



BIEG PRZECZ MOST 2021

B4SPORT

Organizator:

Data:

Miejsce:

Dystans:

Urząd Dzielnicy Warszawa - Białołęka

2021-09-12

Warszawa

10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	PRIMIK Marek	408	VEGE RUNNERS	M 40-49	1	00:23:06	00:33:08	00:37:18.55		3:43	16.1 (100%)
2	WITKOWSKI Paweł	565	WIELISZEW HERON TEAM	M 40-49	2	00:24:00	00:33:39	00:37:36.80	+00:00:18 (0.8%)	3:45	16 (99.4%)
3	GRUZA Marek	169	BIEGANIEPO40.PL	M 40-49	3	00:23:27	00:33:39	00:37:48.85	+00:00:30 (1.3%)	3:46	15.9 (98.8%)
4	BOGUSZ Tomasz	58	BIEGAJĄCA GDYNIA/ARTURKOZŁOWSKITEAM	M 40-49	4	00:23:45	00:33:44	00:37:50.30	+00:00:31 (1.4%)	3:47	15.9 (98.8%)
5	ZYCH Mariusz	605	BIEGAJ POD OKIEM TRENERA	M 40-49	5	00:23:40	00:34:03	00:38:04.90	+00:00:46 (2.0%)	3:48	15.8 (98.1%)
6	KULIK Jarek	272	BESTIE OCR LEGIONOWO	M 40-49	6	00:23:49	00:34:12	00:38:09.20	+00:00:50 (2.2%)	3:48	15.7 (97.5%)
7	KUŁAKOWSKI Artur	273	FLORIAN CHOJNICE	M 40-49	7	00:23:30	00:33:58	00:38:18.90	+00:01:00 (2.6%)	3:49	15.7 (97.5%)
8	SZCZEPKOWSKI Bartłomiej	494	SANTANDER RUNNING TEAM	M 40-49	8	00:23:59	00:34:16	00:38:32.85	+00:01:14 (3.2%)	3:51	15.6 (96.9%)
9	GOZDEK Radek	157	BIEGANIEPO40.PL TRUCHT TARCHOMIN TEAM	M 40-49	9	00:23:56	00:34:37	00:39:09.25	+00:01:50 (4.7%)	3:54	15.3 (95.0%)
10	MIOTR Marcin	88		M 40-49	10	00:24:52	00:35:13	00:39:37.25	+00:02:18 (5.8%)	3:57	15.1 (93.8%)
11	SZAŁKOWSKI Dawid	491	MARKOWI BIEGACZE	M 40-49	11	00:25:56	00:36:39	00:41:04.20	+00:03:45 (9.2%)	4:06	14.6 (90.7%)
12	PRZERADZKI Seweryn	413	KB TKKF PROMYK CIECHANÓW	M 40-49	12	00:25:26	00:36:39	00:41:05.35	+00:03:46 (9.2%)	4:06	14.6 (90.7%)
13	WARDEGA Przemek	543		M 40-49	13	00:25:39	00:36:37	00:41:09.65	+00:03:51 (9.4%)	4:06	14.6 (90.7%)
14	ZALEWSKI Krzysiek	585	RURA TEAM	M 40-49	14	00:26:19	00:37:21	00:41:48.95	+00:04:30 (10.8%)	4:10	14.4 (89.4%)
15	KŁUDKIEWICZ Tomasz	229		M 40-49	15	00:26:48	00:37:31	00:41:52.30	+00:04:33 (10.9%)	4:11	14.3 (88.8%)
16	KUBIAK Sławomir	264		M 40-49	16	00:26:12	00:37:26	00:41:59.25	+00:04:40 (11.1%)	4:11	14.3 (88.8%)
17	ZDEB Przemek	596	ADIDAS RUNNERS WARSZAW	M 40-49	17	00:26:24	00:37:39	00:42:07.80	+00:04:49 (11.4%)	4:12	14.2 (88.2%)
18	MIELCZAREK Krzysztof	331	BIEGAM NA TARCHOMINIE	M 40-49	18	00:25:31	00:37:13	00:42:10.45	+00:04:51 (11.5%)	4:13	14.2 (88.2%)
19	KAMIŃSKI Paweł	207		M 40-49	19	00:26:51	00:37:44	00:42:12.60	+00:04:54 (11.6%)	4:13	14.2 (88.2%)
20	ROŚŁON Piotr	431		M 40-49	20	00:26:22	00:37:46	00:42:16.40	+00:04:57 (11.7%)	4:13	14.2 (88.2%)
21	SYPEK Jerzy	695		M 40-49	21	00:26:21	00:37:44	00:42:19.80	+00:05:01 (11.9%)	4:13	14.2 (88.2%)
22	OWCZARZAK Rafał	645	R4P	M 40-49	22	00:26:49	00:38:02	00:42:36.40	+00:05:17 (12.4%)	4:15	14.1 (87.6%)
23	JAWORSKI Piotr	2		M 40-49	23	00:26:39	00:38:04	00:42:44.15	+00:05:25 (12.7%)	4:16	14 (87.0%)
