



# BIEG PRZEZ MOST

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** BIEG PRZEZ MOST  
**Organizator:** Urząd Dzielnicy Warszawa - Białołęka  
**Data:** 2022-09-04  
**Miejsce:** Warszawa  
**Dystans:** 10 km

**B4SPORT**  
INTELEGENE ZAWODY SPORTOWE

Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WASIEWICZ Krzysztof</b>	<b>709</b>	KONDYCJA	M 30-39	1			00:00:02	00:20:29	00:28:53	<b>00:32:18.60</b>	<b>00:32:20.85</b>		3:13	18.6 (100%)
2	<b>GROMEK Radosław</b>	<b>758</b>	AZS AWF WARSZAWA	M 30-39	2			00:00:02	00:20:51	00:29:19	<b>00:32:54.85</b>	<b>00:32:57.10</b>	+00:00:36 (1.8%)	3:17	18.2 (97.8%)
3	<b>KUREK Jarosław</b>	<b>577</b>	WOJSKOWA AKADEMIA TECHNICZNA	M 30-39	3	Tak		00:00:02	00:22:13	00:31:41	<b>00:35:43.05</b>	<b>00:35:45.65</b>	+00:03:24 (9.5%)	3:34	16.8 (90.3%)
4	<b>FALANDYSZ Damian</b>	<b>51</b>	WPRUNNING PRUSZKÓW	M 30-39	4			00:00:03	00:22:58	00:32:00	<b>00:35:57.45</b>	<b>00:36:00.60</b>	+00:03:38 (10.1%)	3:35	16.7 (89.8%)
5	<b>HILDEBRAND Marcin</b>	<b>66</b>	BIEGAM NA TARCHOMINIE	M 30-39	5	Tak		00:00:02	00:22:59	00:32:13	<b>00:36:20.85</b>	<b>00:36:23.75</b>	+00:04:02 (11.1%)	3:38	16.5 (88.7%)
6	<b>PYRZAK Paweł</b>	<b>81</b>	BIEGANIEPO40.PL	M 30-39	6	Tak		00:00:02	00:23:00	00:32:26	<b>00:36:34.75</b>	<b>00:36:36.75</b>	+00:04:16 (11.7%)	3:39	16.4 (88.2%)
7	<b>BEDNARZ Cezary</b>	<b>326</b>	BIEGAJĄCY ŚWIDNIK	M 30-39	7	Tak		00:00:03	00:23:24	00:33:02	<b>00:37:02.85</b>	<b>00:37:06.35</b>	+00:04:44 (12.8%)	3:42	16.2 (87.1%)
8	<b>ZARODKIEWICZ Dawid</b>	<b>65</b>	NAPRZÓD MŁOCINY/ #TZD	M 30-39	8			00:00:05	00:24:01	00:33:40	<b>00:37:50.75</b>	<b>00:37:55.75</b>	+00:05:32 (14.6%)	3:47	15.9 (85.5%)
9	<b>JUSIŃSKI Krystian</b>	<b>198</b>	BRACTWO BIEGOWE BGK	M 30-39	9			00:00:03	00:23:38	00:33:42	<b>00:37:55.60</b>	<b>00:37:59.30</b>	+00:05:37 (14.8%)	3:47	15.8 (84.9%)
10	<b>JĘDRZEJEWSKI Marcin</b>	<b>393</b>		M 30-39	10	Tak		00:00:03	00:23:50	00:33:50	<b>00:37:59.50</b>	<b>00:38:02.65</b>	+00:05:40 (15.0%)	3:47	15.8 (84.9%)
11	<b>SKWARCZ Paweł</b>	<b>60</b>		M 30-39	11	Tak		00:00:02	00:24:14	00:34:06	<b>00:38:04.55</b>	<b>00:38:07.50</b>	+00:05:45 (15.1%)	3:48	15.8 (84.9%)
12	<b>SZCZEPŁEK Jasio</b>	<b>433</b>	KS LEMIESZ TEAM	M 30-39	12		Tak	00:00:03	00:24:21	00:34:26	<b>00:38:36.85</b>	<b>00:38:39.90</b>	+00:06:18 (16.3%)	3:51	15.5 (83.3%)
13	<b>MICHLEWICZ Krzysztof</b>	<b>242</b>		M 30-39	13			00:00:06	00:25:23	00:35:37	<b>00:39:50.60</b>	<b>00:39:57.20</b>	+00:07:32 (18.9%)	3:59	15.1 (81.2%)
14	<b>KRZESZEWSKI Rafał</b>	<b>596</b>	BIEGAJ POD OKIEM TRENERA	M 30-39	14	Tak		00:00:06	00:25:21	00:35:32	<b>00:39:57.25</b>	<b>00:40:03.80</b>	+00:07:38 (19.1%)	3:59	15 (80.6%)
15	<b>RAK Adam</b>	<b>734</b>	WODOCIĄGI WARSZAWSKIE	M 30-39	15	Tak		00:00:09	00:25:52	00:37:01	<b>00:41:29.70</b>	<b>00:41:39.00</b>	+00:09:11 (22.1%)	4:08	14.5 (78.0%)
16	<b>TKACZYK Adam</b>	<b>674</b>		M 30-39	16			00:00:03	00:26:28	00:37:21	<b>00:41:56.05</b>	<b>00:41:59.95</b>	+00:09:37 (23.0%)	4:11	14.3 (76.9%)
