



# BIEG CZTERECH GENERAŁÓW

B4SPORT

**Organizator:** Fundacja Nasza Historia  
**Data:** 2024-09-14  
**Miejsce:** Modlin  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYMAŃSKI Daniel</b>	<b>101</b>		M OPEN	1		00:21:30	<b>00:43:57.40</b>		4:23	13.7 (100%)
2	<b>ŁĘGOWSKI Tomasz</b>	<b>52</b>		M OPEN	2	FitClubFollow	00:23:14	<b>00:44:53.85</b>	+00:00:56 (2.1%)	4:29	13.4 (97.8%)
3	<b>MOSKWA Paweł</b>	<b>63</b>		M OPEN	3	Państwowa Straż Pożarna	00:22:02	<b>00:45:13.95</b>	+00:01:16 (2.8%)	4:31	13.3 (97.1%)
4	<b>BARTECKI Sławomir</b>	<b>5</b>		M OPEN	4	Night Runners	00:23:08	<b>00:46:59.50</b>	+00:03:02 (6.5%)	4:41	12.8 (93.4%)
5	<b>ŻEGARSKI Tomasz</b>	<b>126</b>		M OPEN	5	Night Runners	00:23:17	<b>00:47:52.00</b>	+00:03:54 (8.2%)	4:47	12.5 (91.2%)
6	<b>RYBARCZYK Daniel</b>	<b>81</b>		M OPEN	6		00:24:49	<b>00:48:20.95</b>	+00:04:23 (9.1%)	4:50	12.4 (90.5%)
7	<b>ANDRZEJEWSKI Grzegorz</b>	<b>2</b>		M OPEN	7	Reckitt Runners	00:23:39	<b>00:48:28.95</b>	+00:04:31 (9.3%)	4:50	12.4 (90.5%)
8	<b>SZAFRAŃSKA Aleksandra</b>	<b>98</b>		K OPEN	1		00:24:02	<b>00:48:34.40</b>	+00:04:37 (9.5%)	4:51	12.4 (90.5%)
9	<b>WOJTCZAK Michał</b>	<b>115</b>		M OPEN	8		00:24:26	<b>00:49:11.75</b>	+00:05:14 (10.6%)	4:55	12.2 (89.1%)
10	<b>NIKOŁAJUK Julia</b>	<b>67</b>		K OPEN	2	Reckitt Runners	00:24:39	<b>00:49:15.25</b>	+00:05:17 (10.8%)	4:55	12.2 (89.1%)
11	<b>KUCHARCZYK Piotr</b>	<b>49</b>		M OPEN	9		00:24:18	<b>00:49:25.80</b>	+00:05:28 (11.1%)	4:56	12.1 (88.3%)
12	<b>BICKI Damian</b>	<b>6</b>		M OPEN	10	Night Runners	00:24:46	<b>00:49:31.40</b>	+00:05:34 (11.2%)	4:57	12.1 (88.3%)
13	<b>SASIN Rafał</b>	<b>85</b>		M OPEN	11		00:25:27	<b>00:49:44.75</b>	+00:05:47 (11.6%)	4:58	12.1 (88.3%)
14	<b>CIENIEK Przemysław</b>	<b>15</b>		M OPEN	12	Drużyna Pierścienia	00:24:19	<b>00:49:50.70</b>	+00:05:53 (11.8%)	4:59	12 (87.6%)
15	<b>ŁUBKOWSKA Sylwia</b>	<b>53</b>		K OPEN	3	Night Runners	00:24:46	<b>00:49:54.80</b>	+00:05:57 (11.9%)	4:59	12 (87.6%)
16	<b>SŁODKOWSKI Marek</b>	<b>90</b>		M OPEN	13		00:24:18	<b>00:50:14.25</b>	+00:06:16 (12.5%)	5:01	11.9 (86.9%)
17	<b>STASIAK Piotr</b>	<b>93</b>		M OPEN	14		00:25:09	<b>00:50:16.50</b>	+00:06:19 (12.6%)	5:01	11.9 (86.9%)
18	<b>REMISZ Łukasz</b>	<b>80</b>		M OPEN	15		00:25:23	<b>00:50:51.65</b>	+00:06:54 (13.6%)	5:05	11.8 (86.1%)
19	<b>KASPEREK Krzysztof</b>	<b>37</b>		M OPEN	16	Reckitt Runners	00:25:06	<b>00:50:55.45</b>	+00:06:58 (13.7%)	5:05	11.8 (86.1%)
