

BIEG PRZEZ MOST 2019

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Samorządowcy

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	**TOMASZEK Robert**	**810**		M 40-49	12	00:00:03	00:25:53	00:35:44	**00:40:33.70**	**00:40:37.65**		4:03	14.8 (100%)
2	**LISZKIEWICZ Konrad**	**453**		M 30-39	28	00:00:05	00:26:25	00:36:41	**00:41:41.60**	**00:41:46.85**	+00:01:07 (2.7%)	4:10	14.4 (97.3%)
3	**KNAP Piotr**	**987**		M 30-39	35	00:00:13	00:27:11	00:37:20	**00:42:12.90**	**00:42:26.05**	+00:01:39 (3.9%)	4:13	14.2 (95.9%)
4	**JAWORSKI Arkadiusz**	**289**		M 30-39	37	00:00:17	00:27:01	00:37:25	**00:42:22.05**	**00:42:39.40**	+00:01:48 (4.3%)	4:14	14.2 (95.9%)
5	**MIKULSKI Jacek**	**530**	ADIDAS RUNNERS WARSAW	M 40-49	24	00:00:12	00:27:11	00:37:23	**00:42:26.05**	**00:42:38.80**	+00:01:52 (4.4%)	4:14	14.1 (95.3%)
6	**JAWORSKI Piotr**	**1000**	EKOBIEGI	M 40-49	25	00:00:04	00:26:59	00:37:22	**00:42:29.50**	**00:42:33.70**	+00:01:55 (4.5%)	4:14	14.1 (95.3%)
7	**JANKOWSKI Jakub**	**274**		M 1-29	22	00:00:20	00:27:26	00:38:19	**00:43:34.45**	**00:43:54.70**	+00:03:00 (6.9%)	4:21	13.8 (93.2%)
8	**BICZAN Kamil**	**39**		M 30-39	45	00:00:33	00:27:41	00:38:17	**00:43:44.30**	**00:44:18.20**	+00:03:10 (7.3%)	4:22	13.7 (92.6%)
9	**RYTKOWSKI Piotr**	**685**		M 30-39	53	00:00:27	00:29:45	00:39:11	**00:44:04.95**	**00:44:32.00**	+00:03:31 (8.0%)	4:24	13.6 (91.9%)
10	**WICIK Juliusz**	**846**		M 30-39	59	00:00:19	00:28:45	00:39:18	**00:44:32.40**	**00:44:51.60**	+00:03:58 (8.9%)	4:27	13.5 (91.2%)
11	**ADAO Miguel**	**5**		M 40-49	36	00:00:25	00:28:42	00:39:24	**00:44:39.00**	**00:45:04.00**	+00:04:05 (9.2%)	4:27	13.4 (90.5%)
12	**MALIK Gabriel**	**488**		M 40-49	37	00:00:35	00:29:09	00:39:36	**00:44:44.95**	**00:45:20.20**	+00:04:11 (9.4%)	4:28	13.4 (90.5%)
13	**DZIUBIŃSKI Maciek**	**161**		M 1-29	26	00:00:06	00:29:09	00:39:52	**00:45:01.15**	**00:45:07.35**	+00:04:27 (9.9%)	4:30	13.3 (89.9%)
14	**BEKKER Piotr**	**983**		M 30-39	67	00:00:29	00:29:46	00:40:25	**00:45:43.80**	**00:46:13.15**	+00:05:10 (11.3%)	4:34	13.1 (88.5%)
15	**ŁUKASIAK Jan**	**474**		M 30-39	79	00:00:41	00:29:34	00:41:04	**00:46:45.25**	**00:47:26.80**	+00:06:11 (13.2%)	4:40	12.8 (86.5%)
16	**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**	+00:07:43 (16.0%)	4:49	12.4 (83.8%)

