



# BIEG CZTERECH GENERALÓW

B4SPORT

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Fundacja Nasza Historia  
2023-09-16  
Modlin  
10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BARTOŁOWICZ Dawid</b>	<b>4</b>		M OPEN	1	TMT	<b>00:39:46.95</b>		3:58	15.1 (100%)
2	<b>MAGDA Łukasz</b>	<b>113</b>		M OPEN	2		<b>00:44:08.60</b>	+00:04:21 (9.9%)	4:24	13.6 (90.1%)
3	<b>OLESIŃSKI Piotr</b>	<b>133</b>		M OPEN	3	Drużyna Orzecha Żyrardów	<b>00:44:09.00</b>	+00:04:22 (9.9%)	4:24	13.6 (90.1%)
4	<b>WŁODARCZYK Dawid</b>	<b>202</b>		M OPEN	4	Kutno Biega	<b>00:45:38.10</b>	+00:05:51 (12.8%)	4:33	13.1 (86.8%)
5	<b>BRONOWSKI Paweł</b>	<b>10</b>		M OPEN	5	Sokół Bodzanów	<b>00:45:43.80</b>	+00:05:56 (13.0%)	4:34	13.1 (86.8%)
6	<b>NOWECKI Michał</b>	<b>131</b>		M OPEN	6	OSP WRĘCZA	<b>00:45:48.40</b>	+00:06:01 (13.2%)	4:34	13.1 (86.8%)
7	<b>KWIATKOWSKI Damian</b>	<b>102</b>		M OPEN	7	Lecę Bo Chcę	<b>00:46:08.40</b>	+00:06:21 (13.8%)	4:36	13 (86.1%)
8	<b>SZYMAŃSKI Daniel</b>	<b>186</b>		M OPEN	8		<b>00:47:01.05</b>	+00:07:14 (15.4%)	4:42	12.8 (84.8%)
9	<b>RYBARCZYK Daniel</b>	<b>156</b>		M OPEN	9		<b>00:47:05.55</b>	+00:07:18 (15.5%)	4:42	12.7 (84.1%)
10	<b>GOŁĘBIEWSKI Jakub</b>	<b>42</b>		M OPEN	10		<b>00:47:06.80</b>	+00:07:19 (15.6%)	4:42	12.7 (84.1%)
11	<b>KASKA Damian</b>	<b>74</b>		M OPEN	11	Zglechów Runners	<b>00:47:11.05</b>	+00:07:24 (15.7%)	4:43	12.7 (84.1%)
12	<b>KRZYŻANOWSKI Krzysztof</b>	<b>97</b>		M OPEN	12	Reckitt Runners	<b>00:47:17.35</b>	+00:07:30 (15.9%)	4:43	12.7 (84.1%)
13	<b>BARTCZAK Robert</b>	<b>3</b>		M OPEN	13		<b>00:47:19.20</b>	+00:07:32 (15.9%)	4:43	12.7 (84.1%)
14	<b>ZIELIŃSKI Michał</b>	<b>215</b>		M OPEN	14	#StepByStep	<b>00:47:22.40</b>	+00:07:35 (16.0%)	4:44	12.7 (84.1%)
15	<b>UMIASTOWSKI Bartosz</b>	<b>191</b>		M OPEN	15		<b>00:47:29.65</b>	+00:07:42 (16.2%)	4:44	12.6 (83.4%)
16	<b>TAŃSKI Darek</b>	<b>189</b>		M OPEN	16		<b>00:47:36.55</b>	+00:07:49 (16.4%)	4:45	12.6 (83.4%)
17	<b>KACZOROWSKI Robert</b>	<b>67</b>		M OPEN	17	Są Wolniejsi	<b>00:47:37.50</b>	+00:07:50 (16.5%)	4:45	12.6 (83.4%)
18	<b>CHOLEWSKI Piotr</b>	<b>18</b>		M OPEN	18		<b>00:47:41.55</b>	+00:07:54 (16.6%)	4:46	12.6 (83.4%)
19	<b>MAĆKOWSKI Radosław</b>	<b>112</b>		M OPEN	19	PodakiNaZdrowie	<b>00:47:42.30</b>	+00:07:55 (16.6%)	4:46	12.6 (83.4%)
