

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

Klasyfikacja: Mężczyźni Open

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	MIKULSKI Tomasz	128	UKS FILIPIDES TERESIN	M1-29	1	00:17:14	00:34:43.15	00:34:45.75	+00:00:34 (1.7%)	3:28	17.3 (98.3%)
3	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%)
4	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%)
5	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%)
6	SAŁACIŃSKI 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%)
7	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%)
8	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%)
9	MAZUR Marek	122		M50+	1	00:20:36	00:42:07.70	00:42:11.00	+00:07:59 (19.0%)	4:12	14.2 (80.7%)
10	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%)
11	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%)
12	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%)
13	GRZYBOWSKI Mariusz	55		M50+	2	00:21:33	00:44:23.95	00:44:27.45	+00:10:16 (23.1%)	4:26	13.5 (76.7%)
14	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%)
15	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%)
16	WIELGOSZ Szymon	216		M1-29	2	00:21:21	00:44:46.15	00:44:50.20	+00:10:39 (23.8%)	4:28	13.4 (76.1%)
17	GÓRSKI Wojciech	51		M1-29	3	00:21:25	00:45:23.45	00:45:25.70	+00:11:14 (24.7%)	4:32	13.2 (75.0%)
18	KLAWIKOWSKI Mateusz	85	JACEKBIEGA RUNNING TEAM	M1-29	4	00:22:53	00:46:12.95	00:46:29.25	+00:12:18 (26.5%)	4:37	13 (73.9%)
19	OLSZAK Zenon	140	OŻARÓW BIEGA	M50+	3	00:23:16	00:46:28.65	00:46:33.00	+00:12:21 (26.6%)	4:38	12.9 (73.3%)
20	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%)
21	JAKUBOWSKI Dariusz	65	BIEGAM SOBIE	M50+	4	00:22:55	00:46:42.45	00:46:47.90	+00:12:36 (27.0%)	4:40	12.8 (72.7%)
22	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%)
23	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%)
24	TELEŚNICKI Grzegorz	206	BBL_GROTY	M50+	5	00:23:56	00:47:45.95	00:47:56.75	+00:13:45 (28.7%)	4:46	12.6 (71.6%)
25	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%)
26	STEPOWICZ Marek	191	VEGE RUNNERS	M50+	6	00:23:41	00:48:26.30	00:48:33.85	+00:14:22 (29.6%)	4:50	12.4 (70.5%)
27	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%)
28	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%)
29	BABIUCH Marek	3				00:24:24	00:50:22.25	00:50:37.30	+00:16:26 (32.5%)	5:02	11.9 (67.6%)

