



BIEG PRZEZ MOST 2021

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	GROMEK Radosław	165	AZS AWF WARSZAWA	M 30-39	1	00:20:41	00:29:14	00:32:38.75		3:15	18.4
2	HILDEBRAND Marcin	178	BIEGAM NA TARCHOMINIE	M 30-39	2	00:23:11	00:32:55	00:36:52.30	+00:04:13	3:41	16.3
3	JUSIŃSKI Krystian	202	BRACTWO BIEGOWE BGK	M 30-39	3	00:23:27	00:33:26	00:37:22.85	+00:04:44	3:44	16.1
4	PYRZAK Paweł	416	FORT JAKSMANICE	M 30-39	4	00:23:38	00:33:27	00:37:27.20	+00:04:48	3:44	16
5	SZCZEPŁEK Jan	495	LEMIESZ TEAM	M 30-39	5	00:23:45	00:33:39	00:37:33.50	+00:04:54	3:45	16
6	ŁABĘDZKI Konrad	298	DUKLANOWSKI TEAM	M 30-39	6	00:23:52	00:33:57	00:38:12.65	+00:05:33	3:49	15.7
7	WACHOWSKI Łukasz	538		M 30-39	7	00:23:56	00:34:11	00:38:15.75	+00:05:37	3:49	15.7
8	STACHOWICZ Marcin	616		M 30-39	8	00:24:03	00:34:37	00:38:54.85	+00:06:16	3:53	15.4
9	MICHLEWICZ Krzysztof	327		M 30-39	9	00:25:21	00:35:43	00:39:52.90	+00:07:14	3:59	15.1
10	KRZESZEWSKI Rafał	263	BIEGAJ POD OKIEM TRENERA	M 30-39	10	00:25:20	00:35:44	00:39:56.20	+00:07:17	3:59	15
11	MARCINISZYN Grzegorz	486		M 30-39	11	00:25:20	00:36:06	00:40:21.05	+00:07:42	4:02	14.9
12	SKWARCZ Paweł	465		M 30-39	12	00:24:32	00:36:06	00:41:00.15	+00:08:21	4:06	14.6
13	MAKULEC Marcin	617	SANTANDER RUNNING TEAM	M 30-39	13	00:25:29	00:36:41	00:41:14.65	+00:08:35	4:07	14.6
14	ŁĄGOCKI Marcin	49		M 30-39	14	00:26:30	00:37:09	00:41:27.45	+00:08:48	4:08	14.5
15	KRÓL Maciej	256	BIEGAM NA TARCHOMINIE	M 30-39	15	00:26:45	00:37:38	00:42:03.80	+00:09:25	4:12	14.3
16	SIEGIEDA Michał	453	ADIDAS RUNNERS WARSAW	M 30-39	16	00:26:06	00:37:40	00:42:09.05	+00:09:30	4:12	14.2
17	SZYMAŃSKI Andrzej	502		M 30-39	17	00:26:21	00:37:45	00:42:14.30	+00:09:35	4:13	14.2
18	JASIONOWSKI Mariusz	193		M 30-39	18	00:26:03	00:37:43	00:42:39.30	+00:10:00	4:15	14.1
19	BRYGOŁA Tomasz	64	PARKRUN POLE MOKOTOWSKIE	M 30-39	19	00:27:01	00:38:32	00:43:10.10	+00:10:31	4:19	13.9
20	IWANIK Tomasz	228		M 30-39	20	00:27:27	00:39:08	00:43:54.25	+00:11:15	4:23	13.7
21	TROJANOWSKI Rafał	146		M 30-39	21	00:27:26	00:39:20	00:44:11.45	+00:11:32	4:25	13.6
22	GABRYSZEWSKI Radosław	139		M 30-39	22	00:28:23	00:39:59	00:44:34.50	+00:11:55	4:27	13.5
23	BOBER Jarosław	54		M 30-39	23	00:28:00	00:39:51	00:44:49.50	+00:12:10	4:28	13.4
24	KARPIŃSKI Marcin	210		M 30-39	24	00:28:18	00:40:02	00:44:56.45	+00:12:17	4:29	13.4
25	BOROWY Łukasz	62		M 30-39	25	00:28:09	00:40:16	00:45:03.10	+00:12:24	4:30	13.3
26	JANISZEWSKI Rafał	187	BRAVEHEARTS LEGIONOWO	M 30-39	26	00:28:42	00:40:24	00:45:05.65	+00:12:26	4:30	13.3
27	FALKOWSKI Łukasz	128		M 30-39	27	00:27:36	00:40:12	00:45:05.95	+00:12:27	4:30	13.3