24	STRYKOWSKI Daniel	481	CARREFOURR	M 40-49	24	00:26:21	00:38:01	00:42:48.15	+00:05:29 (12.8%)	4:16	14 (87.0%)
25	KORDASIEWICZ Stanisław	238		M 40-49	25	00:26:50	00:38:42	00:43:22.10	+00:06:03 (14.0%)	4:20	13.8 (85.7%)
26	CISZEWSKI Krzysztof	99		M 40-49	26	00:27:12	00:38:47	00:43:23.45	+00:06:04 (14.0%)	4:20	13.8 (85.7%)
27	GRYSZPANOWICZ Piotr	171		M 40-49	27	00:27:07	00:39:04	00:43:37.10	+00:06:18 (14.5%)	4:21	13.8 (85.7%)
28	GIERAK Krzysztof	147	SANTANDER RUNNERS	M 40-49	28	00:27:43	00:39:14	00:43:45.45	+00:06:26 (14.7%)	4:22	13.7 (85.1%)
29	JANOWIAK Wojciech	7		M 40-49	29	00:27:44	00:39:17	00:43:55.25	+00:06:36 (15.1%)	4:23	13.7 (85.1%)
30	TOBOŁA Paweł	520	AKS POLONIA WARSZAWA	M 40-49	30	00:27:19	00:39:16	00:43:56.45	+00:06:37 (15.1%)	4:23	13.7 (85.1%)

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	km/h
31	KOWAL Krzysztof	244		M 40-49	31	00:27:07	00:39:04	00:44:08.45	+00:06:49 (15.5%)	4:24	13.6 (84.5%)
32	CIESIELSKI Marcin	93	WARSAW RUN CLUB	M 40-49	32	00:26:34	00:39:30	00:44:09.15	+00:06:50 (15.5%)	4:24	13.6 (84.5%)
33	PRZEKOPIAK Paweł	411		M 40-49	33	00:27:12	00:39:19	00:44:19.40	+00:07:00 (15.8%)	4:25	13.5 (83.9%)
34	STRZELECKI Piotr	674		M 40-49	34	00:27:48	00:39:34	00:44:21.70	+00:07:03 (15.9%)	4:26	13.5 (83.9%)
35	SOKALSKI Grzegorz	472		M 40-49	35	00:28:08	00:39:41	00:44:31.00	+00:07:12 (16.2%)	4:27	13.5 (83.9%)
36	SERAFIN Tomasz	451		M 40-49	36	00:28:11	00:39:55	00:44:35.05	+00:07:16 (16.3%)	4:27	13.5 (83.9%)
37	CZAPSKI Michał	105	BIEGAM NA TARCHOMINIE	M 40-49	37	00:28:20	00:40:04	00:44:57.70	+00:07:39 (17.0%)	4:29	13.3 (82.6%)
38	MAREK Jacek	315		M 40-49	38	00:27:48	00:40:02	00:45:05.95	+00:07:47 (17.3%)	4:30	13.3 (82.6%)
39	ZIELINSKI Krzysztof	601	HIKINGTOURS	M 40-49	39	00:28:24	00:40:45	00:45:42.50	+00:08:23 (18.4%)	4:34	13.1 (81.4%)
40	CNOTA Maciej	101		M 40-49	40	00:28:41	00:40:55	00:45:55.25	+00:08:36 (18.8%)	4:35	13.1 (81.4%)
41	WŁODKOWSKI Robert	569		M 40-49	41	00:29:16	00:41:14	00:46:01.90	+00:08:43 (18.9%)	4:36	13 (80.7%)
42	KLAS Łukasz	223		M 40-49	42	00:28:51	00:41:06	00:46:09.65	+00:08:51 (19.2%)	4:36	13 (80.7%)
43	KORSYKOW Kostian	380		M 40-49	43			00:46:21.00	+00:09:02 (19.5%)	4:38	12.9 (80.1%)
44	PIERZAK Olaf	387	TEAM PARSZCZYŃSKICH	M 40-49	44	00:28:50	00:41:12	00:46:23.40	+00:09:04 (19.6%)	4:38	12.9 (80.1%)
45	KWIATKOWSKI Tomasz	276		M 40-49	45	00:28:59	00:41:24	00:46:23.45	+00:09:04 (19.6%)	4:38	12.9 (80.1%)
46	JAROSIŃSKI Łukasz	748	TAŃCZĄCE MUCHOMORKI	M 40-49	46	00:29:29	00:41:26	00:46:23.85	+00:09:05 (19.6%)	4:38	12.9 (80.1%)
47	RYMKIEWICZ Zbigniew	440		M 40-49	47	00:28:47	00:42:02	00:46:46.25	+00:09:27 (20.2%)	4:40	12.8 (79.5%)
48	RUCIŃSKI Rafał	433	BBK	M 40-49	48	00:29:56	00:42:08	00:47:19.75	+00:10:01 (21.2%)	4:43	12.7 (78.9%)