20	<b>ZIELIŃSKI Tomasz</b>	<b>124</b>		M OPEN	17		00:24:54	<b>00:50:58.20</b>	+00:07:00 (13.8%)	5:05	11.8 (86.1%)
21	<b>WÓJCIK Arek</b>	<b>116</b>		M OPEN	18		00:25:45	<b>00:51:38.35</b>	+00:07:40 (14.9%)	5:09	11.6 (84.7%)
22	<b>PODRAŻKA Łukasz</b>	<b>74</b>		M OPEN	19		00:25:33	<b>00:51:39.30</b>	+00:07:41 (14.9%)	5:09	11.6 (84.7%)
23	<b>KOZA Grzegorz</b>	<b>46</b>		M OPEN	20		00:25:34	<b>00:51:39.70</b>	+00:07:42 (14.9%)	5:09	11.6 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
24	<b>CZYTRZYŃSKA Alicja</b>	<b>17</b>		K OPEN	4		00:25:03	<b>00:51:40.60</b>	+00:07:43 (14.9%)	5:10	11.6 (84.7%)
25	<b>KASPERKIEWICZ Maja</b>	<b>38</b>		K OPEN	5		00:26:18	<b>00:51:49.40</b>	+00:07:52 (15.2%)	5:10	11.6 (84.7%)
26	<b>KAMIŃSKI Wiesław</b>	<b>36</b>		M OPEN	21	Nasielsk Baszta Team	00:24:35	<b>00:51:58.90</b>	+00:08:01 (15.4%)	5:11	11.5 (83.9%)
27	<b>BARAŃSKI Ernest</b>	<b>3</b>		M OPEN	22		00:24:12	<b>00:52:03.95</b>	+00:08:06 (15.6%)	5:12	11.5 (83.9%)
28	<b>KOZA Piotr</b>	<b>45</b>		M OPEN	23		00:25:52	<b>00:52:24.15</b>	+00:08:26 (16.1%)	5:14	11.5 (83.9%)
29	<b>SADOWSKI Robert</b>	<b>83</b>		M OPEN	24		00:26:23	<b>00:52:46.15</b>	+00:08:48 (16.7%)	5:16	11.4 (83.2%)
30	<b>WOJCIECHOWSKI Łukasz</b>	<b>114</b>		M OPEN	25		00:26:28	<b>00:53:07.15</b>	+00:09:09 (17.2%)	5:18	11.3 (82.5%)
31	<b>CHROMIK Anna</b>	<b>13</b>		K OPEN	6		00:26:43	<b>00:53:44.40</b>	+00:09:47 (18.2%)	5:22	11.2 (81.8%)
32	<b>MALINOWSKI Patryk</b>	<b>57</b>		M OPEN	26	Reckitt Runners	00:25:48	<b>00:53:48.75</b>	+00:09:51 (18.3%)	5:22	11.2 (81.8%)
33	<b>POLIT Ernest</b>	<b>76</b>		M OPEN	27		00:26:13	<b>00:53:50.05</b>	+00:09:52 (18.3%)	5:23	11.1 (81.0%)
34	<b>CHROMIK Maciej</b>	<b>14</b>		M OPEN	28		00:26:44	<b>00:54:19.30</b>	+00:10:21 (19.1%)	5:25	11 (80.3%)
35	<b>MIKLASZEWSKI Kamil</b>	<b>59</b>		M OPEN	29		00:27:14	<b>00:54:29.00</b>	+00:10:31 (19.3%)	5:26	11 (80.3%)
36	<b>MAŃKOWSKI Michał</b>	<b>129</b>		M OPEN	30	FitClubFollow	00:25:47	<b>00:54:33.00</b>	+00:10:35 (19.4%)	5:27	11 (80.3%)
37	<b>ZDUNIAK Kamila</b>	<b>122</b>		K OPEN	7	Jednorożec robi co może	00:27:29	<b>00:54:34.70</b>	+00:10:37 (19.5%)	5:27	11 (80.3%)
38	<b>ZDUNIAK Piotr</b>	<b>121</b>		M OPEN	31	Jednorożec robi co może	00:27:29	<b>00:54:35.00</b>	+00:10:37 (19.5%)	5:27	11 (80.3%)
39	<b>MOSAKOWSKI Piotr</b>	<b>62</b>		M OPEN	32		00:27:10	<b>00:55:01.35</b>	+00:11:03 (20.1%)	5:30	10.9 (79.6%)
40	<b>MORAWSKI Krzysztof</b>	<b>61</b>		M OPEN	33		00:27:02	<b>00:55:12.95</b>	+00:11:15 (20.4%)	5:31	10.9 (79.6%)
