:02	6:33	9.2
11	ROZUM Janusz	312	-	M5 60+	11	00:01:02	00:28:40	00:56:52	01:26:10.00	01:27:12.05	+00:21:01	6:37	9.1
12	OSIŃSKI Stanisław	281		M5 60+	12	00:00:41	00:30:22	00:59:11	01:28:50.75	01:29:31.85	+00:23:42	6:50	8.8
13	NOWAKOWSKI Czesław	268	DUCLA ACADEMY WARSZAWA	M5 60+	13	00:00:32	00:29:59	00:59:46	01:29:49.00	01:30:21.55	+00:24:40	6:54	8.7
14	SIEDLACZEK Zbigniew	327		M5 60+	14	00:00:08	00:28:59	01:00:31	01:31:54.00	01:32:02.90	+00:26:45	7:04	8.5
15	BERDYCHOWSKI Zygmunt	481		M5 60+	15	00:01:29	00:31:47	01:03:01	01:35:09.10	01:36:38.70	+00:30:00	7:19	8.2
16	KOWALCZYK Ryszard	197	APOSTOŁOWIE TRX	M5 60+	16	00:01:08	00:33:21	01:04:38	01:36:22.05	01:37:30.05	+00:31:13	7:24	8.1
17	MUCHA Grzegorz	258		M5 60+	17	00:01:03	00:33:57	01:06:37	01:39:41.35	01:40:44.90	+00:34:32	7:40	7.8
18	BUKOWSKI Janusz	100	STOWARZYSZENIE DAĆ SIEBIE INNYM	M5 60+	18	00:00:04	00:33:29	01:06:18	01:39:53.55	01:39:58.30	+00:34:45	7:41	7.8
Przekroczony limit czasu: 02:00:00													
19	KAWKA Andrzej	176		M5 60+	19	00:01:39	00:38:07	01:18:28	02:02:32.15	02:04:12.10	+00:57:23	9:25	6.4
20	FRETTES Luis	480		M5 60+	20	00:00:47	00:27:55				+00:06:45	6:20	9.5
21	NOWOSIELSKI Tomek	270	HERO	M5 60+	21	00:01:37	00:34:07				+00:12:57	7:45	7.7
22	ŻÓŁCIŃSKI Waldemar	428	GRUPA BIEGOWA UM W-WA	M5 60+	22	00:01:14	00:34:50				+00:13:40	7:54	7.6
23	CZECHOWSKI Jerzy	86	MZA WARSZAWA	M5 60+	23	00:00:57	00:44:38				+00:23:28	10:08	5.9
24	NIEWCZAS Zdzisław	265		M5 60+	24	00:00:30	00:56:26				+00:35:16	12:49	4.7

Znaleziono 24 wynik(ów)