49	SAGAŁA Adam	446		M 40-49	49	00:29:36	00:42:12	00:47:23.70	+00:10:05 (21.3%)	4:44	12.7 (78.9%)
50	KOŚCIAK Jacek	242		M 40-49	50	00:30:22	00:42:58	00:47:47.45	+00:10:28 (21.9%)	4:46	12.6 (78.3%)
51	ŚLĘCZKA Piotr	628		M 40-49	51	00:30:12	00:42:52	00:47:58.95	+00:10:40 (22.2%)	4:47	12.5 (77.6%)
52	PUSZAK Sylwester	80		M 40-49	52	00:30:47	00:43:05	00:48:04.70	+00:10:46 (22.4%)	4:48	12.5 (77.6%)
53	MACIEJAK Robert	657		M 40-49	53	00:29:44	00:42:54	00:48:11.35	+00:10:52 (22.6%)	4:49	12.5 (77.6%)
54	ZAMBROWSKI Sławomir	586		M 40-49	54	00:30:11	00:43:00	00:48:12.90	+00:10:54 (22.6%)	4:49	12.4 (77.0%)
55	ORŁOWSKI Krzysztof	369	WARSZAWA PARKRUN BRÓDNO	M 40-49	55	00:30:25	00:43:10	00:48:23.00	+00:11:04 (22.9%)	4:50	12.4 (77.0%)
56	CZARNECKI Wojciech	247		M 40-49	56	00:28:52	00:42:39	00:48:25.40	+00:11:06 (23.0%)	4:50	12.4 (77.0%)
57	ROZEK Rob	623	NEONTEAM	M 40-49	57	00:30:26	00:43:13	00:48:29.80	+00:11:11 (23.1%)	4:50	12.4 (77.0%)
58	SOBOCIŃSKI Michał	469		M 40-49	58	00:30:24	00:43:19	00:48:30.25	+00:11:11 (23.1%)	4:51	12.4 (77.0%)
59	LENDZION Jarosław	280	GRUPA BIEGOWA UM W-WA	M 40-49	59	00:30:59	00:43:45	00:48:52.80	+00:11:34 (23.7%)	4:53	12.3 (76.4%)
60	TOMASZEWSKI Marek	523		M 40-49	60	00:31:06	00:43:53	00:49:09.95	+00:11:51 (24.1%)	4:54	12.2 (75.8%)
61	GROCHOWSKI Piotr	164		M 40-49	61	00:31:32	00:44:11	00:49:17.25	+00:11:58 (24.3%)	4:55	12.2 (75.8%)
62	JANOWSKI Rafał	656		M 40-49	62	00:31:26	00:44:10	00:49:23.40	+00:12:04 (24.5%)	4:56	12.1 (75.2%)
63	OWCZARCZYK Paweł	619		M 40-49	63	00:31:02	00:44:17	00:49:39.45	+00:12:20 (24.9%)	4:57	12.1 (75.2%)
64	OLSZEWSKI Michał	364	I LOVE PRZYLESIE	M 40-49	64	00:31:51	00:44:39	00:49:39.80	+00:12:21 (24.9%)	4:57	12.1 (75.2%)
65	STANISZEWSKI Rafał	474	ESTI BONA	M 40-49	65	00:31:31	00:44:34	00:49:40.50	+00:12:21 (24.9%)	4:58	12.1 (75.2%)
66	MOCZULSKI Marcin	668		M 40-49	66	00:30:48	00:44:27	00:49:46.20	+00:12:27 (25.0%)	4:58	12.1 (75.2%)
67	KOSUDA Paweł	241	RUNNERS TEAM XTREME CIECHANÓW	M 40-49	67	00:31:57	00:44:48	00:49:59.85	+00:12:41 (25.4%)	4:59	12 (74.5%)
68	ODZIEMCZYK Sebastian	354		M 40-49	68	00:31:19	00:44:23	00:50:00.05	+00:12:41 (25.4%)	5:00	12 (74.5%)
69	WNUK Tomasz	570	NAPRZÓD MŁOCINY	M 40-49	69	00:31:30	00:44:20	00:50:01.05	+00:12:42 (25.4%)	5:00	12 (74.5%)
70	PAZIEWSKI Andrzej	385	BIEGAM NA TARCHOMINIE	M 40-49	70	00:31:31	00:44:48	00:50:08.75	+00:12:50 (25.6%)	5:00	12 (74.5%)
71	ROSIAK Sławomir	430	BIEGAM PO BRÓDNIE	M 40-49	71	00:31:33	00:44:51	00:50:09.05	+00:12:50 (25.6%)	5:00	12 (74.5%)
72	GŁÓWKA Rafał	149		M 40-49	72	00:31:43	00:44:50	00:50:21.25	+00:13:02 (25.9%)	5:02	11.9 (73.9%)
73	MACIEJCZYK Piotr	661		M 40-49	73	00:30:41	00:44:45	00:50:23.90	+00:13:05 (26.0%)	5:02	11.9 (73.9%)