41	<b>OWCZAREK Sebastian</b>	<b>70</b>		M OPEN	34		00:27:20	<b>00:55:15.90</b>	+00:11:18 (20.5%)	5:31	10.9 (79.6%)
42	<b>GROCHALA Sebastian</b>	<b>23</b>		M OPEN	35		00:26:52	<b>00:55:21.40</b>	+00:11:24 (20.6%)	5:32	10.8 (78.8%)
43	<b>PYZARA Tomasz</b>	<b>78</b>		M OPEN	36		00:27:49	<b>00:55:37.70</b>	+00:11:40 (21.0%)	5:33	10.8 (78.8%)
44	<b>KAWALEC Marika</b>	<b>40</b>		K OPEN	8		00:27:39	<b>00:55:49.90</b>	+00:11:52 (21.3%)	5:34	10.7 (78.1%)
45	<b>WIŚNIEWSKI Mikołaj</b>	<b>110</b>		M OPEN	37		00:27:28	<b>00:56:22.00</b>	+00:12:24 (22.0%)	5:38	10.6 (77.4%)
46	<b>WIŚNIEWSKI Paweł</b>	<b>111</b>		M OPEN	38		00:27:30	<b>00:56:22.80</b>	+00:12:25 (22.0%)	5:38	10.6 (77.4%)
47	<b>STYŚ Marek</b>	<b>95</b>		M OPEN	39	Lecę Bo Chcę	00:27:10	<b>00:56:26.20</b>	+00:12:28 (22.1%)	5:38	10.6 (77.4%)
48	<b>KATNER Tomasz</b>	<b>39</b>		M OPEN	40	FitClubFollow	00:27:32	<b>00:56:37.85</b>	+00:12:40 (22.4%)	5:39	10.6 (77.4%)
49	<b>JARCZEWSKI Mariusz</b>	<b>29</b>		M OPEN	41		00:28:13	<b>00:56:54.95</b>	+00:12:57 (22.8%)	5:41	10.5 (76.6%)
50	<b>ZDUNIAK Anna</b>	<b>123</b>		K OPEN	9		00:27:56	<b>00:56:55.55</b>	+00:12:58 (22.8%)	5:41	10.5 (76.6%)
51	<b>JABŁONKA Radek</b>	<b>27</b>		M OPEN	42		00:27:58	<b>00:57:06.00</b>	+00:13:08 (23.0%)	5:42	10.5 (76.6%)
52	<b>SURMAK Klaudia</b>	<b>97</b>		K OPEN	10	FitClubFollow	00:27:45	<b>00:57:16.80</b>	+00:13:19 (23.3%)	5:43	10.5 (76.6%)
53	<b>WOJCIECHOWSKA Magda</b>	<b>113</b>		K OPEN	11		00:28:31	<b>00:57:27.45</b>	+00:13:30 (23.5%)	5:44	10.4 (75.9%)
54	<b>SOSIŃSKI Mateusz</b>	<b>128</b>		M OPEN	43		00:28:41	<b>00:57:44.15</b>	+00:13:46 (23.9%)	5:46	10.4 (75.9%)
55	<b>KWAPIŃSKI Tomasz</b>	<b>51</b>		M OPEN	44		00:28:24	<b>00:58:10.70</b>	+00:14:13 (24.4%)	5:49	10.3 (75.2%)
56	<b>PIEKUTOWSKI Przemysław</b>	<b>72</b>		M OPEN	45		00:28:07	<b>00:58:27.40</b>	+00:14:30 (24.8%)	5:50	10.3 (75.2%)
57	<b>POSIEWKA Jacek</b>	<b>77</b>		M OPEN	46	Reckitt Runners	00:28:16	<b>00:58:29.20</b>	+00:14:31 (24.8%)	5:50	10.3 (75.2%)
58	<b>SMOLIŃSKI Kamil</b>	<b>92</b>		M OPEN	47		00:29:26	<b>00:58:43.70</b>	+00:14:46 (25.2%)	5:52	10.2 (74.5%)
59	<b>GROCHOWIAK-FELDMAN Magdalena</b>	<b>24</b>		K OPEN	12		00:28:50	<b>00:58:52.80</b>	+00:14:55 (25.3%)	5:53	10.2 (74.5%)
60	<b>STYŚ Monika</b>	<b>94</b>		K OPEN	13	Lecę Bo Chcę	00:29:16	<b>00:59:37.65</b>	+00:15:40 (26.3%)	5:57	10.1 (73.7%)
61	<b>FILIPCZUK Dariusz</b>	<b>20</b>		M OPEN	48		00:29:43	<b>00:59:54.70</b>	+00:15:57 (26.6%)	5:59	10 (73.0%)
