



BIEG PRZEZ MOST 2019

B4SPORT

Organizator: Urząd Dzielnicy Warszawa - Białołęka
Data: 2019-09-22
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 1-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JASTRZĘBSKI Kamil	284	DUKLANOWSKITEAM/SKB KRAŚNIK	M 1-29	1	00:00:01	00:19:56	00:27:17	00:30:46.85	00:30:48.00		3:04	19.5 (100%)
2	WASIEWICZ Krzysztof	835		M 1-29	2	00:00:02	00:20:15	00:27:56	00:31:41.90	00:31:44.00	+00:00:55 (2.9%)	3:10	18.9 (96.9%)
3	PYSZEL Florian	651	PAN MATEMATYKA	M 1-29	3	00:00:00	00:20:50	00:28:37	00:32:34.55	00:32:35.40	+00:01:47 (5.5%)	3:15	18.4 (94.4%)
4	ŚWIRGOŃ Adam	800	TRENERBIEGANIA.PL	M 1-29	4	00:00:01	00:21:20	00:29:18	00:33:20.90	00:33:22.55	+00:02:34 (7.7%)	3:20	18 (92.3%)
5	PRZESTRZELSKI Kajetan	980		M 1-29	5	00:00:00	00:21:33	00:29:33	00:33:43.90	00:33:44.60	+00:02:57 (8.7%)	3:22	17.8 (91.3%)
6	GAWRON Paweł	193	@ARKENYA_TEAM	M 1-29	6	00:00:02	00:21:38	00:29:54	00:33:55.15	00:33:57.20	+00:03:08 (9.3%)	3:23	17.7 (90.8%)
7	MACHOWSKI Paweł	478	WARSZAWSKIE SANKT MORITZ	M 1-29	7	00:00:02	00:22:13	00:30:30	00:34:35.70	00:34:37.95	+00:03:48 (11.0%)	3:27	17.3 (88.7%)
8	OMIELAN Wojciech	582		M 1-29	8	00:00:02	00:22:40	00:31:21	00:35:33.75	00:35:36.10	+00:04:46 (13.4%)	3:33	16.9 (86.7%)
9	BRZAKALSKI Krzysiek	73	@ARKENYA_TEAM	M 1-29	9	00:00:04	00:23:36	00:32:25	00:36:40.10	00:36:44.40	+00:05:53 (16.1%)	3:40	16.4 (84.1%)
10	MLĄCKI Alan	538	TEAM KOPEĆ	M 1-29	10	00:00:02	00:23:50	00:32:50	00:37:21.20	00:37:24.05	+00:06:34 (17.6%)	3:44	16.1 (82.6%)
11	KLIMKIEWICZ Michał	353		M 1-29	11	00:00:06	00:23:58	00:32:52	00:37:21.90	00:37:28.85	+00:06:35 (17.6%)	3:44	16.1 (82.6%)
12	BOMBA Tomek	57		M 1-29	12	00:00:03	00:24:52	00:34:02	00:38:21.80	00:38:25.40	+00:07:34 (19.8%)	3:50	15.6 (80.0%)
13	STYRNIK Krystian	757	AZS UP LUBLIN	M 1-29	13	00:00:09	00:25:02	00:34:55	00:39:34.55	00:39:43.95	+00:08:47 (22.2%)	3:57	15.2 (77.9%)
14	LEWANDOWSKI Mateusz	446		M 1-29	14	00:00:06	00:25:26	00:35:04	00:39:44.35	00:39:50.70	+00:08:57 (22.5%)	3:58	15.1 (77.4%)
15	ZALEWSKI Dominik	886		M 1-29	15	00:00:04	00:25:40	00:35:29	00:40:07.40	00:40:11.90	+00:09:20 (23.3%)	4:00	15 (76.9%)