17	<b>CHMIEL Krzysztof</b>	<b>138</b>	ZABIEGANY WOŁOMIN	M 30-39	17			00:00:14	00:27:08	00:37:53	<b>00:42:13.35</b>	<b>00:42:27.85</b>	+00:09:54 (23.5%)	4:13	14.2 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białołęka	Samorządowiec								
18	<b>KOŚCIK Jakub</b>	<b>105</b>		M 30-39	18			00:00:07	00:26:52	00:37:41	<b>00:42:16.85</b>	<b>00:42:24.00</b>	+00:09:58 (23.6%)	4:13	14.2 (76.3%)
19	<b>MACIEJOWICZ Michał</b>	<b>15</b>	VEGERUNNERS	M 30-39	19			00:00:15	00:27:09	00:38:06	<b>00:42:43.90</b>	<b>00:42:59.10</b>	+00:10:25 (24.4%)	4:16	14 (75.3%)
20	<b>ŚLIMKO Daniel</b>	<b>32</b>	OLEJ RUNNING TEAM	M 30-39	20	Tak		00:00:14	00:27:26	00:38:25	<b>00:42:51.70</b>	<b>00:43:05.80</b>	+00:10:33 (24.6%)	4:17	14 (75.3%)
21	<b>KOŁODZIEJ Mirosław</b>	<b>152</b>		M 30-39	21			00:00:12	00:27:21	00:38:42	<b>00:43:28.60</b>	<b>00:43:40.85</b>	+00:11:10 (25.7%)	4:20	13.8 (74.2%)
22	<b>KLUPŚ Damian</b>	<b>799</b>		M 30-39	22	Tak		00:00:10	00:27:50	00:39:04	<b>00:43:47.30</b>	<b>00:43:57.70</b>	+00:11:28 (26.2%)	4:22	13.7 (73.7%)
23	<b>PAŁCZYŃSKI Bartłomiej</b>	<b>505</b>		M 30-39	23			00:00:08	00:27:14	00:38:58	<b>00:43:47.55</b>	<b>00:43:55.70</b>	+00:11:28 (26.2%)	4:22	13.7 (73.7%)
24	<b>KALINOWSKI Kamil</b>	<b>299</b>		M 30-39	24	Tak		00:00:11	00:27:46	00:39:03	<b>00:43:51.00</b>	<b>00:44:02.75</b>	+00:11:32 (26.3%)	4:23	13.7 (73.7%)
25	<b>KAMIŃSKI Kamil</b>	<b>252</b>	@KODEKSSPORTOWCA	M 30-39	25	Tak		00:00:18	00:28:25	00:39:33	<b>00:44:02.05</b>	<b>00:44:20.05</b>	+00:11:43 (26.6%)	4:24	13.6 (73.1%)
26	<b>FALKOWSKI Łukasz</b>	<b>139</b>		M 30-39	26			00:00:13	00:28:22	00:40:11	<b>00:44:53.40</b>	<b>00:45:07.20</b>	+00:12:34 (28.0%)	4:29	13.4 (72.0%)
27	<b>ŚMIETAŁO Dawid</b>	<b>215</b>		M 30-39	27	Tak		00:00:17	00:28:27	00:40:07	<b>00:44:59.45</b>	<b>00:45:17.00</b>	+00:12:40 (28.2%)	4:29	13.3 (71.5%)
28	<b>DRZYMALA Krzysztof</b>	<b>79</b>		M 30-39	28			00:00:18	00:28:24	00:39:53	<b>00:45:06.15</b>	<b>00:45:24.15</b>	+00:12:47 (28.4%)	4:30	13.3 (71.5%)
29	<b>CHOTOMSKI Marcin</b>	<b>482</b>		M 30-39	29			00:00:05	00:28:54	00:40:40	<b>00:45:27.40</b>	<b>00:45:32.80</b>	+00:13:08 (28.9%)	4:32	13.2 (71.0%)
30	<b>SKOWROŃSKI Bartosz</b>	<b>213</b>		M 30-39	30			00:00:17	00:28:46	00:40:39	<b>00:45:31.25</b>	<b>00:45:48.50</b>	+00:13:12 (29.0%)	4:33	13.2 (71.0%)
31	<b>SIEDLECKI Łukasz</b>	<b>423</b>	BIEGANIEPO40.PL	M 30-39	31			00:00:20	00:28:29	00:40:23	<b>00:45:33.45</b>	<b>00:45:53.60</b>	+00:13:14 (29.1%)	4:33	13.2 (71.0%)
32	<b>BOBER Jarosław</b>	<b>398</b>		M 30-39	32			00:00:17	00:28:40	00:40:49	<b>00:45:41.40</b>	<b>00:45:58.70</b>	+00:13:22 (29.3%)	4:34	13.1 (70.4%)
33	<b>KARPIŃSKI Marcin</b>	<b>122</b>		M 30-39	33	Tak		00:00:34	00:29:03	00:40:55	<b>00:45:51.55</b>	<b>00:46:25.60</b>	+00:13:32 (29.5%)	4:35	13.1 (70.4%)
34	<b>KRÓL Maciej</b>	<b>755</b>	TRUCHT TARCHOMIN TEAM	M 30-39	34			00:00:27	00:29:48	00:41:27	<b>00:45:54.90</b>	<b>00:46:22.55</b>	+00:13:36 (29.6%)	4:35	13.1 (70.4%)
