

BIEG GŁÓWNY - 5KM

B4SPORT
INTELEGENTE ZAWODY SPORTOWE

Wydarzenie: Biegu i Nordic Walking w ramach „Naukowo-Sportowego Pikniku Lotniczego”
Organizator: Lotnicza Akademia Wojskowa
Data: 2023-05-27
Miejsce: Dęblin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CIŻYŃSKI Błażej	8	AZS LAW DĘBLIN	OPEN -M	1	00:16:24.35		3:16	18.3 (100%)
2	GŁODEK Marcin	15	MAZOWSZE STĘŻYCA	OPEN -M	2	00:16:40.45	+00:00:16 (1.6%)	3:20	18 (98.4%)
3	ZDOBYLAK Marek	91		OPEN -M	3	00:17:28.05	+00:01:03 (6.1%)	3:29	17.2 (94.0%)
4	WITKOWSKI Jakub	88		OPEN -M	4	00:17:37.65	+00:01:13 (6.9%)	3:31	17 (92.9%)
5	BŁAŻEJCZYK Paweł	4	LAW DĘBLIN	OPEN -M	5	00:17:48.65	+00:01:24 (7.9%)	3:33	16.9 (92.3%)
6	OSIAK Artur	54		OPEN -M	6	00:18:05.95	+00:01:41 (9.4%)	3:37	16.6 (90.7%)
7	UTNICKI Mateusz	86	MAZOWSZE STĘŻYCA	OPEN -M	7	00:18:18.35	+00:01:54 (10.4%)	3:39	16.4 (89.6%)
8	OLEK Artur	52	BIEGUSIEM.PL	OPEN -M	8	00:18:48.15	+00:02:23 (12.7%)	3:45	16 (87.4%)
9	BIENKO Mikołaj	3		OPEN -M	9	00:19:13.95	+00:02:49 (14.7%)	3:50	15.6 (85.2%)
10	KAŁAMAGA Michał	28		OPEN -M	10	00:19:30.80	+00:03:06 (15.9%)	3:54	15.4 (84.2%)
11	NOCEK Paweł	51	GMINA PUŁAWY	OPEN -M	11	00:19:37.15	+00:03:12 (16.4%)	3:55	15.3 (83.6%)
12	SUMOREK Mariusz	80		OPEN -M	12	00:19:47.65	+00:03:23 (17.1%)	3:57	15.2 (83.1%)
13	WÓJTOWICZ Przemysław	89	OSP WZGÓRZE	OPEN -M	13	00:20:01.65	+00:03:37 (18.1%)	4:00	15 (82.0%)
14	SOPEL Paweł	78		OPEN -M	14	00:20:22.15	+00:03:57 (19.5%)	4:04	14.7 (80.3%)
15	PUDŁO Marcin	66	PACMAN RUNNING TEAM	OPEN -M	15	00:20:28.40	+00:04:04 (19.9%)	4:05	14.7 (80.3%)
16	SUMOREK Sebastian	81	EKIPA	OPEN -M	16	00:20:30.55	+00:04:06 (20.0%)	4:06	14.6 (79.8%)
17	ROSIŃSKI Krystian	69		OPEN -M	17	00:20:41.55	+00:04:17 (20.7%)	4:08	14.5 (79.2%)
18	KUTA Rafał	38	EKIPA	OPEN -M	18	00:20:55.90	+00:04:31 (21.6%)	4:11	14.3 (78.1%)
19	MAĆKIEWICZ Marcel	44		OPEN -M	19	00:20:58.20	+00:04:33 (21.8%)	4:11	14.3 (78.1%)
20	BUBROWIECKI Błażej	6		OPEN -M	20	00:20:58.80	+00:04:34 (21.8%)	4:11	14.3 (78.1%)
21	RYKAŁA Artur	71	PLAMAS	OPEN -M	21	00:21:17.00	+00:04:52 (22.9%)	4:15	14.1 (77.0%)
22	PALKA Jakub	56		OPEN -M	22	00:21:43.75	+00:05:19 (24.5%)	4:20	13.8 (75.4%)
23	MICHALSKI Maciek	46		OPEN -M	23	00:21:43.80	+00:05:19 (24.5%)	4:20	13.8 (75.4%)
24	ŻYCKI Stanisław	93	DSS ORLETA	OPEN -M	24	00:21:49.40	+00:05:25 (24.8%)	4:21	13.8 (75.4%)
25	SWEKLEJ Paweł	95	WITU WARSZAWA	OPEN -M	25	00:21:53.50	+00:05:29 (25.1%)	4:22	13.7 (74.9%)
26	PRZYBYSZ Marcin	63		OPEN -M	26	00:21:58.15	+00:05:33 (25.3%)	4:23	13.7 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
27	KAPUSTA Maksymilian	29	BIEGIEM RADOM!	OPEN -M	27	00:22:15.70	+00:05:51 (26.3%)	4:27	13.5 (73.8%)
28	JANKOWSKI Piotr	23		OPEN -M	28	00:22:17.60	+00:05:53 (26.4%)	4:27	13.5 (73.8%)
29	GOŁĄB Patryk	17	LAW	OPEN -M	29	00:22:26.45	+00:06:02 (26.9%)	4:29	13.4 (73.2%)
30	SAŁO Szymon	73		OPEN -M	30	00:22:42.95	+00:06:18 (27.8%)	4:32	13.2 (72.1%)
31	LANDA Michał	41		OPEN -M	31	00:22:52.20	+00:06:27 (28.3%)	4:34	13.1 (71.6%)
32	POLISZAK Damian	61		OPEN -M	32	00:22:58.50	+00:06:34 (28.6%)	4:35	13.1 (71.6%)
33	ŚWITAJ Piotr	84	DSS ORLETA	OPEN -M	33	00:23:05.95	+00:06:41 (29.0%)	4:37	13 (71.0%)