20	<b>DZIEDZIC Józef</b>	<b>28</b>		M OPEN	20	Zabiegany Wołomin	<b>00:47:57.10</b>	+00:08:10 (17.0%)	4:47	12.5 (82.8%)
21	<b>WOJTCZAK Michał</b>	<b>204</b>		M OPEN	21		<b>00:48:07.05</b>	+00:08:20 (17.3%)	4:48	12.5 (82.8%)
22	<b>MILCZAREK Marcin</b>	<b>124</b>		M OPEN	22	Drużyna Orzecha Żyrardów	<b>00:48:08.45</b>	+00:08:21 (17.4%)	4:48	12.5 (82.8%)
23	<b>KONARSKI Tomasz</b>	<b>88</b>		M OPEN	23		<b>00:48:08.75</b>	+00:08:21 (17.4%)	4:48	12.5 (82.8%)
24	<b>STASIAK Piotr</b>	<b>173</b>		M OPEN	24		<b>00:48:11.95</b>	+00:08:25 (17.5%)	4:49	12.5 (82.8%)
25	<b>FILIPCZUK Dariusz</b>	<b>33</b>		M OPEN	25		<b>00:48:14.45</b>	+00:08:27 (17.5%)	4:49	12.4 (82.1%)
26	<b>DOBROWOLSKI Piotr</b>	<b>23</b>		M OPEN	26		<b>00:48:20.90</b>	+00:08:33 (17.7%)	4:50	12.4 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	SIELSKI Wiktor	161		M OPEN	27	OSP WRĘCZA	00:48:37.90	+00:08:50 (18.2%)	4:51	12.3 (81.5%)
28	JURKOWSKI Artur	66		M OPEN	28	Zglechów Runners	00:48:41.25	+00:08:54 (18.3%)	4:52	12.3 (81.5%)
29	BAKUŁA Mateusz	1		M OPEN	29		00:48:48.85	+00:09:01 (18.5%)	4:52	12.3 (81.5%)
30	SADOWSKI Robert	159		M OPEN	30		00:48:50.10	+00:09:03 (18.5%)	4:53	12.3 (81.5%)
31	SŁODKOWSKI Marek	166		M OPEN	31		00:48:59.30	+00:09:12 (18.8%)	4:53	12.2 (80.8%)
32	OWCZAREK Sebastian	136		M OPEN	32		00:49:11.05	+00:09:24 (19.1%)	4:55	12.2 (80.8%)
33	GADOMSKI Łukasz	35		M OPEN	33	Aktywność Rodzi Pozytywność	00:49:17.10	+00:09:30 (19.3%)	4:55	12.2 (80.8%)
34	NAWROT Arkadiusz	128		M OPEN	34	Wesołe Misie	00:49:44.20	+00:09:57 (20.0%)	4:58	12.1 (80.1%)
35	MAŁKIEWICZ Michał	116		M OPEN	35		00:50:06.45	+00:10:19 (20.6%)	5:00	12 (79.5%)
36	KOŁODZIEJCZAK Robert	220		M OPEN	36		00:50:10.30	+00:10:23 (20.7%)	5:01	12 (79.5%)
37	KRASUSKI Marcin	94		M OPEN	37		00:50:11.50	+00:10:24 (20.7%)	5:01	12 (79.5%)
38	BIEL Artur	6		M OPEN	38	Wesołe Misie	00:50:11.70	+00:10:24 (20.7%)	5:01	12 (79.5%)
39	ŻAGLEWSKI Dariusz	219		M OPEN	39	Aktywność Rodzi Pozytywność	00:50:28.75	+00:10:41 (21.2%)	5:02	11.9 (78.8%)
40	BUKOWSKI Tomasz	14		M OPEN	40		00:50:32.55	+00:10:45 (21.3%)	5:03	11.9 (78.8%)
41	SURMIAK Maciej	177		M OPEN	41		00:50:35.65	+00:10:48 (21.4%)	5:03	11.9 (78.8%)
42	STYŚ Marek	175		M OPEN	42	Lecę Bo Chcę	00:51:04.20	+00:11:17 (22.1%)	5:06	11.7 (77.5%)
