



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Białolecki Bieg Wolności
Urząd Dzielnicy Białoleka m.st. Warszawa
2023-12-10
Warszawa
13 km

BIAŁOLECKI BIEG WOLNOŚCI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkaniec Białoleki

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej									
1	WERNER Kamil	556	DZIKI BIEG	M2 30-39 lat	1	Tak		00:00:01	00:00:18	00:15:00	00:29:59	00:44:54.65	00:44:55.80		3:27	17.4 (100%)
2	PYRZAK Paweł	417	BIEGANIEPO40.PL	M2 30-39 lat	2	Tak		00:00:01	00:00:18	00:15:15	00:30:41	00:46:26.10	00:46:27.30	+00:01:31 (3.3%)	3:34	16.8 (96.6%)
3	KOBYŁECKI Mateusz	238		M1 < 29 lat	1	Tak	Tak	00:00:01	00:00:18	00:15:40	00:31:23	00:47:20.60	00:47:22.50	+00:02:25 (5.1%)	3:38	16.5 (94.8%)
4	URMANOWSKI Daniel	547	DREAM RUN	M2 30-39 lat	3	Tak		00:00:02	00:00:22	00:15:46	00:31:57	00:48:03.05	00:48:05.05	+00:03:08 (6.5%)	3:41	16.2 (93.1%)
5	GOZDEK Radek	147	BIEGANIE PO 40	M4 50-59	1	Tak		00:00:01	00:00:21	00:16:29	00:32:56	00:49:07.50	00:49:08.95	+00:04:12 (8.6%)	3:46	15.9 (91.4%)
6	HILDEBRAND Marcin	172	BIEGAM NA TARCHOMINIE	M2 30-39 lat	5	Tak		00:00:02	00:00:23	00:16:34	00:33:06	00:49:38.00	00:49:40.30	+00:04:43 (9.5%)	3:49	15.7 (90.2%)
7	TYMOLEWSKI Grzegorz	543		M1 < 29 lat	2	Tak		00:00:02	00:00:22	00:16:50	00:34:09	00:50:53.95	00:50:56.65	+00:05:59 (11.8%)	3:54	15.3 (87.9%)
8	KLAŚ Łukasz	233	TEAM PARSZCZYŃSKICH	M3 40-49 lat	3	Tak		00:00:02	00:00:22	00:16:40	00:33:41	00:51:01.40	00:51:03.45	+00:06:06 (12.0%)	3:55	15.3 (87.9%)
9	SKWARCZ Paweł	467	DZIKI BIEG	M2 30-39 lat	8	Tak		00:00:00	00:00:24	00:17:10	00:34:13	00:51:12.40	00:51:12.40	+00:06:17 (12.3%)	3:56	15.2 (87.4%)
10	ANUSIEWICZ Robert	16		M4 50-59	2	Tak		00:00:11	00:00:34	00:18:05	00:35:43	00:53:10.75	00:53:22.05	+00:08:16 (15.5%)	4:05	14.7 (84.5%)
11	KAMIŃSKI Paweł	203	ADIDAS RUNNERS WARSAW	M3 40-49 lat	6	Tak		00:00:01	00:00:24	00:17:32	00:35:25	00:53:17.25	00:53:18.35	+00:08:22 (15.7%)	4:05	14.6 (83.9%)
12	KARPIŃSKI Marcin	213		M3 40-49 lat	7	Tak		00:00:05	00:00:27	00:18:22	00:36:44	00:54:32.15	00:54:37.40	+00:09:37 (17.6%)	4:11	14.3 (82.2%)
13	ZGODA Mateusz	601		M2 30-39 lat	15	Tak		00:00:01	00:00:23	00:18:34	00:37:41	00:56:33.00	00:56:34.50	+00:11:38 (20.6%)	4:21	13.8 (79.3%)
14	SZYMAŃSKI Andrzej	515		M3 40-49 lat	13	Tak		00:00:06	00:00:32	00:18:59	00:37:46	00:56:49.40	00:56:55.80	+00:11:54 (21.0%)	4:22	13.7 (78.7%)
