



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 50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	GRZYBOWSKI Mariusz	173		M 50-59	1	00:25:22	00:36:24	00:40:49.90		4:04	14.7
2	FACON Janusz	629		M 50-59	2	00:26:14	00:36:58	00:41:21.65	+00:00:31	4:08	14.5
3	GANCZEWSKI Paweł	142	KS STASZEWSKY	M 50-59	3	00:27:35	00:39:06	00:43:44.90	+00:02:55	4:22	13.7
4	DĄBROWSKI Mirosław	114		M 50-59	4	00:27:41	00:39:31	00:44:26.60	+00:03:36	4:26	13.5
5	WIECZOREK Michał	551		M 50-59	5	00:27:58	00:40:33	00:45:37.05	+00:04:47	4:33	13.2
6	JAKUBOWSKI Dariusz	183	DGW	M 50-59	6	00:28:41	00:41:09	00:46:17.15	+00:05:27	4:37	13
7	GOLĘDZINOWSKI Tomasz	152		M 50-59	7	00:29:54	00:41:33	00:46:19.50	+00:05:29	4:37	13
8	SĄGOL Sylwester	448		M 50-59	8	00:28:37	00:41:41	00:47:04.45	+00:06:14	4:42	12.7
9	LIS Krzysztof	289		M 50-59	9	00:29:54	00:42:18	00:47:29.95	+00:06:40	4:44	12.6
10	FRĄCKOWSKI Sławomir	136		M 50-59	10	00:29:22	00:42:15	00:47:32.35	+00:06:42	4:45	12.6
11	PRZELASKOWSKI Artur	412		M 50-59	11	00:29:30	00:42:30	00:47:52.05	+00:07:02	4:47	12.5
12	URBAŃSKI Paweł	536	KERK-PALM IS TEAM	M 50-59	12	00:30:39	00:43:47	00:48:53.80	+00:08:03	4:53	12.3
13	OLSZEWSKI Rafał	363		M 50-59	13	00:30:51	00:43:39	00:48:55.15	+00:08:05	4:53	12.3
14	ARAŻNY Zbigniew	17	TRUCHT TARCHOMIN TEAM	M 50-59	14	00:31:42	00:44:40	00:50:10.80	+00:09:20	5:01	12
15	ŚCIBISZ Tomek	504		M 50-59	15	00:31:01	00:44:35	00:50:17.70	+00:09:27	5:01	11.9
16	TOMASZEK Artur	140		M 50-59	16	00:31:46	00:45:10	00:50:39.60	+00:09:49	5:03	11.8
17	JÓŻWIK Grzegorz	199		M 50-59	17	00:31:24	00:44:58	00:50:47.95	+00:09:58	5:04	11.8
18	WEREDA Paweł	639		M 50-59	18	00:31:44	00:45:27	00:51:03.85	+00:10:13	5:06	11.8
19	WILEŃSKI Zbigniew	555	GRUPA BIEGOWA UM W-WA	M 50-59	19	00:32:40	00:46:01	00:51:33.15	+00:10:43	5:09	11.6
20	ADAMIAK Robert	11	CURTIS	M 50-59	20	00:32:02	00:46:02	00:51:45.25	+00:10:55	5:10	11.6
21	SOCHA Marek	471		M 50-59	21	00:32:26	00:46:18	00:51:54.15	+00:11:04	5:11	11.6
22	OWOC Tomasz	376	PKO BANK POLSKI	M 50-59	22	00:32:52	00:46:20	00:51:59.75	+00:11:09	5:11	11.5
23	WICIŃSKI Andrzej	550	DIDI-ART	M 50-59	23	00:32:28	00:46:22	00:52:03.40	+00:11:13	5:12	11.5
24	BABIUCH Marek	22	RUN LOG	M 50-59	24	00:32:45	00:47:07	00:53:04.40	+00:12:14	5:18	11.3
25	WYSOCKI Robert	581	GRUPA CHTMO	M 50-59	25	00:34:09	00:47:59	00:53:47.80	+00:12:57	5:22	11.2
26	BOBROWSKI Marcin	55	RECEPTANANUDE.PL	M 50-59	26	00:35:37	00:49:38	00:55:29.30	+00:14:39	5:32	10.8