35	<b>JASTRZEMBSKI Piotr</b>	<b>193</b>		M 30-39	35	Tak		00:00:08	00:27:56	00:40:45	<b>00:46:00.50</b>	<b>00:46:08.60</b>	+00:13:41 (29.8%)	4:36	13 (69.9%)
36	<b>GŁASEK Piotr</b>	<b>324</b>		M 30-39	36			00:00:08	00:29:04	00:41:58	<b>00:46:46.10</b>	<b>00:46:54.45</b>	+00:14:27 (30.9%)	4:40	12.8 (68.8%)
37	<b>ŚCIBOR Marcin</b>	<b>228</b>	RUCH IZBICA	M 30-39	37			00:00:29	00:29:51	00:41:49	<b>00:46:55.05</b>	<b>00:47:24.35</b>	+00:14:36 (31.1%)	4:41	12.8 (68.8%)
38	<b>MATHEA Jacek</b>	<b>452</b>		M 30-39	38	Tak		00:01:14	00:29:46	00:42:05	<b>00:47:14.35</b>	<b>00:48:28.80</b>	+00:14:55 (31.6%)	4:43	12.7 (68.3%)
39	<b>ZIOMEK Wiktor</b>	<b>475</b>		M 30-39	39			00:00:27	00:30:01	00:42:30	<b>00:47:30.85</b>	<b>00:47:58.40</b>	+00:15:12 (32.0%)	4:45	12.6 (67.7%)
40	<b>HAUDEK Paweł</b>	<b>204</b>		M 30-39	40	Tak		00:00:15	00:30:03	00:42:42	<b>00:47:43.45</b>	<b>00:47:59.15</b>	+00:15:24 (32.3%)	4:46	12.6 (67.7%)
41	<b>DEREWICZ Mariusz</b>	<b>188</b>		M 30-39	41	Tak		00:00:53	00:30:08	00:42:40	<b>00:47:59.75</b>	<b>00:48:53.15</b>	+00:15:41 (32.7%)	4:47	12.5 (67.2%)
42	<b>LACHOWSKI Maciej</b>	<b>355</b>		M 30-39	42	Tak		00:02:05	00:30:24	00:42:53	<b>00:48:01.80</b>	<b>00:50:07.40</b>	+00:15:43 (32.7%)	4:48	12.5 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Białołęki	Samorządowiec									
43	<b>ROGUSKI Michał</b>	<b>337</b>		M 30-39	43	Tak			00:00:51	00:30:24	00:42:49	<b>00:48:07.70</b>	<b>00:48:59.35</b>	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
44	<b>KUCHAREK Paweł</b>	<b>588</b>		M 30-39	44	Tak			00:00:54	00:30:37	00:42:59	<b>00:48:08.50</b>	<b>00:49:03.05</b>	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
45	<b>ZASADA Dawid</b>	<b>352</b>		M 30-39	45				00:01:15	00:30:40	00:43:05	<b>00:48:19.45</b>	<b>00:49:35.20</b>	+00:16:00 (33.1%)	4:49	12.4 (66.7%)
46	<b>PODKAŃSKI Paweł</b>	<b>116</b>		M 30-39	46	Tak			00:00:09	00:30:12	00:43:05	<b>00:48:24.30</b>	<b>00:48:34.00</b>	+00:16:05 (33.3%)	4:50	12.4 (66.7%)
47	<b>DĄBROWSKI Łukasz Dąbrowski</b>	<b>457</b>		M 30-39	47				00:00:33	00:30:26	00:43:48	<b>00:48:58.30</b>	<b>00:49:31.45</b>	+00:16:39 (34.0%)	4:53	12.3 (66.1%)
48	<b>GERWATOWSKI Artur</b>	<b>249</b>		M 30-39	48	Tak			00:00:08	00:30:46	00:43:54	<b>00:49:11.25</b>	<b>00:49:20.15</b>	+00:16:52 (34.3%)	4:55	12.2 (65.6%)
49	<b>ŁOPAŁO Sebastian</b>	<b>747</b>		M 30-39	49				00:00:30	00:29:54	00:43:47	<b>00:49:15.65</b>	<b>00:49:45.65</b>	+00:16:57 (34.4%)	4:55	12.2 (65.6%)
50	<b>MARZEC Zbigniew</b>	<b>127</b>	BIEGAJĄCY KUCHARZ	M 30-39	50				00:01:20	00:31:23	00:43:58	<b>00:49:43.25</b>	<b>00:51:03.85</b>	+00:17:24 (35.0%)	4:58	12.1 (65.1%)
51	<b>TEODORCZYK Michał</b>	<b>251</b>		M 30-39	51	Tak			00:00:28	00:31:15	00:44:30	<b>00:49:43.65</b>	<b>00:50:11.95</b>	+00:17:25 (35.0%)	4:58	12.1 (65.1%)
