



5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

Organizator: Urząd Dzielnicy Warszawa – Włochy
Data: 2022-11-06
Miejsce: Warszawa
Dystans: 8 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	PYRZAK Paweł	276	BIEGANIEPO40.PL	M 30-39 lat	1	00:00:02	00:27:33.50	00:27:35.85		3:26	17.4
2	ABU NAHIA Karim	10	NADAKTYWNI TORUŃ	M 30-39 lat	2	00:00:02	00:27:50.40	00:27:52.45	+00:00:16	3:28	17.2
3	MURAWSKI Tomasz	226	PAWKO RUNNER TEAM	M 30-39 lat	3	00:00:02	00:28:59.85	00:29:02.05	+00:01:26	3:37	16.6
4	GAJEWSKI Marek	75	ADIDAS RUNNERS WARSAW	M 30-39 lat	4	00:00:03	00:29:10.20	00:29:13.30	+00:01:36	3:38	16.5
5	WOŹNIAK Przemysław	365	WIELISZEW HERON TEAM	M 30-39 lat	5	00:00:04	00:29:26.80	00:29:31.65	+00:01:53	3:40	16.3
6	GROCHOWSKI Maciej	96		M 30-39 lat	6	00:00:03	00:29:30.95	00:29:34.20	+00:01:57	3:41	16.3
7	PIATKA Tomasz	260	ADIDAS RUNNERS WARSAW	M 30-39 lat	7	00:00:02	00:29:41.80	00:29:44.50	+00:02:08	3:42	16.2
8	SERAFIN Piotr	411		M 30-39 lat	8	00:00:03	00:30:33.50	00:30:37.40	+00:03:00	3:49	15.7
9	MICHLEWICZ Krzysztof	219		M 30-39 lat	9	00:00:05	00:30:36.35	00:30:41.60	+00:03:02	3:49	15.7
10	PARASZKA Łukasz	253	MINIONS SPEED TEAM	M 30-39 lat	10	00:00:05	00:30:40.30	00:30:45.40	+00:03:06	3:50	15.7
11	WALENCIK Marcin	352		M 30-39 lat	11	00:00:04	00:30:50.40	00:30:55.00	+00:03:16	3:51	15.6
12	KĄTNIAK Paweł	138		M 30-39 lat	12	00:00:02	00:31:00.80	00:31:03.20	+00:03:27	3:52	15.5
13	MACIEJOWICZ Michał	201		M 30-39 lat	13	00:00:06	00:31:33.45	00:31:39.80	+00:03:59	3:56	15.2
14	TUREK Łukasz	349	LATAJĄCE HO(L)ENDRY/MORDOWNIK	M 30-39 lat	14	00:00:06	00:32:09.25	00:32:16.20	+00:04:35	4:01	14.9
15	BIAŁECKI Piotr	21	ORANG	M 30-39 lat	15	00:00:12	00:32:17.35	00:32:29.50	+00:04:43	4:02	14.9
16	MIELCZARSKI Bartosz	430		M 30-39 lat	16	00:00:04	00:32:28.85	00:32:33.70	+00:04:55	4:03	14.8
17	GOLABOWSKI Maciej	80		M 30-39 lat	17	00:00:05	00:32:40.85	00:32:46.70	+00:05:07	4:05	14.7
18	KUŹDUB Piotr	184		M 30-39 lat	18	00:00:06	00:33:01.05	00:33:07.40	+00:05:27	4:07	14.5
19	ŚCIBIOREK Bartosz	334		M 30-39 lat	19	00:00:06	00:33:42.00	00:33:48.50	+00:06:08	4:12	14.2
20	KOŁODZIEJ Mirosław	152	WOLNY KRAFT	M 30-39 lat	20	00:00:02	00:33:43.85	00:33:46.35	+00:06:10	4:12	14.2
21	IWANIUK Tomasz	113	ŻYWCEM ZABIEGANI	M 30-39 lat	21	00:00:34	00:34:03.95	00:34:38.40	+00:06:30	4:15	14.1
22	PERZANOWSKI Jakub	257		M 30-39 lat	22	00:00:10	00:34:29.90	00:34:40.20	+00:06:56	4:18	13.9
23	JANKOWSKI Jakub	118		M 30-39 lat	23	00:00:17	00:34:45.95	00:35:03.30	+00:07:12	4:20	13.8