16	MARYNOWSKI Wojciech	505	LUDZIE SZTOSY	M 1-29	16	00:00:06	00:25:56	00:35:45	00:40:37.55	00:40:43.70	+00:09:50 (24.2%)	4:03	14.8 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	ZGODA Mateusz	941	NAPRZÓD MŁOCINY	M 1-29	17	00:00:13	00:27:04	00:37:02	00:42:00.05	00:42:13.15	+00:11:13 (26.7%)	4:12	14.3 (73.3%)
18	PRUSIK Piotr	637		M 1-29	18	00:00:18	00:27:27	00:37:19	00:42:08.85	00:42:26.85	+00:11:22 (27.0%)	4:12	14.2 (72.8%)
19	KILJAŃCZYK Dominik	347	TARCZYŃSKI KLUB BIEGOWY	M 1-29	19	00:00:07	00:27:17	00:38:00	00:43:09.70	00:43:17.45	+00:12:22 (28.7%)	4:19	13.9 (71.3%)
20	MŁYŃSKI Mariusz	539		M 1-29	20	00:00:09	00:27:18	00:38:03	00:43:11.70	00:43:21.50	+00:12:24 (28.7%)	4:19	13.9 (71.3%)
21	ZDANOWSKI Tomek	899	TRIZARZA	M 1-29	21	00:00:06	00:27:22	00:38:17	00:43:27.45	00:43:34.25	+00:12:40 (29.2%)	4:20	13.8 (70.8%)
22	JANKOWSKI Jakub	274		M 1-29	22	00:00:20	00:27:26	00:38:19	00:43:34.45	00:43:54.70	+00:12:47 (29.4%)	4:21	13.8 (70.8%)
23	BŁASZCZYK Bartłomiej	48		M 1-29	23	00:00:38	00:28:29	00:39:04	00:44:26.80	00:45:05.30	+00:13:39 (30.7%)	4:26	13.5 (69.2%)
24	CHOJECKI Robert	94	EXPLOSION	M 1-29	24	00:00:13	00:28:26	00:39:24	00:44:34.55	00:44:47.60	+00:13:47 (30.9%)	4:27	13.5 (69.2%)
25	SARZAŁA Bartłomiej	554		M 1-29	25	00:00:18	00:28:54	00:39:29	00:44:37.80	00:44:56.50	+00:13:50 (31.0%)	4:27	13.4 (68.7%)
26	DZIUBIŃSKI Maciek	161		M 1-29	26	00:00:06	00:29:09	00:39:52	00:45:01.15	00:45:07.35	+00:14:14 (31.6%)	4:30	13.3 (68.2%)
27	CIERNIAK Franciszek	107	GRUPA BIEGOWA CHTMO	M 1-29	27	00:00:36	00:29:33	00:40:06	00:45:13.70	00:45:49.85	+00:14:26 (31.9%)	4:31	13.3 (68.2%)
28	KOBUS Igor	359		M 1-29	28	00:00:11	00:29:06	00:40:17	00:45:14.10	00:45:25.15	+00:14:27 (32.0%)	4:31	13.3 (68.2%)
29	ROGOZINSKI Adrian	664		M 1-29	29	00:00:31	00:29:01	00:40:25	00:45:54.70	00:46:25.90	+00:15:07 (33.0%)	4:35	13.1 (67.2%)
30	KRUPIŃSKI Marek	410	DĄBROWSKI TEAM /ZABIEGANE DNI	M 1-29	30	00:00:07	00:29:15	00:40:32	00:46:14.25	00:46:21.65	+00:15:27 (33.4%)	4:37	13 (66.7%)
31	DRABOT Wojciech	151	ASSECO ACTIVE TEAM	M 1-29	31	00:00:15	00:29:51	00:40:57	00:46:16.45	00:46:31.75	+00:15:29 (33.5%)	4:37	13 (66.7%)
32	JĘDRUSZCZAK Adam	295	GOGGLE PARK TEAM	M 1-29	32	00:00:27	00:29:52	00:41:17	00:46:23.80	00:46:51.10	+00:15:36 (33.7%)	4:38	12.9 (66.2%)