74	GAWLIK Arkadiusz	144	BIEGAM NA TARCHOMINIE	M 40-49	74	00:32:15	00:45:07	00:50:28.30	+00:13:09 (26.1%)	5:02	11.9 (73.9%)

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	km/h
75	SAMOSIUK Marcin	692		M 40-49	75	00:32:52	00:45:42	00:50:46.05	+00:13:27 (26.5%)	5:04	11.8 (73.3%)
76	KONKA Tomasz	638		M 40-49	76	00:32:21	00:45:33	00:50:51.85	+00:13:33 (26.6%)	5:05	11.8 (73.3%)
77	CHOJNAŁA Mikołaj	265		M 40-49	77	00:32:23	00:45:48	00:50:53.00	+00:13:34 (26.7%)	5:05	11.8 (73.3%)
78	ŚWIĆ Rafał	87		M 40-49	78	00:31:46	00:45:15	00:50:56.00	+00:13:37 (26.7%)	5:05	11.8 (73.3%)
79	DUDA Jacek	122	SKPT WARSZAWA	M 40-49	79	00:31:46	00:45:16	00:50:59.10	+00:13:40 (26.8%)	5:05	11.8 (73.3%)
80	NERC Maciej	346		M 40-49	80	00:31:36	00:45:21	00:51:08.30	+00:13:49 (27.0%)	5:06	11.7 (72.7%)
81	WŁODEK Rafał	568		M 40-49	81	00:32:10	00:45:30	00:51:18.60	+00:14:00 (27.3%)	5:07	11.7 (72.7%)
82	RUTKOWSKI Michał	439	KARAŚ SWIMMING TEAM	M 40-49	82	00:31:50	00:45:32	00:51:20.40	+00:14:01 (27.3%)	5:08	11.7 (72.7%)
83	KRAKOWIAK Bartosz	636		M 40-49	83	00:31:38	00:45:59	00:51:42.35	+00:14:23 (27.8%)	5:10	11.6 (72.0%)
84	NOSARZEWSKI Mariusz	348	GB PRESS TEAM	M 40-49	84	00:31:52	00:46:05	00:51:47.45	+00:14:28 (28.0%)	5:10	11.6 (72.0%)
85	LEWANDOWSKI Robert	658		M 40-49	85	00:31:21	00:46:04	00:51:59.35	+00:14:40 (28.2%)	5:11	11.5 (71.4%)
86	POPŁAWSKI Tomasz	403		M 40-49	86	00:32:34	00:46:31	00:52:02.85	+00:14:44 (28.3%)	5:12	11.5 (71.4%)
87	KISZKOWIAK Łukasz	222	WAT	M 40-49	87	00:32:09	00:46:40	00:52:03.85	+00:14:45 (28.3%)	5:12	11.5 (71.4%)
88	SKLEPOWICZ Jacek	458		M 40-49	88	00:32:21	00:46:26	00:52:06.50	+00:14:47 (28.4%)	5:12	11.5 (71.4%)
89	FRĄCKIEWICZ Dariusz	135	BIEGAM NA TARCHOMINIE	M 40-49	89	00:32:20	00:46:13	00:52:07.80	+00:14:49 (28.4%)	5:12	11.5 (71.4%)
90	GOŁĘBIEWSKI Łukasz	155		M 40-49	90	00:31:05	00:46:11	00:52:10.10	+00:14:51 (28.5%)	5:13	11.5 (71.4%)
91	LITKOWICZ Adrian	293	EKOBIEGI	M 40-49	91	00:32:51	00:46:23	00:52:14.25	+00:14:55 (28.6%)	5:13	11.5 (71.4%)
92	KUCHARCZYK Bartosz	266		M 40-49	92	00:32:57	00:46:48	00:52:14.60	+00:14:56 (28.6%)	5:13	11.5 (71.4%)
93	OSUCH Dariusz	375		M 40-49	93	00:31:59	00:46:16	00:52:15.90	+00:14:57 (28.6%)	5:13	11.5 (71.4%)
94	WACH Michał	537	BIEGAM NA TARCHOMINIE	M 40-49	94	00:32:55	00:46:41	00:52:16.80	+00:14:58 (28.6%)	5:13	11.5 (71.4%)
95	ORZEŁ Daniel	371		M 40-49	95			00:52:18.00	+00:14:59 (28.7%)	5:13	11.5 (71.4%)
96	FRYCZ Michał	137		M 40-49	96	00:33:53	00:47:13	00:52:22.15	+00:15:03 (28.8%)	5:14	11.5 (71.4%)
97	LEWANDOWSKI Piotr	285	TRUCHT TARCHOMIN TEAM	M 40-49	97	00:32:10	00:46:18	00:52:23.40	+00:15:04 (28.8%)	5:14	11.5 (71.4%)
98	BIAŁOKOS Kamil	44	GRUPA BIEGOWA CHTMO	M 40-49	98	00:32:19	00:46:26	00:52:25.05	+00:15:06 (28.8%)	5:14	11.4 (70.8%)
