



# BIEG PRZEZ MOST

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

**BIEG PRZEZ MOST**  
Urząd Dzielnicy Warszawa - Białołęka  
2022-09-04  
Warszawa  
10 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M 50-59

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>BRUCKI Robert</b>	<b>479</b>	CHYŁOŃSKIE DZIKI GDYNIA / BIEGAMYRAZEM.PL	M 50-59	1			00:00:12	00:25:15	00:35:26	<b>00:39:49.35</b>	<b>00:40:01.70</b>		3:58	15.1 (100%)
2	<b>GRZYBOWSKI Mariusz</b>	<b>721</b>		M 50-59	2			00:00:03	00:25:33	00:36:19	<b>00:40:55.05</b>	<b>00:40:58.60</b>	+00:01:05 (2.7%)	4:05	14.7 (97.4%)
3	<b>JASKÓŁOWSKI Waldemar</b>	<b>237</b>		M 50-59	3	Tak		00:00:18	00:28:24	00:39:40	<b>00:44:29.25</b>	<b>00:44:47.50</b>	+00:04:39 (10.5%)	4:26	13.5 (89.4%)
4	<b>KANIA Paweł</b>	<b>723</b>	BIEGAM NA TARCHOMINIE	M 50-59	4	Tak		00:00:18	00:28:52	00:41:01	<b>00:46:07.80</b>	<b>00:46:26.10</b>	+00:06:18 (13.7%)	4:36	13 (86.1%)
5	<b>ŻAKOWSKI Michał</b>	<b>436</b>		M 50-59	5			00:00:14	00:28:58	00:41:11	<b>00:46:22.10</b>	<b>00:46:36.20</b>	+00:06:32 (14.1%)	4:38	12.9 (85.4%)
6	<b>MAMLA Zbigniew</b>	<b>606</b>	BIEGIEM NA KAWĘ	M 50-59	6	Tak		00:00:14	00:29:04	00:41:32	<b>00:46:38.60</b>	<b>00:46:53.00</b>	+00:06:49 (14.6%)	4:39	12.9 (85.4%)
7	<b>KAKOLECKI Michał</b>	<b>438</b>		M 50-59	7	Tak		00:00:36	00:29:38	00:41:38	<b>00:46:50.55</b>	<b>00:47:26.75</b>	+00:07:01 (15.0%)	4:41	12.8 (84.8%)
8	<b>WIAZOWSKI Jarosław</b>	<b>537</b>	INCLUDO JAROSŁAW WIAZOWSKI	M 50-59	8	Tak		00:00:18	00:29:16	00:42:22	<b>00:47:32.40</b>	<b>00:47:50.60</b>	+00:07:43 (16.2%)	4:45	12.6 (83.4%)
9	<b>PRUSZYŃSKI Edward</b>	<b>467</b>	KB OŻARÓW MAZOWIECKI BIEGA	M 50-59	9			00:01:40	00:30:26	00:42:32	<b>00:47:35.55</b>	<b>00:49:16.00</b>	+00:07:46 (16.3%)	4:45	12.6 (83.4%)
10	<b>KRAWCZYK Wojciech</b>	<b>295</b>	BIEGAM NA TARCHOMINIE	M 50-59	10	Tak		00:00:21	00:30:22	00:42:45	<b>00:47:58.90</b>	<b>00:48:20.60</b>	+00:08:09 (17.0%)	4:47	12.5 (82.8%)
11	<b>WEREDA Paweł</b>	<b>319</b>		M 50-59	11			00:00:17	00:30:21	00:43:01	<b>00:48:23.15</b>	<b>00:48:41.10</b>	+00:08:33 (17.7%)	4:50	12.4 (82.1%)
12	<b>GRZYMAŁA Andrzej</b>	<b>466</b>		M 50-59	12	Tak		00:01:27	00:31:18	00:44:02	<b>00:49:28.05</b>	<b>00:50:55.05</b>	+00:09:38 (19.5%)	4:56	12.1 (80.1%)
