

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: Mieszkaniec Białołęki

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	MIOTK Marcin	302	MIOTK.PL EVEREST MOTYWACJI	M3 40-49 lat	2	Tak		00:00:21	00:16:31	00:33:05	00:49:52.30	00:49:52.30		3:50	15.6 (100%)
2	KUREK Jarosław	249	WOJSKOWA AKADEMIA TECHNICZNA	M2 30-39 lat	3	Tak		00:00:19	00:16:20	00:33:10	00:50:11.65	00:50:11.65	+00:00:19 (0.6%)	3:51	15.5 (99.4%)
3	HILDEBRAND Marcin	139		M2 30-39 lat	4	Tak		00:00:21	00:17:14	00:34:19	00:51:22.45	00:51:22.45	+00:01:30 (2.9%)	3:57	15.2 (97.4%)
4	SKWARCZ Paweł	399		M2 30-39 lat	5	Tak		00:00:21	00:17:18	00:34:37	00:51:30.85	00:51:30.85	+00:01:38 (3.2%)	3:57	15.1 (96.8%)
5	GOZDEK Radek	120	BIEGANIEPO40.PL	M3 40-49 lat	3	Tak		00:00:21	00:17:25	00:34:47	00:51:41.95	00:51:41.95	+00:01:49 (3.5%)	3:58	15.1 (96.8%)
6	URMANOWSKI Daniel	472	DREAM RUN	M2 30-39 lat	6	Tak		00:00:21	00:17:02	00:34:27	00:51:46.90	00:51:46.90	+00:01:54 (3.7%)	3:58	15.1 (96.8%)
7	MIELCZAREK Krzysztof	296	BIEGAM NA TARCHOMINIE	M3 40-49 lat	4	Tak		00:00:21	00:17:26	00:34:49	00:52:23.10	00:52:23.10	+00:02:30 (4.8%)	4:01	14.9 (95.5%)
8	ANUSIEWICZ Robert	16	-	M3 40-49 lat	6	Tak		00:00:24	00:18:17	00:36:10	00:54:14.05	00:54:14.05	+00:04:21 (8.0%)	4:10	14.4 (92.3%)
9	ŁYSIAK Michał	273	SZWAGRY DWA	M3 40-49 lat	13	Tak		00:00:28	00:19:22	00:38:51	00:58:20.80	00:58:20.80	+00:08:28 (14.5%)	4:29	13.4 (85.9%)
10	BUDNICKI Michał	235		M3 40-49 lat	14	Tak		00:00:27	00:19:53	00:39:32	00:58:31.90	00:58:31.90	+00:08:39 (14.8%)	4:30	13.3 (85.3%)
11	JAWORSKI Piotr	41	MARKOWI BIEGACZE	M3 40-49 lat	16	Tak		00:00:26	00:19:21	00:39:01	00:58:58.75	00:58:58.75	+00:09:06 (15.4%)	4:32	13.2 (84.6%)
12	MICHNOWSKI Sebastian	295	BIEGAM NA TARCHOMINIE	M3 40-49 lat	18	Tak		00:00:45	00:20:12	00:39:48	00:59:08.90	00:59:08.90	+00:09:16 (15.7%)	4:32	13.2 (84.6%)
13	JUTKIEWICZ Marcin	170	OBIEGANIU.PL	M3 40-49 lat	19	Tak		00:00:25	00:19:41	00:39:21	00:59:12.85	00:59:12.85	+00:09:20 (15.8%)	4:33	13.2 (84.6%)
14	WŁODKOWSKI Robert	490		M3 40-49 lat	20	Tak		00:00:26	00:20:01	00:40:03	00:59:50.90	00:59:50.90	+00:09:58 (16.7%)	4:36	13 (83.3%)
15	SZYMAŃSKI Andrzej	446		M3 40-49 lat	21	Tak		00:00:25	00:19:11	00:38:56	00:59:51.55	00:59:51.55	+00:09:59 (16.7%)	4:36	13 (83.3%)
16	ZIOMEK Marek	515	MARKOWI BIEGACZE	M3 40-49 lat	23	Tak		00:00:48	00:20:42	00:40:39	01:00:23.55	01:00:23.55	+00:10:31 (17.4%)	4:38	12.9 (82.7%)

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						Mieszkańcy Białoleki	Służby Więziennej								
