

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2019-12-14
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Pracownicy Służby Więziennej - mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	FIEDOROW Tomasz	79	BSB BARCZEWO BIEGA/ZK BARCZEWO	M2 30-39 lat	5	00:00:01	00:00:15	00:15:32	00:31:42	00:47:35.10	00:47:36.85		3:39	16.4 (100%)
2	BIAŁEK Piotr	476	3BRO	M2 30-39 lat	14	00:00:02	00:00:18	00:16:53	00:33:54	00:50:48.10	00:50:50.85	+00:03:13 (6.3%)	3:54	15.4 (93.9%)
3	TOMCZAK Marcin	377	1980	M2 30-39 lat	16	00:00:03	00:00:20	00:17:07	00:34:41	00:52:18.30	00:52:21.50	+00:04:43 (9.0%)	4:01	14.9 (90.9%)
4	DĄBROWSKI Michał	63		M2 30-39 lat	24	00:00:06	00:00:23	00:18:22	00:37:12	00:56:03.00	00:56:09.55	+00:08:27 (15.1%)	4:18	13.9 (84.8%)
5	KOWALEWSKI Łukasz	491	BISKUPIEC BIEGA	M2 30-39 lat	25	00:00:00	00:01:48	00:18:55	00:37:33	00:56:24.00	00:56:24.00	+00:08:48 (15.6%)	4:20	13.8 (84.1%)
6	SARZAŁA Dariusz	315	AKS POLONIA WARSZAWA	M5 60+	3	00:00:02	00:00:20	00:18:52	00:37:43	00:56:28.45	00:56:30.75	+00:08:53 (15.7%)	4:20	13.8 (84.1%)
7	WIŚNIEWSKI Krzysztof	467	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	18	00:00:06	00:00:25	00:19:20	00:38:39	00:57:58.30	00:58:04.45	+00:10:23 (17.9%)	4:27	13.5 (82.3%)
8	BRODZIK Arkadiusz	426		M2 30-39 lat	31	00:00:02	00:00:16	00:18:16	00:38:04	00:58:07.00	00:58:09.65	+00:10:31 (18.1%)	4:28	13.4 (81.7%)
9	RESZCZYK Marcin	302		M3 40-49 lat	20	00:00:33	00:00:33	00:19:56	00:39:17	00:58:21.80	00:58:55.15	+00:10:46 (18.5%)	4:29	13.4 (81.7%)
10	ZELENT Arkadiusz	415	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	28	00:00:09	00:00:26	00:19:53	00:40:02	00:59:53.15	01:00:02.65	+00:12:18 (20.5%)	4:36	13 (79.3%)
11	GLINKA Karol	97		M2 30-39 lat	42	00:00:32	00:00:36	00:20:35	00:40:40	01:00:49.95	01:01:22.50	+00:13:14 (21.8%)	4:40	12.8 (78.0%)
12	BYSTRY Grzegorz	41	KS LENIWIEC	M3 40-49 lat	30	00:00:24	00:00:30	00:20:30	00:40:37	01:01:04.45	01:01:28.60	+00:13:29 (22.1%)	4:41	12.8 (78.0%)
13	NOWAK Jakub	101	DOBRYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	48	00:00:02	00:00:22	00:20:39	00:41:48	01:03:22.15	01:03:24.75	+00:15:47 (24.9%)	4:52	12.3 (75.0%)
14	MIĘTEK Artur	237	III ZKSS SR LEGIONOWO	M3 40-49 lat	49	00:00:12	00:00:34	00:21:24	00:42:29	01:03:29.80	01:03:42.50	+00:15:54 (25.1%)	4:53	12.3 (75.0%)
15	PISAREK Norbert	289		M3 40-49 lat	50	00:00:49	00:00:35	00:22:16	00:43:34	01:03:32.75	01:04:22.45	+00:15:57 (25.1%)	4:53	12.3 (75.0%)
