

# 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: M5 60+

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 Białołęki	Służby Więziennej								
1	<b>FALANDYSZ Janusz</b>	93	WPRUNNING PRUSZKÓW	M5 60+	1			00:00:25	00:19:07	00:38:08	<b>00:57:20.70</b>	<b>00:57:20.70</b>		4:24	13.6 (100%)
2	<b>NOWOCIEŃ Jacek</b>	320	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	2			00:00:25	00:19:11	00:38:33	<b>00:57:46.30</b>	<b>00:57:46.30</b>	+00:00:25 (0.7%)	4:26	13.5 (99.3%)
3	<b>DALGIEWICZ Dariusz</b>	78		M5 60+	3			00:00:26	00:20:15	00:40:37	<b>01:01:06.05</b>	<b>01:01:06.05</b>	+00:03:45 (6.1%)	4:42	12.8 (94.1%)
4	<b>PLUTA Ireneusz</b>	350		M5 60+	4	Tak		00:00:24	00:20:19	00:41:20	<b>01:01:56.55</b>	<b>01:01:56.55</b>	+00:04:35 (7.4%)	4:45	12.6 (92.6%)
5	<b>KODA Eugeniusz</b>	210	TEAM ZABIEGANEDNI	M5 60+	5			00:00:26	00:20:30	00:41:52	<b>01:03:24.25</b>	<b>01:03:24.25</b>	+00:06:03 (9.6%)	4:52	12.3 (90.4%)
6	<b>WOTLIŃSKI Andrzej</b>	494	UKSM EKIPA MBIELACHY KIELCE	M5 60+	6			00:00:34	00:21:01	00:42:17	<b>01:03:46.85</b>	<b>01:03:46.85</b>	+00:06:26 (10.1%)	4:54	12.2 (89.7%)
7	<b>BABIUCH Marek</b>	20	RUN LOG	M5 60+	7	Tak	Tak	00:00:43	00:21:42	00:43:44	<b>01:05:55.20</b>	<b>01:05:55.20</b>	+00:08:34 (13.0%)	5:04	11.8 (86.8%)
8	<b>WOJAS Tadeusz</b>	491	ROZBIEGANY PIASTÓW	70+	1			00:00:55	00:24:13	00:47:20	<b>01:10:11.40</b>	<b>01:10:11.40</b>	+00:12:50 (18.3%)	5:23	11.1 (81.6%)
9	<b>MIKINA Artur</b>	298	GUNS N' ROSES RUN TEAM	M5 60+	8			00:00:40	00:24:41	00:48:50	<b>01:13:22.60</b>	<b>01:13:22.60</b>	+00:16:01 (21.8%)	5:38	10.6 (77.9%)
10	<b>WYRWAS Tadeusz</b>	504	PGP SPORTOWA PACZKA	M5 60+	9			00:01:03	00:25:53	00:50:17	<b>01:14:04.55</b>	<b>01:14:04.55</b>	+00:16:43 (22.6%)	5:41	10.5 (77.2%)
11	<b>OGRODNICZUK Józef</b>	323		M5 60+	10			00:01:11	00:26:06	00:50:47	<b>01:15:48.05</b>	<b>01:15:48.05</b>	+00:18:27 (24.3%)	5:49	10.3 (75.7%)
12	<b>TELEGA Janusz</b>	456	WAT	M5 60+	11			00:01:07	00:26:10	00:51:24	<b>01:16:57.75</b>	<b>01:16:57.75</b>	+00:19:37 (25.5%)	5:55	10.1 (74.3%)
13	<b>MUCHA Grzegorz</b>	310		M5 60+	12	Tak		00:01:02	00:26:28	00:51:36	<b>01:17:47.70</b>	<b>01:17:47.70</b>	+00:20:27 (26.3%)	5:59	10 (73.5%)
14	<b>MAREK Roman</b>	284	GUNS & ROSES RUN TEAM	M5 60+	13			00:00:44	00:25:57	00:52:31	<b>01:19:00.85</b>	<b>01:19:00.85</b>	+00:21:40 (27.4%)	6:04	9.9 (72.8%)
15	<b>OSIŃSKI Stanisław</b>	332		70+	3			00:00:48	00:27:30	00:54:03	<b>01:19:55.80</b>	<b>01:19:55.80</b>	+00:22:35 (28.3%)	6:08	9.8 (72.1%)
16	<b>CYBULSKI Adam</b>	72	RWKLL	M5 60+	14			00:00:48	00:25:39	00:51:46	<b>01:20:04.50</b>	<b>01:20:04.50</b>	+00:22:43 (28.4%)	6:09	9.7 (71.3%)

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 Białotęki	Służby Więziennej								
17	<b>SUWALD Andrzej</b>	<b>429</b>		M5 60+	15			00:01:16	00:28:20	00:55:42	<b>01:22:57.25</b>	<b>01:22:57.25</b>	+00:25:36 (30.9%)	6:22	9.4 (69.1%)
18	<b>BEBNOWICZ Andrzej</b>	<b>37</b>		M5 60+	16			00:01:24	00:28:25	00:56:14	<b>01:24:01.75</b>	<b>01:24:01.75</b>	+00:26:41 (31.8%)	6:27	9.3 (68.4%)
19	<b>JERZAK Eryk</b>	<b>162</b>		M5 60+	17			00:01:22	00:28:25	00:56:14	<b>01:26:54.15</b>	<b>01:26:54.15</b>	+00:29:33 (34.0%)	6:41	9 (66.2%)
20	<b>BEDNARZAK Tadeusz</b>	<b>38</b>	YULO RUN TEAM SIEDLCE	M5 60+	18			00:01:23	00:31:16	01:02:00	<b>01:32:53.60</b>	<b>01:32:53.60</b>	+00:35:32 (38.3%)	7:08	8.4 (61.8%)
21	<b>KAWKA Andrzej</b>	<b>196</b>		M5 60+	19			00:01:28	00:31:23	01:02:34	<b>01:34:49.50</b>	<b>01:34:49.50</b>	+00:37:28 (39.5%)	7:17	8.2 (60.3%)
22	<b>JAROS Arkadiusz</b>	<b>158</b>	VEGE RUNNERS	M5 60+	20			00:01:06	00:31:59	01:03:51	<b>01:37:53.45</b>	<b>01:37:53.45</b>	+00:40:32 (41.4%)	7:31	8 (58.8%)
23	<b>WTOREK Mirosław</b>	<b>501</b>		M5 60+	21	Tak		00:00:43	00:34:46	01:10:40	<b>01:46:02.05</b>	<b>01:46:02.05</b>	+00:48:41 (45.9%)	8:09	7.4 (54.4%)
	<b>SOKOŁOWSKI Marian</b>	<b>410</b>	SAMOTNY WILK	70+				00:00:43 DNF	00:28:44 DNF	01:00:03 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NOWOSIELSKI Tomasz</b>	<b>322</b>	HERO	M5 60+				00:01:25 DNF	00:31:18 DNF	01:02:36 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>FREITES Luis</b>	<b>543</b>		M5 60+				00:00:30 DNF	00:24:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CZECHOWSKI Jerzy</b>	<b>74</b>	MZA - WARSZAWA	70+				00:00:53 DNF	00:38:34 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NIEWCZAS Zdzisław</b>	<b>525</b>		70+		Tak		00:01:34 DNF	00:42:59 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 28 wynik(ów)