33	CZAJKOWSKI Marcin	123		M 1-29	33	00:00:46	00:30:23	00:41:27	00:46:45.10	00:47:31.40	+00:15:58 (34.2%)	4:40	12.8 (65.6%)
34	BARTYCZAK Michał	24		M 1-29	34	00:00:10	00:28:43	00:40:52	00:47:07.05	00:47:17.05	+00:16:20 (34.7%)	4:42	12.7 (65.1%)
35	ROSŁONIEC Kamil	670		M 1-29	35	00:00:43	00:30:37	00:41:57	00:47:24.60	00:48:08.15	+00:16:37 (35.1%)	4:44	12.7 (65.1%)
36	STROMECKI Marcin	751	BFM	M 1-29	36	00:02:21	00:30:31	00:41:53	00:47:26.80	00:49:48.30	+00:16:39 (35.1%)	4:44	12.6 (64.6%)
37	DĄBROWSKI Daniel	137		M 1-29	37	00:02:12	00:30:24	00:42:00	00:47:26.95	00:49:39.90	+00:16:40 (35.1%)	4:44	12.6 (64.6%)
38	WOJCIECHOWSKI Artur	869	:)	M 1-29	38	00:00:12	00:28:37	00:41:12	00:47:28.55	00:47:40.70	+00:16:41 (35.2%)	4:44	12.6 (64.6%)
39	SMYL Jacek	724		M 1-29	39	00:00:21	00:30:22	00:42:13	00:47:43.50	00:48:05.15	+00:16:56 (35.5%)	4:46	12.6 (64.6%)

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40	PODGÓRSKI Krzysztof	626	KOMITET SPORTU I TURYSTYKI KRZYSZTOFA PODGÓRSKIEGO	M 1-29	40	00:00:12	00:29:38	00:41:43	00:47:49.50	00:48:01.70	+00:17:02 (35.6%)	4:46	12.5 (64.1%)
41	SIERZPUTOWSKI Piotr	703		M 1-29	41	00:00:54	00:31:31	00:42:51	00:48:09.60	00:49:03.70	+00:17:22 (36.1%)	4:48	12.5 (64.1%)
42	MIODUSZEWSKI Adrian	534		M 1-29	42	00:00:48	00:31:32	00:42:49	00:48:17.50	00:49:06.05	+00:17:30 (36.3%)	4:49	12.4 (63.6%)
43	TOCZEWSKI Kamil	809	JACEKBIEGA RUNING TEAM	M 1-29	43	00:00:32	00:30:36	00:42:33	00:48:31.90	00:49:04.25	+00:17:45 (36.6%)	4:51	12.4 (63.6%)
44	MAKOWSKI Krystian	484	RUN4FUN	M 1-29	44	00:00:37	00:31:04	00:42:56	00:48:32.30	00:49:09.45	+00:17:45 (36.6%)	4:51	12.4 (63.6%)
45	SZCZEPAŃSKI Piotr	923	KONDYCJA	M 1-29	45	00:00:03	00:35:59	00:43:31	00:48:52.75	00:48:56.05	+00:18:05 (37.0%)	4:53	12.3 (63.1%)
46	WINIARCZYK Bartłomiej	852		M 1-29	46	00:00:49	00:30:47	00:42:56	00:49:13.40	00:50:03.05	+00:18:26 (37.5%)	4:55	12.2 (62.6%)
47	WITUSIK Szymon	857		M 1-29	47	00:00:32	00:32:20	00:44:02	00:49:29.45	00:50:02.10	+00:18:42 (37.8%)	4:57	12.1 (62.1%)
48	BOGUCKI Michał	53		M 1-29	48	00:00:23	00:30:48	00:43:29	00:49:32.95	00:49:56.30	+00:18:46 (37.9%)	4:57	12.1 (62.1%)
49	SMUŁEK Rafał	723		M 1-29	49	00:00:56	00:32:13	00:44:21	00:50:02.05	00:50:58.70	+00:19:15 (38.5%)	5:00	12 (61.5%)
