

# 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	<b>GROMEK Radosław</b>	<b>165</b>	AZS AWF WARSZAWA	M 30-39	1	00:20:41	00:29:14	<b>00:32:38.75</b>		3:15	18.4 (100%)
2	<b>HILDEBRAND Marcin</b>	<b>178</b>	BIEGAM NA TARCHOMINIE	M 30-39	2	00:23:11	00:32:55	<b>00:36:52.30</b>	+00:04:13 (11.5%)	3:41	16.3 (88.6%)
3	<b>JUSIŃSKI Krystian</b>	<b>202</b>	BRACTWO BIEGOWE BGK	M 30-39	3	00:23:27	00:33:26	<b>00:37:22.85</b>	+00:04:44 (12.7%)	3:44	16.1 (87.5%)
4	<b>PYRZAK Paweł</b>	<b>416</b>	FORT JAKSMANICE	M 30-39	4	00:23:38	00:33:27	<b>00:37:27.20</b>	+00:04:48 (12.8%)	3:44	16 (87.0%)
5	<b>SZCZEPŁEK Jan</b>	<b>495</b>	LEMIESZ TEAM	M 30-39	5	00:23:45	00:33:39	<b>00:37:33.50</b>	+00:04:54 (13.1%)	3:45	16 (87.0%)
6	<b>ŁABĘDZKI Konrad</b>	<b>298</b>	DUKLANOWSKI TEAM	M 30-39	6	00:23:52	00:33:57	<b>00:38:12.65</b>	+00:05:33 (14.6%)	3:49	15.7 (85.3%)
7	<b>WACHOWSKI Łukasz</b>	<b>538</b>		M 30-39	7	00:23:56	00:34:11	<b>00:38:15.75</b>	+00:05:37 (14.7%)	3:49	15.7 (85.3%)
8	<b>STACHOWICZ Marcin</b>	<b>616</b>		M 30-39	8	00:24:03	00:34:37	<b>00:38:54.85</b>	+00:06:16 (16.1%)	3:53	15.4 (83.7%)
9	<b>MICHLEWICZ Krzysztof</b>	<b>327</b>		M 30-39	9	00:25:21	00:35:43	<b>00:39:52.90</b>	+00:07:14 (18.1%)	3:59	15.1 (82.1%)
10	<b>KRZESZEWSKI Rafał</b>	<b>263</b>	BIEGAJ POD OKIEM TRENERA	M 30-39	10	00:25:20	00:35:44	<b>00:39:56.20</b>	+00:07:17 (18.3%)	3:59	15 (81.5%)
11	<b>MARCINISZYN Grzegorz</b>	<b>486</b>		M 30-39	11	00:25:20	00:36:06	<b>00:40:21.05</b>	+00:07:42 (19.1%)	4:02	14.9 (81.0%)
12	<b>SKWARCZ Paweł</b>	<b>465</b>		M 30-39	12	00:24:32	00:36:06	<b>00:41:00.15</b>	+00:08:21 (20.4%)	4:06	14.6 (79.3%)
13	<b>MAKULEC Marcin</b>	<b>617</b>	SANTANDER RUNNING TEAM	M 30-39	13	00:25:29	00:36:41	<b>00:41:14.65</b>	+00:08:35 (20.8%)	4:07	14.6 (79.3%)
14	<b>ŁĄGOCKI Marcin</b>	<b>49</b>		M 30-39	14	00:26:30	00:37:09	<b>00:41:27.45</b>	+00:08:48 (21.3%)	4:08	14.5 (78.8%)
15	<b>KRÓL Maciej</b>	<b>256</b>	BIEGAM NA TARCHOMINIE	M 30-39	15	00:26:45	00:37:38	<b>00:42:03.80</b>	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
16	<b>SIEGIEDA Michał</b>	<b>453</b>	ADIDAS RUNNERS WARSAW	M 30-39	16	00:26:06	00:37:40	<b>00:42:09.05</b>	+00:09:30 (22.5%)	4:12	14.2 (77.2%)
17	<b>SZYMAŃSKI Andrzej</b>	<b>502</b>		M 30-39	17	00:26:21	00:37:45	<b>00:42:14.30</b>	+00:09:35 (22.7%)	4:13	14.2 (77.2%)