24	SZLASA Marek	323		M 30-39 lat	24	00:00:46	00:35:09.60	00:35:56.45	+00:07:36	4:23	13.7
25	WRZESZCZ Łukasz	370	BIEGOWY WARIAT RUNNING TEAM	M 30-39 lat	25	00:00:07	00:35:13.20	00:35:20.65	+00:07:39	4:24	13.6
26	CIEĆWIERZ Michał	45		M 30-39 lat	26	00:00:08	00:35:42.35	00:35:51.10	+00:08:08	4:27	13.4
27	TRACZYK Przemysław	346	ASFALTLOVE DZIKI	M 30-39 lat	27	00:00:12	00:35:59.60	00:36:12.25	+00:08:26	4:29	13.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	MARSZAŁEK Marcin	211		M 30-39 lat	28	00:00:39	00:36:00.30	00:36:40.20	+00:08:26	4:30	13.3
29	REMISZ Łukasz	279		M 30-39 lat	29	00:00:19	00:36:20.65	00:36:39.95	+00:08:47	4:32	13.2
30	SZWACIŃSKI Andrzej	429		M 30-39 lat	30	00:00:19	00:36:33.90	00:36:53.40	+00:09:00	4:34	13.1
31	KĘDRA Mateusz	394		M 30-39 lat	31	00:00:17	00:36:38.15	00:36:55.65	+00:09:04	4:34	13.1
32	SZCZERBA Łukasz	439		M 30-39 lat	32	00:00:38	00:36:44.95	00:37:23.00	+00:09:11	4:35	13.1
33	CHRZANOWSKI Wojciech	41		M 30-39 lat	33	00:00:05	00:37:03.20	00:37:08.70	+00:09:29	4:37	13
34	GRYMUZA Jacek	98	CRAZY HORNET	M 30-39 lat	34	00:00:10	00:37:31.75	00:37:42.65	+00:09:58	4:41	12.8
35	WILK Daniel	358	GRUPA BIEGOWA UM W-WA	M 30-39 lat	35	00:00:31	00:37:31.75	00:38:03.15	+00:09:58	4:41	12.8
36	SZUMSKI Maciej	328	JW2414	M 30-39 lat	36	00:00:41	00:37:36.20	00:38:17.40	+00:10:02	4:42	12.8
37	ZGIERUN Paweł	378		M 30-39 lat	37	00:00:17	00:37:58.25	00:38:15.75	+00:10:24	4:44	12.6
38	OSTROWSKI Kacper	245		M 30-39 lat	38	00:00:31	00:37:59.80	00:38:31.35	+00:10:26	4:44	12.6
39	GDAŃSKI Michał	425		M 30-39 lat	39	00:00:08	00:38:02.05	00:38:10.25	+00:10:28	4:45	12.6
40	PARZNIIEWSKI Maciej	254	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M 30-39 lat	40	00:00:23	00:38:14.50	00:38:38.00	+00:10:41	4:46	12.6
41	LIPSKI Maciej	195		M 30-39 lat	41	00:00:17	00:38:16.05	00:38:33.45	+00:10:42	4:47	12.5
42	TOMASZEWSKI Ryszard	345		M 30-39 lat	42	00:00:09	00:38:24.65	00:38:33.75	+00:10:51	4:48	12.5
43	GRYCNER Paweł	97		M 30-39 lat	43	00:00:15	00:38:27.40	00:38:43.30	+00:10:53	4:48	12.5
44	STASZEWSKI Jarosław	309		M 30-39 lat	44	00:00:10	00:38:59.60	00:39:09.90	+00:11:26	4:52	12.3
45	KOŃSKI Mariusz	157	PALESTRA	M 30-39 lat	45	00:00:16	00:39:04.10	00:39:20.85	+00:11:30	4:53	12.3
46	HABDAS Damian	101		M 30-39 lat	46	00:00:41	00:39:15.05	00:39:56.70	+00:11:41	4:54	12.2
47	PRZYCHODZEŃ Karol	274		M 30-39 lat	47	00:00:23	00:39:33.75	00:39:56.90	+00:12:00	4:56	12.1
48	PASZKOWSKI Konrad	255	SOLANIN	M 30-39 lat	48	00:00:21	00:39:36.65	00:39:58.00	+00:12:03	4:57	12.1