50	PRZYBYSZ Tomasz	643		M 1-29	50	00:00:42	00:32:08	00:44:21	00:50:09.05	00:50:51.25	+00:19:22 (38.6%)	5:00	12 (61.5%)
51	KMIEĆ Kamil	357		M 1-29	51	00:00:59	00:33:14	00:45:09	00:50:51.10	00:51:50.35	+00:20:04 (39.5%)	5:05	11.8 (60.5%)
52	WOJTAS Michał	929		M 1-29	52	00:00:53	00:33:10	00:45:11	00:51:03.15	00:51:56.65	+00:20:16 (39.7%)	5:06	11.8 (60.5%)
53	PANASZEWSKI Przemysław	597		M 1-29	53	00:01:06	00:33:51	00:46:13	00:52:11.65	00:53:17.65	+00:21:24 (41.0%)	5:13	11.5 (59.0%)
54	ZAJDA Dominik	883		M 1-29	54	00:00:21	00:33:09	00:46:35	00:52:51.90	00:53:13.25	+00:22:05 (41.8%)	5:17	11.3 (57.9%)
55	MATUSIAK Karol	943	BDG	M 1-29	55	00:01:19	00:33:39	00:46:48	00:52:52.45	00:54:12.40	+00:22:05 (41.8%)	5:17	11.3 (57.9%)
56	ZIOŁO Grzegorz	946		M 1-29	56	00:01:19	00:33:39	00:46:48	00:52:53.95	00:54:13.10	+00:22:07 (41.8%)	5:17	11.3 (57.9%)
57	SZCZYGIEL Michał	775		M 1-29	57	00:02:59	00:34:18	00:46:51	00:52:59.50	00:55:59.10	+00:22:12 (41.9%)	5:18	11.3 (57.9%)
58	ROJEK Hubert	666		M 1-29	58	00:01:10	00:35:37	00:48:05	00:53:49.90	00:55:00.80	+00:23:03 (42.8%)	5:23	11.1 (56.9%)
59	SULICH Mateusz	761		M 1-29	59	00:00:58	00:35:04	00:47:38	00:53:50.75	00:54:49.10	+00:23:03 (42.8%)	5:23	11.1 (56.9%)
60	LEBIODA Tomasz	437		M 1-29	60	00:00:30	00:33:42	00:47:40	00:54:21.55	00:54:52.20	+00:23:34 (43.4%)	5:26	11 (56.4%)
61	GOLONKA Patryk	937	MASTERS DOJO	M 1-29	61	00:01:11	00:36:10	00:49:16	00:54:36.25	00:55:47.75	+00:23:49 (43.6%)	5:27	11 (56.4%)
62	ADAMSKI Szymon	3		M 1-29	62	00:01:34	00:36:48	00:49:17	00:55:20.55	00:56:55.00	+00:24:33 (44.4%)	5:32	10.8 (55.4%)

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63	BORCZYŃSKI Piotr	59	MŁODZIEŻOWA RADA M.ST. WARSZAWY	M 1-29	63	00:00:05	00:34:03	00:48:52	00:55:27.35	00:55:32.90	+00:24:40 (44.5%)	5:32	10.8 (55.4%)
64	BARTOSZEWSKI Daniel	23		M 1-29	64	00:00:44	00:35:33	00:49:21	00:55:48.60	00:56:33.40	+00:25:01 (44.8%)	5:34	10.7 (54.9%)
65	KRÓL Wojciech	403		M 1-29	65	00:01:31	00:37:41	00:50:52	00:56:44.25	00:58:16.00	+00:25:57 (45.7%)	5:40	10.6 (54.4%)
66	MARCINKIEWICZ Tymek	497		M 1-29	66	00:01:12	00:36:07	00:50:44	00:57:18.30	00:58:31.00	+00:26:31 (46.3%)	5:43	10.5 (53.8%)
67	SANDOMIERSKI Bartłomiej	693	WKURW_TEAM	M 1-29	67	00:01:21	00:37:22	00:50:59	00:57:44.15	00:59:05.95	+00:26:57 (46.7%)	5:46	10.4 (53.3%)