17	MOŁODKIEWICZ Zbigniew	307	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	Tak		00:00:28	00:20:28	00:40:18	01:00:31.25	01:00:31.25	+00:10:38 (17.6%)	4:39	12.9 (82.7%)
18	KALINOWSKI Kamil	176		M2 30-39 lat	18	Tak		00:00:30	00:20:35	00:40:59	01:01:10.05	01:01:10.05	+00:11:17 (18.5%)	4:42	12.8 (82.1%)
19	HAUDEK Paweł	136		M2 30-39 lat	19	Tak		00:00:44	00:20:32	00:40:55	01:01:19.10	01:01:19.10	+00:11:26 (18.7%)	4:43	12.7 (81.4%)
20	KUCHAREK Paweł	242		M2 30-39 lat	21	Tak	Tak	00:00:43	00:21:09	00:41:32	01:01:52.15	01:01:52.15	+00:11:59 (19.4%)	4:45	12.6 (80.8%)
21	PLUTA Ireneusz	350		M5 60+	4	Tak		00:00:24	00:20:19	00:41:20	01:01:56.55	01:01:56.55	+00:12:04 (19.5%)	4:45	12.6 (80.8%)
22	CISKI Piotr	71		M3 40-49 lat	30	Tak		00:00:47	00:21:08	00:41:36	01:01:56.90	01:01:56.90	+00:12:04 (19.5%)	4:45	12.6 (80.8%)
23	MAZUREK Marcin	288		M3 40-49 lat	31	Tak		00:00:38	00:21:01	00:41:41	01:01:57.90	01:01:57.90	+00:12:05 (19.5%)	4:45	12.6 (80.8%)
24	TOMASZEK Robert	459		M3 40-49 lat	32	Tak		00:00:30	00:19:54	00:40:44	01:02:16.20	01:02:16.20	+00:12:23 (19.9%)	4:47	12.5 (80.1%)
25	KRUPIŃSKI Marek	548		M1 < 29 lat	4	Tak	Tak	00:00:21	00:19:51	00:41:17	01:03:23.35	01:03:23.35	+00:13:31 (21.3%)	4:52	12.3 (78.8%)
26	MATHEA Jacek	285		M2 30-39 lat	24	Tak		00:01:29	00:22:31	00:43:16	01:03:33.90	01:03:33.90	+00:13:41 (21.5%)	4:53	12.3 (78.8%)
27	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	+00:14:16 (22.3%)	4:56	12.2 (78.2%)
28	JARMUŻEWSKI Adam	153	TIA	M3 40-49 lat	38	Tak		00:00:58	00:21:59	00:43:16	01:04:51.35	01:04:51.35	+00:14:59 (23.1%)	4:59	12 (76.9%)
29	DOMŻAŁSKI Artur	87		M3 40-49 lat	40	Tak		00:00:55	00:22:01	00:43:27	01:05:05.85	01:05:05.85	+00:15:13 (23.4%)	5:00	12 (76.9%)
30	KOBYLEC Artur	207		M3 40-49 lat	43	Tak		00:01:29	00:22:33	00:43:51	01:05:43.15	01:05:43.15	+00:15:50 (24.1%)	5:03	11.9 (76.3%)
31	BABIUCH Marek	20	RUN LOG	M5 60+	7	Tak	Tak	00:00:43	00:21:42	00:43:44	01:05:55.20	01:05:55.20	+00:16:02 (24.3%)	5:04	11.8 (75.6%)
32	GAWLIK Arkadiusz	108	BIEGAM NA TARCHOMINIE	M3 40-49 lat	47	Tak		00:00:49	00:22:50	00:44:58	01:06:42.65	01:06:42.65	+00:16:50 (25.2%)	5:07	11.7 (75.0%)
33	WIERNIK Daniel	484		M2 30-39 lat	32	Tak		00:00:41	00:22:25	00:44:46	01:07:04.15	01:07:04.15	+00:17:11 (25.6%)	5:09	11.6 (74.4%)
34	GRAD Tomasz	126	MARKOWI BIEGACZE	M3 40-49 lat	52	Tak		00:00:51	00:23:18	00:45:39	01:07:45.30	01:07:45.30	+00:17:53 (26.4%)	5:12	11.5 (73.7%)
35	PRĘDKI Marcin	358		M3 40-49 lat	53	Tak		00:01:13	00:23:54	00:45:48	01:07:49.85	01:07:49.85	+00:17:57 (26.5%)	5:13	11.5 (73.7%)
