

# BIEG GŁÓWNY - 5KM

B4SPORT  
INTELIGENTNE 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	<b>CIŻYŃSKI Błażej</b>	<b>8</b>	AZS LAW DĘBLIN	OPEN -M	1	<b>00:16:24.35</b>		3:16	18.3 (100%)
2	<b>GŁODEK Marcin</b>	<b>15</b>	MAZOWSZE STĘŻYCA	OPEN -M	2	<b>00:16:40.45</b>	+00:00:16 (1.6%)	3:20	18 (98.4%)
3	<b>ZDOBYLAK Marek</b>	<b>91</b>		OPEN -M	3	<b>00:17:28.05</b>	+00:01:03 (6.1%)	3:29	17.2 (94.0%)
4	<b>WITKOWSKI Jakub</b>	<b>88</b>		OPEN -M	4	<b>00:17:37.65</b>	+00:01:13 (6.9%)	3:31	17 (92.9%)
5	<b>BŁAŻEJCZYK Paweł</b>	<b>4</b>	LAW DĘBLIN	OPEN -M	5	<b>00:17:48.65</b>	+00:01:24 (7.9%)	3:33	16.9 (92.3%)
6	<b>OSIAK Artur</b>	<b>54</b>		OPEN -M	6	<b>00:18:05.95</b>	+00:01:41 (9.4%)	3:37	16.6 (90.7%)
7	<b>UTNICKI Mateusz</b>	<b>86</b>	MAZOWSZE STĘŻYCA	OPEN -M	7	<b>00:18:18.35</b>	+00:01:54 (10.4%)	3:39	16.4 (89.6%)
8	<b>OLEK Artur</b>	<b>52</b>	BIEGUSIEM.PL	OPEN -M	8	<b>00:18:48.15</b>	+00:02:23 (12.7%)	3:45	16 (87.4%)
9	<b>BIENKO Mikołaj</b>	<b>3</b>		OPEN -M	9	<b>00:19:13.95</b>	+00:02:49 (14.7%)	3:50	15.6 (85.2%)
10	<b>KAŁAMAGA Michał</b>	<b>28</b>		OPEN -M	10	<b>00:19:30.80</b>	+00:03:06 (15.9%)	3:54	15.4 (84.2%)
11	<b>NOCEK Paweł</b>	<b>51</b>	GMINA PUŁAWY	OPEN -M	11	<b>00:19:37.15</b>	+00:03:12 (16.4%)	3:55	15.3 (83.6%)
12	<b>SUMOREK Mariusz</b>	<b>80</b>		OPEN -M	12	<b>00:19:47.65</b>	+00:03:23 (17.1%)	3:57	15.2 (83.1%)
13	<b>WÓJTOWICZ Przemysław</b>	<b>89</b>	OSP WZGÓRZE	OPEN -M	13	<b>00:20:01.65</b>	+00:03:37 (18.1%)	4:00	15 (82.0%)
14	<b>SOPEL Paweł</b>	<b>78</b>		OPEN -M	14	<b>00:20:22.15</b>	+00:03:57 (19.5%)	4:04	14.7 (80.3%)
15	<b>PUDŁO Marcin</b>	<b>66</b>	PACMAN RUNNING TEAM	OPEN -M	15	<b>00:20:28.40</b>	+00:04:04 (19.9%)	4:05	14.7 (80.3%)
16	<b>SUMOREK Sebastian</b>	<b>81</b>	EKIPA	OPEN -M	16	<b>00:20:30.55</b>	+00:04:06 (20.0%)	4:06	14.6 (79.8%)
17	<b>ROSIŃSKI Krystian</b>	<b>69</b>		OPEN -M	17	<b>00:20:41.55</b>	+00:04:17 (20.7%)	4:08	14.5 (79.2%)
18	<b>KUTA Rafał</b>	<b>38</b>	EKIPA	OPEN -M	18	<b>00:20:55.90</b>	+00:04:31 (21.6%)	4:11	14.3 (78.1%)
19	<b>MAĆKIEWICZ Marcel</b>	<b>44</b>		OPEN -M	19	<b>00:20:58.20</b>	+00:04:33 (21.8%)	4:11	14.3 (78.1%)