62	<b>WIŚNIEWSKI Łukasz</b>	<b>112</b>		M OPEN	49	Reckitt Runners	00:29:00	<b>01:00:59.90</b>	+00:17:02 (27.9%)	6:05	9.8 (71.5%)
63	<b>GEMBARZEWSKA-ADACH Zofia</b>	<b>21</b>		K OPEN	14		00:29:41	<b>01:01:20.90</b>	+00:17:23 (28.3%)	6:08	9.8 (71.5%)
64	<b>SZAFRAŃSKI Tomasz</b>	<b>99</b>		M OPEN	50		00:30:23	<b>01:02:04.45</b>	+00:18:07 (29.2%)	6:12	9.7 (70.8%)
65	<b>CZEKAJ Rafał</b>	<b>16</b>		M OPEN	51		00:30:02	<b>01:02:11.20</b>	+00:18:13 (29.3%)	6:13	9.6 (70.1%)
66	<b>WIĘCKOWSKA Aneta</b>	<b>107</b>		K OPEN	15		00:30:30	<b>01:02:29.60</b>	+00:18:32 (29.7%)	6:14	9.6 (70.1%)
67	<b>WYSZOGRODZKA Joanna</b>	<b>117</b>		K OPEN	16		00:30:02	<b>01:02:38.65</b>	+00:18:41 (29.8%)	6:15	9.6 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
68	ZASTAWNA Aneta	119		K OPEN	17		00:31:08	<b>01:02:53.55</b>	+00:18:56 (30.1%)	6:17	9.5 (69.3%)
69	SKRZECZ Ewa	89		K OPEN	18		00:31:18	<b>01:03:04.00</b>	+00:19:06 (30.3%)	6:18	9.5 (69.3%)
70	ANDRZEJEWSKA Ewa	64		K OPEN	19		00:31:18	<b>01:03:07.35</b>	+00:19:09 (30.4%)	6:18	9.5 (69.3%)
71	KĘDZIERSKI Paweł	42		M OPEN	52		00:31:23	<b>01:03:23.75</b>	+00:19:26 (30.7%)	6:20	9.5 (69.3%)
72	WACHOL Paweł	104		M OPEN	53		00:30:17	<b>01:03:51.25</b>	+00:19:53 (31.2%)	6:23	9.4 (68.6%)
73	SZAŁANKIEWICZ Marcin	100		M OPEN	54		00:31:31	<b>01:04:15.25</b>	+00:20:17 (31.6%)	6:25	9.3 (67.9%)
74	SIERŻĘGA Aleksander	87		M OPEN	55	Drużyna Pierścienia	00:32:24	<b>01:04:18.00</b>	+00:20:20 (31.6%)	6:25	9.3 (67.9%)
75	AGAFONOW Marta	1		K OPEN	20		00:31:32	<b>01:04:21.85</b>	+00:20:24 (31.7%)	6:26	9.3 (67.9%)
76	ŻYŁA Kapitan	127		M OPEN	56		00:30:46	<b>01:04:38.80</b>	+00:20:41 (32.0%)	6:27	9.3 (67.9%)
77	BUJALSKI Konrad	11		M OPEN	57		00:31:46	<b>01:04:45.35</b>	+00:20:47 (32.1%)	6:28	9.3 (67.9%)
78	BRINDA Grażyna	10		K OPEN	21		00:31:44	<b>01:05:03.20</b>	+00:21:05 (32.4%)	6:30	9.2 (67.2%)
79	KOZIARA Katarzyna	47		K OPEN	22	Reckitt Runners	00:31:44	<b>01:05:04.00</b>	+00:21:06 (32.4%)	6:30	9.2 (67.2%)
80	JĘDRA Magdalena	31		K OPEN	23	Reckitt Runners	00:31:57	<b>01:05:28.95</b>	+00:21:31 (32.9%)	6:32	9.2 (67.2%)
81	ZARZYCKI Krzysztof	118		M OPEN	58	Reckitt Runners	00:31:57	<b>01:05:29.60</b>	+00:21:32 (32.9%)	6:32	9.2 (67.2%)
82	WAROWICKI Sebastian	105		M OPEN	59		00:31:33	<b>01:05:55.00</b>	+00:21:57 (33.3%)	6:35	9.1 (66.4%)
83	MATUSIAK Anna	58		K OPEN	24		00:32:50	<b>01:06:56.20</b>	+00:22:58 (34.3%)	6:41	9 (65.7%)
84	ZAWIDZKA Kasia	120		K OPEN	25		00:33:00	<b>01:07:13.80</b>	+00:23:16 (34.6%)	6:43	8.9 (65.0%)