18	<b>JASIONOWSKI Mariusz</b>	<b>193</b>		M 30-39	18	00:26:03	00:37:43	<b>00:42:39.30</b>	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
19	<b>BRYGOŁA Tomasz</b>	<b>64</b>	PARKRUN POLE MOKOTOWSKIE	M 30-39	19	00:27:01	00:38:32	<b>00:43:10.10</b>	+00:10:31 (24.4%)	4:19	13.9 (75.5%)
20	<b>IWANIK Tomasz</b>	<b>228</b>		M 30-39	20	00:27:27	00:39:08	<b>00:43:54.25</b>	+00:11:15 (25.6%)	4:23	13.7 (74.5%)
21	<b>TROJANOWSKI Rafał</b>	<b>146</b>		M 30-39	21	00:27:26	00:39:20	<b>00:44:11.45</b>	+00:11:32 (26.1%)	4:25	13.6 (73.9%)
22	<b>GABRYSZEWSKI Radosław</b>	<b>139</b>		M 30-39	22	00:28:23	00:39:59	<b>00:44:34.50</b>	+00:11:55 (26.8%)	4:27	13.5 (73.4%)
23	<b>BOBER Jarosław</b>	<b>54</b>		M 30-39	23	00:28:00	00:39:51	<b>00:44:49.50</b>	+00:12:10 (27.2%)	4:28	13.4 (72.8%)
24	<b>KARPIŃSKI Marcin</b>	<b>210</b>		M 30-39	24	00:28:18	00:40:02	<b>00:44:56.45</b>	+00:12:17 (27.4%)	4:29	13.4 (72.8%)
25	<b>BOROWY Łukasz</b>	<b>62</b>		M 30-39	25	00:28:09	00:40:16	<b>00:45:03.10</b>	+00:12:24 (27.5%)	4:30	13.3 (72.3%)
26	<b>JANISZEWSKI Rafał</b>	<b>187</b>	BRAVEHEARTS LEGIONOWO	M 30-39	26	00:28:42	00:40:24	<b>00:45:05.65</b>	+00:12:26 (27.6%)	4:30	13.3 (72.3%)
27	<b>FALKOWSKI Łukasz</b>	<b>128</b>		M 30-39	27	00:27:36	00:40:12	<b>00:45:05.95</b>	+00:12:27 (27.6%)	4:30	13.3 (72.3%)
28	<b>CHMARZYŃSKI Paweł</b>	<b>78</b>		M 30-39	28	00:28:19	00:40:20	<b>00:45:07.65</b>	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
29	<b>SIKORSKI Bartosz</b>	<b>76</b>		M 30-39	29	00:28:16	00:40:34	<b>00:45:14.40</b>	+00:12:35 (27.8%)	4:31	13.3 (72.3%)
30	<b>PALUCH Kamil</b>	<b>378</b>		M 30-39	30	00:28:45	00:40:39	<b>00:45:15.20</b>	+00:12:36 (27.9%)	4:31	13.3 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	<b>RYTKOWSKI Piotr</b>	<b>443</b>		M 30-39	31	00:29:15	00:40:51	<b>00:45:17.60</b>	+00:12:38 (27.9%)	4:31	13.2 (71.7%)
32	<b>LIPIŃSKI Oskar</b>	<b>618</b>		M 30-39	32	00:28:40	00:40:40	<b>00:45:27.20</b>	+00:12:48 (28.2%)	4:32	13.2 (71.7%)
33	<b>PONIATOWSKI Aleksander</b>	<b>400</b>		M 30-39	33	00:28:25	00:40:39	<b>00:45:36.50</b>	+00:12:57 (28.4%)	4:33	13.2 (71.7%)
34	<b>DRZYMAŁA Krzysztof</b>	<b>121</b>		M 30-39	34	00:28:35	00:40:45	<b>00:45:41.55</b>	+00:13:02 (28.6%)	4:34	13.1 (71.2%)
