



BIEG PAMIĘCI SYBIRU - BIAŁYSTOK 5KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Pamięci Sybiru
Fundacja Białystok Biega
2025-02-08
Białystok
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BOCHENKO Daniel	127	MD RUN TRAINING	M50	1	00:10:13	00:19:52.42		3:58	15.1 (100%)
2	KRUSZEWSKI Mariusz	47	MD RUN TRAINING	M50	2	00:11:12	00:21:46.75	+00:01:54 (8.7%)	4:21	13.8 (91.4%)
3	PÓŁKOŚNIK Adam	90	ZACHĘTA	M50	3	00:11:39	00:22:50.12	+00:02:57 (13.0%)	4:34	13.1 (86.8%)
4	SOBOTA Jacek	54		M50	4	00:12:07	00:23:17.57	+00:03:25 (14.7%)	4:39	12.9 (85.4%)
5	CHOIŃSKI Bogusław	151	:)	M50	5	00:12:40	00:25:02.38	+00:05:09 (20.6%)	5:00	12 (79.5%)
6	WASILEWSKI Jarosław	112		M50	6	00:13:17	00:25:29.74	+00:05:37 (22.1%)	5:05	11.8 (78.1%)
7	BUDZKO Vital	1080	TEA.M RUN	M50	7	00:13:10	00:25:31.01	+00:05:38 (22.1%)	5:06	11.8 (78.1%)
8	BLAŻEWICZ Dariusz	1041	WINLAND	M50	8	00:13:56	00:26:00.31	+00:06:07 (23.6%)	5:12	11.5 (76.2%)
9	BRZÓSKO Szymon	114		M50	9	00:13:05	00:26:46.08	+00:06:53 (25.8%)	5:21	11.2 (74.2%)
10	MECLIK Adrian	1143		M50	10	00:13:43	00:27:12.92	+00:07:20 (27.0%)	5:26	11 (72.8%)
11	BRONISZEWSKI Piotr	142	DRUŻYNA STEFANA CZARNIECKIEGO	M50	11	00:14:06	00:27:13.97	+00:07:21 (27.0%)	5:26	11 (72.8%)
12	KULIKOWSKI Marek	1048		M50	12	00:14:13	00:27:25.13	+00:07:32 (27.5%)	5:29	10.9 (72.2%)
13	MIEZIO Rafał	1051		M50	13	00:14:31	00:27:32.89	+00:07:40 (27.9%)	5:30	10.9 (72.2%)
14	POGORZALY Emil	1045	SAMI SWOI	M50	14	00:14:05	00:28:17.48	+00:08:25 (29.8%)	5:39	10.6 (70.2%)
15	ŻARNOCH Leszek	3029		M50	15	00:14:23	00:28:48.03	+00:08:55 (31.0%)	5:45	10.4 (68.9%)
16	PASZKOWSKI Maciej	1020	SGB SOKÓLSKA WATAHA	M50	16	00:14:57	00:28:48.18	+00:08:55 (31.0%)	5:45	10.4 (68.9%)
17	MICHALUK Robert	2035		M50	17	00:14:59	00:28:53.97	+00:09:01 (31.2%)	5:46	10.4 (68.9%)
18	KULESZA Adam	2171		M50	18	00:15:01	00:28:59.82	+00:09:07 (31.5%)	5:47	10.4 (68.9%)
19	STĘPIEŃ Piotr	2112	SAMORZĄDOWCY	M50	19	00:14:52	00:29:21.90	+00:09:29 (32.3%)	5:52	10.2 (67.5%)
20	SOBIECH Robert	1109		M50	20	00:15:22	00:29:27.71	+00:09:35 (32.5%)	5:53	10.2 (67.5%)
21	KRUAZE Bartosz	2197		M50	21	00:15:42	00:29:36.25	+00:09:43 (32.9%)	5:55	10.1 (66.9%)
22	ANUSZKIEWICZ Adam	2114	NA WIRZACO	M50	22	00:15:26	00:30:02.12	+00:10:09 (33.8%)	6:00	10 (66.2%)
23	MALISZ Jerzy	2012	AUTO IDEA	M50	23	00:15:48	00:30:40.08	+00:10:47 (35.2%)	6:08	9.8 (64.9%)
24	MYSZKA Marcin	2043	MARATONKA GRAJEWO	M50	24	00:15:48	00:30:40.42	+00:10:48 (35.2%)	6:08	9.8 (64.9%)
25	HUK Marcin	1072		M50	25	00:15:09	00:31:07.49	+00:11:15 (36.1%)	6:13	9.6 (63.6%)
26	PRUS Marek	3041		M50	26	00:16:23	00:31:08.84	+00:11:16 (36.2%)	6:13	9.6 (63.6%)
27	PSTUŚ Jacek	1150		M50	27	00:16:27	00:31:18.41	+00:11:25 (36.5%)	6:15	9.6 (63.6%)
28	STEFANOWICZ Zdzisław	2163		M50	28	00:17:11	00:31:57.53	+00:12:05 (37.8%)	6:23	9.4 (62.3%)
