



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

# BIEG PRZEZ MOST 2019

B4SPORT

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

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

| Msc                                       | Zawodnik                 | Numer      | Klub                   | Kategoria | Mkat | Czas startu | 6.6km    | 9km      | Czas netto 10km    | Czas brutto 10km   | Różn                 | Tempo min/km | Tempo km/h     |
|---|--------------------------|------------|------------------------|-----------|------|-------------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 40  | <b>KUREK Gustaw</b>      | <b>427</b> |                        | M 50-59   | 40   | 00:02:11    | 00:47:51 | 01:06:43 | <b>01:15:59.00</b> | <b>01:18:10.20</b> | +00:37:46<br>(49.7%) | 7:35         | 7.9<br>(50.3%) |
| 41  | <b>KORNACKI Sławomir</b> | <b>373</b> |                        | M 50-59   | 41   | 00:01:24    | 00:50:43 | 01:13:00 | <b>01:24:00.80</b> | <b>01:25:25.20</b> | +00:45:48<br>(54.5%) | 8:24         | 7.1<br>(45.2%) |
| <b>Przekroczony limit czasu: 01:30:00</b> |                          |            |                        |           |      |             |          |          |                    |                    |                      |              |                |
| LIM                                       | <b>CIEŚLAK Paweł</b>     | <b>112</b> | SLOWJOGGINGBIAŁOŁĘKA   | M 50-59   |      | 00:02:29    | 00:56:55 | 01:18:03 | <b>01:31:34.15</b> | <b>01:34:03.30</b> |                      | 0:00         | 6.6<br>(42.0%) |
| LIM                                       | <b>KAMIŃSKI Waldemar</b> | <b>323</b> | SLOW JOGGING BIAŁOŁĘKA | M 50-59   |      | 00:02:27    | 00:57:38 | 01:20:04 | <b>01:31:37.60</b> | <b>01:34:05.00</b> |                      | 0:00         | 6.5<br>(41.4%) |

Znaleziono 43 wynik(ów)