35	<b>MROZOWSKI Kamil</b>	<b>340</b>		M 30-39	35	00:28:34	00:40:55	<b>00:45:58.75</b>	+00:13:20 (29.0%)	4:35	13.1 (71.2%)
36	<b>SOCHA Grzegorz</b>	<b>470</b>		M 30-39	36	00:27:21	00:41:30	<b>00:46:00.85</b>	+00:13:22 (29.1%)	4:36	13 (70.7%)
37	<b>ZAWADA Paweł</b>	<b>593</b>	BIEGAM NA TARCHOMINIE	M 30-39	37	00:28:36	00:41:07	<b>00:46:01.75</b>	+00:13:23 (29.1%)	4:36	13 (70.7%)
38	<b>BALABANOV Viktor</b>	<b>27</b>	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	38	00:28:30	00:41:07	<b>00:46:08.80</b>	+00:13:30 (29.3%)	4:36	13 (70.7%)
39	<b>KLUSIEWICZ Michał</b>	<b>226</b>		M 30-39	39	00:28:17	00:40:46	<b>00:46:12.85</b>	+00:13:34 (29.4%)	4:37	13 (70.7%)
40	<b>BADOWSKI Piotr</b>	<b>23</b>		M 30-39	40	00:28:46	00:41:20	<b>00:46:20.10</b>	+00:13:41 (29.5%)	4:38	12.9 (70.1%)
41	<b>WICENTY Paweł</b>	<b>549</b>		M 30-39	41	00:29:42	00:42:11	<b>00:46:56.50</b>	+00:14:17 (30.5%)	4:41	12.8 (69.6%)
42	<b>FITRZYK Łukasz</b>	<b>132</b>		M 30-39	42	00:29:32	00:42:03	<b>00:47:02.40</b>	+00:14:23 (30.6%)	4:42	12.8 (69.6%)
43	<b>KOSIŃSKI Kamil</b>	<b>240</b>		M 30-39	43	00:29:47	00:42:01	<b>00:47:04.00</b>	+00:14:25 (30.6%)	4:42	12.7 (69.0%)
44	<b>TENDERENDA Kamil</b>	<b>517</b>		M 30-39	44	00:28:58	00:42:10	<b>00:47:04.60</b>	+00:14:25 (30.7%)	4:42	12.7 (69.0%)
45	<b>CHMIELEWSKI Maciej</b>	<b>79</b>		M 30-39	45	00:29:59	00:42:15	<b>00:47:14.65</b>	+00:14:35 (30.9%)	4:43	12.7 (69.0%)
46	<b>BOJARUN Marek</b>	<b>59</b>		M 30-39	46	00:29:24	00:42:05	<b>00:47:24.25</b>	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
47	<b>KRAJEWSKI Konrad</b>	<b>683</b>		M 30-39	47	00:30:00	00:43:00	<b>00:47:58.20</b>	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
48	<b>JANKOWSKI Jakub</b>	<b>190</b>		M 30-39	48	00:29:18	00:42:30	<b>00:48:03.05</b>	+00:15:24 (32.1%)	4:48	12.5 (67.9%)
49	<b>FAJKOWSKI Piotr</b>	<b>127</b>	ADIDAS RUNNERS WARSAW	M 30-39	49	00:29:59	00:43:13	<b>00:48:19.00</b>	+00:15:40 (32.4%)	4:49	12.4 (67.4%)
50	<b>CHOTOMSKI Marcin</b>	<b>84</b>		M 30-39	50	00:30:31	00:43:20	<b>00:48:25.60</b>	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
51	<b>PASIŃSKI Daniel</b>	<b>382</b>	GRUPA BIEGOWA UM W-WA	M 30-39	51	00:30:39	00:43:41	<b>00:48:31.15</b>	+00:15:52 (32.7%)	4:51	12.4 (67.4%)
52	<b>CHAJĘCKI Mateusz</b>	<b>75</b>	WARSZAWSKIBIEGACZ	M 30-39	52	00:31:13	00:43:30	<b>00:48:33.70</b>	+00:15:54 (32.8%)	4:51	12.4 (67.4%)
