



# BIEG WEGAŃSKI 10 KM

B4SPORT

**Wydarzenie:** 11 Wirtualny Bieg Wegański  
**Organizator:** Fundacja Run Vegan  
**Data:** 2020-05-17  
**Miejsce:** Warszawa  
**Dystans:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BRZOSKA Małgorzata</b>	<b>13</b>	BRACTWO BIEGOWE BGK	K30-49	1	00:00:00	<b>00:43:14.00</b>	<b>00:43:14.00</b>		4:19	13.9 (100%)
2	<b>PLUSZKA Adam</b>	<b>83</b>	VEGE RUNNERS	M30-49	1	00:00:00	<b>00:46:54.00</b>	<b>00:46:54.00</b>	+00:03:40 (7.8%)	4:41	12.8 (92.1%)
3	<b>MOGIŁKO Natalia</b>	<b>69</b>		K30-49	2	00:00:00	<b>00:48:17.00</b>	<b>00:48:17.00</b>	+00:05:03 (10.5%)	4:49	12.4 (89.2%)
4	<b>BENNEWICZ Jakub</b>	<b>7</b>		M30-49	2	00:00:00	<b>00:49:02.00</b>	<b>00:49:02.00</b>	+00:05:48 (11.8%)	4:54	12.2 (87.8%)
5	<b>CIEŚLAK Przemysław</b>	<b>17</b>	VEGE RUNNERS	M30-49	3	00:00:00	<b>00:50:17.00</b>	<b>00:50:17.00</b>	+00:07:03 (14.0%)	5:01	11.9 (85.6%)
6	<b>MODRZEJEWSKI Piotr</b>	<b>68</b>	MODIWI SPORT GROUP	M1-29	1	00:00:00	<b>00:50:36.00</b>	<b>00:50:36.00</b>	+00:07:22 (14.6%)	5:03	11.9 (85.6%)
7	<b>JÓŻWIK Grzegorz</b>	<b>36</b>		M30-49	4	00:00:00	<b>00:51:52.00</b>	<b>00:51:52.00</b>	+00:08:38 (16.6%)	5:11	11.6 (83.5%)
8	<b>BANKOWSKI Bartłomiej</b>	<b>3</b>	VEGE RUNNERS	M30-49	5	00:00:00	<b>00:51:57.00</b>	<b>00:51:57.00</b>	+00:08:43 (16.8%)	5:11	11.5 (82.7%)
9	<b>Ó PROINSIAS Keith</b>	<b>77</b>		M30-49	6	00:00:00	<b>00:52:10.00</b>	<b>00:52:10.00</b>	+00:08:56 (17.1%)	5:13	11.5 (82.7%)
10	<b>DOZA Boris Stefan</b>	<b>22</b>	MONASTIC	M50+	1	00:00:00	<b>00:52:26.00</b>	<b>00:52:26.00</b>	+00:09:12 (17.5%)	5:14	11.4 (82.0%)
11	<b>KUROPATWIŃSKI Tomasz</b>	<b>54</b>		M30-49	7	00:00:00	<b>00:53:29.00</b>	<b>00:53:29.00</b>	+00:10:15 (19.2%)	5:20	11.2 (80.6%)
12	<b>ŁUKASIK Karina</b>	<b>63</b>	RUNBAZYLRUN	K30-49	3	00:00:00	<b>00:54:15.00</b>	<b>00:54:15.00</b>	+00:11:01 (20.3%)	5:25	11.1 (79.9%)
12	<b>STAŃSKA Joanna</b>	<b>99</b>		K30-49	3	00:00:00	<b>00:54:15.00</b>	<b>00:54:15.00</b>	+00:11:01 (20.3%)	5:25	11.1 (79.9%)
14	<b>FESOŁOWICZ Sławomir</b>	<b>24</b>		M30-49	8	00:00:00	<b>00:54:52.00</b>	<b>00:54:52.00</b>	+00:11:38 (21.2%)	5:29	10.9 (78.4%)
15	<b>GAGLIARDI Alfredo</b>	<b>25</b>	VEGAN POWER TEAM	M30-49	9	00:00:00	<b>00:55:17.00</b>	<b>00:55:17.00</b>	+00:12:03 (21.8%)	5:31	10.9 (78.4%)
16	<b>BĄK Martyna</b>	<b>6</b>		K1-29	1	00:00:00	<b>00:55:44.00</b>	<b>00:55:44.00</b>	+00:12:30 (22.4%)	5:34	10.8 (77.7%)