36	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	+00:18:04 (26.6%)	5:13	11.5 (73.7%)
37	GRALA Grzegorz	127		M3 40-49 lat	54	Tak		00:01:10	00:23:43	00:46:17	01:07:56.60	01:07:56.60	+00:18:04 (26.6%)	5:13	11.5 (73.7%)
38	LEWANDOWSKI Piotr	261		M3 40-49 lat	55	Tak		00:00:39	00:21:49	00:44:39	01:08:18.55	01:08:18.55	+00:18:26 (27.0%)	5:15	11.4 (73.1%)
39	DOBOSZ Piotr	83	WŚCIEKŁE PIĘŚCI WĘŻA	M2 30-39 lat	33	Tak		00:01:17	00:23:47	00:46:13	01:08:18.90	01:08:18.90	+00:18:26 (27.0%)	5:15	11.4 (73.1%)

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						Mieszkańcy Białoteki	Służby Więziennej								
40	OLEKSIAK Piotr	324		M3 40-49 lat	56	Tak		00:00:56	00:23:51	00:46:17	01:08:25.05	01:08:25.05	+00:18:32 (27.1%)	5:15	11.4 (73.1%)
41	SPYCHAŁA Piotr	413		M3 40-49 lat	58	Tak		00:00:30	00:22:51	00:45:59	01:08:53.00	01:08:53.00	+00:19:00 (27.6%)	5:17	11.3 (72.4%)
42	GAJOWNICZEK Jarosław	103	BESTIE OCR LEGIONOWO	M3 40-49 lat	59	Tak		00:00:57	00:23:19	00:46:11	01:09:06.35	01:09:06.35	+00:19:14 (27.8%)	5:18	11.3 (72.4%)
43	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	+00:19:27 (28.1%)	5:19	11.3 (72.4%)
44	BORGOŃ Piotr	51		M2 30-39 lat	37	Tak		00:01:16	00:23:48	00:46:55	01:09:52.15	01:09:52.15	+00:19:59 (28.6%)	5:22	11.2 (71.8%)
45	ZDUNIAK Marcin	509	BIEGAM NA TARCHOMINIE	M3 40-49 lat	64	Tak		00:01:12	00:25:08	00:48:42	01:10:54.60	01:10:54.60	+00:21:02 (29.7%)	5:27	11 (70.5%)
46	ŁOZIŃSKI Piotr	267	BRACTWO BIEGOWE BGK	M3 40-49 lat	65	Tak		00:00:58	00:24:11	00:47:33	01:11:02.20	01:11:02.20	+00:21:09 (29.8%)	5:27	11 (70.5%)
47	BIAŁOKOS Kamil	43	GRUPA BIEGOWA CHTMO	M3 40-49 lat	66	Tak		00:00:59	00:25:31	00:47:38	01:11:06.15	01:11:06.15	+00:21:13 (29.9%)	5:28	11 (70.5%)
48	DOMINIAK Zbigniew	508		M3 40-49 lat	72	Tak		00:00:45	00:24:11	00:48:06	01:11:55.75	01:11:55.75	+00:22:03 (30.7%)	5:31	10.8 (69.2%)
49	PIASECKI Rafał	343	PARÓWY WWA	M2 30-39 lat	41	Tak		00:00:53	00:25:10	00:48:48	01:12:08.10	01:12:08.10	+00:22:15 (30.9%)	5:32	10.8 (69.2%)
50	PROKOPIUK Grzegorz	360	SZWAGRY DWA	M3 40-49 lat	75	Tak		00:00:34	00:24:46	00:48:15	01:12:18.90	01:12:18.90	+00:22:26 (31.0%)	5:33	10.8 (69.2%)
51	MILCZAREK Tomasz	300		M2 30-39 lat	46	Tak		00:01:23	00:24:55	00:48:39	01:13:00.10	01:13:00.10	+00:23:07 (31.7%)	5:36	10.7 (68.6%)
52	GRUBKAJTYS Henryk	128		M1 < 29 lat	6	Tak		00:00:31	00:22:44	00:46:47	01:13:06.40	01:13:06.40	+00:23:14 (31.8%)	5:37	10.7 (68.6%)
53	BARDZIŃSKI Łukasz	26		M2 30-39 lat	47	Tak		00:01:30	00:24:48	00:48:51	01:13:39.55	01:13:39.55	+00:23:47 (32.3%)	5:39	10.6 (67.9%)