53	<b>SZAŁAŃSKI Przemysław</b>	<b>490</b>		M 30-39	53	00:30:49	00:43:30	<b>00:48:39.35</b>	+00:16:00 (32.9%)	4:51	12.3 (66.8%)
54	<b>GRONOWSKI Robert</b>	<b>166</b>	FFF	M 30-39	54	00:31:44	00:44:14	<b>00:48:54.90</b>	+00:16:16 (33.3%)	4:53	12.3 (66.8%)
55	<b>DĄBROWSKI Damian</b>	<b>117</b>		M 30-39	55	00:29:47	00:43:44	<b>00:49:12.25</b>	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
56	<b>DOŁĘGA Sławomir</b>	<b>120</b>		M 30-39	56	00:30:37	00:43:43	<b>00:49:18.65</b>	+00:16:39 (33.8%)	4:55	12.2 (66.3%)
57	<b>PODGÓRSKI Krzysztof</b>	<b>395</b>		M 30-39	57	00:30:53	00:44:12	<b>00:49:27.80</b>	+00:16:49 (34.0%)	4:56	12.1 (65.8%)
58	<b>CHODNIEWICZ Michał</b>	<b>82</b>		M 30-39	58	00:31:30	00:44:14	<b>00:49:29.40</b>	+00:16:50 (34.0%)	4:56	12.1 (65.8%)
59	<b>DEREWICZ Mariusz</b>	<b>119</b>		M 30-39	59	00:31:19	00:44:12	<b>00:49:31.40</b>	+00:16:52 (34.1%)	4:57	12.1 (65.8%)
60	<b>ŚMIETAŁO Dawid</b>	<b>508</b>		M 30-39	60	00:31:43	00:44:27	<b>00:49:33.55</b>	+00:16:54 (34.1%)	4:57	12.1 (65.8%)
61	<b>LEŚ Tomasz</b>	<b>282</b>	TRUCHT TARCHOMIN TEAM	M 30-39	61	00:30:29	00:44:09	<b>00:49:43.50</b>	+00:17:04 (34.3%)	4:58	12.1 (65.8%)
62	<b>PRUSZCZYŃSKI Grzegorz</b>	<b>410</b>		M 30-39	62	00:31:46	00:44:29	<b>00:49:44.55</b>	+00:17:05 (34.4%)	4:58	12.1 (65.8%)
63	<b>ŻÓŁKOWSKI Rafał</b>	<b>608</b>	RUN % FUN	M 30-39	63	00:31:39	00:44:36	<b>00:49:45.15</b>	+00:17:06 (34.4%)	4:58	12.1 (65.8%)
64	<b>ZGÓRZAK Adam</b>	<b>599</b>		M 30-39	64	00:31:18	00:44:28	<b>00:49:56.70</b>	+00:17:17 (34.6%)	4:59	12 (65.2%)
65	<b>LIBOLD Maciek</b>	<b>288</b>		M 30-39	65	00:31:53	00:44:44	<b>00:49:58.20</b>	+00:17:19 (34.7%)	4:59	12 (65.2%)
66	<b>ŚWIĘDRYCH Marek</b>	<b>512</b>		M 30-39	66	00:34:07	00:44:48	<b>00:50:19.45</b>	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
67	<b>STACHURSKI Dariusz</b>	<b>473</b>	RUN%FUN	M 30-39	67	00:31:42	00:45:18	<b>00:50:59.20</b>	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
68	<b>SKRZYPEK Michał</b>	<b>464</b>		M 30-39	68	00:31:53	00:45:53	<b>00:51:40.10</b>	+00:19:01 (36.8%)	5:10	11.6 (63.0%)
69	<b>KOCOŃ Rafał</b>	<b>230</b>		M 30-39	69	00:31:38	00:46:01	<b>00:51:43.35</b>	+00:19:04 (36.9%)	5:10	11.6 (63.0%)
