



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 50-59

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	GRZYBOWSKI Mariusz	237		M 50-59	1	00:00:03	00:24:34	00:33:34	00:38:12.65	00:38:16.30		3:49	15.7 (100%)
2	KORSAKAS Emilis	925	NA, PAGAUKI	M 50-59	2	00:00:06	00:26:14	00:36:16	00:41:13.00	00:41:19.10	+00:03:00 (7.3%)	4:07	14.6 (93.0%)
3	DĄBROWSKI Mirosław	136		M 50-59	3	00:00:22	00:27:12	00:37:22	00:42:30.20	00:42:52.75	+00:04:17 (10.1%)	4:15	14.1 (89.8%)
4	PRZELASKOWSKI Artur	639		M 50-59	4	00:00:10	00:27:40	00:38:20	00:43:37.45	00:43:47.75	+00:05:24 (12.4%)	4:21	13.8 (87.9%)
5	GAJOWY Andrzej	186		M 50-59	5	00:00:33	00:28:47	00:39:23	00:44:41.40	00:45:14.75	+00:06:28 (14.5%)	4:28	13.4 (85.4%)
6	STAŃSKI Sławomir	743	TO NATURALNE	M 50-59	6	00:00:18	00:29:31	00:40:20	00:45:42.60	00:46:00.75	+00:07:29 (16.4%)	4:34	13.1 (83.4%)
7	KAMOLA Sławomir	326	ABBA1 RUN	M 50-59	7	00:00:13	00:29:33	00:41:33	00:47:04.50	00:47:18.25	+00:08:51 (18.8%)	4:42	12.7 (80.9%)
8	URBAŃSKI Paweł	825	KERK-PALM IS TEAM	M 50-59	8	00:00:39	00:30:14	00:41:35	00:47:17.90	00:47:57.20	+00:09:05 (19.2%)	4:43	12.7 (80.9%)
9	GÓRKA Krzysztof	216		M 50-59	9	00:00:15	00:30:33	00:41:41	00:47:20.30	00:47:35.30	+00:09:07 (19.3%)	4:44	12.7 (80.9%)
10	SZPANOWSKI Marek	962		M 50-59	10	00:00:42	00:31:24	00:42:34	00:47:52.20	00:48:34.20	+00:09:39 (20.2%)	4:47	12.5 (79.6%)
11	OLCZAK Janusz	576	BIEGANIE 50+	M 50-59	11	00:00:33	00:31:13	00:42:37	00:48:11.85	00:48:45.40	+00:09:59 (20.7%)	4:49	12.4 (79.0%)
12	ROSZAK Waldemar	671	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M 50-59	12	00:00:29	00:30:36	00:42:32	00:48:17.30	00:48:47.20	+00:10:04 (20.9%)	4:49	12.4 (79.0%)
13	BARANOWSKI Krzysztof	18	TO NATURALNE	M 50-59	13	00:00:00			00:48:21.00	00:48:21.00	+00:10:08 (21.0%)	4:50	12.4 (79.0%)
14	KACYMIROW Tomasz	314		M 50-59	14	00:00:34	00:30:55	00:42:40	00:48:29.65	00:49:04.15	+00:10:17 (21.2%)	4:51	12.4 (79.0%)
15	MIŁOSZ Marek	532		M 50-59	15	00:00:50	00:31:27	00:43:17	00:49:19.95	00:50:10.05	+00:11:07 (22.5%)	4:56	12.2 (77.7%)
16	SIESS Jarosław	704		M 50-59	16	00:00:23	00:32:04	00:43:46	00:49:24.00	00:49:47.35	+00:11:11 (22.7%)	4:56	12.1 (77.1%)