28	CHMARZYŃSKI Paweł	78		M 30-39	28	00:28:19	00:40:20	00:45:07.65	+00:12:28	4:30	13.3
29	SIKORSKI Bartosz	76		M 30-39	29	00:28:16	00:40:34	00:45:14.40	+00:12:35	4:31	13.3
30	PALUCH Kamil	378		M 30-39	30	00:28:45	00:40:39	00:45:15.20	+00:12:36	4:31	13.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
31	RYTKOWSKI Piotr	443		M 30-39	31	00:29:15	00:40:51	00:45:17.60	+00:12:38	4:31	13.2
32	LIPIŃSKI Oskar	618		M 30-39	32	00:28:40	00:40:40	00:45:27.20	+00:12:48	4:32	13.2
33	PONIATOWSKI Aleksander	400		M 30-39	33	00:28:25	00:40:39	00:45:36.50	+00:12:57	4:33	13.2
34	DRZYMALA Krzysztof	121		M 30-39	34	00:28:35	00:40:45	00:45:41.55	+00:13:02	4:34	13.1
35	MROZOWSKI Kamil	340		M 30-39	35	00:28:34	00:40:55	00:45:58.75	+00:13:20	4:35	13.1
36	SOCHA Grzegorz	470		M 30-39	36	00:27:21	00:41:30	00:46:00.85	+00:13:22	4:36	13
37	ZAWADA Paweł	593	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	00:46:01.75	+00:13:23	4:36	13
38	BALABANOV Viktor	27	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	00:46:08.80	+00:13:30	4:36	13
39	KLUSIEWICZ Michał	226		M 30-39	39	00:28:17	00:40:46	00:46:12.85	+00:13:34	4:37	13
40	BADOWSKI Piotr	23		M 30-39	40	00:28:46	00:41:20	00:46:20.10	+00:13:41	4:38	12.9
41	WICENTY Paweł	549		M 30-39	41	00:29:42	00:42:11	00:46:56.50	+00:14:17	4:41	12.8
42	FITRZYK Łukasz	132		M 30-39	42	00:29:32	00:42:03	00:47:02.40	+00:14:23	4:42	12.8
43	KOSIŃSKI Kamil	240		M 30-39	43	00:29:47	00:42:01	00:47:04.00	+00:14:25	4:42	12.7
44	TENDERENDA Kamil	517		M 30-39	44	00:28:58	00:42:10	00:47:04.60	+00:14:25	4:42	12.7
45	CHMIELEWSKI Maciej	79		M 30-39	45	00:29:59	00:42:15	00:47:14.65	+00:14:35	4:43	12.7
46	BOJARUN Marek	59		M 30-39	46	00:29:24	00:42:05	00:47:24.25	+00:14:45	4:44	12.7
47	KRAJEWSKI Konrad	683		M 30-39	47	00:30:00	00:43:00	00:47:58.20	+00:15:19	4:47	12.5
48	JANKOWSKI Jakub	190		M 30-39	48	00:29:18	00:42:30	00:48:03.05	+00:15:24	4:48	12.5
49	FAJKOWSKI Piotr	127	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	00:48:19.00	+00:15:40	4:49	12.4
50	CHOTOMSKI Marcin	84		M 30-39	50	00:30:31	00:43:20	00:48:25.60	+00:15:46	4:50	12.4
51	PASIŃSKI Daniel	382	GRUPA BIEGOWA UM W-WA	M 30-39	51	00:30:39	00:43:41	00:48:31.15	+00:15:52	4:51	12.4
52	CHAJĘCKI Mateusz	75	WARSZAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	00:48:33.70	+00:15:54	4:51	12.4
53	SZAŁAŃSKI Przemysław	490		M 30-39	53	00:30:49	00:43:30	00:48:39.35	+00:16:00	4:51	12.3
54	GRONOWSKI Robert	166	FFF	M 30-39	54	00:31:44	00:44:14	00:48:54.90	+00:16:16	4:53	12.3
55	DĄBROWSKI Damian	117		M 30-39	55	00:29:47	00:43:44	00:49:12.25	+00:16:33	4:55	12.2