15	HAUDEK Paweł	168		M2 30-39 lat	17	Tak		00:00:19	00:00:38	00:19:41	00:38:59	00:57:42.40	00:58:01.65	+00:12:47 (22.2%)	4:26	13.5 (77.6%)
16	KUCHAREK Paweł	283		M2 30-39 lat	19	Tak		00:00:07	00:00:30	00:19:29	00:38:29	00:58:31.05	00:58:38.35	+00:13:36 (23.3%)	4:30	13.3 (76.4%)
17	ZDUNEK Michał	597		M3 40-49 lat	15	Tak		00:00:08	00:00:29	00:19:27	00:38:46	00:58:32.45	00:58:40.45	+00:13:37 (23.3%)	4:30	13.3 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pracownicy		Czas startu	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						Mieszkańcy Białoleki	Służby Więziennej									
18	PUSEK Mikołaj	416	FPL TEAM	M1 < 29 lat	7	Tak		00:00:08	00:00:31	00:20:46	00:40:23	01:00:19.25	01:00:27.70	+00:15:24 (25.5%)	4:38	12.9 (74.1%)
19	JAWORSKI Piotr	187		M3 40-49 lat	19	Tak		00:00:00	00:00:30	00:19:32	00:39:37	01:00:19.40	01:00:19.40	+00:15:24 (25.5%)	4:38	12.9 (74.1%)
20	SENATOR Artur	452		M2 30-39 lat	21	Tak		00:00:09	00:00:33	00:20:22	00:40:37	01:00:26.10	01:00:35.20	+00:15:31 (25.7%)	4:38	12.9 (74.1%)
21	KOBYLEC Artur	616		M3 40-49 lat	21	Tak		00:00:43	00:00:39	00:20:04	00:40:20	01:00:55.95	01:01:39.85	+00:16:01 (26.3%)	4:41	12.8 (73.6%)
22	BUDZIK Jacek	65	BIEGAM NA TARCHOMINIE	M3 40-49 lat	22	Tak		00:00:05	00:00:29	00:20:16	00:41:06	01:01:26.15	01:01:32.00	+00:16:31 (26.9%)	4:43	12.7 (73.0%)
23	STĘPIEŃ Adam	481		M3 40-49 lat	24	Tak		00:00:06	00:00:31	00:20:53	00:41:27	01:01:42.15	01:01:48.50	+00:16:47 (27.2%)	4:44	12.6 (72.4%)
24	MICHNOWSKI Sebastian	338	BIEGAM NA TARCHOMINIE	M3 40-49 lat	28	Tak		00:00:06	00:00:32	00:20:24	00:41:14	01:02:01.20	01:02:07.90	+00:17:06 (27.6%)	4:46	12.6 (72.4%)
25	KALINOWSKI Kamil	618		M2 30-39 lat	30	Tak		00:00:05	00:00:31	00:21:33	00:42:50	01:03:26.55	01:03:31.60	+00:18:31 (29.2%)	4:52	12.3 (70.7%)
26	JARMUŻEWSKI Adam	183	GRUPA BIEGOWA CHTMO	M3 40-49 lat	35	Tak		00:00:09	00:00:36	00:21:31	00:42:21	01:03:31.95	01:03:41.35	+00:18:37 (29.3%)	4:53	12.3 (70.7%)
27	CHOJNACKI Mikołaj	79	WARSAW RUN CLUB	M3 40-49 lat	36	Tak		00:00:09	00:00:34	00:21:33	00:43:05	01:03:35.05	01:03:44.45	+00:18:40 (29.4%)	4:53	12.3 (70.7%)
28	BĘBAS Paweł	39		M1 < 29 lat	11	Tak		00:00:10	00:00:35	00:21:33	00:42:51	01:03:42.80	01:03:53.25	+00:18:48 (29.5%)	4:54	12.2 (70.1%)
29	MAMLA Zbigniew	319	BIEGIEM NA KAWĘ	M4 50-59	10	Tak		00:00:05	00:00:31	00:20:49	00:42:19	01:03:45.00	01:03:50.50	+00:18:50 (29.6%)	4:54	12.2 (70.1%)