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30	PRZYBYŁOWICZ Adam	158		M1-29	5	00:24:01	00:50:35.45	00:50:45.30	+00:16:34 (32.6%)	5:03	11.9 (67.6%)
31	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%)
32	OLCZAK Łukasz	139		M1-29	6	00:25:39	00:51:23.25	00:51:26.15	+00:17:15 (33.5%)	5:08	11.7 (66.5%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	KACPROWSKI Tadeusz	73		M50+	7	00:25:11	00:52:41.60	00:52:59.30	+00:18:48 (35.5%)	5:16	11.4 (64.8%)
40	MAMAJ Adam	114	WARSZAWABIEGA	M50+	8	00:26:24	00:53:33.75	00:53:44.85	+00:19:33 (36.4%)	5:21	11.2 (63.6%)
41	KISZCZYC Artur	84		M50+	9	00:26:02	00:53:48.30	00:54:01.95	+00:19:50 (36.7%)	5:22	11.2 (63.6%)
42	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%)
43	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%)
44	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%)
45	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%)
46	CIEŚLAR Rafał	22		M30-49	30	00:28:00	00:55:57.70	00:56:15.50	+00:22:04 (39.2%)	5:35	10.7 (60.8%)
47	JACHYMSKI Grzegorz	63	VEGE RUNNERS	M1-29	7	00:27:39	00:56:01.15	00:56:18.55	+00:22:07 (39.3%)	5:36	10.7 (60.8%)
48	JACHYMSKI Krzysztof	62	VEGE RUNNERS	M30-49	31	00:27:40	00:56:02.00	00:56:18.95	+00:22:07 (39.3%)	5:36	10.7 (60.8%)
49	GUNIA Marek	56		M30-49	32	00:28:57	00:56:35.00	00:56:49.15	+00:22:38 (39.8%)	5:39	10.6 (60.2%)
50	CZARNOCKI Wojciech	25	ADIDAS RUNNERS WARSAW	M1-29	8	00:34:54	00:56:41.80	00:57:03.05	+00:22:51 (40.1%)	5:40	10.6 (60.2%)
51	HEBA Grzegorz	58		M50+	10	00:28:14	00:56:53.15	00:57:09.30	+00:22:58 (40.2%)	5:41	10.5 (59.7%)
52	WARAKSA Tomasz	213	VEGE RUNNERS	M30-49	33	00:28:25	00:56:56.90	00:57:14.40	+00:23:03 (40.3%)	5:41	10.5 (59.7%)
53	PAŚKA Marek	149	RUNNING MOOSE	M30-49	34	00:28:43	00:57:18.90	00:57:31.65	+00:23:20 (40.6%)	5:43	10.5 (59.7%)
54	MAJER Krzysztof	111		M50+	11	00:27:34	00:57:29.25	00:57:42.80	+00:23:31 (40.8%)	5:44	10.4 (59.1%)
55	FESOŁOWICZ Sławomir	39		M30-49	35	00:29:46	00:57:44.30	00:58:07.20	+00:23:56 (41.2%)	5:46	10.4 (59.1%)
56	GINALSKI Artur	46		M30-49	36	00:25:52	00:57:53.50	00:58:14.15	+00:24:03 (41.3%)	5:47	10.4 (59.1%)
57	CZAPSKI Piotr	24		M50+	12	00:27:58	00:58:12.40	00:58:21.55	+00:24:10 (41.4%)	5:49	10.3 (58.5%)
58	TAUSZYŃSKI Tomasz	205		M50+	13	00:29:45	00:58:58.65	00:59:08.80	+00:24:57 (42.2%)	5:53	10.2 (58.0%)
59	KADOVRY Sarmat	246		M30-49	37	00:29:13	00:59:37.20	00:59:47.20	+00:25:36 (42.8%)	5:57	10.1 (57.4%)
60	BOBROWSKI Marcin	17		M50+	14	00:30:45	00:59:48.35	01:00:07.50	+00:25:56 (43.1%)	5:58	10 (56.8%)
61	ŁUCZAK Piotr	108	PKO BANK POLSKI	M30-49	38	00:27:56	01:00:01.95	01:00:08.75	+00:25:57 (43.2%)	6:00	10 (56.8%)
62	KASPROWICZ Dominik	80		M30-49	39	00:30:36	01:00:20.25	01:00:29.20	+00:26:18 (43.5%)	6:02	9.9 (56.3%)
63	JUDEK Krzysztof	72		M50+	15	00:29:01	01:00:23.35	01:00:38.85	+00:26:27 (43.6%)	6:02	9.9 (56.3%)
64	WIECHA Marcin	215		M50+	16	00:29:46	01:01:19.45	01:01:30.00	+00:27:18 (44.4%)	6:07	9.8 (55.7%)
65	SZYMBORSKI Paweł	204		M30-49	40	00:30:32	01:01:25.70	01:01:36.15	+00:27:25 (44.5%)	6:08	9.8 (55.7%)
66	OSIŃSKI Stanisław	141		M50+	17	00:30:12	01:01:45.30	01:01:58.60	+00:27:47 (44.8%)	6:10	9.7 (55.1%)
67	CZYŻEWSKI Robert	28		M30-49	41	00:31:36	01:03:17.60	01:03:33.60	+00:29:22 (46.2%)	6:19	9.5 (54.0%)
68	ZDZIARSKI Arkadiusz	230		M30-49	42	00:31:34	01:03:46.00	01:03:58.90	+00:29:47 (46.6%)	6:22	9.4 (53.4%)
69	DUDEK Marcin	34	LEŚNA BIEGUNKA	M30-49	43	00:30:34	01:04:12.55	01:04:19.55	+00:30:08 (46.9%)	6:25	9.3 (52.8%)
70	BUJALSKI Konrad	20		M1-29	9	00:31:43	01:05:33.35	01:05:39.55	+00:31:28 (47.9%)	6:33	9.2 (52.3%)
71	MAZUR Kamil	121		M30-49	44	00:31:37	01:05:22.85	01:05:40.05	+00:31:28 (47.9%)	6:32	9.2 (52.3%)
72	SOWA Andrzej	188		M30-49	45	00:31:43	01:05:36.45	01:05:42.20	+00:31:31 (48.0%)	6:33	9.1 (51.7%)
73	JESIONOWSKI Marcin	242		M30-49	46	00:31:44	01:05:45.60	01:05:51.05	+00:31:39 (48.1%)	6:34	9.1 (51.7%)