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17	SZUSTAK Darek	785		M 50-59	17	00:00:38	00:32:10	00:44:04	00:49:40.05	00:50:18.85	+00:11:27 (23.1%)	4:58	12.1 (77.1%)
18	FILIPCZUK Dariusz	169		M 50-59	18	00:00:39	00:32:49	00:45:33	00:51:53.50	00:52:33.40	+00:13:40 (26.4%)	5:11	11.6 (73.9%)
19	STRZAŁEK Andrzej	752	TRUCHT TARCHOMIN TEAM	M 50-59	19	00:00:48	00:33:13	00:45:55	00:52:09.05	00:52:58.00	+00:13:56 (26.7%)	5:13	11.5 (73.2%)
20	KAMIŃSKI Wiesław	324	NASIELSK BASZTA TEAM	M 50-59	20	00:01:25	00:35:38	00:47:02	00:52:50.80	00:54:16.65	+00:14:38 (27.7%)	5:17	11.4 (72.6%)
21	STACHACZ Mirosław	736	ZPHU DREWMAX	M 50-59	21	00:01:09	00:33:54	00:47:30	00:54:19.30	00:55:28.50	+00:16:06 (29.7%)	5:25	11 (70.1%)
22	ŚWIERSZCZ Andrzej	797		M 50-59	22	00:01:14	00:34:54	00:47:58	00:54:20.90	00:55:35.20	+00:16:08 (29.7%)	5:26	11 (70.1%)
23	BAKUŁA Wiesław	14	WAMPIR	M 50-59	23	00:00:26	00:34:16	00:48:02	00:54:53.90	00:55:20.30	+00:16:41 (30.4%)	5:29	10.9 (69.4%)
24	MODRZEJEWSKI Zbigniew	541		M 50-59	24	00:00:27	00:35:11	00:48:36	00:55:04.55	00:55:32.50	+00:16:51 (30.6%)	5:30	10.9 (69.4%)
25	KUBASIEWICZ Artur	418	SAM	M 50-59	25	00:01:29	00:35:44	00:48:48	00:55:09.35	00:56:38.45	+00:16:56 (30.7%)	5:30	10.9 (69.4%)
26	SYLWESTRZUK Mariusz	769		M 50-59	26	00:01:25	00:35:14	00:48:57	00:55:39.25	00:57:04.35	+00:17:26 (31.3%)	5:33	10.8 (68.8%)
27	THOMAS Szczepan	806	WARSZAWSKA AKADEMIA KARATE TRADYCYJNEGO	M 50-59	27	00:00:54	00:35:49	00:49:35	00:56:40.10	00:57:34.25	+00:18:27 (32.6%)	5:40	10.6 (67.5%)
28	ZDUŃSKI Jarosław	900		M 50-59	28	00:01:16	00:35:41	00:50:10	00:57:08.85	00:58:25.45	+00:18:56 (33.1%)	5:42	10.5 (66.9%)
29	JOŃCZYK Stanisław	297	FUNDACJA WARSZAWSKIE HOSPICJUM DLA DZIECI	M 50-59	29	00:01:17	00:38:04	00:52:47	01:00:18.90	01:01:35.90	+00:22:06 (36.6%)	6:01	10 (63.7%)
30	KOWALSKI Wiesław	392		M 50-59	30	00:00:03	00:38:24	00:54:13	01:02:06.20	01:02:09.20	+00:23:53 (38.5%)	6:12	9.7 (61.8%)
31	KRZECZEWSKI Jacek	416		M 50-59	31	00:01:48	00:39:20	00:54:45	01:02:37.05	01:04:25.85	+00:24:24 (39.0%)	6:15	9.6 (61.1%)
32	WASIK Piotr	836		M 50-59	32	00:01:19	00:40:56	00:56:08	01:05:06.45	01:06:25.90	+00:26:53 (41.3%)	6:30	9.2 (58.6%)
33	WILEŃSKI Zbigniew	944	GRUPA BIEGOWA UM W-WA	M 50-59	33	00:01:33	00:42:07	00:57:19	01:05:24.90	01:06:58.10	+00:27:12 (41.6%)	6:32	9.2 (58.6%)
34	PACHOLAK Przemysław	589		M 50-59	34	00:01:42	00:41:01	00:57:38	01:05:50.20	01:07:33.00	+00:27:37 (42.0%)	6:35	9.1 (58.0%)
35	STAŃCZYK Grzegorz	741		M 50-59	35	00:01:41	00:41:34	00:58:18	01:06:30.85	01:08:12.80	+00:28:18 (42.6%)	6:39	9 (57.3%)
36	SZOSTAKOWSKI Jarosław	1005	BIEGAMY Z OCHOTĄ	M 50-59	36	00:02:05	00:43:33	00:59:13	01:06:59.25	01:09:04.55	+00:28:46 (43.0%)	6:41	9 (57.3%)
37	JURECKI Marek	303		M 50-59	37	00:01:55	00:43:36	01:00:21	01:08:00.55	01:09:55.90	+00:29:47 (43.8%)	6:48	8.8 (56.1%)
38	KIELAK Jacek	341		M 50-59	38	00:00:17	00:43:43	01:01:07	01:09:17.65	01:09:34.75	+00:31:05 (44.9%)	6:55	8.7 (55.4%)
39	KOSIERADZKI Paweł	379	MASTERS DOJO	M 50-59	39	00:01:46	00:45:54	01:03:22	01:12:05.95	01:13:52.35	+00:33:53 (47.0%)	7:12	8.3 (52.9%)

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40	KUREK Gustaw	427		M 50-59	40	00:02:11	00:47:51	01:06:43	01:15:59.00	01:18:10.20	+00:37:46 (49.7%)	7:35	7.9 (50.3%)
41	KORNACKI Sławomir	373		M 50-59	41	00:01:24	00:50:43	01:13:00	01:24:00.80	01:25:25.20	+00:45:48 (54.5%)	8:24	7.1 (45.2%)
Przekroczony limit czasu: 01:30:00													
LIM	CIEŚLAK Paweł	112	SLOWJOGGINGBIAŁOŁĘKA	M 50-59		00:02:29	00:56:55	01:18:03	01:31:34.15	01:34:03.30		0:00	6.6 (42.0%)
LIM	KAMIŃSKI Waldemar	323	SLOW JOGGING BIAŁOŁĘKA	M 50-59		00:02:27	00:57:38	01:20:04	01:31:37.60	01:34:05.00		0:00	6.5 (41.4%)

Znaleziono 43 wynik(ów)