30	RACZYŃSKI Tomasz	418		M3 40-49 lat	38	Tak		00:00:27	00:00:39	00:22:09	00:43:16	01:04:02.20	01:04:29.20	+00:19:07 (29.9%)	4:55	12.2 (70.1%)
31	OSTAŁOWSKI Paweł	624		M2 30-39 lat	33	Tak		00:00:35	00:00:44	00:21:56	00:43:04	01:04:18.25	01:04:53.95	+00:19:23 (30.2%)	4:56	12.1 (69.5%)
32	KOWALCZYK Rafał	263	LEGIA RUN CLUB	M2 30-39 lat	34	Tak		00:00:35	00:00:44	00:21:57	00:43:05	01:04:28.75	01:05:03.80	+00:19:34 (30.3%)	4:57	12.1 (69.5%)
33	GRAD Tomasz	153	MARKOWI BIEGACZE	M3 40-49 lat	43	Tak		00:00:08	00:00:36	00:22:16	00:43:59	01:05:15.15	01:05:23.60	+00:20:20 (31.2%)	5:01	12 (69.0%)
34	ZDUNIAK Marcin	598	BIEGAM NA TARCHOMINIE	M3 40-49 lat	44	Tak		00:00:17	00:00:39	00:22:41	00:44:14	01:05:20.10	01:05:37.25	+00:20:25 (31.3%)	5:01	11.9 (68.4%)
35	LEWANDOWSKI Piotr	297		M3 40-49 lat	45	Tak		00:00:14	00:00:31	00:20:51	00:42:39	01:05:31.55	01:05:45.80	+00:20:36 (31.5%)	5:02	11.9 (68.4%)
36	BAREJA Leszek	25		M4 50-59	13	Tak		00:00:30	00:00:36	00:21:52	00:43:51	01:05:39.90	01:06:10.10	+00:20:45 (31.6%)	5:03	11.9 (68.4%)
37	PNIEWSKI Rafał	407	BIEGAM NA TARCHOMINIE	M3 40-49 lat	46	Tak		00:00:12	00:00:37	00:21:41	00:43:38	01:05:41.90	01:05:53.90	+00:20:47 (31.6%)	5:03	11.9 (68.4%)
38	JEZIERSKI Łukasz	188	GRUPA BIEGOWA CHTMO	M3 40-49 lat	47	Tak		00:00:15	00:00:39	00:22:21	00:44:12	01:05:42.80	01:05:58.65	+00:20:48 (31.7%)	5:03	11.9 (68.4%)
39	KONIECKI Tomasz	246		M4 50-59	15	Tak		00:00:06	00:00:30	00:22:07	00:44:22	01:06:27.55	01:06:34.45	+00:21:32 (32.4%)	5:06	11.7 (67.2%)
40	SPYCHAŁA Piotr	476		M3 40-49 lat	52	Tak		00:00:12	00:00:38	00:22:27	00:44:22	01:06:31.40	01:06:43.60	+00:21:36 (32.5%)	5:07	11.7 (67.2%)
41	CICHOCKI Zbigniew	83		M4 50-59	16	Tak		00:00:54	00:00:39	00:23:01	00:45:13	01:06:52.60	01:07:47.20	+00:21:57 (32.8%)	5:08	11.7 (67.2%)
42	GAWLIK Arkadiusz	131	BIEGAM NA TARCHOMINIE	M3 40-49 lat	59	Tak		00:00:11	00:00:37	00:22:15	00:44:56	01:07:40.00	01:07:51.55	+00:22:45 (33.6%)	5:12	11.5 (66.1%)
43	KAWKA Jarosław	219		M3 40-49 lat	60	Tak		00:00:19	00:00:36	00:22:48	00:45:41	01:07:45.10	01:08:04.85	+00:22:50 (33.7%)	5:12	11.5 (66.1%)

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						Mieszkańcy Białoleki	Służby Więziennej									
70	DUDANOWICZ Mateusz	107		M2 30-39 lat	60	Tak		00:00:48	00:00:45	00:26:41	00:51:48	01:16:06.55	01:16:55.15	+00:31:11 (41.0%)	5:51	10.2 (58.6%)