43	RADZIKOWSKI Karol	148		M OPEN	43		00:51:06.75	+00:11:19 (22.2%)	5:06	11.7 (77.5%)
44	SOSIŃSKI Mateusz	169		M OPEN	44		00:51:45.40	+00:11:58 (23.1%)	5:10	11.6 (76.8%)
45	JODŁOWSKI Grzegorz	64		M OPEN	45		00:52:03.90	+00:12:16 (23.6%)	5:12	11.5 (76.2%)
46	BARTOS Michał	5		M OPEN	46		00:52:07.85	+00:12:20 (23.7%)	5:12	11.5 (76.2%)
47	KURASZKIEWICZ Maciej	100		M OPEN	47		00:52:16.80	+00:12:29 (23.9%)	5:13	11.5 (76.2%)
48	BARANOWSKI Łukasz	2		M OPEN	48		00:52:19.65	+00:12:32 (24.0%)	5:13	11.5 (76.2%)
49	JABŁONKA Radosław	54		M OPEN	49		00:52:20.45	+00:12:33 (24.0%)	5:14	11.5 (76.2%)
50	WIKTOROWICZ Bartłomiej	197		M OPEN	50		00:52:27.35	+00:12:40 (24.2%)	5:14	11.4 (75.5%)
51	MIKLASZEWSKI Kamil	123		M OPEN	51		00:52:47.60	+00:13:00 (24.6%)	5:16	11.4 (75.5%)
52	KUCHARCZYK Piotr	98		M OPEN	52		00:53:03.55	+00:13:16 (25.0%)	5:18	11.3 (74.8%)
53	JARCZEWSKI Mariusz	62		M OPEN	53		00:53:12.70	+00:13:25 (25.2%)	5:19	11.3 (74.8%)
54	RAPINCZUK Jan	149		M OPEN	54	CWCR	00:53:22.20	+00:13:35 (25.5%)	5:20	11.2 (74.2%)
55	KŁOS Radosław	82		M OPEN	55	DZIK.CC	00:53:22.50	+00:13:35 (25.5%)	5:20	11.2 (74.2%)
56	ŁYSZKOWSKI Jarosław	111		M OPEN	56	DZIK.CC	00:53:23.40	+00:13:36 (25.5%)	5:20	11.2 (74.2%)
57	LEŻNICKI Tomasz	103		M OPEN	57		00:53:35.20	+00:13:48 (25.8%)	5:21	11.2 (74.2%)
58	DĘBSKI Robert	22		M OPEN	58		00:53:38.15	+00:13:51 (25.8%)	5:21	11.2 (74.2%)
59	BORKOWSKI Wojciech	9		M OPEN	59	Kabanosy	00:53:53.40	+00:14:06 (26.2%)	5:23	11.1 (73.5%)
60	KACZOROWSKI Ryszard	68		M OPEN	60	Są Wolniejsi	00:54:04.65	+00:14:17 (26.4%)	5:24	11.1 (73.5%)
61	MAJCHRZAK Krystian	114		M OPEN	61		00:54:12.65	+00:14:25 (26.6%)	5:25	11.1 (73.5%)
62	WYSOCKI Piotr	209		M OPEN	62		00:54:19.00	+00:14:32 (26.8%)	5:25	11 (72.8%)
63	PIEKARSKI Michał	142		M OPEN	63	DZIK.CC	00:54:20.15	+00:14:33 (26.8%)	5:26	11 (72.8%)
64	DZIURANIUK Jan	30		M OPEN	64		00:54:22.55	+00:14:35 (26.8%)	5:26	11 (72.8%)
65	PIEKUTOWSKI Przemysław	143		M OPEN	65		00:54:24.90	+00:14:37 (26.9%)	5:26	11 (72.8%)
66	PASTUSZKO Maciek	140		M OPEN	66		00:54:40.05	+00:14:53 (27.2%)	5:28	11 (72.8%)
67	WOŹNICA Mariusz	206		M OPEN	67		00:54:59.55	+00:15:12 (27.7%)	5:29	10.9 (72.2%)
68	WIŚNIEWSKI Mariusz	201		M OPEN	68		00:55:01.35	+00:15:14 (27.7%)	5:30	10.9 (72.2%)
