

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

Klasyfikacja: Mieszkaniec Białołęki

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	SKWARCZ Paweł	336		M2 30-39 lat	4	00:00:02	00:18:04	00:36:47	00:55:16.35	00:55:18.85		4:15	14.1
2	GOZDEK Radek	135	BIEGANIEPO40.PL	M3 40-49 lat	3	00:00:02	00:18:48	00:37:41	00:57:01.65	00:57:03.70	+00:01:45	4:23	13.7
3	ANUSIEWICZ Robert	17	-	M3 40-49 lat	5	00:00:27	00:19:24	00:38:50	00:58:57.80	00:59:25.50	+00:03:41	4:32	13.2
4	MIOTK Marcin	252	MIOTK.PL	M3 40-49 lat	6	00:00:02	00:19:00	00:39:00	00:59:14.15	00:59:16.35	+00:03:57	4:33	13.2
5	MIELCZAREK Krzysztof	468	BIEGAM NA TARCHOMINIE	M3 40-49 lat	7	00:00:03	00:19:22	00:39:18	00:59:50.50	00:59:53.50	+00:04:34	4:36	13
6	KAMIŃSKI Paweł	447	BIEGANIEPO40.PL	M3 40-49 lat	10	00:00:06	00:19:57	00:40:22	01:00:49.45	01:00:56.00	+00:05:33	4:40	12.8
7	BARANOWSKI Jacek	482		M3 40-49 lat	17	00:00:03	00:20:33	00:41:57	01:03:47.45	01:03:50.95	+00:08:31	4:54	12.2
8	SOBOLEWSKI Jakub	465	BRACTWO BIEGOWE BGK	M3 40-49 lat	18	00:00:20	00:21:17	00:43:03	01:04:24.10	01:04:45.05	+00:09:07	4:57	12.1
9	TOMASZEK Robert	373		M3 40-49 lat	20	00:00:04	00:21:10	00:43:00	01:05:45.75	01:05:49.75	+00:10:29	5:03	11.9
10	STĘPIEŃ Adam	347	ANANASY	M3 40-49 lat	21	00:00:05	00:21:29	00:43:17	01:05:48.40	01:05:54.10	+00:10:32	5:03	11.9
11	JUTKIEWICZ Marcin	168	OBIEGANIU.PL	M3 40-49 lat	22	00:00:12	00:22:25	00:44:05	01:06:20.20	01:06:32.90	+00:11:03	5:06	11.8
12	KŁĄB Jacek	182		M3 40-49 lat	28	00:00:14	00:23:04	00:45:39	01:08:27.65	01:08:42.60	+00:13:11	5:15	11.4
13	BARTCZAK Robert	30		M4 50-59	5	00:00:13	00:23:04	00:45:40	01:08:31.40	01:08:44.70	+00:13:15	5:16	11.4
14	KANIA Paweł	173	BIEGAM NA TARCHOMINIE	M4 50-59	6	00:00:40	00:22:56	00:45:51	01:08:40.80	01:09:21.40	+00:13:24	5:16	11.4
15	ZIOMEK Marek	420		M3 40-49 lat	31	00:00:07	00:21:52	00:44:58	01:09:02.35	01:09:09.85	+00:13:46	5:18	11.3
16	ZDUNEK Michał	413		M3 40-49 lat	32	00:00:14	00:22:54	00:46:09	01:09:10.45	01:09:24.95	+00:13:54	5:19	11.3
17	JAWORSKI Piotr	2	MARKOWI BIEGACZE	M3 40-49 lat	36	00:00:07	00:22:27	00:45:56	01:09:53.75	01:10:01.30	+00:14:37	5:22	11.2
18	PUSEK Mikołaj	300		M1 < 29 lat	5	00:01:03	00:24:50	00:47:39	01:10:24.95	01:11:28.40	+00:15:08	5:24	11.1
19	SENATOR Artur	325		M2 30-39 lat	21	00:00:10	00:24:00	00:47:48	01:11:16.85	01:11:27.20	+00:16:00	5:28	10.9
20	KUCHAREK Paweł	207		M2 30-39 lat	23	00:00:13	00:24:05	00:47:56	01:12:20.05	01:12:33.95	+00:17:03	5:33	10.8
21	SOBOLEWSKI Mateusz	467	ŻÓRAWSKI TEAM	M1 < 29 lat	7	00:00:00	00:23:32	00:47:50	01:12:56.00	01:12:56.00	+00:17:39	5:36	10.7
22	PROKOPIUK Grzegorz	295	SZWAGRY DWA	M3 40-49 lat	45	00:00:52	00:24:42	00:49:01	01:13:22.25	01:14:14.80	+00:18:05	5:38	10.6
23	DĄBROWSKI Daniel	92	TARCHOŚFIRY	M1 < 29 lat	9	00:01:22	00:26:16	00:50:33	01:13:55.05	01:15:17.15	+00:18:38	5:41	10.6