17	<b>GROSS Radek</b>	<b>31</b>	VEGE RUNNERS	M30-49	10	00:00:00	<b>00:55:54.00</b>	<b>00:55:54.00</b>	+00:12:40 (22.7%)	5:35	10.7 (77.0%)
18	<b>SZCZĘSNY Paweł</b>	<b>106</b>		M30-49	11	00:00:00	<b>00:56:03.00</b>	<b>00:56:03.00</b>	+00:12:49 (22.9%)	5:36	10.7 (77.0%)
19	<b>KUBIAK Sławomir</b>	<b>52</b>		M30-49	12	00:00:00	<b>00:56:07.00</b>	<b>00:56:07.00</b>	+00:12:53 (23.0%)	5:36	10.7 (77.0%)
20	<b>SKOWROŃSKI Marcin</b>	<b>96</b>	VEGE RUNNERS	M30-49	13	00:00:00	<b>00:56:21.00</b>	<b>00:56:21.00</b>	+00:13:07 (23.3%)	5:38	10.6 (76.3%)
21	<b>ŚWIĄTKOWSKI-OKOŃSKI Marek</b>	<b>108</b>	FUJITSU RUNNING TEAM	M30-49	14	00:00:00	<b>00:57:21.00</b>	<b>00:57:21.00</b>	+00:14:07 (24.6%)	5:44	10.5 (75.5%)
22	<b>MAZUR Ewa</b>	<b>65</b>		K30-49	5	00:00:00	<b>00:58:39.00</b>	<b>00:58:39.00</b>	+00:15:25 (26.3%)	5:51	10.2 (73.4%)
23	<b>DOBOSZ Piotr</b>	<b>19</b>	WŚCIEKŁE PIĘŚCI WĘŻA	M30-49	15	00:00:00	<b>00:58:53.00</b>	<b>00:58:53.00</b>	+00:15:39 (26.6%)	5:53	10.2 (73.4%)
24	<b>HAWĘŁKA Michał</b>	<b>34</b>	OTWARTE KLATKI	M1-29	2	00:00:00	<b>00:59:14.00</b>	<b>00:59:14.00</b>	+00:16:00 (27.0%)	5:55	10.1 (72.7%)
25	<b>KOWALCZYK Anna</b>	<b>50</b>	DOGOŃ GRODZISK MAZOWIECKI	K30-49	6	00:00:00	<b>00:59:57.00</b>	<b>00:59:57.00</b>	+00:16:43 (27.9%)	5:59	10 (71.9%)
26	<b>STĘPIEŃ Teresa</b>	<b>100</b>		K50+	1	00:00:00	<b>01:00:00.00</b>	<b>01:00:00.00</b>	+00:16:46 (27.9%)	6:00	10 (71.9%)
27	<b>KĘPKA Agnieszka</b>	<b>41</b>		K30-49	7	00:00:00	<b>01:00:07.00</b>	<b>01:00:07.00</b>	+00:16:53 (28.1%)	6:00	10 (71.9%)
28	<b>BATOR Zbigniew</b>	<b>5</b>		M50+	2	00:00:00	<b>01:00:32.00</b>	<b>01:00:32.00</b>	+00:17:18 (28.6%)	6:03	9.9 (71.2%)
29	<b>PAWELEC Krystyna</b>	<b>78</b>	DOGOŃ GRODZISK MAZOWIECKI	K50+	2	00:00:00	<b>01:00:58.00</b>	<b>01:00:58.00</b>	+00:17:44 (29.1%)	6:05	9.8 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	<b>POPIELSKI Błażej</b>	<b>86</b>		M30-49	16	00:00:00	<b>01:01:07.00</b>	<b>01:01:07.00</b>	+00:17:53 (29.3%)	6:06	9.8 (70.5%)
31	<b>GROCHOWSKA Joanna</b>	<b>30</b>	BIEGAMY Z OCHOTĄ	K50+	3	00:00:00	<b>01:02:18.00</b>	<b>01:02:18.00</b>	+00:19:04 (30.6%)	6:13	9.6 (69.1%)
32	<b>DOBOSZ Aneta</b>	<b>20</b>	WŚCIEKŁE PIĘŚCI WĘŻA	K30-49	8	00:00:00	<b>01:02:26.00</b>	<b>01:02:26.00</b>	+00:19:12 (30.8%)	6:14	9.6 (69.1%)
33	<b>SIWEK Sylwia</b>	<b>95</b>		K1-29	2	00:00:00	<b>01:02:38.00</b>	<b>01:02:38.00</b>	+00:19:24 (31.0%)	6:15	9.6 (69.1%)
34	<b>POTONIEC Katarzyna</b>	<b>87</b>		K30-49	9	00:00:00	<b>01:02:53.00</b>	<b>01:02:53.00</b>	+00:19:39 (31.2%)	6:17	9.5 (68.3%)