70	<b>BARANOWSKI Łukasz</b>	<b>33</b>		M 30-39	70	00:31:01	00:46:25	<b>00:51:44.15</b>	+00:19:05 (36.9%)	5:10	11.6 (63.0%)
71	<b>GERWATOWSKI Artur</b>	<b>145</b>		M 30-39	71	00:31:24	00:45:58	<b>00:51:47.00</b>	+00:19:08 (37.0%)	5:10	11.6 (63.0%)
72	<b>PYRA Piotr</b>	<b>415</b>	PKS RADOŚĆ	M 30-39	72	00:31:54	00:46:31	<b>00:51:48.70</b>	+00:19:09 (37.0%)	5:10	11.6 (63.0%)
73	<b>MAŁŻ Bartosz</b>	<b>310</b>		M 30-39	73	00:32:44	00:46:39	<b>00:51:59.15</b>	+00:19:20 (37.2%)	5:11	11.5 (62.5%)
74	<b>KUSY Jacek</b>	<b>621</b>		M 30-39	74	00:32:32	00:46:24	<b>00:52:00.25</b>	+00:19:21 (37.2%)	5:12	11.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
75	<b>GAŁKA Bartek</b>	<b>141</b>		M 30-39	75	00:32:09	00:46:46	<b>00:52:33.80</b>	+00:19:55 (37.9%)	5:15	11.4 (62.0%)
76	<b>DĄBROWSKI Emil</b>	<b>116</b>		M 30-39	76	00:32:13	00:46:56	<b>00:53:00.55</b>	+00:20:21 (38.4%)	5:18	11.3 (61.4%)
77	<b>BUDNICKI Michal</b>	<b>72</b>	IM	M 30-39	77	00:32:52	00:46:48	<b>00:53:02.70</b>	+00:20:23 (38.5%)	5:18	11.3 (61.4%)
78	<b>HENTKA Kamil</b>	<b>177</b>	UKL OLIMPIJCZYK 112	M 30-39	78	00:33:29	00:47:25	<b>00:53:04.15</b>	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
79	<b>ANIOŁKOWSKI Krzysztof</b>	<b>15</b>	GRUPA BIEGOWA UM W-WA	M 30-39	79	00:34:29	00:47:57	<b>00:53:04.60</b>	+00:20:25 (38.5%)	5:18	11.3 (61.4%)
80	<b>GRYCZKA Andrzej</b>	<b>170</b>	KANCELARIA PRAWNA ANLEX ANDRZEJ GRYCZKA	M 30-39	80	00:31:27	00:46:40	<b>00:53:09.95</b>	+00:20:31 (38.6%)	5:18	11.3 (61.4%)
81	<b>SZAREWICZ Paweł</b>	<b>492</b>		M 30-39	81	00:33:49	00:47:52	<b>00:53:39.25</b>	+00:21:00 (39.2%)	5:21	11.2 (60.9%)
82	<b>PODKAŃSKI Paweł</b>	<b>396</b>		M 30-39	82	00:32:35	00:47:45	<b>00:53:40.15</b>	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
83	<b>WOJTOWICZ Przemysław</b>	<b>575</b>		M 30-39	83	00:32:25	00:47:34	<b>00:53:41.00</b>	+00:21:02 (39.2%)	5:22	11.2 (60.9%)
84	<b>MALYI Sergii</b>	<b>615</b>		M 30-39	84	00:34:09	00:48:23	<b>00:53:48.40</b>	+00:21:09 (39.3%)	5:22	11.2 (60.9%)
85	<b>MENDREK Ireneusz</b>	<b>323</b>	TURBODZIKI	M 30-39	85	00:33:44	00:48:25	<b>00:54:02.35</b>	+00:21:23 (39.6%)	5:24	11.1 (60.3%)
86	<b>SZLAGA Sebastian</b>	<b>499</b>	KURKARURKA	M 30-39	86	00:34:31	00:48:53	<b>00:54:11.75</b>	+00:21:33 (39.8%)	5:25	11.1 (60.3%)
87	<b>ŻMIJEWSKI Daniel</b>	<b>607</b>		M 30-39	87	00:32:22	00:48:18	<b>00:54:12.95</b>	+00:21:34 (39.8%)	5:25	11.1 (60.3%)