49	RESIAK Maciej	280		M 30-39 lat	49	00:00:07	00:39:37.20	00:39:44.90	+00:12:03	4:57	12.1
50	DĄBROWSKI Marcin	54		M 30-39 lat	50	00:00:22	00:39:46.45	00:40:08.75	+00:12:12	4:58	12.1
51	ZAKRZEWSKI Michał	400		M 30-39 lat	51	00:00:28	00:39:58.65	00:40:27.00	+00:12:25	4:59	12
52	PASZKOWSKI Michal	404	SOLANIN FILM FESTIWAL	M 30-39 lat	52	00:00:21	00:40:11.75	00:40:33.55	+00:12:38	5:01	11.9
53	PIASECKI Rafał	259	PARÓWY WWA	M 30-39 lat	53	00:00:30	00:40:21.30	00:40:51.95	+00:12:47	5:02	11.9
54	SŁOWIK Paweł	300	PARÓWY WWA	M 30-39 lat	54	00:00:30	00:40:21.35	00:40:52.30	+00:12:47	5:02	11.9
55	JAWORSKI Łukasz	122		M 30-39 lat	55	00:00:09	00:40:52.00	00:41:01.40	+00:13:18	5:06	11.7
56	KOŁUCKI Stefan	156	SFORA BMK	M 30-39 lat	56	00:00:33	00:41:04.00	00:41:37.30	+00:13:30	5:08	11.7
57	DĄBROWSKI Emil	52		M 30-39 lat	57	00:00:36	00:41:04.40	00:41:41.35	+00:13:30	5:08	11.7
58	LAMPARSKI Łukasz	454	UNIQA RUNING TEAM	M 30-39 lat	58	00:00:29	00:41:09.20	00:41:38.80	+00:13:35	5:08	11.7
59	JAWOREK Krzysztof	121		M 30-39 lat	59	00:00:37	00:41:16.10	00:41:53.50	+00:13:42	5:09	11.6
60	SANIEWSKI Sebastian	291		M 30-39 lat	60	00:00:38	00:41:23.65	00:42:01.65	+00:13:50	5:10	11.6
61	FIJAŁEK Kamil	428		M 30-39 lat	61	00:00:32	00:41:24.75	00:41:57.15	+00:13:51	5:10	11.6
62	GÓRKA Krzysztof	419		M 30-39 lat	62	00:00:22	00:41:45.80	00:42:08.35	+00:14:12	5:13	11.5
63	KORDALSKI Emil	159		M 30-39 lat	63	00:00:23	00:41:57.90	00:42:20.95	+00:14:24	5:14	11.4
64	KUNKA Andrzej	180		M 30-39 lat	64	00:00:17	00:42:09.50	00:42:26.55	+00:14:36	5:16	11.4
65	MAKOWSKI Marek	202	WTP	M 30-39 lat	65	00:00:25	00:42:40.40	00:43:05.50	+00:15:06	5:20	11.3
66	SZCZĘSNY Aleksander	320		M 30-39 lat	66	00:00:15	00:42:49.70	00:43:05.35	+00:15:16	5:21	11.2
67	WOJCIECHOWSKI Łukasz	363		M 30-39 lat	67	00:00:13	00:42:56.95	00:43:10.80	+00:15:23	5:22	11.2
68	JÓZEFOWICZ Maciej	125	VEGE RUNNERS	M 30-39 lat	68	00:00:13	00:43:31.30	00:43:45.15	+00:15:57	5:26	11
69	MUSIAŁ Krzysztof	473		M 30-39 lat	69	00:00:24	00:43:34.40	00:43:58.45	+00:16:00	5:26	11
70	KLAMBOROWSKI Artur	144		M 30-39 lat	70	00:00:27	00:43:41.95	00:44:09.40	+00:16:08	5:27	11
71	CHMIELEWSKI Kamil	38	ZABIEGANY TATA	M 30-39 lat	71	00:00:26	00:43:52.00	00:44:18.20	+00:16:18	5:29	10.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
72	SMUŁEK Rafał	301		M 30-39 lat	72	00:00:29	00:43:59.25	00:44:28.70	+00:16:25	5:29	10.9
73	BARANOWSKI Łukasz	16		M 30-39 lat	73	00:00:12	00:44:00.75	00:44:13.20	+00:16:27	5:30	10.9