99	JANASZ Rafał	184	FMW RUNNERS	M 40-49	99	00:31:53	00:46:33	00:52:27.35	+00:15:08 (28.9%)	5:14	11.4 (70.8%)
100	ŻUKOWSKI Krzysztof	611		M 40-49	100	00:32:13	00:46:32	00:52:33.25	+00:15:14 (29.0%)	5:15	11.4 (70.8%)
101	WÓJCIK Piotr	578		M 40-49	101	00:32:10	00:46:48	00:52:39.10	+00:15:20 (29.1%)	5:15	11.4 (70.8%)
102	SKŁUCKI Hubert	459	RUN TEAM NASIELSK	M 40-49	102	00:32:28	00:47:04	00:52:42.35	+00:15:23 (29.2%)	5:16	11.4 (70.8%)
103	KUFERA Dariusz	269	BIEGAM NA TARCHOMINIE	M 40-49	103	00:33:29	00:47:05	00:52:49.30	+00:15:30 (29.4%)	5:16	11.4 (70.8%)
104	LORENS Krzysztof	637		M 40-49	104	00:32:44	00:46:56	00:53:01.45	+00:15:42 (29.6%)	5:18	11.3 (70.2%)
105	SIEPIETOWSKI Tomasz	455	ANPHARM RUN TEAM	M 40-49	105	00:33:22	00:47:21	00:53:06.85	+00:15:48 (29.8%)	5:18	11.3 (70.2%)
106	GOLNIK Paweł	153		M 40-49	106	00:32:27	00:47:04	00:53:09.10	+00:15:50 (29.8%)	5:18	11.3 (70.2%)
107	SUCHECKI Przemysław	484	KS POMORSKA	M 40-49	107	00:34:03	00:47:49	00:53:18.50	+00:15:59 (30.0%)	5:19	11.3 (70.2%)
108	BARTNIK Rafał	36	ZABIEGANY WOŁOMIN	M 40-49	108	00:33:10	00:47:30	00:53:21.45	+00:16:02 (30.1%)	5:20	11.2 (69.6%)
109	KOWNACKI Marcin	249		M 40-49	109	00:33:46	00:47:44	00:53:21.50	+00:16:02 (30.1%)	5:20	11.2 (69.6%)
110	MACURA Michał	675		M 40-49	110	00:33:38	00:47:41	00:53:23.30	+00:16:04 (30.1%)	5:20	11.2 (69.6%)
111	SŁOMKA Bogumił	466		M 40-49	111	00:32:47	00:47:21	00:53:28.90	+00:16:10 (30.2%)	5:20	11.2 (69.6%)
112	WILGOS Janusz	556		M 40-49	112	00:34:15	00:48:11	00:53:39.80	+00:16:21 (30.5%)	5:21	11.2 (69.6%)
113	TOMASZEK Robert	522		M 40-49	113	00:32:29	00:47:35	00:53:47.00	+00:16:28 (30.6%)	5:22	11.2 (69.6%)
114	KOZAK Piotr	195		M 40-49	114	00:32:55	00:47:51	00:54:01.10	+00:16:42 (30.9%)	5:24	11.1 (68.9%)
115	NOWAK Jerzy	351	PWPW	M 40-49	115	00:32:47	00:48:03	00:54:05.05	+00:16:46 (31.0%)	5:24	11.1 (68.9%)
116	JODŁOWSKI Grzegorz	197	NIEZRZESZONY	M 40-49	116	00:32:51	00:47:56	00:54:07.55	+00:16:49 (31.1%)	5:24	11.1 (68.9%)
117	ADAMOWICZ Dariusz	671		M 40-49	117	00:33:18	00:48:14	00:54:08.05	+00:16:49 (31.1%)	5:24	11.1 (68.9%)
118	SUPERA Krzysztof	488	DELOITTE ADVENTURE TEAM	M 40-49	118	00:34:41	00:48:45	00:54:21.55	+00:17:03 (31.4%)	5:26	11 (68.3%)

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	km/h
119	KRÓLICKI Konrad	257	STG WARSZAWA	M 40-49	119	00:33:05	00:48:03	00:54:24.50	+00:17:05 (31.4%)	5:26	11 (68.3%)
120	MOSOŃ Jakub	663		M 40-49	120	00:33:45	00:48:31	00:54:28.35	+00:17:09 (31.5%)	5:26	11 (68.3%)
121	SZYMCZAK Jacek	687		M 40-49	121	00:33:36	00:48:58	00:54:30.85	+00:17:12 (31.6%)	5:27	11 (68.3%)
122	FILIPOWICZ Arkadiusz	130		M 40-49	122	00:33:03	00:48:19	00:54:31.75	+00:17:13 (31.6%)	5:27	11 (68.3%)
123	SZCZĘSNY Paweł	498		M 40-49	123	00:33:06	00:48:21	00:54:41.10	+00:17:22 (31.8%)	5:28	11 (68.3%)
