



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 Samorządowcy

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	SZCZEPŁEK Jasiek	433	KS LEMIESZ TEAM	M 30-39	12		Tak	00:00:03	00:24:21	00:34:26	00:38:36.85	00:38:39.90		3:51	15.5 (100%)
2	DĘBOWSKI Michał	660	ULTRABIEGLI RADOM	M 40-49	9		Tak	00:00:07	00:25:41	00:36:21	00:40:53.85	00:41:01.65	+00:02:17 (5.6%)	4:05	14.7 (94.8%)
3	JAWORSKI Piotr	2	MARKOWI BIEGACZE	M 40-49	18	Tak	Tak	00:00:06	00:26:57	00:38:12	00:43:00.55	00:43:07.10	+00:04:23 (10.2%)	4:18	14 (90.3%)
4	KRUPIŃSKI Marek	761	RUNNING TEAM	M 1-29	7	Tak	Tak	00:00:07	00:27:19	00:38:10	00:43:15.50	00:43:22.95	+00:04:38 (10.7%)	4:19	13.9 (89.7%)
5	LENDZION Marcin	469	GRUPA BIEGOWA UM W-WA	M 1-29	8		Tak	00:00:14	00:27:57	00:39:19	00:44:02.45	00:44:17.40	+00:05:25 (12.3%)	4:24	13.6 (87.7%)
6	WICIK Juliusz	416	COP TEAM	M 40-49	36		Tak	00:00:10	00:27:10	00:39:49	00:45:37.00	00:45:47.10	+00:07:00 (15.4%)	4:33	13.2 (85.2%)
7	LENDZION Jarosław	468	GRUPA BIEGOWA UM W-WA	M 40-49	70		Tak	00:01:03	00:31:59	00:44:30	00:49:44.65	00:50:47.90	+00:11:07 (22.4%)	4:58	12.1 (78.1%)
8	ADAMKIEWICZ Marcin	353		M 40-49	72	Tak	Tak	00:01:01	00:31:24	00:44:19	00:49:55.75	00:50:56.75	+00:11:18 (22.7%)	4:59	12 (77.4%)
9	MIODUSZEWSKI Marcin	394	UM WARSZAWA / ARW	M 40-49	86		Tak	00:01:59	00:31:44	00:45:26	00:51:17.85	00:53:17.25	+00:12:41 (24.7%)	5:07	11.7 (75.5%)
10	SENGER Rafał	154		M 50-59	22		Tak	00:00:37	00:33:19	00:47:11	00:52:49.55	00:53:27.30	+00:14:12 (26.9%)	5:16	11.4 (73.5%)
11	WERTENSTEIN- ŻUŁAWSKI Piotr	367	ŻOLIBORZ	M 40-49	107		Tak	00:00:10	00:33:43	00:47:33	00:53:24.95	00:53:35.85	+00:14:48 (27.7%)	5:20	11.2 (72.3%)
12	GOŁASZEWSKI Marcin	510	ZABIEGANY WOŁOMIN	M 40-49	110		Tak	00:00:56	00:33:32	00:47:43	00:53:32.00	00:54:28.30	+00:14:55 (27.9%)	5:21	11.2 (72.3%)
13	WILEŃSKI Zbigniew	562	GRUPA BIEGOWA UM W-WA	M 50-59	28		Tak	00:01:34	00:33:57	00:48:25	00:54:28.90	00:56:02.90	+00:15:52 (29.1%)	5:26	11 (71.0%)
14	GROCHAŁSKI Mariusz	647		M 40-49	142		Tak	00:00:32	00:34:41	00:50:11	00:57:28.70	00:58:01.40	+00:18:51 (32.8%)	5:44	10.4 (67.1%)
15	BOHDZIEWICZ Paweł	698		M 40-49	145		Tak	00:01:46	00:36:52	00:51:42	00:57:56.55	00:59:43.15	+00:19:19 (33.4%)	5:47	10.4 (67.1%)

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
16	ADAMSKI Marcin	778		M 30-39	111		Tak	00:00:32	00:37:29	00:52:54	00:58:49.95	00:59:22.05	+00:20:13 (34.4%)	5:52	10.2 (65.8%)
17	MIASTOWSKI Rafał	18	SŁOŃ B	M 50-59	39		Tak	00:01:07	00:37:30	00:52:47	00:59:15.30	01:00:23.00	+00:20:38 (34.8%)	5:55	10.1 (65.2%)
18	ZYGADŁO Piotr	102		M 40-49	168		Tak	00:00:15	00:38:34	00:53:38	00:59:37.55	00:59:52.80	+00:21:00 (35.2%)	5:57	10.1 (65.2%)
19	TYBURC Paweł	69	ZERWANY ACHILLES	M 40-49	170	Tak	Tak	00:01:36	00:36:40	00:52:49	01:00:04.80	01:01:41.10	+00:21:27 (35.7%)	6:00	10 (64.5%)
20	KROLSKI Łukasz	77	HOLO	M 40-49	177		Tak	00:01:59	00:39:18	00:55:09	01:01:08.05	01:03:07.65	+00:22:31 (36.8%)	6:06	9.8 (63.2%)
21	KUCA Grzegorz	13		M 40-49	178		Tak	00:01:59	00:39:16	00:54:39	01:01:08.95	01:03:08.05	+00:22:32 (36.9%)	6:06	9.8 (63.2%)
22	SADOWSKI Kamil	170		M 30-39	121		Tak	00:01:48	00:37:56	00:54:46	01:01:39.90	01:03:28.50	+00:23:03 (37.4%)	6:09	9.7 (62.6%)
23	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	+00:23:30 (37.8%)	6:12	9.7 (62.6%)
24	PLIUSHCHYK Eduard	446		M 30-39	130		Tak	00:00:23	00:40:41	00:56:49	01:03:40.85	01:04:04.35	+00:25:04 (39.4%)	6:22	9.4 (60.6%)
25	MEDVEDIEV Oleksandr	430		M 40-49	189		Tak	00:00:22	00:40:41	00:56:50	01:03:42.00	01:04:04.60	+00:25:05 (39.4%)	6:22	9.4 (60.6%)
26	SZOSTAKOWSKI Jarosław	5	BIEGAMY Z OCHOTĄ	M 50-59	46		Tak	00:02:04	00:43:43	01:02:00	01:10:16.00	01:12:20.20	+00:31:39 (45.0%)	7:01	8.5 (54.8%)
27	LIBERA Paweł	565		M 30-39	138	Tak	Tak	00:01:58	00:43:59	01:04:07	01:12:57.40	01:14:55.90	+00:34:20 (47.1%)	7:17	8.2 (52.9%)
28	JUSTA Piotr	735		M 50-59	50	Tak	Tak	00:00:03	00:47:31	01:07:34	01:16:16.15	01:16:19.20	+00:37:39 (49.4%)	7:37	7.9 (51.0%)

Znaleziono 28 wynik(ów)