69	JANISZEWSKI Aleksander	60		M OPEN	69		00:55:09.10	+00:15:22 (27.9%)	5:30	10.9 (72.2%)
70	KRYSIAK Artur	95		M OPEN	70		00:55:11.25	+00:15:24 (27.9%)	5:31	10.9 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	MUCHA Michał	125		M OPEN	71		00:55:19.20	+00:15:32 (28.1%)	5:31	10.8 (71.5%)
72	FELDMAN Łukasz	32		M OPEN	72		00:56:03.05	+00:16:16 (29.0%)	5:36	10.7 (70.9%)
73	KUCZYNSKI Igor	99		M OPEN	73		00:56:07.45	+00:16:20 (29.1%)	5:36	10.7 (70.9%)
74	CYBULSKI Dawid	20		M OPEN	74		00:56:09.95	+00:16:23 (29.2%)	5:36	10.7 (70.9%)
75	WIERZBA Karol	195		M OPEN	75		00:56:14.95	+00:16:28 (29.3%)	5:37	10.7 (70.9%)
76	BOBROWSKI Marcin	7		M OPEN	76		00:56:28.15	+00:16:41 (29.6%)	5:38	10.6 (70.2%)
77	DURLAK Rafał	25		M OPEN	77		00:56:30.75	+00:16:43 (29.6%)	5:39	10.6 (70.2%)
78	GAWROŃSKI Bartosz	38		M OPEN	78		00:56:38.80	+00:16:51 (29.8%)	5:39	10.6 (70.2%)
79	SZAKURO Michał	178		M OPEN	79		00:56:43.05	+00:16:56 (29.9%)	5:40	10.6 (70.2%)
80	SZYLBERG Piotr	183		M OPEN	80	Rozbiegajmy Wawer	00:56:51.55	+00:17:04 (30.0%)	5:41	10.6 (70.2%)
81	SOBCZYK Maks	129		M OPEN	81		00:56:54.65	+00:17:07 (30.1%)	5:41	10.5 (69.5%)
82	ŁABA Piotr	109		M OPEN	82		00:57:20.80	+00:17:33 (30.6%)	5:44	10.5 (69.5%)
83	GÓRSKI Dariusz	46		M OPEN	83		00:57:20.95	+00:17:34 (30.6%)	5:44	10.5 (69.5%)
84	ZBICIAK Paweł	213		M OPEN	84		00:57:36.00	+00:17:49 (30.9%)	5:45	10.4 (68.9%)
85	KŁOS Bartosz	83		M OPEN	85	DZIK.CC	00:57:40.90	+00:17:53 (31.0%)	5:46	10.4 (68.9%)
86	MIKLASZEWSKI Marian	122		M OPEN	86		00:58:25.10	+00:18:38 (31.9%)	5:50	10.3 (68.2%)
87	LITWINEK Paweł	107		M OPEN	87		00:58:34.50	+00:18:47 (32.1%)	5:51	10.2 (67.5%)
88	SZAŁANKIEWICZ Marcin	179		M OPEN	88		00:58:35.75	+00:18:48 (32.1%)	5:51	10.2 (67.5%)
89	SZEWczyk Robert	180		M OPEN	89		00:59:46.35	+00:19:59 (33.4%)	5:58	10 (66.2%)
90	SKONIECZNY Dawid	165		M OPEN	90		00:59:56.10	+00:20:09 (33.6%)	5:59	10 (66.2%)
91	YUKHNIK Yury	211		M OPEN	91		00:59:57.40	+00:20:10 (33.6%)	5:59	10 (66.2%)
92	KŁOSINSKI Piotr	84		M OPEN	92		01:00:36.85	+00:20:49 (34.4%)	6:03	9.9 (65.6%)
93	MALINOWSKI Patryk	115		M OPEN	93	Reckitt Runners	01:00:39.80	+00:20:52 (34.4%)	6:03	9.9 (65.6%)
94	MATUSZEWSKI Piotr	120		M OPEN	94		01:01:36.75	+00:21:49 (35.4%)	6:09	9.7 (64.2%)