34	PAWLIK Michał	60	PACMAN RUNNING TEAM	OPEN -M	34	00:23:13.30	+00:06:48 (29.4%)	4:38	12.9 (70.5%)
35	KĘSKI Jacek	30		OPEN -M	35	00:23:20.05	+00:06:55 (29.7%)	4:40	12.9 (70.5%)
36	JANKOWSKI Szymon	22		OPEN -M	36	00:23:25.60	+00:07:01 (30.0%)	4:41	12.8 (69.9%)
37	GUTKOWSKI Przemek	20		OPEN -M	37	00:23:25.70	+00:07:01 (30.0%)	4:41	12.8 (69.9%)
38	GÓRECKI Michał	18		OPEN -M	38	00:23:26.00	+00:07:01 (30.0%)	4:41	12.8 (69.9%)
39	LASOTA Natalia	43	AZS LAW DĘBLIN	OPEN -K	1	00:23:29.70	+00:07:05 (30.2%)	4:41	12.8 (69.9%)
40	GIL Adrian	13		OPEN -M	39	00:23:30.80	+00:07:06 (30.2%)	4:42	12.8 (69.9%)
41	OLĘDZKI Piotr	53		OPEN -M	40	00:23:36.55	+00:07:12 (30.5%)	4:43	12.7 (69.4%)
42	PRZYBYSZ Ewelina	64		OPEN -K	2	00:23:45.70	+00:07:21 (31.0%)	4:45	12.6 (68.9%)
43	RYBACZEK Artur	70		OPEN -M	41	00:23:47.00	+00:07:22 (31.0%)	4:45	12.6 (68.9%)
44	STRZEMIECKI Piotr	79		OPEN -M	42	00:24:09.00	+00:07:44 (32.1%)	4:49	12.4 (67.8%)
45	ZEBROWSKA Jolanta	94	CHEMIK NOXY PUŁAWY	OPEN -K	3	00:24:09.15	+00:07:44 (32.1%)	4:49	12.4 (67.8%)
46	FIGARSKI Jakub	10		OPEN -M	43	00:24:40.15	+00:08:15 (33.5%)	4:56	12.2 (66.7%)
47	SOBCZUK Jakub	77		OPEN -M	44	00:24:40.95	+00:08:16 (33.5%)	4:56	12.2 (66.7%)
48	KWIATKOWSKA Klaudia	39	AZS LAW	OPEN -K	4	00:24:41.70	+00:08:17 (33.6%)	4:56	12.2 (66.7%)
49	NIEZGODA Marta	50	AZS LAW DĘBLIN	OPEN -K	5	00:25:09.35	+00:08:45 (34.8%)	5:01	11.9 (65.0%)
50	KOWALEWSKI Dominik	33	OSP WZGÓRZE	OPEN -M	45	00:25:09.75	+00:08:45 (34.8%)	5:01	11.9 (65.0%)
51	WIADERNY Radosław	87	DSS ORLETA	OPEN -M	46	00:25:12.70	+00:08:48 (34.9%)	5:02	11.9 (65.0%)
52	GŁODEK Tomasz	16	BIEGUSIEM.PL	OPEN -M	47	00:25:21.45	+00:08:57 (35.3%)	5:04	11.8 (64.5%)
53	MIECZNIKOWSKI Wiktor	47		OPEN -M	48	00:25:43.85	+00:09:19 (36.2%)	5:08	11.7 (63.9%)
54	BIELECKI Wojciech	2	OSP WZGÓRZE	OPEN -M	49	00:25:50.40	+00:09:26 (36.5%)	5:10	11.6 (63.4%)
55	PAWELEC Maciej	58		OPEN -M	50	00:25:56.75	+00:09:32 (36.8%)	5:11	11.6 (63.4%)
56	KRACZEK Anna	34		OPEN -K	6	00:26:03.55	+00:09:39 (37.0%)	5:12	11.5 (62.8%)
57	KRZYWAŃSKI Jan	35		OPEN -M	51	00:26:16.65	+00:09:52 (37.6%)	5:15	11.4 (62.3%)
58	SĘK Tomasz	74		OPEN -M	52	00:26:44.85	+00:10:20 (38.7%)	5:20	11.2 (61.2%)
59	LAPICHAU Yeuhenii	42		OPEN -M	53	00:26:49.90	+00:10:25 (38.9%)	5:21	11.2 (61.2%)
60	ZNÓJ Tomasz	92	SFORA - BIEG MORSKIEGO KOMANDOSA	OPEN -M	54	00:26:51.55	+00:10:27 (38.9%)	5:22	11.2 (61.2%)
61	KURZYNA Nina	36	-	OPEN -K	7	00:26:53.15	+00:10:28 (39.0%)	5:22	11.2 (61.2%)
62	OSTRYSZ Magdalena	55		OPEN -K	8	00:27:02.85	+00:10:38 (39.3%)	5:24	11.1 (60.7%)
63	PARDYKA Karolina	57		OPEN -K	9	00:27:34.55	+00:11:10 (40.5%)	5:30	10.9 (59.6%)
64	KONDRACIUK Ewelina	31		OPEN -K	10	00:27:50.25	+00:11:25 (41.1%)	5:34	10.8 (59.0%)
65	KUSZEWSKA Izabela	37	AZS LAW	OPEN -K	11	00:29:22.45	+00:12:58 (44.1%)	5:52	10.2 (55.7%)
66	ZACH Angelika	90		OPEN -K	12	00:29:29.15	+00:13:04 (44.4%)	5:53	10.2 (55.7%)
66	PORTKA Michał	62		OPEN -M	55	00:29:29.15	+00:13:04 (44.4%)	5:53	10.2 (55.7%)
68	JAŚKOWSKA-PRZYBYSZ Anna	24		OPEN -K	13	00:29:31.80	+00:13:07 (44.4%)	5:54	10.2 (55.7%)
69	SAŁDAN Marta	72	BP	OPEN -K	14	00:30:48.30	+00:14:23 (46.7%)	6:09	9.7 (53.0%)
70	MALEC Klaudia	45		OPEN -K	15	00:31:14.95	+00:14:50 (47.5%)	6:14	9.6 (52.5%)