88	<b>KARWECKI Patryk</b>	<b>211</b>		M 30-39	88			<b>00:54:14.00</b>	+00:21:35 (39.8%)	5:25	11.1 (60.3%)
89	<b>GÓRKA Bartosz</b>	<b>159</b>		M 30-39	89	00:34:44	00:48:58	<b>00:54:46.00</b>	+00:22:07 (40.4%)	5:28	11 (59.8%)
90	<b>ADAMKIEWICZ Marcin</b>	<b>14</b>		M 30-39	90	00:33:42	00:48:45	<b>00:54:55.20</b>	+00:22:16 (40.6%)	5:29	10.9 (59.2%)
91	<b>ZAWADZKI Emil</b>	<b>594</b>		M 30-39	91	00:35:32	00:50:00	<b>00:55:42.40</b>	+00:23:03 (41.4%)	5:34	10.8 (58.7%)
92	<b>SKRĘTKOWICZ Paweł</b>	<b>462</b>		M 30-39	92	00:34:53	00:49:37	<b>00:55:45.00</b>	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
93	<b>BAZYLEWICZ Hubert</b>	<b>37</b>		M 30-39	93	00:33:26	00:49:03	<b>00:55:45.10</b>	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
94	<b>BIEŃKOWSKI Daniel</b>	<b>51</b>		M 30-39	94	00:35:59	00:50:10	<b>00:55:50.35</b>	+00:23:11 (41.5%)	5:35	10.7 (58.2%)
95	<b>SMORAWSKI Wodzisław</b>	<b>467</b>		M 30-39	95	00:34:46	00:49:25	<b>00:55:51.40</b>	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
96	<b>TRZESIŃSKI Michał</b>	<b>532</b>		M 30-39	96	00:34:16	00:49:32	<b>00:55:54.45</b>	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
97	<b>MIKLASZEWSKI Kamil</b>	<b>333</b>		M 30-39	97	00:34:46	00:49:50	<b>00:56:00.50</b>	+00:23:21 (41.7%)	5:36	10.7 (58.2%)
98	<b>PŁATEK Emil</b>	<b>392</b>		M 30-39	98	00:34:38	00:49:55	<b>00:56:20.55</b>	+00:23:41 (42.1%)	5:38	10.7 (58.2%)
99	<b>DANIUN Wojciech</b>	<b>112</b>		M 30-39	99	00:34:46	00:50:36	<b>00:56:34.85</b>	+00:23:56 (42.3%)	5:39	10.6 (57.6%)
100	<b>RZEPKA Bartosz</b>	<b>444</b>		M 30-39	100	00:35:42	00:50:46	<b>00:56:42.95</b>	+00:24:04 (42.4%)	5:40	10.6 (57.6%)
101	<b>ROGOZINSKI Adrian</b>	<b>428</b>		M 30-39	101	00:34:10	00:50:54	<b>00:56:56.15</b>	+00:24:17 (42.7%)	5:41	10.5 (57.1%)
102	<b>KOPACZEL Paweł</b>	<b>689</b>	BIEGAM U KOLESI	M 30-39	102	00:33:54	00:50:26	<b>00:56:58.35</b>	+00:24:19 (42.7%)	5:41	10.5 (57.1%)
103	<b>RUDEŃKO Roman</b>	<b>436</b>	MX STUDIO	M 30-39	103	00:33:51	00:50:25	<b>00:57:17.05</b>	+00:24:38 (43.0%)	5:43	10.5 (57.1%)
104	<b>BIENIEK Wojciech</b>	<b>50</b>		M 30-39	104	00:35:24	00:50:47	<b>00:57:26.25</b>	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