16	GAJEWSKI Mariusz	90		M3 40-49 lat	55	00:00:33	00:00:35	00:20:49	00:42:34	01:04:16.00	01:04:49.70	+00:16:40 (26.0%)	4:56	12.1 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	ZAJAC Bartosz	514	BSB BARCZEWO BIEGA/ ZK BARCZEWO	M2 30-39 lat	52	00:00:14	00:00:32	00:21:17	00:42:26	01:04:42.75	01:04:57.40	+00:17:07 (26.5%)	4:58	12.1 (73.8%)
18	MYSTKOWSKI Mieczysław	447		M4 50-59	17	00:00:16	00:00:33	00:21:09	00:43:10	01:04:57.65	01:05:14.20	+00:17:22 (26.7%)	4:59	12 (73.2%)
19	JANECKI Przemysław	131		M2 30-39 lat	55	00:00:16	00:00:34	00:21:09	00:43:10	01:04:58.00	01:05:14.35	+00:17:22 (26.8%)	4:59	12 (73.2%)
20	BABIUCH Marek	18		M4 50-59	18	00:00:09	00:00:27	00:22:02	00:43:46	01:06:03.55	01:06:12.85	+00:18:28 (28.0%)	5:04	11.8 (72.0%)
21	TYMIŃSKI Mariusz	383		M2 30-39 lat	63	00:00:32	00:00:37	00:22:35	00:45:07	01:07:08.35	01:07:40.40	+00:19:33 (29.1%)	5:09	11.6 (70.7%)
22	ZIELIŃSKI Łukasz	471	BIEGAM BO LUBIĘ OSTROŁĘKA	M2 30-39 lat	68	00:00:04	00:00:25	00:21:00	00:42:12	01:07:56.95	01:08:01.80	+00:20:21 (30.0%)	5:13	11.5 (70.1%)
23	SKRZYŃSKI Adam	327		M1 < 29 lat	22	00:00:32	00:00:39	00:24:13	00:47:36	01:10:22.30	01:10:55.00	+00:22:47 (32.4%)	5:24	11.1 (67.7%)
24	LEŃCZUK Andrzej	440		M4 50-59	27	00:00:23	00:00:33	00:22:25	00:45:23	01:10:25.10	01:10:48.25	+00:22:50 (32.4%)	5:25	11.1 (67.7%)
25	KULIK Karol	539		M3 40-49 lat	93	00:00:37	00:00:37	00:25:09	00:48:20	01:10:48.60	01:11:26.35	+00:23:13 (32.8%)	5:26	11 (67.1%)
26	SALAJCZYK Sylwester	452		M4 50-59	32	00:00:34	00:00:38	00:25:08	00:49:49	01:15:00.00	01:15:34.10	+00:27:24 (36.6%)	5:46	10.4 (63.4%)
27	KWIATEK Jacek	203		M4 50-59	35	00:00:35	00:00:37	00:25:28	00:51:04	01:16:31.15	01:17:06.15	+00:28:56 (37.8%)	5:53	10.2 (62.2%)
28	WALCZAK Dariusz	389	CYTRYNOWI STUDENCI	M3 40-49 lat	113	00:00:09	00:00:35	00:25:39	00:51:23	01:18:12.30	01:18:21.35	+00:30:37 (39.2%)	6:00	10 (61.0%)
29	SOJKA Łukasz	333		M2 30-39 lat	106	00:00:33	00:00:38	00:28:44	00:58:55	01:30:49.15	01:31:22.15	+00:43:14 (47.6%)	6:59	8.6 (52.4%)
30	KRUPIŃSKI Marek	437	1995	M1 < 29 lat	29	00:00:03	00:00:18	00:18:56	00:40:11			+00:08:29	4:37	13 (79.3%)
31	BIEDKA Robert	533	REBOOK RUN CREW	M3 40-49 lat	126	00:00:09	00:00:29	00:21:47	00:43:51			+00:12:09	5:02	11.9 (72.6%)
32	KOWALSKI Kamil	185	CYTRYNOWI STUDENCI	M2 30-39 lat	108	00:00:48	00:00:39	00:27:29	00:54:10			+00:22:29	6:13	9.6 (58.5%)
33	MIŚTA Grzegorz	100	FRONTIS	M3 40-49 lat	133	00:00:10	00:00:35	00:28:05				+00:12:34	6:22	9.4 (57.3%)
34	NOWAK Bartłomiej	256		M3 40-49 lat	135	00:00:03	00:00:27	00:43:14				+00:27:43	9:49	6.1 (37.2%)
	FICEK Łukasz	78	CYTRYNOWI STUDENCI	M2 30-39 lat		DNF	00:00:38 DNF	00:32:14 DNF	00:41:15 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 35 wynik(ów)