56	DOŁĘGA Sławomir	120		M 30-39	56	00:30:37	00:43:43	00:49:18.65	+00:16:39	4:55	12.2
57	PODGÓRSKI Krzysztof	395		M 30-39	57	00:30:53	00:44:12	00:49:27.80	+00:16:49	4:56	12.1
58	CHODNIEWICZ Michał	82		M 30-39	58	00:31:30	00:44:14	00:49:29.40	+00:16:50	4:56	12.1
59	DEREWICZ Mariusz	119		M 30-39	59	00:31:19	00:44:12	00:49:31.40	+00:16:52	4:57	12.1
60	ŚMIETAŁO Dawid	508		M 30-39	60	00:31:43	00:44:27	00:49:33.55	+00:16:54	4:57	12.1
61	LEŚ Tomasz	282	TRUCHT TARCHOMIN TEAM	M 30-39	61	00:30:29	00:44:09	00:49:43.50	+00:17:04	4:58	12.1
62	PRUSZCZYŃSKI Grzegorz	410		M 30-39	62	00:31:46	00:44:29	00:49:44.55	+00:17:05	4:58	12.1
63	ŻÓŁKOWSKI Rafał	608	RUN % FUN	M 30-39	63	00:31:39	00:44:36	00:49:45.15	+00:17:06	4:58	12.1
64	ZGÓRZAK Adam	599		M 30-39	64	00:31:18	00:44:28	00:49:56.70	+00:17:17	4:59	12
65	LIBOLD Maciek	288		M 30-39	65	00:31:53	00:44:44	00:49:58.20	+00:17:19	4:59	12
66	ŚWIĘDRYCH Marek	512		M 30-39	66	00:34:07	00:44:48	00:50:19.45	+00:17:40	5:01	11.9
67	STACHURSKI Dariusz	473	RUN%FUN	M 30-39	67	00:31:42	00:45:18	00:50:59.20	+00:18:20	5:05	11.8
68	SKRZYPEK Michał	464		M 30-39	68	00:31:53	00:45:53	00:51:40.10	+00:19:01	5:10	11.6
69	KOCOŃ Rafał	230		M 30-39	69	00:31:38	00:46:01	00:51:43.35	+00:19:04	5:10	11.6
70	BARANOWSKI Łukasz	33		M 30-39	70	00:31:01	00:46:25	00:51:44.15	+00:19:05	5:10	11.6
71	GERWATOWSKI Artur	145		M 30-39	71	00:31:24	00:45:58	00:51:47.00	+00:19:08	5:10	11.6
72	PYRA Piotr	415	PKS RADOŚĆ	M 30-39	72	00:31:54	00:46:31	00:51:48.70	+00:19:09	5:10	11.6
73	MAŁŻ Bartosz	310		M 30-39	73	00:32:44	00:46:39	00:51:59.15	+00:19:20	5:11	11.5
74	KUSY Jacek	621		M 30-39	74	00:32:32	00:46:24	00:52:00.25	+00:19:21	5:12	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
75	GAŁKA Bartek	141		M 30-39	75	00:32:09	00:46:46	00:52:33.80	+00:19:55	5:15	11.4
76	DĄBROWSKI Emil	116		M 30-39	76	00:32:13	00:46:56	00:53:00.55	+00:20:21	5:18	11.3
77	BUDNICKI Michał	72	IM	M 30-39	77	00:32:52	00:46:48	00:53:02.70	+00:20:23	5:18	11.3
78	HENTKA Kamil	177	UKL OLIMPIJCZYK 112	M 30-39	78	00:33:29	00:47:25	00:53:04.15	+00:20:25	5:18	11.3
79	ANIOŁKOWSKI Krzysztof	15	GRUPA BIEGOWA UM W-WA	M 30-39	79	00:34:29	00:47:57	00:53:04.60	+00:20:25	5:18	11.3
80	GRYCZKA Andrzej	170	KANCELARIA PRAWNA ANLEX ANDRZEJ GRYCZKA	M 30-39	80	00:31:27	00:46:40	00:53:09.95	+00:20:31	5:18	11.3
81	SZAREWICZ Paweł	492		M 30-39	81	00:33:49	00:47:52	00:53:39.25	+00:21:00	5:21	11.2
82	PODKAŃSKI Paweł	396		M 30-39	82	00:32:35	00:47:45	00:53:40.15	+00:21:01	5:22	11.2
83	WOJTOWICZ Przemysław	575		M 30-39	83	00:32:25	00:47:34	00:53:41.00	+00:21:02	5:22	11.2