95	WACHOL Paweł	192		M OPEN	95		01:02:45.00	+00:22:58 (36.6%)	6:16	9.6 (63.6%)
96	PTASZYŃSKI Mariusz	147		M OPEN	96	Albatrosy	01:02:59.90	+00:23:12 (36.9%)	6:17	9.5 (62.9%)
97	WYSOCKI Marek	208		M OPEN	97		01:03:49.25	+00:24:02 (37.7%)	6:22	9.4 (62.3%)
98	EJSAK Arkadiusz	31		M OPEN	98	DZIK.CC	01:03:51.10	+00:24:04 (37.7%)	6:23	9.4 (62.3%)
99	STEFAŃSKI Robert	174		M OPEN	99		01:03:59.30	+00:24:12 (37.8%)	6:23	9.4 (62.3%)
100	ROMAN Damian	150		M OPEN	100	DZIK.CC	01:04:08.55	+00:24:21 (38.0%)	6:24	9.4 (62.3%)
101	LUBERACKI Artur	108		M OPEN	101	Aktywność Rodzi Pozytywność	01:06:13.20	+00:26:26 (39.9%)	6:37	9.1 (60.3%)
102	WYSOCKI Wojciech	210		M OPEN	102		01:07:26.95	+00:27:40 (41.0%)	6:44	8.9 (58.9%)
103	WAROWICKI Sebastian	193		M OPEN	103	Grupa biegowa CHTMO	01:07:40.75	+00:27:53 (41.2%)	6:46	8.9 (58.9%)
104	ZARZYCKI Krzysztof	212		M OPEN	104	Reckitt Runners	01:07:54.30	+00:28:07 (41.4%)	6:47	8.8 (58.3%)
105	KASPEREK Krzysztof	75		M OPEN	105	Reckitt Runners	01:08:07.45	+00:28:20 (41.6%)	6:48	8.8 (58.3%)
106	NIETRZEBKA Paweł	130		M OPEN	106		01:08:44.80	+00:28:57 (42.1%)	6:52	8.7 (57.6%)
107	CHOMICZEWSKI Artur	19		M OPEN	107		01:09:22.20	+00:29:35 (42.7%)	6:56	8.6 (57.0%)
108	RÓŻYŃSKI Mariusz	152		M OPEN	108		01:09:28.25	+00:29:41 (42.7%)	6:56	8.6 (57.0%)
109	KALINOWSKI Marek	72		M OPEN	109		01:09:28.75	+00:29:41 (42.7%)	6:56	8.6 (57.0%)
110	FLANK Paweł	34		M OPEN	110		01:10:42.40	+00:30:55 (43.7%)	7:04	8.5 (56.3%)
111	KATNER Tomasz	78		M OPEN	111		01:11:06.90	+00:31:19 (44.1%)	7:06	8.4 (55.6%)
112	LIPKA Cezary	105		M OPEN	112		01:11:32.35	+00:31:45 (44.4%)	7:09	8.4 (55.6%)
113	OLKOWSKI Robert	134		M OPEN	113		01:12:12.80	+00:32:25 (44.9%)	7:13	8.3 (55.0%)
114	GRYŻEWSKI Karol	49		M OPEN	114	Albatrosy	01:12:59.70	+00:33:12 (45.5%)	7:17	8.2 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
115	<b>JABLONSKI Jarosław</b>	<b>53</b>		M OPEN	115		<b>01:13:16.45</b>	+00:33:29 (45.7%)	7:19	8.2 (54.3%)
116	<b>RUBACHA Robert</b>	<b>153</b>		M OPEN	116		<b>01:16:19.35</b>	+00:36:32 (47.9%)	7:37	7.9 (52.3%)
117	<b>KILIŃSKI Piotr</b>	<b>80</b>		M OPEN	117		<b>01:16:40.05</b>	+00:36:53 (48.1%)	7:40	7.8 (51.7%)
118	<b>KOSTECKI Sebastian</b>	<b>90</b>		M OPEN	118	ASzWoj	<b>01:17:03.05</b>	+00:37:16 (48.4%)	7:42	7.8 (51.7%)

Znaleziono 118 wynik(ów)