85	MAGDALIŃSKA Żaneta	56		K OPEN	26		00:32:58	<b>01:07:14.00</b>	+00:23:16 (34.6%)	6:43	8.9 (65.0%)
86	KRÓL Klaudia	48		K OPEN	27		00:33:00	<b>01:07:14.90</b>	+00:23:17 (34.6%)	6:43	8.9 (65.0%)
87	OLKOWSKI Roberto	68		M OPEN	60		00:32:35	<b>01:08:02.75</b>	+00:24:05 (35.4%)	6:48	8.8 (64.2%)
88	JABLONSKA Kamila	26		K OPEN	28	Szalone Jamniki	00:35:14	<b>01:09:13.95</b>	+00:25:16 (36.5%)	6:55	8.7 (63.5%)
89	SIERŻĘGA Dominika	86		K OPEN	29	Drużyna Pierścienia	00:34:49	<b>01:09:16.90</b>	+00:25:19 (36.6%)	6:55	8.7 (63.5%)
90	JABŁOŃSKI Jarosław	28		M OPEN	61	Szalone Jamniki	00:35:16	<b>01:09:18.20</b>	+00:25:20 (36.6%)	6:55	8.7 (63.5%)
91	WIKTORSKA Mariola	108		K OPEN	30	Jednorożec robi co może	00:34:29	<b>01:09:22.30</b>	+00:25:24 (36.6%)	6:56	8.6 (62.8%)
92	SULISZ-MONIKOWSKA Ewa	96		K OPEN	31	FitClubFollow	00:34:37	<b>01:09:22.35</b>	+00:25:24 (36.6%)	6:56	8.6 (62.8%)
93	PITUŁA Jarosław	73		M OPEN	62		00:32:59	<b>01:09:25.15</b>	+00:25:27 (36.7%)	6:56	8.6 (62.8%)
94	WAWRZONKIEWICZ Justyna	106		K OPEN	32		00:34:32	<b>01:10:54.00</b>	+00:26:56 (38.0%)	7:05	8.5 (62.0%)
95	FELDMAN Łukasz	19		M OPEN	63		00:34:59	<b>01:11:02.40</b>	+00:27:05 (38.1%)	7:06	8.4 (61.3%)
96	WILCZEK Marta	109		K OPEN	33	Reckitt Runners	00:35:00	<b>01:11:03.75</b>	+00:27:06 (38.1%)	7:06	8.4 (61.3%)
97	KUNICKI Krzysztof	50		M OPEN	64	Green Team	00:33:26	<b>01:12:18.15</b>	+00:28:20 (39.2%)	7:13	8.3 (60.6%)
98	BORKOWSKI Jakub	8		M OPEN	65		00:35:22	<b>01:12:23.55</b>	+00:28:26 (39.3%)	7:14	8.3 (60.6%)
99	BOROWIAK Marcin	9		M OPEN	66		00:33:35	<b>01:12:38.10</b>	+00:28:40 (39.5%)	7:15	8.3 (60.6%)
100	GRUBA Mateusz	25		M OPEN	67		00:35:55	<b>01:15:06.70</b>	+00:31:09 (41.5%)	7:30	8 (58.4%)
101	NIETRZEBKA Paweł	66		M OPEN	68		00:35:00	<b>01:15:13.65</b>	+00:31:16 (41.6%)	7:31	8 (58.4%)
102	MILEWSKA-ŻUK Agnieszka	60		K OPEN	34	Drużyna Pierścienia	00:36:36	<b>01:15:54.55</b>	+00:31:57 (42.1%)	7:35	7.9 (57.7%)
103	PAWLUK Jerzy	71		M OPEN	69	Night Runners	00:38:30	<b>01:18:53.35</b>	+00:34:55 (44.3%)	7:53	7.6 (55.5%)
104	SAKSON Katarzyna	84		K OPEN	35	Night Runners	00:38:31	<b>01:18:53.55</b>	+00:34:56 (44.3%)	7:53	7.6 (55.5%)
105	POKUSA Magdalena	75		K OPEN	36	Night Runners	00:38:31	<b>01:18:54.00</b>	+00:34:56 (44.3%)	7:53	7.6 (55.5%)
106	NASKRĘT Mariusz	65		M OPEN	70		00:49:30	<b>01:36:34.80</b>	+00:52:37 (54.5%)	9:39	6.2 (45.3%)
	<b>TYMRAKIEWICZ Sebastian</b>	<b>103</b>		M OPEN		Night Runners	00:29:05 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 107 wynik(ów)