13	<b>ARAŻNY Zbigniew</b>	<b>142</b>		M 50-59	13	Tak		00:01:20	00:31:24	00:43:58	<b>00:49:45.65</b>	<b>00:51:05.90</b>	+00:09:56 (20.0%)	4:58	12.1 (80.1%)
14	<b>SZCZEPAŃSKI Saturnin</b>	<b>316</b>	RUNNERS TEAM JABŁONNA	M 50-59	14			00:00:29	00:31:44	00:44:36	<b>00:49:54.80</b>	<b>00:50:24.05</b>	+00:10:05 (20.2%)	4:59	12 (79.5%)
15	<b>FRAĆKOWSKI Sławomir</b>	<b>340</b>		M 50-59	15	Tak		00:00:39	00:31:35	00:44:29	<b>00:49:56.20</b>	<b>00:50:35.55</b>	+00:10:06 (20.3%)	4:59	12 (79.5%)
16	<b>KOZŁOWSKI Paweł</b>	<b>383</b>		M 50-59	16			00:01:01	00:31:23	00:44:36	<b>00:49:56.25</b>	<b>00:50:57.35</b>	+00:10:06 (20.3%)	4:59	12 (79.5%)
17	<b>GALUHN Mariusz</b>	<b>160</b>		M 50-59	17			00:01:22	00:32:05	00:45:22	<b>00:51:03.50</b>	<b>00:52:25.70</b>	+00:11:14 (22.0%)	5:06	11.8 (78.1%)
18	<b>OWOC Tomasz</b>	<b>742</b>	PKO BANK POLSKI / NEW BALANCE RUN CLUB	M 50-59	18			00:01:26	00:32:09	00:45:34	<b>00:51:14.65</b>	<b>00:52:41.00</b>	+00:11:25 (22.3%)	5:07	11.7 (77.5%)
19	<b>GWIZDAŁA Cezary</b>	<b>727</b>		M 50-59	19	Tak		00:01:01	00:32:25	00:45:44	<b>00:51:17.65</b>	<b>00:52:19.25</b>	+00:11:28 (22.4%)	5:07	11.7 (77.5%)

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								
20	<b>CHARLEJ Ireneusz</b>	<b>247</b>		M 50-59	20			00:01:23	00:32:51	00:46:22	<b>00:51:57.75</b>	<b>00:53:21.35</b>	+00:12:08 (23.4%)	5:11	11.5 (76.2%)
21	<b>MICHAŁEK Tomasz</b>	<b>657</b>		M 50-59	21			00:00:46	00:32:04	00:46:13	<b>00:52:20.45</b>	<b>00:53:06.75</b>	+00:12:31 (23.9%)	5:14	11.5 (76.2%)
22	<b>SENGER Rafał</b>	<b>154</b>		M 50-59	22		Tak	00:00:37	00:33:19	00:47:11	<b>00:52:49.55</b>	<b>00:53:27.30</b>	+00:13:00 (24.6%)	5:16	11.4 (75.5%)
23	<b>GIL Wojciech</b>	<b>570</b>		M 50-59	23			00:00:50	00:33:25	00:47:09	<b>00:52:52.45</b>	<b>00:53:43.15</b>	+00:13:03 (24.7%)	5:17	11.3 (74.8%)
24	<b>FLORCZUK Piotr</b>	<b>571</b>	FOREVER TEAM	M 50-59	24			00:01:34	00:34:05	00:47:28	<b>00:52:52.90</b>	<b>00:54:26.90</b>	+00:13:03 (24.7%)	5:17	11.3 (74.8%)
25	<b>KOSEWSKI Cezary</b>	<b>373</b>		M 50-59	25			00:01:14	00:33:31	00:47:09	<b>00:52:55.85</b>	<b>00:54:10.40</b>	+00:13:06 (24.8%)	5:17	11.3 (74.8%)