52	<b>ŚCIBIOR Grzegorz</b>	<b>179</b>		M 30-39	52	Tak			00:02:15	00:31:51	00:44:58	<b>00:50:08.75</b>	<b>00:52:24.45</b>	+00:17:50 (35.6%)	5:00	12 (64.5%)
53	<b>ZIÓŁKOWSKI Maciej</b>	<b>511</b>		M 30-39	53				00:01:20	00:31:41	00:44:54	<b>00:50:17.25</b>	<b>00:51:38.00</b>	+00:17:58 (35.7%)	5:01	11.9 (64.0%)
54	<b>WOJTOWICZ Przemek</b>	<b>628</b>		M 30-39	54				00:00:38	00:31:49	00:44:41	<b>00:50:20.80</b>	<b>00:50:59.30</b>	+00:18:02 (35.8%)	5:02	11.9 (64.0%)
55	<b>KUREK Jacek</b>	<b>605</b>		M 30-39	55				00:01:01	00:31:45	00:44:56	<b>00:50:29.60</b>	<b>00:51:30.65</b>	+00:18:11 (36.0%)	5:02	11.9 (64.0%)
56	<b>JAWOREK Krzysztof</b>	<b>599</b>		M 30-39	56				00:00:52	00:31:27	00:45:09	<b>00:50:49.10</b>	<b>00:51:41.10</b>	+00:18:30 (36.4%)	5:04	11.8 (63.4%)
57	<b>DOBOSZ Piotr</b>	<b>601</b>	WŚCIEKŁE PIĘŚCI WĘŻA	M 30-39	57	Tak			00:01:42	00:32:01	00:45:20	<b>00:50:50.35</b>	<b>00:52:32.45</b>	+00:18:31 (36.4%)	5:05	11.8 (63.4%)
58	<b>BRALSKI Piotr</b>	<b>542</b>		M 30-39	58	Tak			00:01:27	00:32:12	00:45:27	<b>00:51:00.50</b>	<b>00:52:28.00</b>	+00:18:41 (36.7%)	5:06	11.8 (63.4%)
59	<b>RAK Michał</b>	<b>733</b>		M 30-39	59	Tak			00:01:22	00:31:24	00:44:56	<b>00:51:04.00</b>	<b>00:52:26.40</b>	+00:18:45 (36.7%)	5:06	11.7 (62.9%)
60	<b>UCINEK Łukasz</b>	<b>485</b>	STOMILEX	M 30-39	60				00:00:21	00:31:32	00:45:14	<b>00:51:04.05</b>	<b>00:51:25.90</b>	+00:18:45 (36.7%)	5:06	11.7 (62.9%)
61	<b>ŻAKOWICZ Piotr</b>	<b>148</b>		M 30-39	61				00:01:49	00:31:48	00:45:30	<b>00:51:14.30</b>	<b>00:53:04.20</b>	+00:18:55 (36.9%)	5:07	11.7 (62.9%)
62	<b>BAJDALA Robert</b>	<b>720</b>		M 30-39	62				00:01:37	00:33:32	00:46:28	<b>00:51:38.75</b>	<b>00:53:16.60</b>	+00:19:20 (37.4%)	5:09	11.6 (62.4%)
63	<b>DZYRUK Maciej</b>	<b>460</b>		M 30-39	63				00:01:25	00:32:10	00:45:57	<b>00:51:43.35</b>	<b>00:53:08.50</b>	+00:19:24 (37.5%)	5:10	11.6 (62.4%)
64	<b>GODLEWSKI Artur</b>	<b>45</b>	BIEGAM NA TARCHOMINIE	M 30-39	64	Tak			00:00:36	00:32:06	00:46:14	<b>00:51:44.75</b>	<b>00:52:20.80</b>	+00:19:26 (37.6%)	5:10	11.6 (62.4%)
65	<b>ORŁOWSKI Kacper</b>	<b>184</b>		M 30-39	65				00:01:26	00:32:45	00:46:14	<b>00:51:52.95</b>	<b>00:53:19.00</b>	+00:19:34 (37.7%)	5:11	11.6 (62.4%)
66	<b>KEMPA Piotr</b>	<b>362</b>		M 30-39	66	Tak			00:00:38	00:32:40	00:46:17	<b>00:51:58.95</b>	<b>00:52:37.30</b>	+00:19:40 (37.8%)	5:11	11.5 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
						Białołęki	Samorządowiec	startu	6.6km	9km	10km	10km				
67	ZAWROTNY Mariusz	217	ERAZM BIEGA	M 30-39	67	Tak			00:00:10	00:32:41	00:46:41	<b>00:52:06.90</b>	<b>00:52:16.90</b>	+00:19:48 (38.0%)	5:12	11.5 (61.8%)
68	ZAWADZKI Krystian	642		M 30-39	68				00:00:13	00:32:42	00:46:42	<b>00:52:11.20</b>	<b>00:52:25.00</b>	+00:19:52 (38.1%)	5:13	11.5 (61.8%)
69	JAROSZEWSKI Konrad	90		M 30-39	69				00:00:50	00:32:08	00:46:15	<b>00:52:17.25</b>	<b>00:53:08.20</b>	+00:19:58 (38.2%)	5:13	11.5 (61.8%)
70	WOLFF Tomek	598	BIEGAJĄCE ZĄBKI	M 30-39	70				00:01:02	00:33:02	00:46:42	<b>00:52:27.25</b>	<b>00:53:29.60</b>	+00:20:08 (38.4%)	5:14	11.4 (61.3%)
