



# BIEG PRZEZ MOST 2021

B4SPORT

**Organizator:** Urząd Dzielnicy Warszawa - Białołęka  
**Data:** 2021-09-12  
**Miejsce:** Warszawa  
**Dystans:** 10 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M 1-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WIĘCKOWSKI Łukasz</b>	<b>553</b>	KS START PUŁASKI WARKA	M 1-29	1	00:20:41	00:29:18	<b>00:32:49.40</b>		3:16	18.3 (100%)
2	<b>MACHOWSKI Paweł</b>	<b>630</b>	ADIDAS RUNNERS WARSAW/PIEKIELNI WARSZAWA	M 1-29	2	00:21:15	00:30:05	<b>00:33:44.20</b>	+00:00:54 (2.7%)	3:22	17.8 (97.3%)
3	<b>KRAMARZ Aleksander</b>	<b>252</b>		M 1-29	3	00:23:29	00:33:41	<b>00:37:57.80</b>	+00:05:08 (13.5%)	3:47	15.8 (86.3%)
4	<b>BAŁAJ Krzysztof</b>	<b>30</b>	DECATHLON	M 1-29	4	00:23:59	00:34:00	<b>00:38:15.35</b>	+00:05:25 (14.2%)	3:49	15.7 (85.8%)
5	<b>RUPIŃSKI Krzysztof</b>	<b>647</b>		M 1-29	5	00:23:45	00:34:17	<b>00:38:20.75</b>	+00:05:31 (14.4%)	3:50	15.7 (85.8%)
6	<b>CHROBOT Daniel</b>	<b>86</b>	WOŹNIAK RUNNING TEAM	M 1-29	6	00:23:47	00:34:06	<b>00:38:27.10</b>	+00:05:37 (14.6%)	3:50	15.6 (85.2%)
7	<b>LEWANDOWSKI Mateusz</b>	<b>286</b>		M 1-29	7	00:25:17	00:35:59	<b>00:40:06.30</b>	+00:07:16 (18.2%)	4:00	15 (82.0%)
8	<b>SZCZEPAŃSKI Piotr</b>	<b>3</b>		M 1-29	8	00:27:28	00:35:53	<b>00:40:16.85</b>	+00:07:27 (18.5%)	4:01	14.9 (81.4%)
9	<b>TARANTA Daniel</b>	<b>514</b>	JELENIOWATE-POGOŃCOWATE	M 1-29	9	00:25:19	00:36:40	<b>00:41:09.70</b>	+00:08:20 (20.3%)	4:06	14.6 (79.8%)
10	<b>PANCER Michał</b>	<b>379</b>	ŻÓRAWSKI TEAM	M 1-29	10	00:26:01	00:37:26	<b>00:41:53.15</b>	+00:09:03 (21.6%)	4:11	14.3 (78.1%)
11	<b>ANDRULEWICZ Marcin</b>	<b>643</b>		M 1-29	11	00:25:32	00:37:52	<b>00:42:25.10</b>	+00:09:35 (22.6%)	4:14	14.1 (77.0%)
12	<b>ŚLĘCZEK Filip</b>	<b>505</b>		M 1-29	12	00:26:11	00:37:48	<b>00:42:26.15</b>	+00:09:36 (22.7%)	4:14	14.1 (77.0%)
13	<b>TYMOLEWSKI Grzegorz</b>	<b>533</b>		M 1-29	13	00:27:37	00:38:43	<b>00:43:05.40</b>	+00:10:16 (23.8%)	4:18	13.9 (76.0%)
14	<b>WOJEWÓDZKI Marcin</b>	<b>571</b>	WOJEWÓDZCY TEAM	M 1-29	14	00:27:11	00:39:13	<b>00:43:55.90</b>	+00:11:06 (25.3%)	4:23	13.7 (74.9%)
15	<b>LENDZION Marcin</b>	<b>281</b>	GRUPA BIEGOWA UM W-WA	M 1-29	15	00:27:55	00:39:30	<b>00:44:09.65</b>	+00:11:20 (25.7%)	4:24	13.6 (74.3%)