20	<b>BUBROWIECKI Błażej</b>	<b>6</b>		OPEN -M	20	<b>00:20:58.80</b>	+00:04:34 (21.8%)	4:11	14.3 (78.1%)
21	<b>RYKAŁA Artur</b>	<b>71</b>	PLAMAS	OPEN -M	21	<b>00:21:17.00</b>	+00:04:52 (22.9%)	4:15	14.1 (77.0%)
22	<b>PALKA Jakub</b>	<b>56</b>		OPEN -M	22	<b>00:21:43.75</b>	+00:05:19 (24.5%)	4:20	13.8 (75.4%)
23	<b>MICHALSKI Maciek</b>	<b>46</b>		OPEN -M	23	<b>00:21:43.80</b>	+00:05:19 (24.5%)	4:20	13.8 (75.4%)
24	<b>ŻYCKI Stanisław</b>	<b>93</b>	DSS ORLETA	OPEN -M	24	<b>00:21:49.40</b>	+00:05:25 (24.8%)	4:21	13.8 (75.4%)
25	<b>SWEKLEJ Paweł</b>	<b>95</b>	WITU WARSZAWA	OPEN -M	25	<b>00:21:53.50</b>	+00:05:29 (25.1%)	4:22	13.7 (74.9%)
26	<b>PRZYBYSZ Marcin</b>	<b>63</b>		OPEN -M	26	<b>00:21:58.15</b>	+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	<b>KAPUSTA Maksymilian</b>	<b>29</b>	BIEGIEM RADOM!	OPEN -M	27	<b>00:22:15.70</b>	+00:05:51 (26.3%)	4:27	13.5 (73.8%)
28	<b>JANKOWSKI Piotr</b>	<b>23</b>		OPEN -M	28	<b>00:22:17.60</b>	+00:05:53 (26.4%)	4:27	13.5 (73.8%)
29	<b>GOŁĄB Patryk</b>	<b>17</b>	LAW	OPEN -M	29	<b>00:22:26.45</b>	+00:06:02 (26.9%)	4:29	13.4 (73.2%)
30	<b>SAŁO Szymon</b>	<b>73</b>		OPEN -M	30	<b>00:22:42.95</b>	+00:06:18 (27.8%)	4:32	13.2 (72.1%)
31	<b>LANDA Michał</b>	<b>41</b>		OPEN -M	31	<b>00:22:52.20</b>	+00:06:27 (28.3%)	4:34	13.1 (71.6%)
32	<b>POLISZAK Damian</b>	<b>61</b>		OPEN -M	32	<b>00:22:58.50</b>	+00:06:34 (28.6%)	4:35	13.1 (71.6%)
33	<b>ŚWITAJ Piotr</b>	<b>84</b>	DSS ORLETA	OPEN -M	33	<b>00:23:05.95</b>	+00:06:41 (29.0%)	4:37	13 (71.0%)
34	<b>PAWLIK Michał</b>	<b>60</b>	PACMAN RUNNING TEAM	OPEN -M	34	<b>00:23:13.30</b>	+00:06:48 (29.4%)	4:38	12.9 (70.5%)
35	<b>KĘSKI Jacek</b>	<b>30</b>		OPEN -M	35	<b>00:23:20.05</b>	+00:06:55 (29.7%)	4:40	12.9 (70.5%)
36	<b>JANKOWSKI Szymon</b>	<b>22</b>		OPEN -M	36	<b>00:23:25.60</b>	+00:07:01 (30.0%)	4:41	12.8 (69.9%)
37	<b>GUTKOWSKI Przemek</b>	<b>20</b>		OPEN -M	37	<b>00:23:25.70</b>	+00:07:01 (30.0%)	4:41	12.8 (69.9%)
38	<b>GÓRECKI Michał</b>	<b>18</b>		OPEN -M	38	<b>00:23:26.00</b>	+00:07:01 (30.0%)	4:41	12.8 (69.9%)
39	<b>LASOTA Natalia</b>	<b>43</b>	AZS LAW DĘBLIN	OPEN -K	1	<b>00:23:29.70</b>	+00:07:05 (30.2%)	4:41	12.8 (69.9%)
40	<b>GIL Adrian</b>	<b>13</b>		OPEN -M	39	<b>00:23:30.80</b>	+00:07:06 (30.2%)	4:42	12.8 (69.9%)