71	KUSY Jacek	377		M 30-39	71	Tak			00:01:47	00:34:04	00:47:44	<b>00:53:01.05</b>	<b>00:54:48.85</b>	+00:20:42 (39.1%)	5:18	11.3 (60.8%)
72	ŚLEPOWROŃSKI Jakub	296	PZU SPORT TEAM	M 30-39	72	Tak			00:01:25	00:32:37	00:47:27	<b>00:53:14.15</b>	<b>00:54:39.30</b>	+00:20:55 (39.3%)	5:19	11.3 (60.8%)
73	SAWICKI Wojciech	35		M 30-39	73				00:00:35	00:35:09	00:48:27	<b>00:53:27.00</b>	<b>00:54:02.20</b>	+00:21:08 (39.6%)	5:20	11.2 (60.2%)
74	KAŹMIERSKI Adrian	243		M 30-39	74				00:01:25	00:33:29	00:47:45	<b>00:53:38.95</b>	<b>00:55:04.40</b>	+00:21:20 (39.8%)	5:21	11.2 (60.2%)
75	CHOJNOWSKI Arkadiusz	288	ZABIEGANY WOŁOMIN	M 30-39	75				00:01:32	00:33:54	00:47:58	<b>00:53:43.60</b>	<b>00:55:15.85</b>	+00:21:25 (39.9%)	5:22	11.2 (60.2%)
76	SADOCH Krzysztof	354		M 30-39	76				00:00:12	00:32:34	00:47:32	<b>00:53:58.35</b>	<b>00:54:10.40</b>	+00:21:39 (40.1%)	5:23	11.1 (59.7%)
77	NIKOLENKO Illia	714		M 30-39	77	Tak			00:00:02			<b>00:53:59.20</b>	<b>00:54:01.20</b>	+00:21:40 (40.2%)	5:23	11.1 (59.7%)
78	JAWORSKI Łukasz	206		M 30-39	78				00:01:12	00:33:01	00:47:50	<b>00:54:01.90</b>	<b>00:55:14.80</b>	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
79	MIKOŁAJEWICZ Paweł	752		M 30-39	79	Tak			00:00:41	00:32:51	00:47:55	<b>00:54:02.50</b>	<b>00:54:43.75</b>	+00:21:43 (40.2%)	5:24	11.1 (59.7%)
80	JANKOWSKI Dariusz	303		M 30-39	80				00:01:33	00:34:39	00:48:16	<b>00:54:03.95</b>	<b>00:55:37.25</b>	+00:21:45 (40.2%)	5:24	11.1 (59.7%)
81	KOPROWSKI Jacek	341		M 30-39	81				00:01:34	00:34:45	00:48:29	<b>00:54:15.70</b>	<b>00:55:50.65</b>	+00:21:57 (40.5%)	5:25	11.1 (59.7%)
82	MIODUSZEWSKI Adrian	334		M 30-39	82				00:01:35	00:34:37	00:48:25	<b>00:54:20.75</b>	<b>00:55:56.30</b>	+00:22:02 (40.5%)	5:26	11 (59.1%)
83	KALINOWSKI Konrad	101		M 30-39	83				00:02:02	00:34:10	00:48:44	<b>00:54:31.60</b>	<b>00:56:34.10</b>	+00:22:13 (40.7%)	5:27	11 (59.1%)
84	KOWALCZYK Tomasz	561		M 30-39	84				00:01:26	00:34:21	00:49:08	<b>00:55:23.95</b>	<b>00:56:50.30</b>	+00:23:05 (41.7%)	5:32	10.8 (58.1%)
85	TYMENDORF Michał	484	STOMILEX	M 30-39	85				00:00:35	00:34:46	00:49:26	<b>00:55:28.05</b>	<b>00:56:03.70</b>	+00:23:09 (41.7%)	5:32	10.8 (58.1%)
86	SENKO Mateusz	141	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M 30-39	86	Tak			00:01:38	00:35:20	00:49:42	<b>00:55:36.85</b>	<b>00:57:15.80</b>	+00:23:18 (41.9%)	5:33	10.8 (58.1%)
87	BURZYŃSKI Rafał	64	BRAK	M 30-39	87				00:00:20	00:33:50	00:49:18	<b>00:55:38.05</b>	<b>00:55:58.05</b>	+00:23:19 (41.9%)	5:33	10.8 (58.1%)
88	ŻURAWSKI Michał	732	POLSKA	M 30-39	88				00:01:47	00:35:18	00:49:33	<b>00:55:42.90</b>	<b>00:57:30.55</b>	+00:23:24 (42.0%)	5:34	10.8 (58.1%)
89	KARBOWNIK Kuba	623		M 30-39	89	Tak			00:01:42	00:35:24	00:49:38	<b>00:55:45.35</b>	<b>00:57:28.00</b>	+00:23:26 (42.1%)	5:34	10.8 (58.1%)
