

BIEG GŁÓWNY 10KM

B4SPORT



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Niepodległości Nieporęt
Gmina Nieporęt
2025-11-11
Nieporęt
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PYRZAK Paweł	90		M40	1	00:34:45.15	00:34:48.15		3:28	17.3 (100%)
2	HILDEBRAND Marcin	40		M30	1	00:35:25.90	00:35:29.10	+00:00:40 (1.9%)	3:32	16.9 (97.7%)
3	WOŹNIAK Przemysław	79		M40	2	00:37:43.90	00:37:47.20	+00:02:59 (7.9%)	3:46	15.9 (91.9%)
4	WIEŚNIAK Dariusz	118		M40	3	00:37:53.75	00:37:58.70	+00:03:10 (8.4%)	3:47	15.8 (91.3%)
5	MICHAŚ Patryk	112		M18	1	00:38:17.05	00:38:21.35	+00:03:33 (9.3%)	3:49	15.7 (90.8%)
6	ZARODKIEWICZ Dawid	120		M30	2	00:38:30.05	00:38:33.55	+00:03:45 (9.7%)	3:51	15.6 (90.2%)
7	WIECZOREK Dariusz	43		M50	1	00:38:49.80	00:38:54.15	+00:04:06 (10.5%)	3:52	15.5 (89.6%)
8	ŻMUDA Krystian	245		M30	3	00:38:59.90	00:39:04.25	+00:04:16 (10.9%)	3:53	15.4 (89.0%)
9	KOPERSKI Borys	12		M13	1	00:39:15.00	00:39:21.20	+00:04:33 (11.6%)	3:55	15.3 (88.4%)
10	TROJAN Przemek	45		M40	4	00:39:25.30	00:39:30.20	+00:04:42 (11.9%)	3:56	15.2 (87.9%)
11	ZAWADA Paweł	21		M30	4	00:39:37.20	00:39:41.50	+00:04:53 (12.3%)	3:57	15.1 (87.3%)
12	BAŁDYGA Tomasz	93		M40	5	00:39:44.75	00:39:48.40	+00:05:00 (12.6%)	3:58	15.1 (87.3%)
13	FIJOŁEK Łukasz	75		M40	6	00:39:56.45	00:40:00.40	+00:05:12 (13.0%)	3:59	15 (86.7%)
14	MICHNOWSKI Sebastian	27		M50	2	00:39:59.00	00:40:02.95	+00:05:14 (13.1%)	3:59	15 (86.7%)
15	GMURZYŃSKI Tomasz	30		M30	5	00:40:03.90	00:40:07.35	+00:05:19 (13.3%)	4:00	15 (86.7%)
16	KOZACZEWSKI Oskar	53		M40	7	00:40:10.65	00:40:15.80	+00:05:27 (13.6%)	4:01	14.9 (86.1%)
17	ŚWIERCZEWSKI Marcin	110		M30	6	00:41:05.45	00:41:10.30	+00:06:22 (15.5%)	4:06	14.6 (84.4%)
18	GŁOWACKI Paweł	117		M40	8	00:41:38.20	00:41:43.35	+00:06:55 (16.6%)	4:09	14.4 (83.2%)
19	BEMBENEK Mateusz	5		M30	7	00:41:42.65	00:41:47.80	+00:06:59 (16.7%)	4:10	14.4 (83.2%)
20	KULIGOWSKI Adrian	28		M18	2	00:41:51.10	00:41:55.05	+00:07:06 (17.0%)	4:11	14.3 (82.7%)
21	SKRZYPCZAK Piotr	230		M40	9	00:42:01.55	00:42:10.55	+00:07:22 (17.5%)	4:12	14.3 (82.7%)
22	ZALEWSKA Anna	303		K40	1	00:42:15.00	00:42:23.50	+00:07:35 (17.9%)	4:13	14.2 (82.1%)
23	MARCIŃSKI Marcin	3		M40	10	00:42:33.55	00:42:40.30	+00:07:52 (18.4%)	4:15	14.1 (81.5%)
