

**Wydarzenie:** 13. Bieg Wegański  
**Organizator:** Fundacja Run Vegan  
**Data:** 2022-06-04  
**Miejsce:** Warszawa  
**Dystans:** 10 km

Klasyfikacja: M30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WASIEWICZ Krzysztof	248	KONDYCJA PIASECZNO	M30-49	1	00:17:05	00:34:08.60	00:34:11.10		3:24	17.6 (100%)
2	WRONOWSKI Rafał	224	WRONOWSKI TEAM	M30-49	2	00:18:27	00:37:48.65	00:37:51.55	+00:03:40 (9.7%)	3:46	15.9 (90.3%)
3	PRIMIK Marek	157	VEGE RUNNERS	M30-49	3	00:18:40	00:38:28.00	00:38:30.60	+00:04:19 (11.2%)	3:50	15.6 (88.6%)
4	BŁASZCZYK Artur	16	BIEGAJĄCE ZĄBKI	M30-49	4	00:19:13	00:38:59.00	00:39:01.85	+00:04:50 (12.4%)	3:53	15.4 (87.5%)
5	SALACIŃSKI Daniel	177	DJ SIKU	M30-49	5	00:19:49	00:40:38.20	00:40:41.60	+00:06:30 (16.0%)	4:03	14.8 (84.1%)
6	CHRABAŁOWSKI Jarosław	21		M30-49	6	00:19:58	00:40:53.75	00:40:56.10	+00:06:45 (16.5%)	4:05	14.7 (83.5%)
7	FAJKOWSKI Piotr	37	ADIDAS RUNNERS WARSAW	M30-49	7	00:20:12	00:41:24.85	00:41:27.95	+00:07:16 (17.6%)	4:08	14.5 (82.4%)
8	RUTKOWSKI Piotr	174	STÓJ HALINA	M30-49	8	00:21:12	00:43:01.85	00:43:05.50	+00:08:54 (20.7%)	4:18	13.9 (79.0%)
9	BIEGAJSKI Michał	11	ICC	M30-49	9	00:21:32	00:43:16.60	00:43:22.20	+00:09:11 (21.2%)	4:19	13.9 (79.0%)
10	WIĘCŁAWSKI Adrian	217	BLACK HAT TEAM	M30-49	10	00:21:55	00:43:36.65	00:43:41.90	+00:09:30 (21.8%)	4:21	13.8 (78.4%)
11	PLUSZKA Adam	153	VEGE RUNNERS	M30-49	11	00:22:09	00:44:39.60	00:44:45.35	+00:10:34 (23.6%)	4:27	13.4 (76.1%)
12	MADEJEK Kamil	110	VEGE RUNNERS	M30-49	12	00:22:09	00:44:39.60	00:44:45.65	+00:10:34 (23.6%)	4:27	13.4 (76.1%)
13	KWIETNIEWSKI Michał	103		M30-49	13	00:22:42	00:46:27.70	00:46:34.85	+00:12:23 (26.6%)	4:38	12.9 (73.3%)
14	ROMAŃSKI Tomasz	168		M30-49	14	00:23:50	00:46:46.00	00:46:50.95	+00:12:39 (27.0%)	4:40	12.8 (72.7%)
15	KRÓLICKI Konrad	99	STG WARSZAWA	M30-49	15	00:22:26	00:47:17.45	00:47:25.20	+00:13:14 (27.9%)	4:43	12.7 (72.2%)
16	ZAPOROWSKI Marcin	229	THE ART OF DISTANCE - STELMACH TEAM	M30-49	16	00:23:54	00:48:28.80	00:48:32.55	+00:14:21 (29.6%)	4:50	12.4 (70.5%)
17	RUMIŃSKI Bartosz	172		M30-49	17	00:23:19	00:48:34.80	00:48:39.30	+00:14:28 (29.7%)	4:51	12.4 (70.5%)
18	JAKUBIK Kamil	64		M30-49	18	00:23:52	00:49:33.35	00:49:40.75	+00:15:29 (31.2%)	4:57	12.1 (68.8%)
19	KEMPKA Tomasz	81		M30-49	19	00:24:42	00:50:40.10	00:50:53.05	+00:16:41 (32.8%)	5:04	11.8 (67.0%)