26	<b>JANKOWSKI Michał</b>	<b>545</b>	3 LO	M 50-59	26			00:00:44	00:33:35	00:47:28	<b>00:53:10.95</b>	<b>00:53:55.75</b>	+00:13:21 (25.1%)	5:19	11.3 (74.8%)
27	<b>BUGIERA Marek</b>	<b>771</b>		M 50-59	27			00:02:14	00:33:32	00:48:01	<b>00:54:16.20</b>	<b>00:56:30.90</b>	+00:14:26 (26.6%)	5:25	11.1 (73.5%)
28	<b>WILEŃSKI Zbigniew</b>	<b>562</b>	GRUPA BIEGOWA UM W-WA	M 50-59	28		Tak	00:01:34	00:33:57	00:48:25	<b>00:54:28.90</b>	<b>00:56:02.90</b>	+00:14:39 (26.9%)	5:26	11 (72.8%)
29	<b>ŚWITAŁA Adam</b>	<b>780</b>		M 50-59	29			00:01:21	00:33:35	00:48:34	<b>00:54:53.75</b>	<b>00:56:15.00</b>	+00:15:04 (27.5%)	5:29	10.9 (72.2%)
30	<b>BAKUŁA Wiesław</b>	<b>359</b>		M 50-59	30			00:01:12	00:34:53	00:50:00	<b>00:56:26.60</b>	<b>00:57:39.35</b>	+00:16:37 (29.4%)	5:38	10.6 (70.2%)
31	<b>PYTKA Andrzej</b>	<b>325</b>	ZAMOŚĆ BIEGA	M 50-59	31	Tak		00:02:05	00:35:45	00:50:20	<b>00:56:31.90</b>	<b>00:58:37.50</b>	+00:16:42 (29.6%)	5:39	10.6 (70.2%)
32	<b>MIŁOSZ Marek</b>	<b>495</b>		M 50-59	32	Tak		00:00:49	00:34:53	00:50:01	<b>00:56:36.80</b>	<b>00:57:25.90</b>	+00:16:47 (29.7%)	5:39	10.6 (70.2%)
33	<b>GOŚ Jacek</b>	<b>100</b>		M 50-59	33	Tak		00:01:48	00:35:52	00:50:24	<b>00:56:38.85</b>	<b>00:58:27.35</b>	+00:16:49 (29.7%)	5:39	10.6 (70.2%)
34	<b>WOJDAK Piotr</b>	<b>538</b>	STOMILEX	M 50-59	34			00:00:37	00:35:48	00:50:27	<b>00:56:53.75</b>	<b>00:57:31.05</b>	+00:17:04 (30.0%)	5:41	10.5 (69.5%)
35	<b>GAGAŁA Przemysław</b>	<b>94</b>		M 50-59	35			00:01:47	00:37:11	00:52:01	<b>00:58:07.45</b>	<b>00:59:54.80</b>	+00:18:18 (31.5%)	5:48	10.3 (68.2%)
36	<b>KAZAŁA Piotr</b>	<b>365</b>		M 50-59	36	Tak		00:01:44	00:35:48	00:51:34	<b>00:58:33.85</b>	<b>01:00:18.00</b>	+00:18:44 (32.0%)	5:51	10.2 (67.5%)
37	<b>SUCHODOLSKI Mariusz</b>	<b>114</b>		M 50-59	37	Tak		00:01:44	00:37:34	00:52:23	<b>00:59:04.75</b>	<b>01:00:48.85</b>	+00:19:15 (32.6%)	5:54	10.2 (67.5%)
38	<b>JABŁOŃSKI Piotr</b>	<b>201</b>		M 50-59	38	Tak		00:01:34	00:36:27	00:52:27	<b>00:59:04.85</b>	<b>01:00:39.65</b>	+00:19:15 (32.6%)	5:54	10.2 (67.5%)
39	<b>MIASTOWSKI Rafał</b>	<b>18</b>	SŁOŃ B	M 50-59	39		Tak	00:01:07	00:37:30	00:52:47	<b>00:59:15.30</b>	<b>01:00:23.00</b>	+00:19:25 (32.8%)	5:55	10.1 (66.9%)