41	<b>OLĘDZKI Piotr</b>	<b>53</b>		OPEN -M	40	<b>00:23:36.55</b>	+00:07:12 (30.5%)	4:43	12.7 (69.4%)
42	<b>PRZYBYSZ Ewelina</b>	<b>64</b>		OPEN -K	2	<b>00:23:45.70</b>	+00:07:21 (31.0%)	4:45	12.6 (68.9%)
43	<b>RYBACZEK Artur</b>	<b>70</b>		OPEN -M	41	<b>00:23:47.00</b>	+00:07:22 (31.0%)	4:45	12.6 (68.9%)
44	<b>STRZEMIECKI Piotr</b>	<b>79</b>		OPEN -M	42	<b>00:24:09.00</b>	+00:07:44 (32.1%)	4:49	12.4 (67.8%)
45	<b>ZEBROWSKA Jolanta</b>	<b>94</b>	CHEMIK NOXY PUŁAWY	OPEN -K	3	<b>00:24:09.15</b>	+00:07:44 (32.1%)	4:49	12.4 (67.8%)
46	<b>FIGARSKI Jakub</b>	<b>10</b>		OPEN -M	43	<b>00:24:40.15</b>	+00:08:15 (33.5%)	4:56	12.2 (66.7%)
47	<b>SOBCZUK Jakub</b>	<b>77</b>		OPEN -M	44	<b>00:24:40.95</b>	+00:08:16 (33.5%)	4:56	12.2 (66.7%)
48	<b>KWIATKOWSKA Klaudia</b>	<b>39</b>	AZS LAW	OPEN -K	4	<b>00:24:41.70</b>	+00:08:17 (33.6%)	4:56	12.2 (66.7%)
49	<b>NIEZGODA Marta</b>	<b>50</b>	AZS LAW DĘBLIN	OPEN -K	5	<b>00:25:09.35</b>	+00:08:45 (34.8%)	5:01	11.9 (65.0%)
50	<b>KOWALEWSKI Dominik</b>	<b>33</b>	OSP WZGÓRZE	OPEN -M	45	<b>00:25:09.75</b>	+00:08:45 (34.8%)	5:01	11.9 (65.0%)
51	<b>WIADERNY Radosław</b>	<b>87</b>	DSS ORLETA	OPEN -M	46	<b>00:25:12.70</b>	+00:08:48 (34.9%)	5:02	11.9 (65.0%)
52	<b>GŁODEK Tomasz</b>	<b>16</b>	BIEGUSIEM.PL	OPEN -M	47	<b>00:25:21.45</b>	+00:08:57 (35.3%)	5:04	11.8 (64.5%)
53	<b>MIECZNIKOWSKI Wiktor</b>	<b>47</b>		OPEN -M	48	<b>00:25:43.85</b>	+00:09:19 (36.2%)	5:08	11.7 (63.9%)
54	<b>BIELECKI Wojciech</b>	<b>2</b>	OSP WZGÓRZE	OPEN -M	49	<b>00:25:50.40</b>	+00:09:26 (36.5%)	5:10	11.6 (63.4%)
55	<b>PAWELEC Maciej</b>	<b>58</b>		OPEN -M	50	<b>00:25:56.75</b>	+00:09:32 (36.8%)	5:11	11.6 (63.4%)
56	<b>KRACZEK Anna</b>	<b>34</b>		OPEN -K	6	<b>00:26:03.55</b>	+00:09:39 (37.0%)	5:12	11.5 (62.8%)
57	<b>KRZYWAŃSKI Jan</b>	<b>35</b>		OPEN -M	51	<b>00:26:16.65</b>	+00:09:52 (37.6%)	5:15	11.4 (62.3%)
58	<b>SĘK Tomasz</b>	<b>74</b>		OPEN -M	52	<b>00:26:44.85</b>	+00:10:20 (38.7%)	5:20	11.2 (61.2%)
59	<b>LAPICHAU Yeuhenii</b>	<b>42</b>		OPEN -M	53	<b>00:26:49.90</b>	+00:10:25 (38.9%)	5:21	11.2 (61.2%)
60	<b>ZNÓJ Tomasz</b>	<b>92</b>	SFORA - BIEG MORSKIEGO KOMANDOSA	OPEN -M	54	<b>00:26:51.55</b>	+00:10:27 (38.9%)	5:22	11.2 (61.2%)