71	PROKOPIUK Grzegorz	412	BIEGAM NA TARCHOMINIE	M3 40-49 lat	102	Tak		00:00:17	00:00:42	00:26:03	00:51:32	01:16:25.80	01:16:43.10	+00:31:31 (41.2%)	5:52	10.2 (58.6%)
72	TYBURC Paweł	69	RADA DZIELNICY BIAŁOLEKA	M4 50-59	39	Tak		00:00:36	00:00:45	00:25:34	00:50:13	01:16:36.85	01:17:13.45	+00:31:42 (41.4%)	5:53	10.2 (58.6%)
73	NOWIŃSKI Mariusz	627		M3 40-49 lat	103	Tak		00:00:12	00:00:42	00:27:56	00:52:55	01:16:44.60	01:16:57.45	+00:31:49 (41.5%)	5:54	10.2 (58.6%)
74	MUCHA Grzegorz	352		M5 60+	10	Tak		00:00:45	00:00:45	00:26:16	00:52:04	01:17:19.10	01:18:04.25	+00:32:24 (41.9%)	5:56	10.1 (58.0%)
75	ŁUCZAK Piotr	310	PKO BANK POLSKI	M3 40-49 lat	107	Tak		00:00:09	00:00:37	00:24:43	00:51:13	01:18:40.65	01:18:49.90	+00:33:46 (42.9%)	6:03	9.9 (56.9%)
76	BOBOWSKI Sebastian	51		M3 40-49 lat	108	Tak		00:00:26	00:00:38	00:24:01	00:49:39	01:18:43.00	01:19:09.20	+00:33:48 (42.9%)	6:03	9.9 (56.9%)
77	URBANIAK Paweł	546		M3 40-49 lat	109	Tak		00:00:51	00:00:44	00:27:24	00:53:09	01:18:44.85	01:19:36.60	+00:33:50 (43.0%)	6:03	9.9 (56.9%)
78	ZDUŃSKI Jarosław	599		M4 50-59	42	Tak		00:00:45	00:00:46	00:27:05	00:52:10	01:18:46.60	01:19:32.35	+00:33:51 (43.0%)	6:03	9.9 (56.9%)
79	WRÓBLEWSKI Tomasz	578		M2 30-39 lat	63	Tak		00:00:39	00:00:48	00:27:56	00:54:01	01:20:16.50	01:20:55.60	+00:35:21 (44.1%)	6:10	9.7 (55.7%)
80	JEŻMAŃSKI Sławek	190	BIEGAM NA TARCHOMINIE	M3 40-49 lat	111	Tak		00:00:39	00:00:46	00:27:30	00:54:02	01:20:27.10	01:21:06.85	+00:35:32 (44.2%)	6:11	9.7 (55.7%)
81	ZASŁONKA Paweł	592		M2 30-39 lat	64	Tak		00:00:35	00:00:44	00:26:22	00:53:26	01:20:37.05	01:21:12.30	+00:35:42 (44.3%)	6:12	9.7 (55.7%)
82	CHOJNOWSKI Andrzej	80	BIEGAM NA TARCHOMINIE	M3 40-49 lat	112	Tak		00:00:16	00:00:43	00:26:20	00:52:47	01:20:59.55	01:21:15.95	+00:36:04 (44.5%)	6:13	9.6 (55.2%)
83	DZIEDZIC Łukasz	110		M3 40-49 lat	114	Tak		00:00:39	00:00:45	00:27:29	00:53:31	01:21:09.50	01:21:48.90	+00:36:14 (44.7%)	6:14	9.6 (55.2%)
84	SZCZYPEK Paweł	504		M4 50-59	47	Tak		00:00:17	00:00:43	00:26:28	00:53:26	01:21:54.15	01:22:11.15	+00:36:59 (45.2%)	6:18	9.5 (54.6%)
85	SIKORSKI Paweł	460	GAMMA	M3 40-49 lat	119	Tak		00:00:49	00:00:44	00:27:56	00:55:45	01:23:09.75	01:23:59.25	+00:38:15 (46.0%)	6:23	9.4 (54.0%)
86	ORŁOWSKI Marek	384		M4 50-59	52	Tak		00:00:38	00:00:43	00:27:58	00:56:20	01:25:36.40	01:26:15.10	+00:40:41 (47.5%)	6:35	9.1 (52.3%)