16	<b>WAWRZYŃIAK Damian</b>	<b>698</b>		M 1-29	16	00:27:46	00:39:42	<b>00:44:24.10</b>	+00:11:34 (26.1%)	4:26	13.5 (73.8%)
17	<b>KOWALCZYK Rafał</b>	<b>245</b>	ŻÓRAWSKI TEAM & ASICS FRONTRUNNER	M 1-29	17	00:27:27	00:39:48	<b>00:44:45.05</b>	+00:11:55 (26.7%)	4:28	13.4 (73.2%)
18	<b>ZGODA Mateusz</b>	<b>598</b>		M 1-29	18	00:28:33	00:40:11	<b>00:45:03.30</b>	+00:12:13 (27.1%)	4:30	13.3 (72.7%)
19	<b>ŚWIATŁOŃ Michał</b>	<b>509</b>		M 1-29	19	00:28:34	00:40:44	<b>00:45:19.25</b>	+00:12:29 (27.6%)	4:31	13.2 (72.1%)
20	<b>KRUPIŃSKI Marek</b>	<b>260</b>	DĄBROWSKI TEAM / MARO RUNNER	M 1-29	20	00:28:59	00:40:58	<b>00:45:53.90</b>	+00:13:04 (28.5%)	4:35	13.1 (71.6%)
21	<b>GRULA Mateusz</b>	<b>167</b>	TEAM KARAŚ	M 1-29	21	00:28:43	00:42:19	<b>00:48:09.10</b>	+00:15:19 (31.8%)	4:48	12.5 (68.3%)
22	<b>PUSEK Mikołaj</b>	<b>414</b>		M 1-29	22	00:29:42	00:43:10	<b>00:48:19.30</b>	+00:15:29 (32.1%)	4:49	12.4 (67.8%)
23	<b>ŁUCZAK Bartosz</b>	<b>679</b>		M 1-29	23	00:29:54	00:43:05	<b>00:48:26.00</b>	+00:15:36 (32.2%)	4:50	12.4 (67.8%)
24	<b>ADAMIAK Arkadiusz</b>	<b>12</b>	5MBOT	M 1-29	24	00:30:16	00:43:55	<b>00:49:19.10</b>	+00:16:29 (33.4%)	4:55	12.2 (66.7%)
25	<b>FLORCZUK Piotr</b>	<b>394</b>		M 1-29	25	00:32:13	00:44:46	<b>00:49:47.20</b>	+00:16:57 (34.1%)	4:58	12.1 (66.1%)
26	<b>ZAGRODZKI Jan</b>	<b>582</b>		M 1-29	26	00:31:40	00:44:49	<b>00:50:19.25</b>	+00:17:29 (34.8%)	5:01	11.9 (65.0%)
27	<b>KULIGOWSKI Adrian</b>	<b>271</b>		M 1-29	27	00:31:21	00:45:20	<b>00:50:35.75</b>	+00:17:46 (35.1%)	5:03	11.9 (65.0%)
28	<b>FLEMING Michał</b>	<b>662</b>		M 1-29	28			<b>00:51:42.00</b>	+00:18:52 (36.5%)	5:10	11.6 (63.4%)
29	<b>KLIPO Mateusz</b>	<b>225</b>	DELOITTE ADVENTURE TEAM	M 1-29	29	00:32:51	00:47:04	<b>00:52:37.40</b>	+00:19:48 (37.6%)	5:15	11.4 (62.3%)
30	<b>FJAŁKOWSKI Oliwier</b>	<b>129</b>		M 1-29	30	00:32:45	00:46:11	<b>00:52:41.80</b>	+00:19:52 (37.7%)	5:16	11.4 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	<b>MATYJASIAK Mateusz</b>	<b>319</b>		M 1-29	31	00:35:24	00:49:07	<b>00:54:31.30</b>	+00:21:41 (39.8%)	5:27	11 (60.1%)
32	<b>CELIŃSKI Mateusz</b>	<b>74</b>	TRUCHT TARCHOMIN TEAM	M 1-29	32	00:32:51	00:49:16	<b>00:55:20.35</b>	+00:22:30 (40.7%)	5:32	10.8 (59.0%)