54	GOZDZIKIEWICZ Błażej	121	BIEGAM NA TARCHOMINIE	M3 40-49 lat	82	Tak		00:00:50	00:24:54	00:49:43	01:13:43.05	01:13:43.05	+00:23:50 (32.3%)	5:40	10.6 (67.9%)
55	KARWECKI Patryk	194		M2 30-39 lat	50	Tak		00:01:03	00:24:33	00:49:06	01:14:41.90	01:14:41.90	+00:24:49 (33.2%)	5:44	10.4 (66.7%)
56	MACURA Michał	276		M3 40-49 lat	87	Tak		00:00:55	00:25:19	00:50:15	01:15:04.20	01:15:04.20	+00:25:11 (33.6%)	5:46	10.4 (66.7%)
57	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	+00:25:17 (33.6%)	5:46	10.4 (66.7%)
58	CZAJKOWSKI Rafał	73	EKOBIEGI	M3 40-49 lat	88	Tak		00:01:04	00:28:21	00:51:52	01:15:16.40	01:15:16.40	+00:25:24 (33.7%)	5:47	10.4 (66.7%)
59	SUCHODOLSKI Mariusz	426	BIEGIEM NA KAWIE	M4 50-59	25	Tak		00:01:27	00:26:45	00:51:43	01:15:35.70	01:15:35.70	+00:25:43 (34.0%)	5:48	10.3 (66.0%)
60	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	+00:26:33 (34.8%)	5:52	10.2 (65.4%)
61	BAK Hubert	33	BRACTWO BIEGOWE BGK	M2 30-39 lat	54	Tak		00:00:59	00:25:12	00:50:38	01:17:17.55	01:17:17.55	+00:27:25 (35.5%)	5:56	10.1 (64.7%)
62	MUCHA Grzegorz	310		M5 60+	12	Tak		00:01:02	00:26:28	00:51:36	01:17:47.70	01:17:47.70	+00:27:55 (35.9%)	5:59	10 (64.1%)

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						Mieszkańcy Białoleki	Służby Więziennej								
63	CHOJNOWSKI Andrzej	63	BIEGAM NA TARCHOMINIE	M3 40-49 lat	94	Tak		00:01:08	00:27:15	00:52:47	01:18:13.40	01:18:13.40	+00:28:21 (36.2%)	6:01	10 (64.1%)
64	ADAMKIEWICZ Marcin	14		M3 40-49 lat	95	Tak		00:00:33	00:25:29	00:51:09	01:19:09.05	01:19:09.05	+00:29:16 (37.0%)	6:05	9.9 (63.5%)
65	OSIŃSKI Zbigniew	333	BIEGAM BO LUBIEŃ	M3 40-49 lat	98	Tak		00:00:37	00:26:01	00:52:25	01:19:27.85	01:19:27.85	+00:29:35 (37.2%)	6:06	9.8 (62.8%)
66	TUMIŃSKI Artur	470		M3 40-49 lat	99	Tak		00:01:07	00:26:36	00:52:32	01:19:44.60	01:19:44.60	+00:29:52 (37.5%)	6:08	9.8 (62.8%)
67	STROMECKI Marcin	424	BFM	M2 30-39 lat	56	Tak		00:01:39	00:28:26	00:55:10	01:19:59.95	01:19:59.95	+00:30:07 (37.7%)	6:09	9.8 (62.8%)
68	ŁUCZAK Piotr	271	PKO BANK POLSKI	M3 40-49 lat	100	Tak		00:00:54	00:25:40	00:52:37	01:20:28.20	01:20:28.20	+00:30:35 (38.0%)	6:11	9.7 (62.2%)
69	ZYBULA Maciej Leonard	517	BEES & HONEY	M2 30-39 lat	58	Tak		00:00:26	00:26:37	00:54:36	01:23:47.75	01:23:47.75	+00:33:55 (40.5%)	6:26	9.3 (59.6%)
70	ŁOZOWSKI Robert	269		M3 40-49 lat	108	Tak		00:00:44	00:27:31	00:55:55	01:25:01.45	01:25:01.45	+00:35:09 (41.3%)	6:32	9.2 (59.0%)