24	STRUPIECHOWSKI Jarosław	17		M30	8	00:42:32.20	00:42:43.30	+00:07:55 (18.5%)	4:15	14.1 (81.5%)
25	JAROCKA Wioleta	78		K40	2	00:42:52.80	00:42:58.30	+00:08:10 (19.0%)	4:17	14 (80.9%)
26	MOŁODKIEWICZ Zbigniew	50		M50	3	00:42:55.70	00:43:05.25	+00:08:17 (19.2%)	4:17	14 (80.9%)
27	KUBIŃSKI Artur	55		M40	11	00:43:05.00	00:43:12.30	+00:08:24 (19.4%)	4:18	13.9 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	10km			
28	MADEJ Stanisław	126		M18	3	00:43:14.00	00:43:18.85	+00:08:30 (19.7%)	4:19	13.9 (80.3%)
29	JANKOWSKI Paweł	224		M40	12	00:43:16.05	00:43:25.80	+00:08:37 (19.9%)	4:19	13.9 (80.3%)
30	MACIEJEWSKI Marek	38		M30	9	00:43:21.65	00:43:28.95	+00:08:40 (20.0%)	4:20	13.8 (79.8%)
31	LESIAK Jakub	204		M30	10	00:43:27.20	00:43:30.70	+00:08:42 (20.0%)	4:20	13.8 (79.8%)
31	WRÓBEL Antoni	91		M18	4	00:43:26.90	00:43:30.70	+00:08:42 (20.0%)	4:20	13.8 (79.8%)
33	ADAMSKI Michał	23		M30	11	00:43:25.25	00:43:31.15	+00:08:43 (20.0%)	4:20	13.8 (79.8%)
34	STRADOMSKI Artur	54		M50	4	00:43:30.05	00:43:34.30	+00:08:46 (20.1%)	4:21	13.8 (79.8%)
35	PEREPICZKO Zdzisław	94		M60	1	00:43:33.70	00:43:36.75	+00:08:48 (20.2%)	4:21	13.8 (79.8%)
36	JANISZEWSKI Michał	107		M40	13	00:43:51.65	00:43:58.00	+00:09:09 (20.8%)	4:23	13.7 (79.2%)
37	ILKIEWICZ Adam	72		M40	14	00:44:13.30	00:44:24.55	+00:09:36 (21.6%)	4:25	13.6 (78.6%)
38	WILK Przemek	25		M40	15	00:44:22.15	00:44:29.00	+00:09:40 (21.8%)	4:26	13.5 (78.0%)
39	NOWAK Paweł	106		M40	16	00:44:18.40	00:44:31.05	+00:09:42 (21.8%)	4:25	13.5 (78.0%)
40	PRZEORSKI Michał	16		M40	17	00:44:26.25	00:44:32.20	+00:09:44 (21.9%)	4:26	13.5 (78.0%)
41	DZIUBEK Maciej	114		M30	12	00:44:57.55	00:45:04.00	+00:10:15 (22.8%)	4:29	13.3 (76.9%)
42	KOSICKI Mateusz	20		M30	13	00:45:02.35	00:45:13.10	+00:10:24 (23.0%)	4:30	13.3 (76.9%)
43	SZCZEPANOWSKI Mikołaj	82		M30	14	00:45:05.60	00:45:13.70	+00:10:25 (23.1%)	4:30	13.3 (76.9%)
44	NOWAK Agnieszka	63		K30	1	00:45:10.85	00:45:16.10	+00:10:27 (23.1%)	4:31	13.3 (76.9%)
45	GRZESIK Marcin	37		M50	5	00:45:25.15	00:45:33.95	+00:10:45 (23.6%)	4:32	13.2 (76.3%)
46	PISARCZYK Grzegorz	65		M40	18	00:45:23.05	00:45:36.75	+00:10:48 (23.7%)	4:32	13.2 (76.3%)
47	KOCIOŁOWICZ Jakub	123		M40	19	00:45:38.90	00:45:44.65	+00:10:56 (23.9%)	4:33	13.1 (75.7%)