90	SEIDER Igor	784	THE SEIDERS	M 30-39	90				00:00:46	00:36:05	00:50:33	<b>00:56:03.35</b>	<b>00:56:49.80</b>	+00:23:44 (42.4%)	5:36	10.7 (57.5%)
91	SKRZYPEK Michał	11		M 30-39	91				00:00:57	00:38:32	00:49:46	<b>00:56:07.45</b>	<b>00:57:04.90</b>	+00:23:48 (42.4%)	5:36	10.7 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Białołęki	Samorządowiec	startu	6.6km	9km	10km	10km			
92	<b>ROGALA Marcin</b>	<b>697</b>		M 30-39	92			00:01:41	00:35:18	00:50:03	<b>00:56:09.80</b>	<b>00:57:51.45</b>	+00:23:51 (42.5%)	5:36	10.7 (57.5%)
93	<b>OSKWAREK Paweł</b>	<b>119</b>		M 30-39	93	Tak		00:02:20	00:36:05	00:50:19	<b>00:56:11.30</b>	<b>00:58:31.30</b>	+00:23:52 (42.5%)	5:37	10.7 (57.5%)
94	<b>KUMOROWSKI Mateusz</b>	<b>463</b>		M 30-39	94			00:00:38	00:33:02	00:48:38	<b>00:56:19.15</b>	<b>00:56:58.10</b>	+00:24:00 (42.6%)	5:37	10.7 (57.5%)
95	<b>HENTKA Kamil</b>	<b>568</b>	UKL OLIMPIJCZYK 112	M 30-39	95			00:01:49	00:36:16	00:50:29	<b>00:56:24.95</b>	<b>00:58:13.95</b>	+00:24:06 (42.7%)	5:38	10.6 (57.0%)
96	<b>GEŁCZEWSKI Adam</b>	<b>656</b>		M 30-39	96			00:00:43	00:34:59	00:49:38	<b>00:56:27.75</b>	<b>00:57:11.50</b>	+00:24:09 (42.8%)	5:38	10.6 (57.0%)
97	<b>PANEK Paweł</b>	<b>455</b>		M 30-39	97			00:01:57	00:36:09	00:50:53	<b>00:57:05.20</b>	<b>00:59:02.65</b>	+00:24:46 (43.4%)	5:42	10.5 (56.5%)
98	<b>WRONIEWSKI Grzegorz</b>	<b>572</b>		M 30-39	98			00:00:59	00:34:17	00:50:31	<b>00:57:09.50</b>	<b>00:58:08.65</b>	+00:24:50 (43.5%)	5:42	10.5 (56.5%)
99	<b>KRATOK Dmitry</b>	<b>615</b>	RAN WAWA RUN	M 30-39	99			00:00:52	00:35:59	00:50:49	<b>00:57:14.15</b>	<b>00:58:07.05</b>	+00:24:55 (43.5%)	5:43	10.5 (56.5%)
100	<b>STROMECKI Marcin</b>	<b>530</b>	BFM	M 30-39	100	Tak		00:02:41	00:34:14	00:51:12	<b>00:57:25.15</b>	<b>01:00:06.75</b>	+00:25:06 (43.7%)	5:44	10.4 (55.9%)
101	<b>SŁOWIK Paweł</b>	<b>602</b>		M 30-39	101			00:00:16	00:35:55	00:51:02	<b>00:57:26.95</b>	<b>00:57:43.00</b>	+00:25:08 (43.8%)	5:44	10.4 (55.9%)
102	<b>PIASECKI Rafał</b>	<b>108</b>		M 30-39	102	Tak		00:00:16	00:35:52	00:51:02	<b>00:57:27.05</b>	<b>00:57:43.20</b>	+00:25:08 (43.8%)	5:44	10.4 (55.9%)
103	<b>WASIAK Bartosz</b>	<b>144</b>		M 30-39	103	Tak		00:01:37	00:35:52	00:51:39	<b>00:57:31.15</b>	<b>00:59:09.10</b>	+00:25:12 (43.8%)	5:45	10.4 (55.9%)
104	<b>MALANOWICZ Michał</b>	<b>408</b>		M 30-39	104			00:01:38	00:37:47	00:52:15	<b>00:58:04.60</b>	<b>00:59:43.25</b>	+00:25:46 (44.4%)	5:48	10.3 (55.4%)
105	<b>TRZESIŃSKI Michał</b>	<b>665</b>		M 30-39	105	Tak		00:00:31	00:35:50	00:51:40	<b>00:58:14.60</b>	<b>00:58:45.70</b>	+00:25:56 (44.5%)	5:49	10.3 (55.4%)
106	<b>ZANIEWICZ Andrzej</b>	<b>684</b>		M 30-39	106	Tak		00:01:53	00:37:27	00:52:15	<b>00:58:21.35</b>	<b>01:00:15.05</b>	+00:26:02 (44.6%)	5:50	10.3 (55.4%)
107	<b>ZACŁONA Paweł</b>	<b>785</b>		M 30-39	107			00:01:47	00:37:32	00:52:09	<b>00:58:25.30</b>	<b>01:00:12.75</b>	+00:26:06 (44.7%)	5:50	10.3 (55.4%)
108	<b>JÓZEFOWICZ Maciej</b>	<b>551</b>	VEGE RUNNERS	M 30-39	108			00:01:45	00:37:34	00:52:11	<b>00:58:28.50</b>	<b>01:00:13.50</b>	+00:26:09 (44.7%)	5:50	10.3 (55.4%)