87	CIEŚLAK Paweł	86	SLOWJOGGING BIAŁOLEKA	M4 50-59	54	Tak		00:00:53	00:00:48	00:30:04	00:58:45	01:30:47.50	01:31:40.65	+00:45:52 (50.5%)	6:59	8.6 (49.4%)
88	KUCICKI Krzysztof	285		M3 40-49 lat	121	Tak		00:00:50	00:00:45	00:29:53	00:59:53	01:30:58.05	01:31:48.70	+00:46:03 (50.6%)	6:59	8.6 (49.4%)
89	SMOK Tomasz	470		M3 40-49 lat	122	Tak		00:00:59	00:00:44	00:30:02	00:59:31	01:31:18.35	01:32:17.65	+00:46:23 (50.8%)	7:01	8.5 (48.9%)
90	BERLIŃSKI Kamil	37		M2 30-39 lat	68	Tak		00:00:26	00:00:46	00:30:32	01:02:36	01:35:11.60	01:35:37.75	+00:50:16 (52.8%)	7:19	8.2 (47.1%)
91	ŁOKIEĆ Piotr	306	GRUPA PROOBRONNA "POSPOLITE RUSZENIE"	M4 50-59	56	Tak		00:00:55	00:00:45	00:30:35	01:02:41	01:36:31.10	01:37:26.20	+00:51:36 (53.5%)	7:25	8.1 (46.6%)
92	BIAŁOKOS Kamil	41	GRUPA BIEGOWA CHTMO	M3 40-49 lat	124	Tak		00:00:34	00:00:46	00:23:37	00:45:41			+00:15:42	5:15	11.4 (65.5%)
93	SZAREWICZ Paweł	502		M3 40-49 lat	125	Tak		00:00:07	00:00:38	00:24:51	00:49:04			+00:19:05	5:38	10.6 (60.9%)
94	GARBIEC Bogdan	130		M4 50-59	58	Tak		00:00:16	00:00:42	00:24:36	00:49:28			+00:19:29	5:41	10.6 (60.9%)
95	KOWNACKI Marcin	271		M3 40-49 lat	126	Tak		00:00:09	00:00:39	00:24:49	00:49:35			+00:19:36	5:41	10.5 (60.3%)

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						Mieszkańcy Białoleki	Służby Więziennej									
96	MATUSZKO Mariusz	329		M4 50-59	59	Tak		00:00:47	00:00:44	00:25:53	00:50:50			+00:20:51	5:50	10.3 (59.2%)
97	ŁOZIŃSKI Piotr	307		M3 40-49 lat	127	Tak		00:00:18	00:00:43	00:26:19	00:51:07			+00:21:08	5:52	10.2 (58.6%)
98	KITA Grzegorz	232		M4 50-59	60	Tak		00:00:10	00:00:39	00:26:04	00:51:45			+00:21:46	5:56	10.1 (58.0%)
99	DYMEL Andrzej	108	MARKOWI BIEGACZE	70+	8	Tak		00:00:20	00:00:45	00:29:45	01:01:51			+00:31:52	7:06	8.4 (48.3%)
100	DUDZIŃSKI Przemysław	623		M2 30-39 lat	71	Tak		00:00:21	00:00:41	00:24:33				+00:09:33	5:34	10.8 (62.1%)
101	OLESIAK Arkadiusz	378	BIEGAM NA TARCHOMINIE	M4 50-59	65	Tak		00:00:12	00:00:41	00:25:08				+00:10:08	5:42	10.5 (60.3%)
102	FIEDOSIUK Michał	119	DZIKUNY	M3 40-49 lat	132	Tak		00:00:24	00:00:40	00:27:06				+00:12:06	6:09	9.7 (55.7%)
103	DĄBROWA Bartosz	96		M1 < 29 lat	31	Tak		00:00:41	00:00:45	00:28:48				+00:13:48	6:32	9.2 (52.9%)
104	ZATYLNÝ Tomasz	594		M3 40-49 lat	136	Tak		00:00:24	00:00:40	00:29:30				+00:14:30	6:42	8.9 (51.1%)
105	GRZEŚLAK Krzysztof	162	DZIKUNY	M2 30-39 lat	73	Tak		00:00:26	00:00:49	00:31:56				+00:16:56	7:15	8.3 (47.7%)

Znaleziono 105 wynik(ów)