105	<b>PISANIEC Krzysztof</b>	<b>389</b>		M 30-39	105	00:35:34	00:50:52	<b>00:57:28.40</b>	+00:24:49 (43.2%)	5:44	10.4 (56.5%)
106	<b>DUDEK Bartłomiej</b>	<b>123</b>	BIEGAM NA TARCHOMINIE	M 30-39	106	00:35:56	00:50:54	<b>00:57:38.90</b>	+00:25:00 (43.4%)	5:45	10.4 (56.5%)
107	<b>JAWORSKI Łukasz</b>	<b>194</b>		M 30-39	107	00:35:28	00:51:32	<b>00:57:58.30</b>	+00:25:19 (43.7%)	5:47	10.4 (56.5%)
108	<b>SULICH Mateusz</b>	<b>487</b>		M 30-39	108	00:36:12	00:51:43	<b>00:58:07.65</b>	+00:25:28 (43.8%)	5:48	10.3 (56.0%)
109	<b>MARUSZAK Łukasz</b>	<b>316</b>	BIEGAM NA TARCHOMINIE	M 30-39	109	00:36:40	00:52:31	<b>00:58:36.05</b>	+00:25:57 (44.3%)	5:51	10.2 (55.4%)
110	<b>WASIAK Bartosz</b>	<b>544</b>		M 30-39	110	00:34:32	00:51:32	<b>00:58:44.25</b>	+00:26:05 (44.4%)	5:52	10.2 (55.4%)
111	<b>PRASAŁEK Jan</b>	<b>405</b>	LEGIA WARSZAWA	M 30-39	111	00:37:43	00:53:11	<b>00:59:24.75</b>	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
112	<b>KUCHARCZYK Kamil</b>	<b>267</b>		M 30-39	112	00:37:13	00:53:43	<b>00:59:42.15</b>	+00:27:03 (45.3%)	5:58	10.1 (54.9%)
113	<b>ŁYCZEK Rafał</b>	<b>305</b>		M 30-39	113	00:37:31	00:53:51	<b>00:59:45.40</b>	+00:27:06 (45.4%)	5:58	10 (54.3%)
114	<b>SENKO Mateusz</b>	<b>450</b>	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M 30-39	114	00:39:30	00:54:31	<b>00:59:49.80</b>	+00:27:11 (45.4%)	5:58	10 (54.3%)
115	<b>CIULA Dominik</b>	<b>100</b>		M 30-39	115	00:35:41	00:52:48	<b>01:00:24.30</b>	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
116	<b>GMYREK Robert</b>	<b>150</b>		M 30-39	116	00:35:41	00:52:48	<b>01:00:24.70</b>	+00:27:45 (46.0%)	6:02	9.9 (53.8%)
117	<b>BOHACZ Sylwester</b>	<b>650</b>		M 30-39	117	00:35:16	00:53:33	<b>01:00:44.60</b>	+00:28:05 (46.3%)	6:04	9.9 (53.8%)
118	<b>KACPRZAK Michał</b>	<b>203</b>		M 30-39	118	00:37:04	00:54:07	<b>01:01:09.85</b>	+00:28:31 (46.6%)	6:06	9.8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
119	<b>PODBIELSKI Przemysław</b>	<b>393</b>		M 30-39	119	00:37:05	00:54:07	<b>01:01:11.05</b>	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
120	<b>MOCZYDŁOWSKI Piotr</b>	<b>337</b>	MASTERS DOJO KARATE KYOKUSHIN	M 30-39	120	00:37:37	00:54:31	<b>01:01:14.50</b>	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
121	<b>GWIZDAŁA Tomek</b>	<b>215</b>		M 30-39	121	00:38:18	00:53:37	<b>01:01:23.40</b>	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