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	**KARPIŃSKI Marcin**	**982**		M 30-39	93	00:00:28	00:31:14	00:42:40	**00:48:30.25**	**00:48:58.90**	+00:07:56 (16.4%)	4:51	12.4 (83.8%)
18	**URBAN Mariusz**	**822**	GRUPA BIEGOWA UM W-WA	M 40-49	100	00:02:20	00:31:47	00:43:49	**00:49:43.75**	**00:52:04.65**	+00:09:10 (18.4%)	4:58	12.1 (81.8%)
19	**GÓRKA Marcin**	**215**	POLSA	M 40-49	105	00:00:57	00:32:11	00:44:14	**00:49:58.45**	**00:50:56.20**	+00:09:24 (18.8%)	4:59	12 (81.1%)
20	**KMIEĆ Kamil**	**357**		M 1-29	51	00:00:59	00:33:14	00:45:09	**00:50:51.10**	**00:51:50.35**	+00:10:17 (20.2%)	5:05	11.8 (79.7%)
21	**PASIŃSKI Daniel**	**949**	GRUPA BIEGOWA UM WARSZAWA	M 30-39	118	00:00:30	00:32:32	00:45:17	**00:51:18.70**	**00:51:49.10**	+00:10:45 (21.0%)	5:07	11.7 (79.1%)
22	**SKARŻYŃSKI Adam**	**711**	GRUPA BIEGOWA UM W-WA	M 30-39	121	00:00:48	00:32:52	00:45:17	**00:51:32.05**	**00:52:20.30**	+00:10:58 (21.3%)	5:09	11.6 (78.4%)
23	**ZAJDA Dominik**	**883**		M 1-29	54	00:00:21	00:33:09	00:46:35	**00:52:51.90**	**00:53:13.25**	+00:12:18 (23.3%)	5:17	11.3 (76.4%)
24	**KARCZEWSKI Jacek**	**330**	GRUPA BIEGOWA UM W-WA	M 40-49	148	00:01:22	00:34:55	00:47:26	**00:53:31.30**	**00:54:53.70**	+00:12:57 (24.2%)	5:21	11.2 (75.7%)
25	**ADAMKIEWICZ Marcin**	**961**	INICJATYWA MIESZKAŃCÓW BIAŁOŁĘKI	M 30-39	143	00:00:12	00:33:08	00:47:08	**00:53:51.75**	**00:54:04.40**	+00:13:18 (24.7%)	5:23	11.1 (75.0%)
26	**PIOTROWSKI Jan**	**624**		M 30-39	144	00:02:05	00:34:24	00:47:17	**00:53:57.50**	**00:56:03.00**	+00:13:23 (24.8%)	5:23	11.1 (75.0%)
27	**ZYGADŁO Piotr**	**911**		M 30-39	155	00:00:18	00:35:39	00:48:41	**00:55:04.65**	**00:55:23.60**	+00:14:30 (26.4%)	5:30	10.9 (73.6%)
28	**IDZIAK Jarosław**	**921**		M 30-39	157	00:00:35	00:31:20	00:45:08	**00:55:05.45**	**00:55:41.15**	+00:14:31 (26.4%)	5:30	10.9 (73.6%)
29	**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**	+00:14:53 (26.9%)	5:32	10.8 (73.0%)
30	**BEDNARZAK Tadeusz**	**33**	YULO RUN TEAM SIEDLCE	M 60+	17	00:01:04	00:36:23	00:50:31	**00:57:28.25**	**00:58:33.10**	+00:16:54 (29.4%)	5:44	10.4 (70.3%)
31	**BOGUSZEWSKI Piotr**	**988**		M 30-39	185	00:02:33	00:38:50	00:51:55	**00:58:33.35**	**01:01:07.15**	+00:17:59 (30.7%)	5:51	10.2 (68.9%)
32	**WILEŃSKI Bartosz**	**990**		M 1-29	70	00:01:32	00:37:37	00:51:38	**00:58:38.40**	**01:00:11.35**	+00:18:04 (30.8%)	5:51	10.2 (68.9%)
33	**STYCZYŃSKI Grzegorz**	**755**		M 30-39	189	00:01:46	00:39:11	00:52:31	**00:59:12.50**	**01:00:58.75**	+00:18:38 (31.5%)	5:55	10.1 (68.2%)
34	**SZYDŁO Paweł**	**384**		M 30-39	203	00:00:22	00:38:32	00:54:02	**01:02:11.20**	**01:02:33.20**	+00:21:37 (34.8%)	6:13	9.6 (64.9%)
35	**MACHNACKI Michał**	**477**	GRUPA BIEGOWA UM W-WA	M 40-49	204	00:01:32	00:39:48	00:55:34	**01:03:43.80**	**01:05:16.15**	+00:23:10 (36.4%)	6:22	9.4 (63.5%)
36	**ZARZYCKI Piotr**	**892**		M 30-39	219	00:01:47	00:42:34	00:58:18	**01:05:07.60**	**01:06:55.50**	+00:24:33 (37.7%)	6:30	9.2 (62.2%)
37	**MRÓZ Sebastian**	**547**		M 40-49	209	00:01:47	00:42:33	00:58:17	**01:05:07.70**	**01:06:55.10**	+00:24:34 (37.7%)	6:30	9.2 (62.2%)
38	**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**	+00:24:51 (38.0%)	6:32	9.2 (62.2%)
39	**ŻÓŁCIŃSKI Waldemar**	**913**	GRUPA BIEGOWA UM W-WA	M 60+	26	00:01:49	00:40:29	00:57:05	**01:05:48.35**	**01:07:38.05**	+00:25:14 (38.4%)	6:34	9.1 (61.5%)

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	**ŻUCHOWSKI Artur**	**916**	MY MIESZKAŃCY LEGIONOWO	M 40-49	214	00:02:03	00:43:08	00:59:14	**01:06:51.90**	**01:08:54.95**	+00:26:18 (39.3%)	6:41	9 (60.8%)
41	**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**	+00:26:25 (39.4%)	6:41	9 (60.8%)
42	**LIS Kamil**	**449**	GRUPA BIEGOWA UM W-WA	M 30-39	233	00:00:40	00:49:28	01:08:55	**01:17:42.60**	**01:18:22.90**	+00:37:08 (47.8%)	7:46	7.7 (52.0%)
Przekroczony limit czasu: 01:30:00													
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 (43.9%)

Znaleziono 43 wynik(ów)