27	BAKUŁA Wiesław	26	WAMPIR	M 50-59	27	00:34:02	00:49:27	00:55:41.90	+00:14:52	5:34	10.8
28	MIŁOSZ Marek	335		M 50-59	28	00:34:03	00:49:54	00:56:40.35	+00:15:50	5:40	10.6
29	FROCZUK Piotr	673		M 50-59	29	00:36:38	00:51:47	00:57:40.20	+00:16:50	5:46	10.4
30	ZAKABŁUKOWSKI Artur	584		M 50-59	30	00:35:59	00:51:20	00:57:49.45	+00:16:59	5:46	10.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
31	KRAWCZYK Wojciech	253	BIEGAM NA TARCHOMINIE	M 50-59	31	00:36:23	00:51:53	00:58:33.35	+00:17:43	5:51	10.2
32	MIASTOWSKI Rafał	18	SŁOŃ B	M 50-59	32	00:37:15	00:52:58	00:59:25.25	+00:18:35	5:56	10.1
33	PYTKA Andrzej	417		M 50-59	33	00:36:47	00:53:05	00:59:51.60	+00:19:01	5:59	10
34	OLESIAK Arkadiusz	361	BIEGAM NA TARCHOMINIE	M 50-59	34	00:38:17	00:53:54	01:00:07.00	+00:19:17	6:00	10
35	K Bogdan	690		M 50-59	35	00:37:22	00:53:42	01:00:10.90	+00:19:21	6:01	10
36	KARMIŁOWICZ Eugeniusz	209	POLSKIE STOWARZYSZENIE SPORTU PO TRANSPLANTACJI	M 50-59	36	00:37:04	00:53:11	01:00:14.15	+00:19:24	6:01	10
37	KAZAŁA Piotr	214	BIEGOWE WTORKI NA TARCHOMINIE	M 50-59	37	00:36:27	00:53:38	01:00:48.15	+00:19:58	6:04	9.9
38	STRYJKOWSKI Marek	480	ROZBIEGANY SULEJÓWEK	M 50-59	38	00:38:26	00:54:55	01:01:38.90	+00:20:49	6:09	9.7
39	KITA Grzegorz	655	SMP	M 50-59	39	00:38:31	00:55:57	01:03:00.20	+00:22:10	6:18	9.5
40	PRĘGOWSKI Grzegorz	407	EKO BIEGI	M 50-59	40	00:39:23	00:56:41	01:03:55.35	+00:23:05	6:23	9.4
41	RYSZKA Bogusław	441		M 50-59	41	00:39:38	00:57:24	01:04:06.65	+00:23:16	6:24	9.4
42	PRZESTRZELSKI Sławomir	234		M 50-59	42	00:40:54	00:57:25	01:04:19.90	+00:23:30	6:25	9.3
43	ZIARA Jarosław	600		M 50-59	43	00:37:40	00:56:24	01:05:44.55	+00:24:54	6:34	9.1
44	KITA Grzegorz	660		M 50-59	44	00:40:38	00:59:11	01:06:38.20	+00:25:48	6:39	9
45	SOWA Paweł	151		M 50-59	45	00:40:30	00:59:58	01:07:24.90	+00:26:35	6:44	8.9
46	KOWALSKI Wiesław	248		M 50-59	46	00:42:20	01:01:38	01:09:43.30	+00:28:53	6:58	8.6
47	JURECKI Marek	201		M 50-59	47	00:42:33	01:03:57	01:12:35.65	+00:31:45	7:15	8.3
48	MAŚLOCH Piotr	694		M 50-59	48	00:44:09	01:06:32	01:15:25.05	+00:34:35	7:32	8
Przekroczony limit czasu: 01:30:00											
49	CIEŚLAK Paweł	94	SLOWJOGGING BIAŁOŁĘKA	M 50-59	49	00:59:44	01:25:31	01:37:46.90	+00:56:57	9:46	6.1
50	KAMIŃSKI Waldemar	9	SLOWJOGGING WARSZAWA	M 50-59	50	01:00:21	01:27:12	01:37:47.40	+00:56:57	9:46	6.1

Znaleziono 50 wynik(ów)