122	<b>MEJOR Jan</b>	<b>322</b>	RAKREATON 2021	M 30-39	122	00:37:49	00:54:40	<b>01:01:43.40</b>	+00:29:04 (47.1%)	6:10	9.7 (52.7%)
123	<b>OLEJNIK Marcin</b>	<b>360</b>		M 30-39	123	00:39:36	00:55:43	<b>01:01:45.10</b>	+00:29:06 (47.1%)	6:10	9.7 (52.7%)
124	<b>ORŁOWSKI Tomasz</b>	<b>644</b>		M 30-39	124	00:39:34	00:56:52	<b>01:03:37.80</b>	+00:30:59 (48.7%)	6:21	9.4 (51.1%)
125	<b>LEŚNIKOWSKI Albert</b>	<b>283</b>		M 30-39	125	00:39:54	00:56:35	<b>01:03:44.85</b>	+00:31:06 (48.8%)	6:22	9.4 (51.1%)
126	<b>KRYSIK Marcin</b>	<b>261</b>	WUJÓWKA	M 30-39	126	00:40:07	00:56:36	<b>01:04:05.95</b>	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
127	<b>KULBACKI Kamil</b>	<b>270</b>		M 30-39	127	00:40:15	00:56:58	<b>01:04:13.85</b>	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
128	<b>POPARDOWSKI Paweł</b>	<b>402</b>		M 30-39	128	00:40:32	00:57:56	<b>01:04:14.15</b>	+00:31:35 (49.2%)	6:25	9.3 (50.5%)
129	<b>SKRZYPECKI Jakub</b>	<b>463</b>	ANPHARM RUN TEAM	M 30-39	129	00:41:11	00:58:34	<b>01:05:21.60</b>	+00:32:42 (50.1%)	6:32	9.2 (50.0%)
130	<b>WISNIEWSKI Adam</b>	<b>560</b>		M 30-39	130	00:39:57	00:58:39	<b>01:06:15.50</b>	+00:33:36 (50.7%)	6:37	9.1 (49.5%)
131	<b>ZIELIŃSKI Paweł</b>	<b>603</b>		M 30-39	131	00:41:50	01:00:22	<b>01:07:54.30</b>	+00:35:15 (51.9%)	6:47	8.8 (47.8%)
132	<b>MATUSZEWSKI Paweł</b>	<b>318</b>		M 30-39	132	00:42:49	01:03:07	<b>01:10:42.70</b>	+00:38:03 (53.8%)	7:04	8.5 (46.2%)
133	<b>OKSIENIUK Marcin</b>	<b>613</b>	TURBODZIKI	M 30-39	133	00:44:23	01:05:47	<b>01:13:52.45</b>	+00:41:13 (55.8%)	7:23	8.1 (44.0%)
134	<b>OLSZEWSKI Łukasz</b>	<b>365</b>		M 30-39	134	00:44:36	01:05:52	<b>01:14:05.85</b>	+00:41:27 (55.9%)	7:24	8.1 (44.0%)
135	<b>LIBERA Paweł</b>	<b>287</b>	GRUPA BIEGOWA UM W-WA	M 30-39	135	00:44:28	01:06:01	<b>01:14:39.35</b>	+00:42:00 (56.3%)	7:27	8 (43.5%)
136	<b>BOCHENEK Sebastian</b>	<b>56</b>		M 30-39	136	00:45:31	01:08:11	<b>01:16:24.55</b>	+00:43:45 (57.3%)	7:38	7.9 (42.9%)
<b>Przekroczony limit czasu: 01:30:00</b>											
137	<b>MAJKOWSKI Michał</b>	<b>685</b>		M 30-39	137	00:58:05	01:23:40	<b>01:34:20.40</b>	+01:01:41 (65.4%)	9:26	6.4 (34.8%)
138	<b>BEDNARZ Cezary</b>	<b>39</b>	BIEGAJĄCY ŚWIDNIK	M 30-39	138						(0.0%)

Znaleziono 138 wynik(ów)