124	WIKTOROWICZ Marcin	554	ERP HEART TEAM	M 40-49	124	00:34:35	00:48:56	00:54:43.65	+00:17:25 (31.8%)	5:28	11 (68.3%)
125	RUPIK Piotr	437		M 40-49	125	00:33:40	00:48:41	00:54:45.60	+00:17:27 (31.9%)	5:28	11 (68.3%)
126	SZLASA Grzegorz	500		M 40-49	126	00:34:35	00:49:01	00:54:54.95	+00:17:36 (32.1%)	5:29	10.9 (67.7%)
127	HEĆMAN Marcin	635		M 40-49	127	00:33:38	00:48:47	00:54:55.35	+00:17:36 (32.1%)	5:29	10.9 (67.7%)
128	ŻUK Paweł	610		M 40-49	128	00:34:41	00:48:54	00:55:02.40	+00:17:43 (32.2%)	5:30	10.9 (67.7%)
129	STRAWSKI Marcin	479	EKOBIEGI	M 40-49	129	00:38:47	00:49:42	00:55:17.50	+00:17:58 (32.5%)	5:31	10.9 (67.7%)
130	BORUSZEWSKI Maciej	63		M 40-49	130	00:35:20	00:49:39	00:55:31.00	+00:18:12 (32.8%)	5:33	10.8 (67.1%)
131	PRĘDKI Marcin	406		M 40-49	131	00:34:31	00:49:32	00:55:38.25	+00:18:19 (32.9%)	5:33	10.8 (67.1%)
132	KONOPKA Andrzej	235		M 40-49	132	00:33:51	00:49:23	00:55:39.20	+00:18:20 (33.0%)	5:33	10.8 (67.1%)
133	BIEDROŃ Artur	47		M 40-49	133	00:35:30	00:50:01	00:55:41.75	+00:18:23 (33.0%)	5:34	10.8 (67.1%)
134	MARCINKOWSKI Krzysztof	313	RAK'N'ROLL	M 40-49	134	00:35:08	00:50:08	00:56:11.15	+00:18:52 (33.6%)	5:37	10.7 (66.5%)
135	ZIELIŃSKI Karol	640		M 40-49	135	00:34:04	00:49:29	00:56:11.95	+00:18:53 (33.6%)	5:37	10.7 (66.5%)
136	SZCZĘSNY Michał	497		M 40-49	136	00:34:14	00:49:34	00:56:18.05	+00:18:59 (33.7%)	5:37	10.7 (66.5%)
137	GRZESZCZYK Michał	172		M 40-49	137	00:35:04	00:49:55	00:56:23.15	+00:19:04 (33.8%)	5:38	10.6 (65.8%)
138	ŁUCZAK Michał	304		M 40-49	138	00:35:12	00:50:19	00:56:23.65	+00:19:05 (33.8%)	5:38	10.6 (65.8%)
139	PARZYCH Marcin	634	RESILIA BEMOWO	M 40-49	139	00:33:33	00:50:02	00:56:26.25	+00:19:07 (33.9%)	5:38	10.6 (65.8%)
140	BESSARABA Sławomir	42		M 40-49	140	00:35:19	00:50:15	00:56:27.70	+00:19:09 (33.9%)	5:38	10.6 (65.8%)
141	TOCHOWICZ Paweł	521		M 40-49	141	00:35:52	00:50:31	00:56:32.60	+00:19:14 (34.0%)	5:39	10.6 (65.8%)
142	BIAŁORUCKI Piotr	45		M 40-49	142	00:35:19	00:50:22	00:56:37.10	+00:19:18 (34.1%)	5:39	10.6 (65.8%)
143	WITCZAK Piotr	564		M 40-49	143	00:35:11	00:50:10	00:56:56.15	+00:19:37 (34.5%)	5:41	10.5 (65.2%)
144	ZABIELSKI Andrzej	669	EKOBIEGI	M 40-49	144	00:34:56	00:50:36	00:57:08.90	+00:19:50 (34.7%)	5:42	10.5 (65.2%)
145	CIOŁEK Robert	97		M 40-49	145	00:34:47	00:51:12	00:57:21.60	+00:20:03 (35.0%)	5:44	10.5 (65.2%)
146	LIS Marcin	290		M 40-49	146	00:34:25	00:51:02	00:57:33.85	+00:20:15 (35.2%)	5:45	10.4 (64.6%)
147	MARCZEWSKI Marcin	314		M 40-49	147	00:34:49	00:51:07	00:57:34.20	+00:20:15 (35.2%)	5:45	10.4 (64.6%)
148	CZAJKOWSKI Rafał	102		M 40-49	148	00:35:44	00:50:53	00:57:37.45	+00:20:18 (35.3%)	5:45	10.4 (64.6%)
149	GASKIEWICZ Marek	143	SZWAGRY DWA	M 40-49	149	00:35:15	00:51:13	00:57:46.30	+00:20:27 (35.4%)	5:46	10.4 (64.6%)