33	<b>OSIAK Dawid</b>	<b>372</b>		M 1-29	33	00:35:52	00:50:33	<b>00:56:21.80</b>	+00:23:32 (41.8%)	5:38	10.6 (57.9%)
34	<b>PASEK Łukasz</b>	<b>381</b>		M 1-29	34	00:34:08	00:50:41	<b>00:57:32.15</b>	+00:24:42 (43.0%)	5:45	10.4 (56.8%)
35	<b>GOLONKA Patryk</b>	<b>299</b>		M 1-29	35			<b>00:57:53.00</b>	+00:25:03 (43.3%)	5:47	10.4 (56.8%)
36	<b>KĘPKA Marcin</b>	<b>216</b>		M 1-29	36	00:36:43	00:53:16	<b>00:59:49.70</b>	+00:27:00 (45.1%)	5:58	10 (54.6%)
37	<b>SKOWRONEK Krzysztof</b>	<b>461</b>		M 1-29	37	00:37:30	00:53:51	<b>01:00:09.95</b>	+00:27:20 (45.4%)	6:00	10 (54.6%)
38	<b>WOJTAS Michał</b>	<b>573</b>		M 1-29	38	00:36:42	00:54:11	<b>01:00:20.55</b>	+00:27:31 (45.6%)	6:02	9.9 (54.1%)
39	<b>TRZCIŃSKI Michał</b>	<b>531</b>		M 1-29	39	00:37:14	00:54:27	<b>01:01:20.90</b>	+00:28:31 (46.5%)	6:08	9.8 (53.6%)
40	<b>GWIZDAŁA Piotr</b>	<b>676</b>		M 1-29	40	00:38:18	00:55:07	<b>01:01:23.40</b>	+00:28:34 (46.5%)	6:08	9.8 (53.6%)
41	<b>ZARĘBA Tomasz</b>	<b>589</b>		M 1-29	41	00:36:48	00:54:21	<b>01:01:25.15</b>	+00:28:35 (46.6%)	6:08	9.8 (53.6%)
42	<b>PIWOWARSKI Dariusz</b>	<b>390</b>		M 1-29	42	00:37:21	00:53:41	<b>01:01:41.45</b>	+00:28:52 (46.8%)	6:10	9.7 (53.0%)
43	<b>MACURA Wiktor</b>	<b>642</b>		M 1-29	43	00:38:48	00:55:28	<b>01:02:19.85</b>	+00:29:30 (47.3%)	6:13	9.6 (52.5%)
44	<b>KOPROWICZ Damian</b>	<b>237</b>		M 1-29	44	00:39:15	00:55:35	<b>01:02:21.90</b>	+00:29:32 (47.4%)	6:14	9.6 (52.5%)
45	<b>WISNIEWSKI Mateusz</b>	<b>559</b>		M 1-29	45	00:38:49	00:57:30	<b>01:04:54.20</b>	+00:32:04 (49.4%)	6:29	9.2 (50.3%)
46	<b>GRABOWSKI Kacper</b>	<b>162</b>		M 1-29	46	00:40:55	00:58:18	<b>01:04:54.65</b>	+00:32:05 (49.4%)	6:29	9.2 (50.3%)
47	<b>WĄTRÓBSKI Krzysztof</b>	<b>546</b>		M 1-29	47	00:39:42	00:57:26	<b>01:05:02.20</b>	+00:32:12 (49.5%)	6:30	9.2 (50.3%)
48	<b>BENKE Adam</b>	<b>40</b>		M 1-29	48	00:40:20	00:59:12	<b>01:06:31.90</b>	+00:33:42 (50.7%)	6:39	9 (49.2%)
49	<b>ŁYSIK Marcin</b>	<b>678</b>		M 1-29	49	00:42:03	01:01:23	<b>01:07:26.40</b>	+00:34:37 (51.3%)	6:44	8.9 (48.6%)
50	<b>WIŚNIEWSKI Adam</b>	<b>563</b>		M 1-29	50	00:47:16	01:08:14	<b>01:17:05.75</b>	+00:44:16 (57.4%)	7:42	7.8 (42.6%)

Znaleziono 50 wynik(ów)