71	TYBURC Paweł	69	RADA DZIELNICY BIAŁOLEKA	M3 40-49 lat	109	Tak		00:01:21	00:28:08	00:56:06	01:25:25.80	01:25:25.80	+00:35:33 (41.6%)	6:34	9.1 (58.3%)
72	LEŚKO Jarek	258		M3 40-49 lat	110	Tak		00:01:25	00:29:22	00:56:58	01:26:17.25	01:26:17.25	+00:36:24 (42.2%)	6:38	9 (57.7%)
73	JEŻMAŃSKI Sławek	164		M3 40-49 lat	113	Tak		00:01:27	00:30:57	01:00:28	01:30:08.55	01:30:08.55	+00:40:16 (44.7%)	6:56	8.7 (55.8%)
74	FIEDOSIUK Michał	96		M3 40-49 lat	116	Tak		00:01:10	00:32:25	01:03:42	01:36:42.75	01:36:42.75	+00:46:50 (48.4%)	7:26	8.1 (51.9%)
75	ŁUKASIEWICZ Robert	272	KOKOSZKA36TEAM	M3 40-49 lat	117	Tak		00:01:00	00:30:46	01:04:12	01:38:44.40	01:38:44.40	+00:48:52 (49.5%)	7:35	7.9 (50.6%)
76	WTOREK Mirosław	501		M5 60+	21	Tak		00:00:43	00:34:46	01:10:40	01:46:02.05	01:46:02.05	+00:56:09 (53.0%)	8:09	7.4 (47.4%)
	KEMPA Piotr	198		M2 30-39 lat		Tak		00:00:54 DNF	00:24:42 DNF	00:49:38 DNF	DNF	DNF	-	-	- (0.0%)
	WACH Michał	474	BIEGAM NA TARCHOMINIE	M3 40-49 lat		Tak		00:01:10 DNF	00:27:13 DNF	00:52:46 DNF	DNF	DNF	-	-	- (0.0%)
	OSTASZEWSKI Wojtek	337	WERKUS RUNNERS	M3 40-49 lat		Tak		00:01:14 DNF	00:29:57 DNF	00:57:27 DNF	DNF	DNF	-	-	- (0.0%)
	OSTASZEWSKI Marcin	336	PACIAK RUNNING CLUB	M2 30-39 lat		Tak		00:01:14 DNF	00:29:57 DNF	00:57:45 DNF	DNF	DNF	-	-	- (0.0%)
	KUCICKI Krzysztof	243		M3 40-49 lat		Tak		00:01:17 DNF	00:29:23 DNF	00:58:40 DNF	DNF	DNF	-	-	- (0.0%)
	DĄBROWA Bartosz	30		M1 < 29 lat		Tak		00:01:21 DNF	00:29:40 DNF	00:59:01 DNF	DNF	DNF	-	-	- (0.0%)
	KLIPO Mateusz	205	DELOITTE ADVENTURE TEAM	M1 < 29 lat		Tak		00:01:04 DNF	00:24:18 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DUDZIŃSKI Przemysław	260		M2 30-39 lat		Tak		00:01:11 DNF	00:25:47 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DRZAŁ Daniel	524		M2 30-39 lat		Tak		00:01:09 DNF	00:29:20 DNF	DNF	DNF	DNF	-	-	- (0.0%)

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						Mieszkańcy Białoleki	Służby Więziennej								
	ZATYLNy Tomasz	505		M3 40-49 lat		Tak		00:00:48 DNF	00:30:46 DNF	DNF	DNF	DNF		-	- (0.0%)
	KARPIŃSKI Marcin	193		M2 30-39 lat		Tak		00:01:19 DNF	00:31:56 DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWICKI Dariusz	319		M3 40-49 lat		Tak		00:01:15 DNF	00:32:03 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%)
	TRENTOWSKI Piotr	464		M3 40-49 lat		Tak		00:01:20 DNF	00:33:16 DNF	DNF	DNF	DNF		-	- (0.0%)
	NIEWCZAS Zdzisław	525		70+		Tak		00:01:34 DNF	00:42:59 DNF	DNF	DNF	DNF		-	- (0.0%)
	KAMIŃSKI Waldemar	179	SLOW JOGGING BIAŁOLEKA	M4 50-59		Tak		00:01:41 DNF	00:44:02 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 92 wynik(ów)