150	CZARTORYSKI Krystian	109		M 40-49	150	00:35:59	00:51:19	00:57:47.60	+00:20:29 (35.4%)	5:46	10.4 (64.6%)
151	KASZCZUK Radosław	213		M 40-49	151	00:35:45	00:51:28	00:57:56.10	+00:20:37 (35.6%)	5:47	10.4 (64.6%)
152	KORSAK Piotr	667		M 40-49	152	00:36:30	00:52:25	00:58:07.45	+00:20:48 (35.8%)	5:48	10.3 (64.0%)
153	RUSZTECKI Rafał	438		M 40-49	153	00:36:24	00:51:57	00:58:12.40	+00:20:53 (35.9%)	5:49	10.3 (64.0%)
154	CIERNIAK Michał	92	GRUPA BIEGOWA UM WARSZAWA	M 40-49	154	00:35:55	00:51:49	00:58:16.15	+00:20:57 (36.0%)	5:49	10.3 (64.0%)
155	PROKOPIUK Grzegorz	409	GRUPA BIEGOWA UW W-WA	M 40-49	155	00:40:25	00:52:25	00:58:30.65	+00:21:12 (36.2%)	5:51	10.3 (64.0%)
156	MIECIEK Michał	330		M 40-49	156	00:36:07	00:52:16	00:58:34.45	+00:21:15 (36.3%)	5:51	10.2 (63.4%)
157	KARWOWSKA Mariusz	212		M 40-49	157	00:37:49	00:52:54	00:59:02.05	+00:21:43 (36.8%)	5:54	10.2 (63.4%)
158	BUCZEK Piotr	70		M 40-49	158	00:36:37	00:52:40	00:59:05.10	+00:21:46 (36.9%)	5:54	10.2 (63.4%)
159	KAPUSCINSKI Marcin	632		M 40-49	159	00:36:41	00:52:35	00:59:18.05	+00:21:59 (37.1%)	5:55	10.1 (62.7%)
160	ORŁOWSKI Marek	368	POLONIA WARSZAWA	M 40-49	160	00:36:52	00:53:06	00:59:25.15	+00:22:06 (37.2%)	5:56	10.1 (62.7%)
161	ROKICKI Aleksander	700		M 40-49	161	00:37:15	00:52:39	00:59:29.00	+00:22:10 (37.3%)	5:56	10.1 (62.7%)
162	KOZŁOWSKI Piotr	250		M 40-49	162	00:36:47	00:53:09	00:59:44.75	+00:22:26 (37.6%)	5:58	10 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
163	URBANOWSKI Mieszko	535	GRUPA BIEGOWA UM W-WA	M 40-49	163	00:37:35	00:53:37	00:59:45.95	+00:22:27 (37.6%)	5:58	10 (62.1%)
164	BARCIAK Marcin	34		M 40-49	164	00:38:14	00:53:27	00:59:49.35	+00:22:30 (37.6%)	5:58	10 (62.1%)
165	SUCHODOLSKI Mariusz	485	KS STASZEWSKY	M 40-49	165	00:38:13	00:53:27	00:59:50.20	+00:22:31 (37.6%)	5:59	10 (62.1%)
166	MOCZYDŁOWSKI Łukasz	338	MASTERS DOJO KARATE KYOKUSHIN	M 40-49	166	00:36:40	00:53:03	00:59:50.95	+00:22:32 (37.7%)	5:59	10 (62.1%)
167	KOTNIS Bogusław	243	RTV ACTIVE TEAM	M 40-49	167	00:37:46	00:53:36	00:59:53.00	+00:22:34 (37.7%)	5:59	10 (62.1%)
168	GOŹDZIKIEWICZ Błażej	158		M 40-49	168	00:37:14	00:53:31	01:00:05.00	+00:22:46 (37.9%)	6:00	10 (62.1%)
169	ŁUCZAK Piotr	302	PKO BANK POLSKI SA	M 40-49	169	00:37:33	00:54:05	01:00:37.60	+00:23:19 (38.5%)	6:03	9.9 (61.5%)
170	SOBIERAJSKI Marek	468		M 40-49	170	00:38:56	00:54:37	01:01:07.55	+00:23:49 (39.0%)	6:06	9.8 (60.9%)
171	GRABOWSKI Marcin	163		M 40-49	171	00:38:52	00:55:03	01:01:10.80	+00:23:52 (39.0%)	6:07	9.8 (60.9%)
172	LOZOWSKI Robert	296		M 40-49	172	00:36:37	00:53:57	01:01:14.40	+00:23:55 (39.1%)	6:07	9.8 (60.9%)
173	PIETRZYKOWSKI Damian	388		M 40-49	173	00:38:31	00:54:47	01:01:31.10	+00:24:12 (39.4%)	6:09	9.8 (60.9%)