29	MANTUR Bogdan	1047	KGW JANKO-WIANKI	M50	29	00:16:55	00:31:59.12	+00:12:06 (37.9%)	6:23	9.4 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.7km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
30	URBAN Zbigniew	3138		M50	30	00:16:02	00:31:59.73	+00:12:07 (37.9%)	6:23	9.4 (62.3%)
31	MIELECH Grzegorz	2034		M50	31	00:17:10	00:32:20.39	+00:12:27 (38.5%)	6:28	9.3 (61.6%)
32	BAK Rafał	3060		M50	32	00:16:56	00:32:23.47	+00:12:31 (38.6%)	6:28	9.3 (61.6%)
33	MOJSA Wiesław	1134	BIĄŁYSTOK BIEGA	M50	33	00:17:00	00:32:25.05	+00:12:32 (38.7%)	6:29	9.3 (61.6%)
34	RĘBACZ Maciej	3067	AQUARD RUN	M50	34	00:17:32	00:33:02.25	+00:13:09 (39.8%)	6:36	9.1 (60.3%)
35	RUDNIK Sławek	2140	NADAKTYWNI / PODLASIE 4X4	M50	35	00:17:30	00:33:10.30	+00:13:17 (40.1%)	6:38	9 (59.6%)
36	WIŚNIEWSKI Wojciech	2185		M50	36	00:18:16	00:33:59.08	+00:14:06 (41.5%)	6:47	8.8 (58.3%)
37	BIERĆ Jarosław	2059		M50	37	00:18:00	00:34:30.64	+00:14:38 (42.4%)	6:54	8.7 (57.6%)
38	BOHDZIEWICZ Zbigniew	74	BYNIO TEAM	M50	38	00:17:12	00:34:41.46	+00:14:49 (42.7%)	6:56	8.6 (57.0%)
39	KOROL Marek	3011		M50	39	00:17:44	00:34:45.05	+00:14:52 (42.8%)	6:57	8.6 (57.0%)
40	ŚWIĘTOCHOWSKI Stefan	4144		M50	40	00:17:33	00:34:58.26	+00:15:05 (43.2%)	6:59	8.6 (57.0%)
41	SZULC Andrzej	3043	TYGRYSKI	M50	41	00:17:43	00:34:59.06	+00:15:06 (43.2%)	6:59	8.6 (57.0%)
42	GIMIER Tomasz	2176		M50	42	00:17:42	00:35:20.56	+00:15:28 (43.8%)	7:04	8.5 (56.3%)
43	ROPA Wojtek	3159	MEDIAEXPERT	M50	43	00:18:22	00:35:50.63	+00:15:58 (44.6%)	7:10	8.4 (55.6%)
44	WILCZYŃSKI Mariusz	1078		M50	44	00:18:24	00:36:16.64	+00:16:24 (45.2%)	7:15	8.3 (55.0%)
45	MICHAŁKIEWICZ Wojciech	3040		M50	45	00:19:19	00:36:51.57	+00:16:59 (46.1%)	7:22	8.1 (53.6%)
46	GRZEŚ Darek	4003		M50	46	00:18:39	00:37:11.46	+00:17:19 (46.6%)	7:26	8.1 (53.6%)
47	NOWICKI Adam	2098	OUTDOOR TRAINING	M50	47	00:21:24	00:37:55.34	+00:18:02 (47.6%)	7:35	7.9 (52.3%)
48	SADOWSKI Maciej	4085		M50	48	00:18:06	00:38:11.28	+00:18:18 (48.0%)	7:38	7.9 (52.3%)
49	DARDA Radosław	4082		M50	49	00:20:10	00:38:59.21	+00:19:06 (49.0%)	7:47	7.7 (51.0%)
50	SIEMION Janusz	4024		M50	50	00:19:52	00:39:34.13	+00:19:41 (49.8%)	7:54	7.6 (50.3%)
51	NOWIK Roman	95	BBT	M50	51	00:18:54	00:39:45.20	+00:19:52 (50.0%)	7:57	7.5 (49.7%)
52	KALINOWSKI Ireneusz	4129		M50	52	00:20:22	00:41:28.43	+00:21:36 (52.1%)	8:17	7.2 (47.7%)
53	SAŃKO Andrzej	2123		M50	53	00:19:56	00:41:35.48	+00:21:43 (52.2%)	8:19	7.2 (47.7%)
54	ROSZKOWSKI Mariusz	3021		M50	54	00:22:28	00:42:59.22	+00:23:06 (53.8%)	8:35	7 (46.4%)
55	MILEWSKI Mirosław	4163		M50	55	00:23:34	00:47:20.46	+00:27:28 (58.0%)	9:28	6.3 (41.7%)
56	HALICKI Robert	4196		M50	56	00:25:03	00:49:00.82	+00:29:08 (59.5%)	9:48	6.1 (40.4%)
Przekroczony limit czasu: 01:00:00										
57	STACHNIEWICZ Robert	4089		M50	57	00:29:13	01:01:52.60	+00:42:00 (67.9%)	12:22	4.8 (31.8%)

Znaleziono 57 wynik(ów)