109	<b>PIWOWARSKI Dariusz</b>	<b>608</b>		M 30-39	109	Tak		00:00:59	00:36:28	00:52:03	<b>00:58:31.90</b>	<b>00:59:31.20</b>	+00:26:13 (44.8%)	5:51	10.3 (55.4%)
110	<b>PRZYBYŁA Karol</b>	<b>471</b>	MASADA	M 30-39	110			00:01:49	00:35:43	00:51:37	<b>00:58:44.55</b>	<b>01:00:34.25</b>	+00:26:25 (45.0%)	5:52	10.2 (54.8%)
111	<b>ADAMSKI Marcin</b>	<b>778</b>		M 30-39	111		Tak	00:00:32	00:37:29	00:52:54	<b>00:58:49.95</b>	<b>00:59:22.05</b>	+00:26:31 (45.1%)	5:52	10.2 (54.8%)
112	<b>ŁOTOWSKI Emil</b>	<b>244</b>		M 30-39	112			00:00:47	00:36:04	00:52:15	<b>00:59:02.85</b>	<b>00:59:50.55</b>	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
113	<b>CHRZANOWSKI Wojciech</b>	<b>498</b>		M 30-39	113			00:00:57	00:37:30	00:53:25	<b>00:59:51.80</b>	<b>01:00:49.50</b>	+00:27:33 (46.0%)	5:59	10 (53.8%)
114	<b>FURR Joshua</b>	<b>459</b>		M 30-39	114	Yes		00:00:59	00:36:23	00:53:03	<b>01:00:04.55</b>	<b>01:01:04.30</b>	+00:27:45 (46.2%)	6:00	10 (53.8%)
115	<b>GWIZDAŁA Tomasz</b>	<b>683</b>		M 30-39	115			00:01:45	00:38:42	00:54:23	<b>01:00:05.60</b>	<b>01:01:50.90</b>	+00:27:47 (46.2%)	6:00	10 (53.8%)
116	<b>SKROBEK Piotr</b>	<b>793</b>		M 30-39	116			00:02:08	00:39:12	00:54:36	<b>01:00:25.85</b>	<b>01:02:34.75</b>	+00:28:07 (46.5%)	6:02	9.9 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Białołęki	Samorządowiec	startu	6.6km	9km	10km	10km			
117	<b>STACH Grzegorz</b>	<b>265</b>		M 30-39	117			00:00:36	00:37:24	00:53:47	<b>01:00:34.75</b>	<b>01:01:10.75</b>	+00:28:16 (46.7%)	6:03	9.9 (53.2%)
118	<b>SIKORA Mateusz</b>	<b>591</b>		M 30-39	118			00:01:51	00:38:17	00:54:31	<b>01:01:19.60</b>	<b>01:03:10.80</b>	+00:29:01 (47.3%)	6:07	9.8 (52.7%)
119	<b>KRAWCZYK Michał</b>	<b>371</b>		M 30-39	119	Tak		00:02:05	00:39:39	00:55:35	<b>01:01:30.30</b>	<b>01:03:35.95</b>	+00:29:11 (47.5%)	6:09	9.8 (52.7%)
120	<b>SZUMOTALSKI Kamil</b>	<b>439</b>		M 30-39	120			00:01:59	00:38:40	00:54:40	<b>01:01:34.80</b>	<b>01:03:34.65</b>	+00:29:16 (47.5%)	6:09	9.7 (52.2%)
121	<b>SADOWSKI Kamil</b>	<b>170</b>		M 30-39	121		Tak	00:01:48	00:37:56	00:54:46	<b>01:01:39.90</b>	<b>01:03:28.50</b>	+00:29:21 (47.6%)	6:09	9.7 (52.2%)
122	<b>ŚMIECHOWSKI Marcin</b>	<b>427</b>		M 30-39	122			00:01:56	00:37:54	00:54:11	<b>01:01:40.15</b>	<b>01:03:36.20</b>	+00:29:21 (47.6%)	6:10	9.7 (52.2%)
123	<b>CHODUN Paweł</b>	<b>559</b>		M 30-39	123			00:00:51	00:39:07	00:55:12	<b>01:01:43.50</b>	<b>01:02:35.00</b>	+00:29:24 (47.7%)	6:10	9.7 (52.2%)
124	<b>CZAJKOWSKI Bartłomiej</b>	<b>754</b>	EKOBIEGI	M 30-39	124			00:02:00	00:40:17	00:56:13	<b>01:02:52.80</b>	<b>01:04:53.75</b>	+00:30:34 (48.6%)	6:17	9.5 (51.1%)
125	<b>BARDZIŃSKI Łukasz</b>	<b>82</b>		M 30-39	125	Tak		00:01:21	00:38:01	00:55:52	<b>01:03:11.30</b>	<b>01:04:33.10</b>	+00:30:52 (48.9%)	6:19	9.5 (51.1%)
126	<b>GLUSHKO Iurii</b>	<b>769</b>		M 30-39	126			00:00:02	00:26:56	00:54:59	<b>01:03:23.40</b>	<b>01:03:26.10</b>	+00:31:04 (49.0%)	6:20	9.5 (51.1%)