35	<b>SZOSTAKOWSKI Jarosław</b>	<b>107</b>		M50+	3	00:00:00	<b>01:04:14.00</b>	<b>01:04:14.00</b>	+00:21:00 (32.7%)	6:25	9.3 (66.9%)
36	<b>STOLARCZUK Marek</b>	<b>102</b>	AMSTO	M50+	4	00:00:00	<b>01:05:20.00</b>	<b>01:05:20.00</b>	+00:22:06 (33.8%)	6:32	9.2 (66.2%)
37	<b>KOWALCZYK Bogdan</b>	<b>49</b>		M50+	5	00:00:00	<b>01:05:25.00</b>	<b>01:05:25.00</b>	+00:22:11 (33.9%)	6:32	9.2 (66.2%)
38	<b>BARDADYN Ula</b>	<b>4</b>	WARSZAWSKI KLUB ROGATEGO MORSA	K30-49	10	00:00:00	<b>01:05:26.00</b>	<b>01:05:26.00</b>	+00:22:12 (33.9%)	6:32	9.2 (66.2%)
39	<b>KWIATKOWSKA Marta</b>	<b>55</b>		K1-29	3	00:00:00	<b>01:06:07.00</b>	<b>01:06:07.00</b>	+00:22:53 (34.6%)	6:36	9.1 (65.5%)
40	<b>PIERAŃSKI Adam</b>	<b>80</b>	VEGE RUNNERS	M50+	6	00:00:00	<b>01:06:24.00</b>	<b>01:06:24.00</b>	+00:23:10 (34.9%)	6:38	9 (64.7%)
41	<b>ŁAPIŃSKI Paweł</b>	<b>59</b>	VEGE RUNNERS	M30-49	17	00:00:00	<b>01:07:00.00</b>	<b>01:07:00.00</b>	+00:23:46 (35.5%)	6:42	9 (64.7%)
42	<b>MYŚLIBORSKA Olga</b>	<b>71</b>		K30-49	11	00:00:00	<b>01:07:45.00</b>	<b>01:07:45.00</b>	+00:24:31 (36.2%)	6:46	8.9 (64.0%)
43	<b>SILSKA Magdalena</b>	<b>455</b>		K30-49	12	00:00:00	<b>01:08:00.00</b>	<b>01:08:00.00</b>	+00:24:46 (36.4%)	13:36	4.4 (31.7%)
44	<b>GRZYB Kasia</b>	<b>32</b>	VEGE RUNNERS	K1-29	4	00:00:00	<b>01:08:40.00</b>	<b>01:08:40.00</b>	+00:25:26 (37.0%)	6:52	8.7 (62.6%)
45	<b>BURDA Katarzyna</b>	<b>14</b>	BOSKIE BORÓWKI	K30-49	13	00:00:00	<b>01:11:28.00</b>	<b>01:11:28.00</b>	+00:28:14 (39.5%)	7:08	8.4 (60.4%)
46	<b>WIDALSKA Marta</b>	<b>111</b>	DOGOŃ GRODZISK MAZOWIECKI	K30-49	14	00:00:00	<b>01:12:19.00</b>	<b>01:12:19.00</b>	+00:29:05 (40.2%)	7:13	8.3 (59.7%)
47	<b>ZAKRZEWSKI Piotr</b>	<b>113</b>		M30-49	18	00:00:00	<b>01:13:29.00</b>	<b>01:13:29.00</b>	+00:30:15 (41.2%)	7:20	8.2 (59.0%)
48	<b>ZAWALSKA Izabela</b>	<b>114</b>		K30-49	15	00:00:00	<b>01:14:31.00</b>	<b>01:14:31.00</b>	+00:31:17 (42.0%)	7:27	8.1 (58.3%)
49	<b>OKOŃSKA-ŚWIĄTKOWSKA Lidia</b>	<b>75</b>		K30-49	16	00:00:00	<b>01:18:27.00</b>	<b>01:18:27.00</b>	+00:35:13 (44.9%)	7:50	7.6 (54.7%)
50	<b>LEBUDA Ewa</b>	<b>57</b>		K30-49	17	00:00:00	<b>01:20:01.00</b>	<b>01:20:01.00</b>	+00:36:47 (46.0%)	8:00	7.5 (54.0%)
51	<b>SILSKI Rafał</b>	<b>124</b>		M30-49	19	00:00:00	<b>01:27:00.00</b>	<b>01:27:00.00</b>	+00:43:46 (50.3%)	8:42	6.9 (49.6%)
52	<b>MARZEWSKA Alicja</b>	<b>123</b>		K50+	4	00:00:00	<b>02:16:41.00</b>	<b>02:16:41.00</b>	+01:33:27 (68.4%)	13:40	4.4 (31.7%)

Znaleziono 52 wynik(ów)