48	FELIKSIK Aleksandra	56		K18	1	00:45:48.45	00:45:57.10	+00:11:08 (24.3%)	4:34	13.1 (75.7%)
49	MIROŃCZYK Robert	66		M30	15	00:45:54.00	00:46:01.35	+00:11:13 (24.4%)	4:35	13.1 (75.7%)
50	BUDOWSKI Łukasz	46		M40	20	00:46:02.10	00:46:10.60	+00:11:22 (24.6%)	4:36	13 (75.1%)
51	KOZŁOWSKA Mariola	49		K40	3	00:46:06.15	00:46:13.15	+00:11:25 (24.7%)	4:36	13 (75.1%)
52	BORYCEUSZ-MATUSIAK Iwona	71		K40	4	00:46:09.05	00:46:15.70	+00:11:27 (24.8%)	4:36	13 (75.1%)
53	CHOJNOWSKA Magdalena	121		K40	5	00:46:23.55	00:46:28.40	+00:11:40 (25.1%)	4:38	12.9 (74.6%)
54	PANKOWSKI Grzegorz	32		M40	21	00:46:23.80	00:46:30.95	+00:11:42 (25.2%)	4:38	12.9 (74.6%)
55	KUŚ Adam	7		M30	16	00:46:44.40	00:46:51.25	+00:12:03 (25.7%)	4:40	12.8 (74.0%)
56	PŁUCIŚ Małgorzata	31		K30	2	00:47:03.40	00:47:14.05	+00:12:25 (26.3%)	4:42	12.8 (74.0%)
57	KOWALIKOWSKA Renata	19		K40	6	00:47:23.90	00:47:33.35	+00:12:45 (26.8%)	4:44	12.7 (73.4%)
58	WOLAK Anna	41		K40	7	00:47:33.40	00:47:39.75	+00:12:51 (27.0%)	4:45	12.6 (72.8%)
59	RYBAK Marcin	129		M40	22	00:47:33.65	00:47:42.80	+00:12:54 (27.1%)	4:45	12.6 (72.8%)
60	AJDYS Karol	84		M30	17	00:47:35.85	00:47:46.25	+00:12:58 (27.1%)	4:45	12.6 (72.8%)
61	ROCKA Gosia	103		K40	8	00:47:44.05	00:47:51.95	+00:13:03 (27.3%)	4:46	12.6 (72.8%)
62	MADEJ Maria	127		K18	2	00:48:16.80	00:48:23.45	+00:13:35 (28.1%)	4:49	12.4 (71.7%)
63	KOZOŃ Cezary	87		M40	23	00:48:22.30	00:48:28.45	+00:13:40 (28.2%)	4:50	12.4 (71.7%)
64	MATRAS Marta	9		K40	9	00:48:23.80	00:48:33.10	+00:13:44 (28.3%)	4:50	12.4 (71.7%)
65	BRYSIACZ Marta	24		K40	10	00:48:32.15	00:48:40.40	+00:13:52 (28.5%)	4:51	12.4 (71.7%)
66	ŻBIKOWSKI Krzysztof	105		M18	5	00:48:53.25	00:49:08.40	+00:14:20 (29.2%)	4:53	12.3 (71.1%)
67	MIŃSKI Mateusz	42		M40	24	00:49:01.70	00:49:09.30	+00:14:21 (29.2%)	4:54	12.2 (70.5%)
68	KWAŚNIEWSKI Michał	116		M30	18	00:49:08.45	00:49:22.95	+00:14:34 (29.5%)	4:54	12.2 (70.5%)
69	GOSZCZYŃSKI Dariusz	119		M30	19	00:49:09.05	00:49:23.80	+00:14:35 (29.5%)	4:54	12.2 (70.5%)
70	KOCHANOWSKI Paweł	13		M18	6	00:49:46.45	00:49:57.10	+00:15:08 (30.3%)	4:58	12.1 (69.9%)
71	MICHALEC Michał	97		M40	25	00:49:41.95	00:49:58.40	+00:15:10 (30.4%)	4:58	12.1 (69.9%)

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						10km	10km			