127	<b>URBANSKI Dominik</b>	<b>444</b>		M 30-39	127			00:02:07	00:40:03	00:56:14	<b>01:03:28.00</b>	<b>01:05:35.35</b>	+00:31:09 (49.1%)	6:20	9.5 (51.1%)
128	<b>PŁOCHA Rafał</b>	<b>346</b>		M 30-39	128	Tak		00:01:55	00:40:12	00:56:34	<b>01:03:31.85</b>	<b>01:05:27.15</b>	+00:31:13 (49.1%)	6:21	9.4 (50.5%)
129	<b>KULBACKI Kamil</b>	<b>470</b>		M 30-39	129	Tak		00:01:55	00:40:20	00:56:35	<b>01:03:36.15</b>	<b>01:05:31.90</b>	+00:31:17 (49.2%)	6:21	9.4 (50.5%)
130	<b>PLIUSHCHYK Eduard</b>	<b>446</b>		M 30-39	130		Tak	00:00:23	00:40:41	00:56:49	<b>01:03:40.85</b>	<b>01:04:04.35</b>	+00:31:22 (49.3%)	6:22	9.4 (50.5%)
131	<b>KOPROWICZ Damian</b>	<b>332</b>		M 30-39	131			00:02:04	00:41:01	00:57:35	<b>01:04:46.25</b>	<b>01:06:51.15</b>	+00:32:27 (50.1%)	6:28	9.3 (50.0%)
132	<b>FARIAS PELCASTRE Ivan</b>	<b>379</b>		M 30-39	132			00:00:03	00:37:53	00:58:16	<b>01:05:21.70</b>	<b>01:05:25.50</b>	+00:33:03 (50.6%)	6:32	9.2 (49.5%)
133	<b>SOCHA Paweł</b>	<b>315</b>		M 30-39	133			00:00:02	00:41:25	00:58:30	<b>01:06:34.55</b>	<b>01:06:36.55</b>	+00:34:15 (51.5%)	6:39	9 (48.4%)
134	<b>KRÓL Łukasz</b>	<b>83</b>	PZU SPORT TEAM	M 30-39	134			00:00:32	00:41:10	00:58:59	<b>01:06:46.20</b>	<b>01:07:18.30</b>	+00:34:27 (51.6%)	6:40	9 (48.4%)
135	<b>OLSZEWSKI Łukasz</b>	<b>236</b>		M 30-39	135	Tak		00:00:03	00:42:11	01:01:25	<b>01:08:50.10</b>	<b>01:08:54.00</b>	+00:36:31 (53.1%)	6:53	8.7 (46.8%)
136	<b>WYROSTEK Przemysław</b>	<b>497</b>	STOMILEX	M 30-39	136			00:00:24	00:43:29	01:02:17	<b>01:09:38.15</b>	<b>01:10:02.15</b>	+00:37:19 (53.6%)	6:57	8.6 (46.2%)
137	<b>KARWECKI Patryk</b>	<b>75</b>		M 30-39	137	Tak		00:00:31	00:46:09	01:04:33	<b>01:12:20.75</b>	<b>01:12:52.15</b>	+00:40:02 (55.3%)	7:14	8.3 (44.6%)
138	<b>LIBERA Paweł</b>	<b>565</b>		M 30-39	138	Tak	Tak	00:01:58	00:43:59	01:04:07	<b>01:12:57.40</b>	<b>01:14:55.90</b>	+00:40:38 (55.7%)	7:17	8.2 (44.1%)
139	<b>BODYS Sylwester</b>	<b>112</b>		M 30-39	139	Tak		00:00:09	00:46:41	01:06:12	<b>01:14:21.60</b>	<b>01:14:31.50</b>	+00:42:03 (56.5%)	7:26	8.1 (43.5%)
140	<b>MILIK Tomasz</b>	<b>115</b>		M 30-39	140	Tak		00:01:49	00:48:12	01:08:44	<b>01:16:56.70</b>	<b>01:18:46.15</b>	+00:44:38 (58.0%)	7:41	7.8 (41.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
141	<b>CZYŻ Michał</b>	<b>36</b>		M 30-39	141	Tak		00:00:23	00:51:02	01:12:53	<b>01:22:22.90</b>	<b>01:22:46.10</b>	+00:50:04 (60.8%)	8:14	7.3 (39.2%)
<b>Przekroczony limit czasu: 01:30:00</b>															
142	<b>MAJKOWSKI Michał</b>	<b>374</b>		M 30-39	142	Tak		00:00:19	00:58:59	01:24:33	<b>01:35:04.35</b>	<b>01:35:23.80</b>	+01:02:45 (66.0%)	9:30	6.3 (33.9%)
143	<b>SIEMIENIAKA Marek</b>	<b>246</b>	BIEGAM NA TARCHOMINIE	M 30-39	143	Tak		00:00:32	00:29:04	00:38:41			+00:09:48	4:17	14 (75.3%)
144	<b>BOCHENEK Sebastian</b>	<b>722</b>		M 30-39	144			00:02:12							(0.0%)

Znaleziono 144 wynik(ów)