



BIEG PRZEZ MOST

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 60+

| 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 | FALANDYSZ Janusz | 52 | WPRUNNING PRUSZKÓW | M 60+ | 1 | | | 00:00:11 | 00:26:34 | 00:37:38 | 00:42:20.15 | 00:42:31.90 | | 4:14 | 14.2 (100%) |
| 2 | NOWOCIEŃ Jacek | 232 | UCZNIOWSKI KLUB SPORTOWY RUSIEC | M 60+ | 2 | | | 00:00:11 | 00:27:51 | 00:39:19 | 00:44:12.20 | 00:44:23.80 | +00:01:52 (4.2%) | 4:25 | 13.6 (95.8%) |
| 3 | KOCISZEWSKI Krzysztof | 333 | WARSZAWIAKY | M 60+ | 3 | | | 00:00:13 | 00:28:01 | 00:39:57 | 00:45:07.75 | 00:45:21.10 | +00:02:47 (6.2%) | 4:30 | 13.3 (93.7%) |
| 4 | JASIŃSKI Marek | 759 | | M 60+ | 4 | | | 00:00:23 | 00:29:28 | 00:41:09 | 00:46:01.95 | 00:46:25.35 | +00:03:41 (8.0%) | 4:36 | 13 (91.5%) |
| 5 | KODA Eugeniusz | 474 | TEAM ZABIEGANE DNI | M 60+ | 5 | | | 00:00:22 | 00:29:19 | 00:41:28 | 00:46:19.80 | 00:46:41.80 | +00:03:59 (8.6%) | 4:37 | 13 (91.5%) |
| 6 | PODLEŚ Robert | 706 | | M 60+ | 6 | | | 00:00:07 | 00:31:15 | 00:44:00 | 00:49:05.20 | 00:49:13.00 | +00:06:45 (13.8%) | 4:54 | 12.2 (85.9%) |
| 7 | ZIELIŃSKI Franciszek | 111 | WPRUNNING | M 60+ | 7 | | | 00:00:24 | 00:30:41 | 00:44:04 | 00:49:48.50 | 00:50:12.90 | +00:07:28 (15.0%) | 4:58 | 12 (84.5%) |
| 8 | KOLASA Andrzej | 158 | KLUB J.SŁOWACKIEGO | M 60+ | 8 | | | 00:00:40 | 00:32:19 | 00:45:45 | 00:51:27.65 | 00:52:08.25 | +00:09:07 (17.7%) | 5:08 | 11.7 (82.4%) |
| 9 | REDA Sławomir | 569 | TEAM ZABIEGANEDNI | M 60+ | 9 | | | 00:00:49 | 00:32:51 | 00:46:08 | 00:51:41.90 | 00:52:31.40 | +00:09:21 (18.1%) | 5:10 | 11.6 (81.7%) |
| 10 | RZECZKOWSKI Zygmunt | 397 | METRO WARSZAWSKIE | M 60+ | 10 | Tak | | 00:00:36 | 00:32:32 | 00:46:21 | 00:52:06.90 | 00:52:43.75 | +00:09:46 (18.8%) | 5:12 | 11.5 (81.0%) |
| 11 | WOJNARSKI Janusz | 166 | | M 60+ | 11 | Tak | | 00:01:36 | 00:34:12 | 00:48:44 | 00:55:21.50 | 00:56:58.25 | +00:13:01 (23.5%) | 5:32 | 10.8 (76.1%) |
| 12 | DYREK Dariusz | 200 | | M 60+ | 12 | | | 00:00:37 | 00:36:30 | 00:51:33 | 00:56:58.20 | 00:57:35.70 | +00:14:38 (25.7%) | 5:41 | 10.5 (73.9%) |
| 13 | SUWALD Andrzej | 489 | JACEKBIEGA RUNNING TEAM | M 60+ | 13 | | | 00:01:47 | 00:37:19 | 00:51:50 | 00:58:02.10 | 00:59:49.85 | +00:15:41 (27.1%) | 5:48 | 10.3 (72.5%) |
| 14 | KOWALCZYK Ryszard | 557 | APOSTOŁOWIE TRX | M 60+ | 14 | | | 00:02:08 | 00:36:55 | 00:51:49 | 00:58:23.75 | 01:00:32.70 | +00:16:03 (27.5%) | 5:50 | 10.3 (72.5%) |
| 15 | BUKOWSKI Janusz | 637 | STOWARZYSZENIE DAĆ SIEBIE INNYM | M 60+ | 15 | | | 00:00:05 | 00:36:55 | 00:52:54 | 00:59:41.10 | 00:59:46.60 | +00:17:20 (29.1%) | 5:58 | 10.1 (71.1%) |
| 16 | OLCZAK Witold | 106 | UMCS BIEGA | M 60+ | 16 | | | 00:01:49 | 00:37:34 | 00:53:22 | 01:00:08.40 | 01:01:57.40 | +00:17:48 (29.6%) | 6:00 | 10 (70.4%) |

| 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 |
|---|----------------------------------|------------|-----------------------|-----------|------|--------------------------|---------------|----------------|----------|----------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 17 | MUCHA Grzegorz | 156 | | M 60+ | 17 | Tak | | 00:01:45 | 00:38:09 | 00:54:20 | 01:01:03.35 | 01:02:49.00 | +00:18:43 (30.7%) | 6:06 | 9.8 (69.0%) |
| 18 | WANOWSKI Andrzej | 274 | ROZBIEGAMY NOWY DWÓR | M 60+ | 18 | | | 00:01:42 | 00:36:19 | 00:53:43 | 01:01:04.15 | 01:02:46.30 | +00:18:44 (30.7%) | 6:06 | 9.8 (69.0%) |
| 19 | KOWALSKI Piotr | 708 | | M 60+ | 19 | | | 00:00:56 | 00:38:31 | 00:54:31 | 01:01:21.30 | 01:02:18.00 | +00:19:01 (31.0%) | 6:08 | 9.8 (69.0%) |
| 20 | ŻÓŁCIŃSKI Waldemar | 407 | GRUPA BIEGOWA UM W-WA | M 60+ | 20 | | Tak | 00:02:05 | 00:39:58 | 00:55:36 | 01:02:07.45 | 01:04:12.45 | +00:19:47 (31.9%) | 6:12 | 9.7 (68.3%) |
| 21 | NIEWIADOMSKI Zdzisław | 513 | | M 60+ | 21 | | | 00:00:44 | 00:40:09 | 00:56:52 | 01:03:52.35 | 01:04:37.10 | +00:21:32 (33.7%) | 6:23 | 9.4 (66.2%) |
| 22 | WTOREK Mirośław | 496 | NIEZALEŻNY | M 60+ | 22 | Tak | | 00:00:24 | 00:49:48 | 01:11:48 | 01:20:41.05 | 01:21:05.95 | +00:38:20 (47.5%) | 8:04 | 7.4 (52.1%) |
| 23 | CZECHOWSKI Jerzy | 147 | MZA - WARSZAWA | M 60+ | 23 | | | 00:02:08 | 00:52:51 | 01:14:22 | 01:23:41.95 | 01:25:50.05 | +00:41:21 (49.4%) | 8:22 | 7.2 (50.7%) |
| Przekroczony limit czasu: 01:30:00 | | | | | | | | | | | | | | | |
| 24 | BOROWIAK Jacek | 312 | SLOW JOGING POLSKA | M 60+ | 24 | | | 00:00:11 | 00:58:17 | 01:22:57 | 01:33:49.90 | 01:34:01.45 | +00:51:29 (54.9%) | 9:22 | 6.4 (45.1%) |

Znaleziono 24 wynik(ów)