20	BEDNORZ Leszek	8		M30-49	20	00:26:21	00:52:06.75	00:52:31.65	+00:18:20 (34.9%)	5:12	11.5 (65.3%)
21	KRASUSKI Marcin	94		M30-49	21	00:25:39	00:52:25.05	00:52:37.65	+00:18:26 (35.0%)	5:14	11.4 (64.8%)
22	KOŁODZIEJCZYK Robert	86		M30-49	22	00:25:39	00:52:25.00	00:52:37.75	+00:18:26 (35.0%)	5:14	11.4 (64.8%)
23	WOJNAR Radek	222		M30-49	23	00:26:32	00:52:42.15	00:52:47.50	+00:18:36 (35.2%)	5:16	11.4 (64.8%)
24	WOJNOWSKI Łukasz	223		M30-49	24	00:25:26	00:52:30.00	00:52:54.45	+00:18:43 (35.4%)	5:15	11.4 (64.8%)
25	ZAKRZEWSKI Jarosław	227	RUNVEGAN	M30-49	25	00:26:28	00:52:44.50	00:52:55.60	+00:18:44 (35.4%)	5:16	11.4 (64.8%)
26	PALMER Sean	143		M30-49	26	00:26:47	00:53:52.05	00:54:11.40	+00:20:00 (36.9%)	5:23	11.1 (63.1%)
27	KAŁUZIŃSKI Dominik	77		M30-49	27	00:26:46	00:54:12.45	00:54:17.10	+00:20:06 (37.0%)	5:25	11.1 (63.1%)
28	ROJEK Rafał	167		M30-49	28	00:26:57	00:54:34.30	00:54:45.70	+00:20:34 (37.6%)	5:27	11 (62.5%)
29	KROSZKIN Aleksander	98		M30-49	29	00:26:45	00:55:09.40	00:55:21.60	+00:21:10 (38.2%)	5:30	10.9 (61.9%)

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30	<b>CIEŚLAR Rafał</b>	<b>22</b>		M30-49	30	00:28:00	<b>00:55:57.70</b>	<b>00:56:15.50</b>	+00:22:04 (39.2%)	5:35	10.7 (60.8%)
31	<b>JACHYMSKI Krzysztof</b>	<b>62</b>	VEGE RUNNERS	M30-49	31	00:27:40	<b>00:56:02.00</b>	<b>00:56:18.95</b>	+00:22:07 (39.3%)	5:36	10.7 (60.8%)
32	<b>GUNIA Marek</b>	<b>56</b>		M30-49	32	00:28:57	<b>00:56:35.00</b>	<b>00:56:49.15</b>	+00:22:38 (39.8%)	5:39	10.6 (60.2%)
33	<b>WARAKSA Tomasz</b>	<b>213</b>	VEGE RUNNERS	M30-49	33	00:28:25	<b>00:56:56.90</b>	<b>00:57:14.40</b>	+00:23:03 (40.3%)	5:41	10.5 (59.7%)
34	<b>PAŚKA Marek</b>	<b>149</b>	RUNNING MOOSE	M30-49	34	00:28:43	<b>00:57:18.90</b>	<b>00:57:31.65</b>	+00:23:20 (40.6%)	5:43	10.5 (59.7%)
35	<b>FESOŁOWICZ Sławomir</b>	<b>39</b>		M30-49	35	00:29:46	<b>00:57:44.30</b>	<b>00:58:07.20</b>	+00:23:56 (41.2%)	5:46	10.4 (59.1%)
36	<b>GINALSKI Artur</b>	<b>46</b>		M30-49	36	00:25:52	<b>00:57:53.50</b>	<b>00:58:14.15</b>	+00:24:03 (41.3%)	5:47	10.4 (59.1%)
37	<b>KADOVRY Sarmat</b>	<b>246</b>		M30-49	37	00:29:13	<b>00:59:37.20</b>	<b>00:59:47.20</b>	+00:25:36 (42.8%)	5:57	10.1 (57.4%)
38	<b>ŁUCZAK Piotr</b>	<b>108</b>	PKO BANK POLSKI	M30-49	38	00:27:56	<b>01:00:01.95</b>	<b>01:00:08.75</b>	+00:25:57 (43.2%)	6:00	10 (56.8%)