68	ŁAPICZ Filip	458		M 1-29	68	00:00:11	00:38:46	00:52:05	00:58:22.60	00:58:33.70	+00:27:35 (47.3%)	5:50	10.3 (52.8%)
69	ORŁOWSKI Kacper	584		M 1-29	69	00:01:21	00:36:33	00:51:17	00:58:25.00	00:59:46.30	+00:27:38 (47.3%)	5:50	10.3 (52.8%)
70	WILEŃSKI Bartosz	990		M 1-29	70	00:01:32	00:37:37	00:51:38	00:58:38.40	01:00:11.35	+00:27:51 (47.5%)	5:51	10.2 (52.3%)
71	PĘCAK Kamil	613	LUBIĘ PIZZĘ	M 1-29	71	00:01:09	00:37:13	00:52:02	00:59:01.35	01:00:11.05	+00:28:14 (47.8%)	5:54	10.2 (52.3%)
72	ROSA Mateusz	669		M 1-29	72	00:01:54	00:38:17	00:52:21	00:59:17.75	01:01:12.20	+00:28:30 (48.1%)	5:55	10.1 (51.8%)
73	POGORZELSKI Kuba	628		M 1-29	73	00:00:13	00:37:36	00:53:06	01:00:10.85	01:00:24.25	+00:29:24 (48.9%)	6:01	10 (51.3%)
74	SAFARZYŃSKI Aleksander	689		M 1-29	74	00:01:54	00:39:28	00:53:56	01:00:41.75	01:02:35.95	+00:29:54 (49.3%)	6:04	9.9 (50.8%)
75	JUSZCZAK Kamil	307		M 1-29	75	00:01:18	00:40:58	00:54:48	01:00:56.00	01:02:14.40	+00:30:09 (49.5%)	6:05	9.8 (50.3%)
76	MORAWSKI Patryk	543		M 1-29	76	00:01:20	00:39:19	00:54:24	01:02:00.65	01:03:20.90	+00:31:13 (50.4%)	6:12	9.7 (49.7%)
77	PRASAL Konrad	633	RYSIOTEAM/INESSPORT.PL	M 1-29	77	00:01:07	00:39:51	00:55:30	01:03:16.90	01:04:24.85	+00:32:30 (51.4%)	6:19	9.5 (48.7%)
78	JANICKI Mateusz	267	LS WORLD RUN	M 1-29	78	00:00:00			01:03:19.30	01:03:19.30	+00:32:32 (51.4%)	6:19	9.5 (48.7%)
79	RUCZKA Rafał	675		M 1-29	79	00:00:26	00:38:48	00:55:46	01:03:51.00	01:04:17.00	+00:33:04 (51.8%)	6:23	9.4 (48.2%)
80	LECH Bartłomiej	438		M 1-29	80	00:01:54	00:39:48	00:56:20	01:04:17.45	01:06:11.85	+00:33:30 (52.1%)	6:25	9.3 (47.7%)
81	OLESHKO Maksym	577		M 1-29	81	00:00:18	00:40:50	00:57:11	01:04:46.40	01:05:05.00	+00:33:59 (52.5%)	6:28	9.3 (47.7%)
82	KACPRZYK Michał	312		M 1-29	82	00:01:35	00:41:11	00:56:57	01:04:58.30	01:06:33.80	+00:34:11 (52.6%)	6:29	9.2 (47.2%)
83	MATYJASIAK Mateusz	511		M 1-29	83	00:01:58	00:42:37	00:59:39	01:06:45.00	01:08:43.60	+00:35:58 (53.9%)	6:40	9 (46.2%)
84	BOJKO Aleksander	56		M 1-29	84	00:01:58	00:42:40	00:59:40	01:07:52.55	01:09:50.95	+00:37:05 (54.7%)	6:47	8.8 (45.1%)
85	RUSIN Michał	679	KS STASZEWSKY	M 1-29	85	00:00:00	00:32:11	00:44:25			+	4:56	12.2 (62.6%)

Znaleziono 85 wynik(ów)