71	RAKOWSKI Maciej	340		M13	2	00:49:45.00	00:49:58.40	+00:15:10 (30.4%)	4:58	12.1 (69.9%)
73	MAJDA Maciej	240		M30	20	00:50:20.70	00:50:33.50	+00:15:45 (31.2%)	5:02	11.9 (68.8%)
74	MARCZAK Adam	113		M50	6	00:50:24.20	00:50:37.45	+00:15:49 (31.3%)	5:02	11.9 (68.8%)
75	SOKOŁOWSKI Miłosz	22		M18	7	00:50:38.50	00:50:46.20	+00:15:58 (31.5%)	5:03	11.8 (68.2%)
76	MICHALEC Sylwia	77		K40	11	00:50:53.85	00:51:09.75	+00:16:21 (32.0%)	5:05	11.8 (68.2%)
77	SEKUŁA Mateusz	76		M30	21	00:51:04.25	00:51:19.05	+00:16:30 (32.2%)	5:06	11.7 (67.6%)
78	GARBACZEWSKI Zbigniew	44		M50	7	00:51:16.20	00:51:32.05	+00:16:43 (32.5%)	5:07	11.7 (67.6%)
79	NOWAKOWSKA Paulina	18		K30	3	00:51:38.00	00:51:41.00	+00:16:52 (32.7%)	5:09	11.6 (67.1%)
80	NASTAZIAK Andrzej	48		M60	2	00:51:35.35	00:51:43.55	+00:16:55 (32.7%)	5:09	11.6 (67.1%)
81	ADAMCZUK Agnieszka	15		K50	1	00:51:32.95	00:51:46.55	+00:16:58 (32.8%)	5:09	11.6 (67.1%)
82	MAZURKIEWICZ Jakub	86		M40	26	00:51:39.10	00:51:54.35	+00:17:06 (33.0%)	5:09	11.6 (67.1%)
83	SOTNIK Katarzyna	67		K30	4	00:51:56.90	00:52:03.90	+00:17:15 (33.2%)	5:11	11.6 (67.1%)
84	SULEWSKI Patryk	425		M18	8	00:51:58.10	00:52:09.95	+00:17:21 (33.3%)	5:11	11.5 (66.5%)
85	JAKUBOWSKA Izabela	68		K40	12	00:52:04.10	00:52:11.50	+00:17:23 (33.3%)	5:12	11.5 (66.5%)
86	ŁUNIEWSKI Mikołaj	408		M13	3	00:52:21.80	00:52:30.80	+00:17:42 (33.7%)	5:14	11.5 (66.5%)
87	MORAWSKA Agata	241		K50	2	00:52:36.70	00:52:42.65	+00:17:54 (34.0%)	5:15	11.4 (65.9%)
88	SOKOŁOWSKI Adam	69		M50	8	00:53:28.00	00:53:37.70	+00:18:49 (35.1%)	5:20	11.2 (64.7%)
89	DETLAFF Patrycja	1		K40	13	00:53:31.30	00:53:43.50	+00:18:55 (35.2%)	5:21	11.2 (64.7%)
90	ZDUŃCZYK Karolina	6		K30	5	00:53:38.20	00:53:49.75	+00:19:01 (35.3%)	5:21	11.2 (64.7%)
91	RADOMSKI Jakub	10		M30	22	00:53:41.55	00:53:51.65	+00:19:03 (35.4%)	5:22	11.2 (64.7%)
92	PODGÓRSKI Marian	410		M50	9	00:54:04.35	00:54:14.45	+00:19:26 (35.8%)	5:24	11.1 (64.2%)
93	ISASI-KURAN Agata	73		K40	14	00:54:17.20	00:54:30.45	+00:19:42 (36.2%)	5:25	11.1 (64.2%)
94	MADEJ Tomasz	125		M40	27	00:54:35.05	00:54:44.30	+00:19:56 (36.4%)	5:27	11 (63.6%)
95	PRĘDKI Marcin	51		M40	28	00:54:32.95	00:54:45.85	+00:19:57 (36.5%)	5:27	11 (63.6%)