39	<b>KASPROWICZ Dominik</b>	<b>80</b>		M30-49	39	00:30:36	<b>01:00:20.25</b>	<b>01:00:29.20</b>	+00:26:18 (43.5%)	6:02	9.9 (56.3%)
40	<b>SZYMBORSKI Paweł</b>	<b>204</b>		M30-49	40	00:30:32	<b>01:01:25.70</b>	<b>01:01:36.15</b>	+00:27:25 (44.5%)	6:08	9.8 (55.7%)
41	<b>CZYŻEWSKI Robert</b>	<b>28</b>		M30-49	41	00:31:36	<b>01:03:17.60</b>	<b>01:03:33.60</b>	+00:29:22 (46.2%)	6:19	9.5 (54.0%)
42	<b>ZDZIARSKI Arkadiusz</b>	<b>230</b>		M30-49	42	00:31:34	<b>01:03:46.00</b>	<b>01:03:58.90</b>	+00:29:47 (46.6%)	6:22	9.4 (53.4%)
43	<b>DUDEK Marcin</b>	<b>34</b>	LEŚNA BIEGUNKA	M30-49	43	00:30:34	<b>01:04:12.55</b>	<b>01:04:19.55</b>	+00:30:08 (46.9%)	6:25	9.3 (52.8%)
44	<b>MAZUR Kamil</b>	<b>121</b>		M30-49	44	00:31:37	<b>01:05:22.85</b>	<b>01:05:40.05</b>	+00:31:28 (47.9%)	6:32	9.2 (52.3%)
45	<b>SOWA Andrzej</b>	<b>188</b>		M30-49	45	00:31:43	<b>01:05:36.45</b>	<b>01:05:42.20</b>	+00:31:31 (48.0%)	6:33	9.1 (51.7%)
46	<b>JESIONOWSKI Marcin</b>	<b>242</b>		M30-49	46	00:31:44	<b>01:05:45.60</b>	<b>01:05:51.05</b>	+00:31:39 (48.1%)	6:34	9.1 (51.7%)
47	<b>PTAK Marcin</b>	<b>161</b>	CHYŻE JEŻE Z DYSMÓZGIĄ	M30-49	47	00:33:43	<b>01:10:04.15</b>	<b>01:10:22.85</b>	+00:36:11 (51.4%)	7:00	8.6 (48.9%)
48	<b>KRAWCZYK Maciej</b>	<b>97</b>		M30-49	48	00:37:25	<b>01:11:08.90</b>	<b>01:11:34.95</b>	+00:37:23 (52.2%)	7:06	8.4 (47.7%)
49	<b>PANFIL Miłosz</b>	<b>145</b>		M30-49	49	00:37:50	<b>01:14:27.30</b>	<b>01:14:51.05</b>	+00:40:39 (54.3%)	7:26	8.1 (46.0%)
50	<b>NASKRĘT Mariusz</b>	<b>133</b>		M30-49	50	00:37:16	<b>01:16:37.20</b>	<b>01:17:01.75</b>	+00:42:50 (55.6%)	7:39	7.8 (44.3%)
51	<b>SWORSKI Roman</b>	<b>195</b>	VEGAN RUNNERS	M30-49	51	00:19:55			+00:02:51	3:59	15.1 (85.8%)
52	<b>HIRNY-BUDKA Jarosław</b>	<b>59</b>		M30-49	52	00:23:50			+00:07:02	4:46	12.6 (71.6%)
53	<b>SNAKOWSKI Piotr</b>	<b>184</b>	BIEGAJĄCE WĘŻE	M30-49	53	00:24:48			+00:07:51	4:57	12.1 (68.8%)
54	<b>PUSZKARSKI Radosław</b>	<b>162</b>	MARKOWI BIEGACZE	M30-49	54	00:27:07			+00:10:03	5:25	11.1 (63.1%)
55	<b>SKRZYPKOWSKI Tadeusz</b>	<b>183</b>	TLUMACZONLINE.COM	M30-49	55	00:35:29			+00:18:28	7:05	8.5 (48.3%)
56	<b>SZOSTAK Kamil</b>	<b>202</b>		M30-49	56	00:41:47			+00:24:48	8:21	7.2 (40.9%)
57	<b>KORCZAK Maciej</b>	<b>89</b>		M30-49	57	00:47:20			+00:30:30	9:28	6.3 (35.8%)

Znaleziono 57 wynik(ów)