40	<b>MANJA Dariusz</b>	<b>790</b>		M 50-59	40	Tak		00:01:01	00:39:44	00:55:54	<b>01:02:11.65</b>	<b>01:03:13.25</b>	+00:22:22 (36.0%)	6:13	9.6 (63.6%)
41	<b>SIDORCZUK Marek</b>	<b>555</b>		M 50-59	41			00:01:53	00:39:55	00:56:46	<b>01:04:01.35</b>	<b>01:05:54.70</b>	+00:24:12 (37.8%)	6:24	9.4 (62.3%)
42	<b>ROJEK Stanisław</b>	<b>578</b>		M 50-59	42			00:00:50	00:40:25	00:58:31	<b>01:05:48.30</b>	<b>01:06:39.00</b>	+00:25:58 (39.5%)	6:34	9.1 (60.3%)
43	<b>PACHOLAK Przemysław</b>	<b>118</b>		M 50-59	43	Tak		00:01:40	00:41:22	00:58:52	<b>01:06:01.05</b>	<b>01:07:41.80</b>	+00:26:11 (39.7%)	6:36	9.1 (60.3%)
44	<b>KASPRZAK Marcin</b>	<b>589</b>		M 50-59	44	Tak		00:02:07	00:42:20	00:59:47	<b>01:06:55.65</b>	<b>01:09:03.45</b>	+00:27:06 (40.5%)	6:41	9 (59.6%)
45	<b>BODALSKI Jacek</b>	<b>556</b>	AKTYWNA WARSZAWA	M 50-59	45			00:02:00	00:43:42	01:02:31	<b>01:09:55.80</b>	<b>01:11:56.00</b>	+00:30:06 (43.1%)	6:59	8.6 (57.0%)
46	<b>SZOSTAKOWSKI Jarosław</b>	<b>5</b>	BIEGAMY Z OCHOTĄ	M 50-59	46		Tak	00:02:04	00:43:43	01:02:00	<b>01:10:16.00</b>	<b>01:12:20.20</b>	+00:30:26 (43.3%)	7:01	8.5 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białotęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
47	<b>SKRZYPIŃSKI Cezary</b>	<b>672</b>		M 50-59	47	Tak		00:00:45	00:46:04	01:03:41	<b>01:10:49.25</b>	<b>01:11:34.65</b>	+00:30:59 (43.8%)	7:04	8.5 (56.3%)
48	<b>KOWALSKI Wiesław</b>	<b>41</b>		M 50-59	48			00:00:20	00:43:51	01:03:17	<b>01:11:27.00</b>	<b>01:11:47.50</b>	+00:31:37 (44.3%)	7:08	8.4 (55.6%)
49	<b>DRZEWICZ Tomasz</b>	<b>450</b>	SZKOŁA TAŃCA ROCK'N'ROLA AKROBATYCZNEGO PROMENADA	M 50-59	49			00:02:08	00:43:52	01:04:34	<b>01:13:06.50</b>	<b>01:15:14.85</b>	+00:33:17 (45.5%)	7:18	8.2 (54.3%)
50	<b>JUSTA Piotr</b>	<b>735</b>		M 50-59	50	Tak	Tak	00:00:03	00:47:31	01:07:34	<b>01:16:16.15</b>	<b>01:16:19.20</b>	+00:36:26 (47.8%)	7:37	7.9 (52.3%)
51	<b>HAJNUS Wojciech</b>	<b>240</b>		M 50-59	51	Tak		00:02:10	00:47:21	01:09:41	<b>01:19:00.15</b>	<b>01:21:10.65</b>	+00:39:10 (49.6%)	7:54	7.6 (50.3%)
52	<b>STAŃKOWSKI Andrzej</b>	<b>520</b>	TEAM WARIAT	M 50-59	52	Tak		00:01:04	00:52:13	01:12:28	<b>01:20:59.90</b>	<b>01:22:04.45</b>	+00:41:10 (50.8%)	8:05	7.4 (49.0%)

Znaleziono 52 wynik(ów)