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74	JABŁONOWSKI Janusz	61	RĄCZE ŚLIMAKI	M50+	18	00:32:35	01:07:58.55	01:08:20.20	+00:34:09 (50.0%)	6:47	8.8 (50.0%)
75	WYKRĘT Krzysztof	226		M50+	19	00:31:31	01:08:11.65	01:08:28.55	+00:34:17 (50.1%)	6:49	8.8 (50.0%)
76	PTAK Marcin	161	CHYŻE JEŻE Z DYSMÓZGIĄ	M30-49	47	00:33:43	01:10:04.15	01:10:22.85	+00:36:11 (51.4%)	7:00	8.6 (48.9%)
77	KRAWCZYK Maciej	97		M30-49	48	00:37:25	01:11:08.90	01:11:34.95	+00:37:23 (52.2%)	7:06	8.4 (47.7%)
78	BIERNACKI Adam	15		M50+	20	00:34:42	01:12:02.00	01:12:13.55	+00:38:02 (52.7%)	7:12	8.3 (47.2%)
79	PANFIL Miłosz	145		M30-49	49	00:37:50	01:14:27.30	01:14:51.05	+00:40:39 (54.3%)	7:26	8.1 (46.0%)
80	NASKRĘT Mariusz	133		M30-49	50	00:37:16	01:16:37.20	01:17:01.75	+00:42:50 (55.6%)	7:39	7.8 (44.3%)
81	SZOSTAKOWSKI Jarosław	200	BIEGAMY Z OCHOTĄ	M50+	21	00:38:58	01:21:46.10	01:22:12.30	+00:48:01 (58.4%)	8:10	7.3 (41.5%)
82	MENDONÇA João Pedro	123		M1-29	10	00:40:34	01:24:33.80	01:24:51.20	+00:50:40 (59.7%)	8:27	7.1 (40.3%)
83	CZECHOWSKI Jerzy	26	MZA - WARSZAWA	M50+	22	00:42:35	01:26:31.70	01:26:52.40	+00:52:41 (60.6%)	8:39	6.9 (39.2%)
84	BIEŃKOWSKI Mateusz	13				00:19:51			+00:02:43	3:58	15.1 (85.8%)
85	SWORSKI Roman	195	VEGAN RUNNERS	M30-49	51	00:19:55			+00:02:51	3:59	15.1 (85.8%)
86	HIRNY-BUDKA Jarosław	59		M30-49	52	00:23:50			+00:07:02	4:46	12.6 (71.6%)
87	SNAKOWSKI Mateusz	185	BIEGAJĄCE WĘŻE	M1-29	11	00:24:10			+00:07:14	4:50	12.4 (70.5%)
88	SNAKOWSKI Piotr	184	BIEGAJĄCE WĘŻE	M30-49	53	00:24:48			+00:07:51	4:57	12.1 (68.8%)
89	PUSZKARSKI Radosław	162	MARKOWI BIEGACZE	M30-49	54	00:27:07			+00:10:03	5:25	11.1 (63.1%)
90	MACKENTHUN Tomasz	109		M1-29	12	00:27:36			+00:10:43	5:31	10.9 (61.9%)
91	GROTEK Karol	53		M1-29	13	00:29:21			+00:12:22	5:52	10.2 (58.0%)
92	BIELECKI Jacek	12		M50+	23	00:29:21			+00:12:34	5:52	10.2 (58.0%)
93	ZŁOTNICKI Adam	232	GOLDTEAM			00:31:06			+00:14:12	6:13	9.6 (54.5%)
94	PAŚNIK Piotr	150	SCHRONISKO NA PLAUCHU			00:32:52			+00:16:20	6:34	9.1 (51.7%)
95	MALER Władysław	113	NEW BALANCE RUN CLUB	M50+	24	00:32:57			+00:15:59	6:35	9.1 (51.7%)
96	POGONOWSKI Michał	154		M1-29	14	00:33:11			+00:16:12	6:38	9 (51.1%)
97	SZLOSER Piotr	199				00:33:47			+00:17:11	6:45	8.9 (50.6%)
98	SKRZYPKOWSKI Tadeusz	183	TLUMACZONLINE.COM	M30-49	55	00:35:29			+00:18:28	7:05	8.5 (48.3%)
99	FAŁATOWICZ Ryszard	38		M50+	25	00:35:47			+00:19:00	7:09	8.4 (47.7%)
100	ŻELECHOWSKI Franciszek	234		M1-29	15	00:35:59			+00:18:59	7:11	8.3 (47.2%)
101	DUDZIŃSKI Wiktor	237		M1-29	16	00:39:41			+00:23:09	7:56	7.6 (43.2%)
102	SZOSTAK Kamil	202		M30-49	56	00:41:47			+00:24:48	8:21	7.2 (40.9%)
103	KORCZAK Maciej	89		M30-49	57	00:47:20			+00:30:30	9:28	6.3 (35.8%)

Znaleziono 103 wynik(ów)