96	PAWEŁEK Krzysztof	104		M50	10	00:54:39.90	00:54:53.90	+00:20:05 (36.6%)	5:27	11 (63.6%)
97	LATEK Maciej	128		M30	23	00:54:59.70	00:55:08.25	+00:20:20 (36.9%)	5:29	10.9 (63.0%)
98	SURZYŃSKA Dorota	35		K30	6	00:55:00.75	00:55:14.95	+00:20:26 (37.0%)	5:30	10.9 (63.0%)
99	WESOŁOWSKA Monika	101		K40	15	00:55:19.85	00:55:24.45	+00:20:36 (37.2%)	5:31	10.8 (62.4%)
100	MORGADO Francisco	57		M30	24	00:55:27.85	00:55:36.40	+00:20:48 (37.4%)	5:32	10.8 (62.4%)
101	EWERTOWSKA Joanna	33		K40	16	00:55:29.15	00:55:42.25	+00:20:54 (37.5%)	5:32	10.8 (62.4%)
102	KOPERSKI Krzysztof	11		M40	29	00:55:52.35	00:55:58.70	+00:21:10 (37.8%)	5:35	10.7 (61.8%)
103	KOWALCZYK Michał	88		M30	25	00:55:51.00	00:55:58.90	+00:21:10 (37.8%)	5:35	10.7 (61.8%)
104	MASKIEWICZ Magdalena	39		K40	17	00:55:52.50	00:55:58.95	+00:21:10 (37.8%)	5:35	10.7 (61.8%)
105	SARACZYN Damian	80		M30	26	00:55:42.65	00:56:02.00	+00:21:13 (37.9%)	5:34	10.8 (62.4%)
106	GAWKOWSKI Robert	58		M50	11	00:55:47.05	00:56:05.05	+00:21:16 (37.9%)	5:34	10.8 (62.4%)
107	WARDAKOWSKA Wiktoria	201		K13	1	00:55:49.95	00:56:05.40	+00:21:17 (38.0%)	5:34	10.7 (61.8%)
108	MICHALAK Patrycja	433		K13	2	00:56:02.00	00:56:09.00	+00:21:20 (38.0%)	5:36	10.7 (61.8%)
109	NOWIŃSKI Sebastian	115		M40	30	00:56:12.25	00:56:22.20	+00:21:34 (38.3%)	5:37	10.7 (61.8%)
110	KRÓLAK Patryk	92		M40	31	00:56:08.05	00:56:24.65	+00:21:36 (38.3%)	5:36	10.7 (61.8%)
111	ROGAŁSKI Paweł	102		M40	32	00:56:15.10	00:56:26.15	+00:21:38 (38.3%)	5:37	10.7 (61.8%)
112	KOSTRZEWSKI Robert	244		M40	33	00:56:21.15	00:56:32.25	+00:21:44 (38.4%)	5:38	10.6 (61.3%)
113	RAKOWSKA Olga	83		K30	7	00:56:48.70	00:56:57.25	+00:22:09 (38.9%)	5:40	10.6 (61.3%)
114	GRAMANN Leon	398		M13	4	00:56:51.15	00:57:00.15	+00:22:12 (38.9%)	5:41	10.6 (61.3%)
115	ŁACHMAŃSKI Tomasz	371		M40	34	00:56:51.35	00:57:02.35	+00:22:14 (39.0%)	5:41	10.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
116	MAZURKIEWICZ Aleksandra	85		K30	8	00:56:48.10	00:57:03.70	+00:22:15 (39.0%)	5:40	10.6 (61.3%)
117	TUREK Anna	359		K30	9	00:56:53.70	00:57:04.95	+00:22:16 (39.0%)	5:41	10.5 (60.7%)
118	GRAD Justyna	124		K50	3	00:57:11.20	00:57:14.85	+00:22:26 (39.2%)	5:43	10.5 (60.7%)
119	KIEŚ Robert	59		M50	12	00:57:21.45	00:57:31.40	+00:22:43 (39.5%)	5:44	10.5 (60.7%)