74	CIEPIELA Roman	46		M 30-39 lat	74	00:00:21	00:44:03.00	00:44:24.00	+00:16:29	5:30	10.9
75	DUDZIŃSKI Mateusz	402		M 30-39 lat	75	00:00:33	00:44:28.70	00:45:02.45	+00:16:55	5:33	10.8
76	GRECKI Michał	94	PWPW SA	M 30-39 lat	76	00:00:20	00:44:31.50	00:44:51.60	+00:16:58	5:33	10.8
77	ZARĘBA Piotr	392		M 30-39 lat	77	00:00:37	00:44:36.55	00:45:13.85	+00:17:03	5:34	10.8
78	CZEREPAK Wojciech	51	JW2414	M 30-39 lat	78	00:00:41	00:44:48.25	00:45:29.30	+00:17:14	5:36	10.7
79	SOCHOCKI Wojciech	302		M 30-39 lat	79	00:00:33	00:44:53.75	00:45:27.00	+00:17:20	5:36	10.7
80	JACHOWSKI Patryk	399		M 30-39 lat	80	00:00:24	00:45:19.80	00:45:44.25	+00:17:46	5:39	10.6
81	MICHALAK Tomek	218		M 30-39 lat	81	00:00:36	00:45:22.00	00:45:58.00	+00:17:48	5:40	10.6
82	BRZEZIK Piotr	30		M 30-39 lat	82	00:00:26	00:45:38.45	00:46:04.80	+00:18:04	5:42	10.5
83	CZACHERSKI Kamil	49		M 30-39 lat	83	00:00:17	00:46:28.75	00:46:46.70	+00:18:55	5:48	10.3
84	DUCH Emil	465		M 30-39 lat	84	00:00:18	00:46:52.70	00:47:11.65	+00:19:19	5:51	10.2
85	DOBROŁOWICZ Michał	58	MICHAŁ DOBROŁOWICZ	M 30-39 lat	85	00:00:15	00:46:57.40	00:47:12.50	+00:19:23	5:52	10.2
86	GOŁEK Miłosz	84		M 30-39 lat	86	00:00:16	00:46:59.10	00:47:15.55	+00:19:25	5:52	10.2
87	OLSZEWSKI Tomasz	239		M 30-39 lat	87	00:00:21	00:47:57.85	00:48:19.05	+00:20:24	5:59	10
88	SIKORA Mateusz	299		M 30-39 lat	88	00:00:43	00:48:19.80	00:49:02.85	+00:20:46	6:02	9.9
89	TORBUS Adam	589		M 30-39 lat	89	00:00:47	00:48:36.00	00:49:23.40	+00:21:02	6:04	9.9
90	BARBUCHA Piotr	17		M 30-39 lat	90	00:00:34	00:48:44.90	00:49:19.10	+00:21:11	6:05	9.8
91	ORŁOWSKI Tomasz	240		M 30-39 lat	91	00:00:44	00:49:05.30	00:49:49.85	+00:21:31	6:08	9.8
92	MŁYNARCZYK Andrzej	224		M 30-39 lat	92	00:00:27	00:49:16.90	00:49:44.40	+00:21:43	6:09	9.7
93	DUMANOWSKI Artur	64	JEDENTEAM	M 30-39 lat	93	00:00:07	00:50:36.80	00:50:44.70	+00:23:03	6:19	9.5
94	ZAŁĘSKI Mateusz	376	RADNY DZIELNICY WŁOCHY	M 30-39 lat	94	00:00:35	00:52:18.60	00:52:54.30	+00:24:45	6:32	9.2
95	KRAWCZYK Łukasz	170		M 30-39 lat	95	00:00:46	00:52:41.30	00:53:28.10	+00:25:07	6:35	9.1
96	ISMAIL Mahmoud	112		M 30-39 lat	96	00:00:39	00:53:28.55	00:54:08.45	+00:25:55	6:41	9
97	SIENKIEWICZ Emil	296		M 30-39 lat	97	00:00:33	00:55:29.85	00:56:03.45	+00:27:56	6:56	8.7
98	OKRÓJ Dawid	236		M 30-39 lat	98	00:00:22	00:57:29.00	00:57:51.70	+00:29:55	7:11	8.4
99	PIOTROWICZ Sławomir	265	DEAF	M 30-39 lat	99	00:00:23	00:57:29.10	00:57:52.10	+00:29:55	7:11	8.4

Znaleziono 99 wynik(ów)