84	MALYI Sergii	615		M 30-39	84	00:34:09	00:48:23	00:53:48.40	+00:21:09	5:22	11.2
85	MENDREK Ireneusz	323	TURBODZIKI	M 30-39	85	00:33:44	00:48:25	00:54:02.35	+00:21:23	5:24	11.1
86	SZLAGA Sebastian	499	KURKARURKA	M 30-39	86	00:34:31	00:48:53	00:54:11.75	+00:21:33	5:25	11.1
87	ŻMIJEWSKI Daniel	607		M 30-39	87	00:32:22	00:48:18	00:54:12.95	+00:21:34	5:25	11.1
88	KARWECKI Patryk	211		M 30-39	88			00:54:14.00	+00:21:35	5:25	11.1
89	GÓRKA Bartosz	159		M 30-39	89	00:34:44	00:48:58	00:54:46.00	+00:22:07	5:28	11
90	ADAMKIEWICZ Marcin	14		M 30-39	90	00:33:42	00:48:45	00:54:55.20	+00:22:16	5:29	10.9
91	ZAWADZKI Emil	594		M 30-39	91	00:35:32	00:50:00	00:55:42.40	+00:23:03	5:34	10.8
92	SKRĘTKOWICZ Paweł	462		M 30-39	92	00:34:53	00:49:37	00:55:45.00	+00:23:06	5:34	10.8
93	BAZYLEWICZ Hubert	37		M 30-39	93	00:33:26	00:49:03	00:55:45.10	+00:23:06	5:34	10.8
94	BIENKOWSKI Daniel	51		M 30-39	94	00:35:59	00:50:10	00:55:50.35	+00:23:11	5:35	10.7
95	SMORAWSKI Wodzisław	467		M 30-39	95	00:34:46	00:49:25	00:55:51.40	+00:23:12	5:35	10.7
96	TRZESIŃSKI Michał	532		M 30-39	96	00:34:16	00:49:32	00:55:54.45	+00:23:15	5:35	10.7
97	MIKLASZEWSKI Kamil	333		M 30-39	97	00:34:46	00:49:50	00:56:00.50	+00:23:21	5:36	10.7
98	PŁATEK Emil	392		M 30-39	98	00:34:38	00:49:55	00:56:20.55	+00:23:41	5:38	10.7
99	DANIUN Wojciech	112		M 30-39	99	00:34:46	00:50:36	00:56:34.85	+00:23:56	5:39	10.6
100	RZEPKA Bartosz	444		M 30-39	100	00:35:42	00:50:46	00:56:42.95	+00:24:04	5:40	10.6
101	ROGOZINSKI Adrian	428		M 30-39	101	00:34:10	00:50:54	00:56:56.15	+00:24:17	5:41	10.5
102	KOPACZEL Paweł	689	BIEGAM U KOLESI	M 30-39	102	00:33:54	00:50:26	00:56:58.35	+00:24:19	5:41	10.5
103	RUDENKO Roman	436	MX STUDIO	M 30-39	103	00:33:51	00:50:25	00:57:17.05	+00:24:38	5:43	10.5
104	BIENIEK Wojciech	50		M 30-39	104	00:35:24	00:50:47	00:57:26.25	+00:24:47	5:44	10.4
105	PISANIEC Krzysztof	389		M 30-39	105	00:35:34	00:50:52	00:57:28.40	+00:24:49	5:44	10.4
106	DUDEK Bartłomiej	123	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	00:57:38.90	+00:25:00	5:45	10.4
107	JAWORSKI Łukasz	194		M 30-39	107	00:35:28	00:51:32	00:57:58.30	+00:25:19	5:47	10.4
108	SULICH Mateusz	487		M 30-39	108	00:36:12	00:51:43	00:58:07.65	+00:25:28	5:48	10.3
109	MARUSZAK Łukasz	316	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	00:58:36.05	+00:25:57	5:51	10.2
110	WASIAK Bartosz	544		M 30-39	110	00:34:32	00:51:32	00:58:44.25	+00:26:05	5:52	10.2
111	PRASAŁEK Jan	405	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	00:59:24.75	+00:26:46	5:56	10.1