120	TYCZYŃSKI Artur	122		M40	35	00:58:05.35	00:58:17.35	+00:23:29 (40.3%)	5:48	10.3 (59.5%)
121	KOŚCIUCZUK Piotr	352		M40	36	00:58:01.45	00:58:19.00	+00:23:30 (40.3%)	145:02	0.4 (2.3%)
122	RĘDZIA Michał	64		M40	37	00:58:15.95	00:58:23.85	+00:23:35 (40.4%)	5:49	10.3 (59.5%)
123	HARASIMIUK Norbert	62		M30	27	00:58:35.45	00:58:48.55	+00:24:00 (40.8%)	5:51	10.2 (59.0%)
124	OWCZARCZYK Katarzyna	29		K13	3	00:59:17.00	00:59:25.80	+00:24:37 (41.4%)	5:55	10.1 (58.4%)
125	WRÓBEL Jarosław	95		M50	13	00:59:09.90	00:59:26.15	+00:24:38 (41.4%)	5:54	10.1 (58.4%)
126	JÓZWIK Leszek	109		M40	38	00:59:31.75	00:59:44.35	+00:24:56 (41.7%)	5:57	10.1 (58.4%)
127	NOWICKI Dariusz	52		M40	39	01:00:11.20	01:00:23.20	+00:25:35 (42.4%)	6:01	10 (57.8%)
128	KRUPA Kamila	26		K30	10	01:00:14.35	01:00:26.05	+00:25:37 (42.4%)	6:01	10 (57.8%)
129	ANTONOWICZ Maciej	61		M40	40	01:00:34.30	01:00:51.80	+00:26:03 (42.8%)	6:03	9.9 (57.2%)
130	HARASIMIUK Bernard	60		M30	28	01:00:45.30	01:01:02.70	+00:26:14 (43.0%)	6:04	9.9 (57.2%)
131	KOWALCZYK Klaudia	74		K30	11	01:01:00.75	01:01:17.40	+00:26:29 (43.2%)	6:06	9.8 (56.6%)
132	OKRÓJ Dawid	70		M40	41	01:01:13.45	01:01:30.85	+00:26:42 (43.4%)	6:07	9.8 (56.6%)
133	OLBRYŚ Stanisław Adam	100		M50	14	01:01:42.00	01:01:49.30	+00:27:01 (43.7%)	6:10	9.7 (56.1%)
134	ŁAWNICZAK Sławomir	96		M40	42	01:01:36.70	01:01:51.10	+00:27:02 (43.7%)	6:09	9.7 (56.1%)
135	LUDWA-SZYMAŃSKA Monika	2		K30	12	01:02:55.80	01:03:14.15	+00:28:26 (45.0%)	6:17	9.5 (54.9%)
136	KOSEWSKA Monika	108		K40	18	01:03:42.25	01:03:54.20	+00:29:06 (45.5%)	6:22	9.4 (54.3%)
137	GRAMANN Andrzej	384		M60	3	01:03:53.60	01:04:05.60	+00:29:17 (45.7%)	6:23	9.4 (54.3%)
138	SKAKLUK Jan	202		M60	4	01:06:26.85	01:06:42.00	+00:31:53 (47.8%)	6:38	9 (52.0%)
139	STRUPIECHOWSKA Zuzanna	34		K13	4	01:10:02.70	01:10:16.10	+00:35:27 (50.5%)	7:00	8.6 (49.7%)
140	SOBÓL Monika	111		K18	3	01:11:03.65	01:11:10.70	+00:36:22 (51.1%)	7:06	8.4 (48.6%)
140	DZIUBEK Łukasz	14		M18	9	01:11:03.40	01:11:10.70	+00:36:22 (51.1%)	7:06	8.4 (48.6%)
142	CZERSKA Wiktoria	4		K18	4	01:12:33.25	01:12:51.85	+00:38:03 (52.2%)	7:15	8.3 (48.0%)
143	FILIPOWICZ Sławomir	89		M60	5	01:23:07.10	01:23:16.30	+00:48:28 (58.2%)	8:18	7.2 (41.6%)

Znaleziono 143 wynik(ów)