174	WITZKE Artur	566		M 40-49	174	00:37:58	00:54:39	01:01:32.45	+00:24:13 (39.4%)	6:09	9.8 (60.9%)
175	TADRAŁA Tomasz	513		M 40-49	175	00:38:17	00:54:45	01:01:45.70	+00:24:27 (39.6%)	6:10	9.7 (60.2%)
176	DYMARSKI Bartosz	126		M 40-49	176	00:38:24	00:54:52	01:01:46.85	+00:24:28 (39.6%)	6:10	9.7 (60.2%)
177	MATUSEWICZ Krzysztof	641		M 40-49	177	00:36:42	00:54:39	01:01:52.50	+00:24:33 (39.7%)	6:11	9.7 (60.2%)
178	GURMIŃSKI Łukasz	176		M 40-49	178	00:37:26	00:55:04	01:02:18.25	+00:24:59 (40.1%)	6:13	9.6 (59.6%)
179	STANKIEWICZ Maciej	475	AMI & AURI RUNNERS CLUB	M 40-49	179	00:40:14	00:56:23	01:02:33.70	+00:25:15 (40.4%)	6:15	9.6 (59.6%)
180	MALUDZIŃSKI Maciej	699		M 40-49	180	00:38:56	00:55:51	01:02:34.00	+00:25:15 (40.4%)	6:15	9.6 (59.6%)
181	SURMACZ Jacek	489		M 40-49	181	00:38:18	00:55:31	01:02:36.55	+00:25:18 (40.4%)	6:15	9.6 (59.6%)
182	KĘSICKI Rafał	218		M 40-49	182	00:39:40	00:56:18	01:03:21.70	+00:26:03 (41.1%)	6:20	9.5 (59.0%)
183	TYBURC Paweł	8	KLUB ZERWANEGO ACHILLESA	M 40-49	183	00:38:34	00:55:57	01:03:28.70	+00:26:10 (41.2%)	6:20	9.5 (59.0%)
184	ŻUCHOWSKI Artur	609	MY MIESZKAŃCY LEGIONOWO	M 40-49	184	00:39:51	00:56:32	01:03:39.30	+00:26:20 (41.4%)	6:21	9.4 (58.4%)
185	GĘBICZ Cezary	154		M 40-49	185	00:38:37	00:56:58	01:03:54.90	+00:26:36 (41.6%)	6:23	9.4 (58.4%)
186	WŁODARCZYK Maciej	567		M 40-49	186	00:39:56	00:58:26	01:05:56.65	+00:28:38 (43.4%)	6:35	9.1 (56.5%)
187	PIASKO Maciej	386	GRUPA BIEGOWA UM-W-WA	M 40-49	187	00:40:54	00:59:25	01:07:16.35	+00:29:57 (44.5%)	6:43	8.9 (55.3%)
188	KALICKI Wojciech	206		M 40-49	188	00:40:30	01:00:15	01:08:35.85	+00:31:17 (45.6%)	6:51	8.7 (54.0%)
189	ZATYŁNY Tomasz	592		M 40-49	189	00:41:32	01:00:21	01:08:51.15	+00:31:32 (45.8%)	6:53	8.7 (54.0%)
190	BIELEC Bartłomiej	48		M 40-49	190	00:42:53	01:01:31	01:09:08.25	+00:31:49 (46.0%)	6:54	8.7 (54.0%)
191	MICHNOWSKI Sebastian	329		M 40-49	191	00:42:16	01:01:06	01:09:13.35	+00:31:54 (46.1%)	6:55	8.7 (54.0%)
192	JANKOWSKI Tomek	189		M 40-49	192	00:41:59	01:01:48	01:09:26.85	+00:32:08 (46.3%)	6:56	8.6 (53.4%)
193	BRZÓZKA Kamil	67	TARCHO ZIOMY	M 40-49	193	00:44:59	01:04:04	01:11:46.90	+00:34:28 (48.0%)	7:10	8.4 (52.2%)
194	TREMELET Sebastien	526		M 40-49	194	00:45:49	01:06:42	01:14:33.55	+00:37:15 (50.0%)	7:27	8 (49.7%)
195	LUCIMIŃSKI Marcin	297	ŚLIMAK RUNNING TEAM	M 40-49	195	00:48:46	01:10:03	01:19:30.35	+00:42:11 (53.1%)	7:57	7.5 (46.6%)
196	NASKRĘT Mariusz	344		M 40-49	196	00:53:00	01:16:44	01:25:56.15	+00:48:37 (56.6%)	8:35	7 (43.5%)
197	STĘPIEŃ Adam	478		M 40-49	197	00:27:45	00:39:11		+00:06:03	4:21	13.8 (85.7%)
198	WILCZURA Marek	614	KS STASZEWSKY / SPARTANIE DZIECIOM	M 40-49	198						(0.0%)
199	LISZEWSKI Krzysztof	292	RUN TEAM NASIELSK	M 40-49	199						(0.0%)

Znaleziono 199 wynik(ów)