24	OLSZANKA Arkadiusz	277		M3 40-49 lat	54	00:01:11	00:25:24	00:50:43	01:15:39.90	01:16:51.65	+00:20:23	5:49	10.3
25	BARTOSZUK Sławomir	32		M4 50-59	13	00:01:10	00:26:12	00:51:22	01:17:00.65	01:18:11.60	+00:21:44	5:55	10.1
26	GAWLIK Arkadiusz	123	BIEGAM NA TARCHOMINIE	M3 40-49 lat	58	00:00:35	00:25:42	00:51:31	01:17:04.20	01:17:39.40	+00:21:47	5:55	10.1
27	FRĄCKIEWICZ Dariusz	116	BIEGAM NA TARCHOMINIE	M3 40-49 lat	60	00:00:35	00:24:59	00:50:34	01:17:19.25	01:17:54.85	+00:22:02	5:56	10.1
28	GRZEJDZIAK Igor	145	NAPRZÓD MŁOCINY	M3 40-49 lat	61	00:00:37	00:25:24	00:51:08	01:17:30.80	01:18:08.55	+00:22:14	5:57	10.1
29	PAZIEWSKI Andrzej	290	BIEGAM NA TARCHOMINIE	M3 40-49 lat	62	00:00:41	00:26:05	00:51:40	01:17:37.00	01:18:18.75	+00:22:20	5:58	10
30	BINIEK Adam	44	MORSY ZIELONKA	M3 40-49 lat	64	00:01:18	00:27:56	00:52:58	01:17:56.95	01:19:15.20	+00:22:40	5:59	10

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
31	KONIECKI Tomasz	189		M4 50-59	18	00:00:15	00:25:43	00:51:54	01:18:30.65	01:18:45.65	+00:23:14	6:02	9.9
32	WÓJCICKI Bartosz	406		M2 30-39 lat	37	00:00:16	00:25:55	00:51:54	01:18:33.75	01:18:49.80	+00:23:17	6:02	9.9
33	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	+00:23:27	6:03	9.9
34	TYSZKO Piotr	382		M2 30-39 lat	38	00:00:44	00:26:10	00:52:25	01:19:24.85	01:20:09.30	+00:24:08	6:06	9.8
35	GRAD Tomasz	139	MARKOWI BIEGACZE	M3 40-49 lat	74	00:00:31	00:27:28	00:54:14	01:21:25.30	01:21:57.10	+00:26:08	6:15	9.6
36	BAKUŁA Wiesław	22	WAMPIR	M4 50-59	20	00:00:42	00:26:35	00:53:17	01:21:30.10	01:22:12.30	+00:26:13	6:16	9.6
37	CHODNIEWICZ Michał	66		M2 30-39 lat	41	00:00:09	00:24:54	00:51:51	01:21:30.75	01:21:40.70	+00:26:14	6:16	9.6
38	DOMINIAK Zbigniew	96	BEZPRĄDOWY KLUB BIEGOWY	M3 40-49 lat	75	00:00:16	00:26:19	00:54:00	01:22:20.00	01:22:36.65	+00:27:03	6:20	9.5
39	BANASIAK Mirosław	25		M3 40-49 lat	79	00:00:56	00:27:51	00:55:28	01:23:04.00	01:24:00.70	+00:27:47	6:23	9.4
40	GRZESZCZYK Michał	146	EKOBIEGI	M3 40-49 lat	82	00:01:24	00:28:41	00:55:50	01:23:22.05	01:24:47.00	+00:28:05	6:24	9.4
41	ZDUŃSKI Jarosław	414	TAK SOBIE DREPCZĘ	M4 50-59	24	00:00:44	00:27:35	00:55:31	01:23:57.30	01:24:41.45	+00:28:40	6:27	9.3
42	MŁOSZ Marek	250		M4 50-59	25	00:00:15	00:26:21	00:54:15	01:24:04.55	01:24:19.80	+00:28:48	6:28	9.3
43	FIEJTEK Piotr	110		M2 30-39 lat	46	00:01:14	00:28:42	00:55:41	01:24:30.45	01:25:45.00	+00:29:14	6:30	9.2
44	NOWAKOWSKI Piotr	499		M1 < 29 lat	12	00:00:25	00:26:50	00:55:15	01:25:16.25	01:25:42.15	+00:29:59	6:33	9.1
45	JĘDRASZCZYK Maciej	164		M3 40-49 lat	93	00:00:53	00:30:24	00:58:40	01:27:55.75	01:28:48.80	+00:32:39	6:45	8.9
46	JARMUŻEWSKI Adam	161	TIA	M3 40-49 lat	95	00:01:31	00:32:35	01:00:37	01:28:24.70	01:29:56.45	+00:33:08	6:48	8.8
47	PŁATEK Emil	292	ALIOR RUNNING TEAM	M2 30-39 lat	49	00:01:36	00:32:32	01:01:04	01:29:43.05	01:31:19.20	+00:34:26	6:54	8.7