112	KUCHARCZYK Kamil	267		M 30-39	112	00:37:13	00:53:43	00:59:42.15	+00:27:03	5:58	10.1
113	ŁYCZEK Rafał	305		M 30-39	113	00:37:31	00:53:51	00:59:45.40	+00:27:06	5:58	10
114	SENKO Mateusz	450	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M 30-39	114	00:39:30	00:54:31	00:59:49.80	+00:27:11	5:58	10
115	CIULA Dominik	100		M 30-39	115	00:35:41	00:52:48	01:00:24.30	+00:27:45	6:02	9.9
116	GMYREK Robert	150		M 30-39	116	00:35:41	00:52:48	01:00:24.70	+00:27:45	6:02	9.9
117	BOHACZ Sylwester	650		M 30-39	117	00:35:16	00:53:33	01:00:44.60	+00:28:05	6:04	9.9
118	KACPRZAK Michał	203		M 30-39	118	00:37:04	00:54:07	01:01:09.85	+00:28:31	6:06	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
119	PODBIELSKI Przemysław	393		M 30-39	119	00:37:05	00:54:07	01:01:11.05	+00:28:32	6:07	9.8
120	MOCZYDŁOWSKI Piotr	337	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	01:01:14.50	+00:28:35	6:07	9.8
121	GWIZDAŁA Tomek	215		M 30-39	121	00:38:18	00:53:37	01:01:23.40	+00:28:44	6:08	9.8
122	MEJOR Jan	322	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	01:01:43.40	+00:29:04	6:10	9.7
123	OLEJNIK Marcin	360		M 30-39	123	00:39:36	00:55:43	01:01:45.10	+00:29:06	6:10	9.7
124	ORŁOWSKI Tomasz	644		M 30-39	124	00:39:34	00:56:52	01:03:37.80	+00:30:59	6:21	9.4
125	LEŚNIKOWSKI Albert	283		M 30-39	125	00:39:54	00:56:35	01:03:44.85	+00:31:06	6:22	9.4
126	KRYSIK Marcin	261	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	01:04:05.95	+00:31:27	6:24	9.4
127	KULBACKI Kamil	270		M 30-39	127	00:40:15	00:56:58	01:04:13.85	+00:31:35	6:25	9.3
128	POPARDOWSKI Paweł	402		M 30-39	128	00:40:32	00:57:56	01:04:14.15	+00:31:35	6:25	9.3
129	SKRZYPECKI Jakub	463	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	01:05:21.60	+00:32:42	6:32	9.2
130	WISNIEWSKI Adam	560		M 30-39	130	00:39:57	00:58:39	01:06:15.50	+00:33:36	6:37	9.1
131	ZIELIŃSKI Paweł	603		M 30-39	131	00:41:50	01:00:22	01:07:54.30	+00:35:15	6:47	8.8
132	MATUSZEWSKI Paweł	318		M 30-39	132	00:42:49	01:03:07	01:10:42.70	+00:38:03	7:04	8.5
133	OKSIENIUK Marcin	613	TURBODZIKI	M 30-39	133	00:44:23	01:05:47	01:13:52.45	+00:41:13	7:23	8.1
134	OLSZEWSKI Łukasz	365		M 30-39	134	00:44:36	01:05:52	01:14:05.85	+00:41:27	7:24	8.1
135	LIBERA Paweł	287	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	01:14:39.35	+00:42:00	7:27	8
136	BOCHENEK Sebastian	56		M 30-39	136	00:45:31	01:08:11	01:16:24.55	+00:43:45	7:38	7.9
Przekroczony limit czasu: 01:30:00											
137	MAJKOWSKI Michał	685		M 30-39	137	00:58:05	01:23:40	01:34:20.40	+01:01:41	9:26	6.4
138	BEDNARZ Cezary	39	BIEGAJĄCY ŚWIDNIK	M 30-39	138						

Znaleziono 138 wynik(ów)