61	<b>KURZYNA Nina</b>	<b>36</b>	-	OPEN -K	7	<b>00:26:53.15</b>	+00:10:28 (39.0%)	5:22	11.2 (61.2%)
62	<b>OSTRYSZ Magdalena</b>	<b>55</b>		OPEN -K	8	<b>00:27:02.85</b>	+00:10:38 (39.3%)	5:24	11.1 (60.7%)
63	<b>PARDYKA Karolina</b>	<b>57</b>		OPEN -K	9	<b>00:27:34.55</b>	+00:11:10 (40.5%)	5:30	10.9 (59.6%)
64	<b>KONDRACIUK Ewelina</b>	<b>31</b>		OPEN -K	10	<b>00:27:50.25</b>	+00:11:25 (41.1%)	5:34	10.8 (59.0%)
65	<b>KUSZEWSKA Izabela</b>	<b>37</b>	AZS LAW	OPEN -K	11	<b>00:29:22.45</b>	+00:12:58 (44.1%)	5:52	10.2 (55.7%)
66	<b>ZACH Angelika</b>	<b>90</b>		OPEN -K	12	<b>00:29:29.15</b>	+00:13:04 (44.4%)	5:53	10.2 (55.7%)
66	<b>PORTKA Michał</b>	<b>62</b>		OPEN -M	55	<b>00:29:29.15</b>	+00:13:04 (44.4%)	5:53	10.2 (55.7%)
68	<b>JAŚKOWSKA-PRZYBYSZ Anna</b>	<b>24</b>		OPEN -K	13	<b>00:29:31.80</b>	+00:13:07 (44.4%)	5:54	10.2 (55.7%)
69	<b>SAŁDAN Marta</b>	<b>72</b>	BP	OPEN -K	14	<b>00:30:48.30</b>	+00:14:23 (46.7%)	6:09	9.7 (53.0%)
70	<b>MALEC Klaudia</b>	<b>45</b>		OPEN -K	15	<b>00:31:14.95</b>	+00:14:50 (47.5%)	6:14	9.6 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>GALANT Kamila</b>	<b>11</b>		OPEN -K	16	<b>00:31:17.20</b>	+00:14:52 (47.6%)	6:15	9.6 (52.5%)
72	<b>MISZCZAK Władysław</b>	<b>49</b>	BIEGUSIEM.PL	OPEN -M	56	<b>00:31:21.55</b>	+00:14:57 (47.7%)	6:16	9.6 (52.5%)
73	<b>ŚLESICKA Anna</b>	<b>82</b>		OPEN -K	17	<b>00:31:53.15</b>	+00:15:28 (48.5%)	6:22	9.4 (51.4%)
74	<b>ŚLESICKI Błażej</b>	<b>83</b>		OPEN -M	57	<b>00:31:54.10</b>	+00:15:29 (48.6%)	6:22	9.4 (51.4%)
75	<b>ABRAMEK Monika</b>	<b>1</b>		OPEN -K	18	<b>00:33:25.95</b>	+00:17:01 (50.9%)	6:41	9 (49.2%)
76	<b>TAMA Kacper</b>	<b>85</b>	AZS LAW/ AGROS ZAMOŚĆ	OPEN -M	58	<b>00:33:26.15</b>	+00:17:01 (50.9%)	6:41	9 (49.2%)
77	<b>GLONEK Radosław</b>	<b>14</b>	LAW DĘBLIN	OPEN -M	59	<b>00:33:26.20</b>	+00:17:01 (50.9%)	6:41	9 (49.2%)
78	<b>GARTEL Adam</b>	<b>12</b>		OPEN -M	60	<b>00:33:26.35</b>	+00:17:02 (50.9%)	6:41	9 (49.2%)
79	<b>MIGUS Anna</b>	<b>48</b>	2LBOT	OPEN -K	19	<b>00:35:37.50</b>	+00:19:13 (53.9%)	7:07	8.4 (45.9%)
80	<b>PRZYBYSZ Łukasz</b>	<b>65</b>		OPEN -M	61				(0.0%)

Znaleziono 80 wynik(ów)