48	CZAJKOWSKI Rafał	83	EKOBIEGI	M3 40-49 lat	98	00:01:24	00:33:04	01:01:57	01:31:02.35	01:32:26.45	+00:35:46	7:00	8.6
49	ROSZAK Waldemar	10	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	34	00:01:28	00:34:35	01:03:27	01:31:23.25	01:32:51.50	+00:36:06	7:01	8.5
50	MATUSZEWSKI Robert	232		M3 40-49 lat	100	00:01:17	00:32:28	01:01:47	01:31:25.55	01:32:43.05	+00:36:09	7:01	8.5
51	BIAŁOKOS Kamil	40		M3 40-49 lat	101	00:01:07	00:32:50	01:02:16	01:32:02.15	01:33:09.85	+00:36:45	7:04	8.5
52	CZARTORYSKI Krystian	85		M3 40-49 lat	104	00:01:05	00:32:52	01:01:57	01:32:54.75	01:34:00.60	+00:37:38	7:08	8.4
53	BUCZEK Piotr	55		M3 40-49 lat	105	00:00:21	00:32:28	01:02:37	01:33:56.40	01:34:17.95	+00:38:40	7:13	8.3
54	ŁUCZAK Piotr	225	PKO BANK POLSKI	M3 40-49 lat	106	00:00:39	00:30:32	01:02:12	01:34:36.65	01:35:16.55	+00:39:20	7:16	8.2
55	LOZOWSKI Robert	221		M3 40-49 lat	110	00:01:41	00:32:41	01:04:26	01:37:47.55	01:39:29.05	+00:42:31	7:31	8
56	PRZYBYŁA Karol	298	MASADA	M2 30-39 lat	57	00:00:40	00:33:14	01:05:22	01:39:11.10	01:39:51.80	+00:43:54	7:37	7.9
57	TYBURC Paweł	19	ACHILLES BIAŁOŁĘKA	M3 40-49 lat	111	00:00:12	00:31:03	01:03:43	01:39:20.90	01:39:33.70	+00:44:04	7:38	7.9
58	GÓRZYŃSKI Janusz	138	BESTIE OCR LEGIONOWO	M3 40-49 lat	112	00:01:33	00:32:22	01:03:41	01:39:36.30	01:41:09.75	+00:44:19	7:39	7.8
59	MUCHA Grzegorz	258		M5 60+	17	00:01:03	00:33:57	01:06:37	01:39:41.35	01:40:44.90	+00:44:25	7:40	7.8
60	JANKOWSKI Tomasz	496		M3 40-49 lat	113	00:01:36	00:34:30	01:07:07	01:40:58.40	01:42:35.15	+00:45:42	7:46	7.7
61	ZATYLNÝ Tomasz	411		M3 40-49 lat	114	00:01:30	00:33:02	01:05:30	01:42:14.80	01:43:45.00	+00:46:58	7:51	7.6
62	LACH Marcin	216		M3 40-49 lat	115	00:01:30	00:34:55	01:10:29	01:48:01.00	01:49:31.15	+00:52:44	8:18	7.2
63	BAK Hubert	34		M2 30-39 lat	59	00:00:55	00:33:00	01:08:32	01:50:39.80	01:51:35.40	+00:55:23	8:30	7
64	ŁUKASIEWICZ Robert	226	KOKOSZKA36TEAM	M3 40-49 lat	116	00:00:53	00:34:02	01:11:31	01:50:41.90	01:51:35.10	+00:55:25	8:30	7
65	CIEŚLAK Paweł	73	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	44	00:01:45	00:36:08	01:11:07	01:51:02.05	01:52:47.85	+00:55:45	8:32	7
66	CISZEWSKI Krzysztof	74		M3 40-49 lat	118	00:00:16	00:22:44	00:44:43			+00:07:56	5:08	11.7
67	SUCHODOLSKI Mariusz	352		M3 40-49 lat	125	00:00:47	00:29:46				+00:11:42	6:45	8.9
68	KITA Grzegorz	181	OLD GUARD OCR	M4 50-59	47	00:00:18	00:30:14				+00:12:10	6:52	8.7
69	ZIELIŃSKI Paweł	418		M2 30-39 lat	62	00:00:34	00:32:00				+00:13:56	7:16	8.3
70	DĄBROWA Bartosz	89	BIAŁOŁĘKA PRZYSZŁOŚCI	M1 < 29 lat	18	00:01:38	00:35:55				+00:17:51	8:09	7.4
71	KUCICKI Krzysztof	209		M3 40-49 lat	129	00:01:27	00:36:26				+00:18:22	8:16	7.2
72	KAMIŃSKI Waldemar	9	SLOWJOGGING BIAŁOŁĘKA	M4 50-59	52	00:01:40	01:02:58				+00:44:54	14:18	4.2