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71	GALANT Kamila	11		OPEN -K	16	00:31:17.20	+00:14:52 (47.6%)	6:15	9.6 (52.5%)
72	MISZCZAK Władysław	49	BIEGUSIEM.PL	OPEN -M	56	00:31:21.55	+00:14:57 (47.7%)	6:16	9.6 (52.5%)
73	ŚLESICKA Anna	82		OPEN -K	17	00:31:53.15	+00:15:28 (48.5%)	6:22	9.4 (51.4%)
74	ŚLESICKI Błażej	83		OPEN -M	57	00:31:54.10	+00:15:29 (48.6%)	6:22	9.4 (51.4%)
75	ABRAMEK Monika	1		OPEN -K	18	00:33:25.95	+00:17:01 (50.9%)	6:41	9 (49.2%)
76	TAMA Kacper	85	AZS LAW/ AGROS ZAMOŚĆ	OPEN -M	58	00:33:26.15	+00:17:01 (50.9%)	6:41	9 (49.2%)
77	GLONEK Radosław	14	LAW DĘBLIN	OPEN -M	59	00:33:26.20	+00:17:01 (50.9%)	6:41	9 (49.2%)
78	GARTEL Adam	12		OPEN -M	60	00:33:26.35	+00:17:02 (50.9%)	6:41	9 (49.2%)
79	MIGUS Anna	48	2LBOT	OPEN -K	19	00:35:37.50	+00:19:13 (53.9%)	7:07	8.4 (45.9%)
80	PRZYBYSZ Łukasz	65		OPEN -M	61				(0.0%)

Znaleziono 80 wynik(ów)