



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 40-49 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	KALIŃSKI Przemysław	128	BIEGAJ Z URSUSEM	M 40-49 lat	1	00:00:01	00:28:00.30	00:28:02.10		3:30	17.1
2	ZYCH Mariusz	383	BIEGAJ POD OKIEM TRENERA	M 40-49 lat	2	00:00:02	00:28:10.15	00:28:13.00	+00:00:09	3:31	17
3	MIROWSKI Jarosław	223		M 40-49 lat	3	00:00:03	00:28:55.55	00:28:59.00	+00:00:55	3:36	16.6
4	CHRAPEK Janusz	40	ROSSMANN	M 40-49 lat	4	00:00:03	00:29:25.45	00:29:29.20	+00:01:25	3:40	16.3
5	STROIŃSKI Daniel	590	ATTIQ TEAM	M 40-49 lat	5	00:00:02	00:29:33.60	00:29:36.30	+00:01:33	3:41	16.2
6	DRAB Michał	60	EDC RUNNERS	M 40-49 lat	6	00:00:02	00:29:47.75	00:29:49.80	+00:01:47	3:43	16.1
7	KWIATEK Tomasz	186		M 40-49 lat	7	00:00:01	00:30:00.15	00:30:01.15	+00:01:59	3:45	16
8	MAŁEK Mariusz	204	KB V MAX ADAMÓW	M 40-49 lat	8	00:00:02	00:30:07.30	00:30:10.15	+00:02:07	3:45	15.9
9	STYCZYŃSKI Grzegorz	398	SP 94	M 40-49 lat	9	00:00:03	00:30:14.60	00:30:18.20	+00:02:14	3:46	15.9
10	MAKULEC Marcin	203	SANTANDER RUNNERS CLUB	M 40-49 lat	10	00:00:04	00:30:26.05	00:30:30.45	+00:02:25	3:48	15.8
11	STRYKOWSKI Daniel	313		M 40-49 lat	11	00:00:03	00:30:57.30	00:31:00.65	+00:02:57	3:52	15.5
12	LEWDOROWICZ Wojciech	193	SAM SOBIE KLUBEM	M 40-49 lat	12	00:00:07	00:30:58.00	00:31:05.25	+00:02:57	3:52	15.5
13	WNUK Tomasz	360		M 40-49 lat	13	00:00:03	00:31:09.80	00:31:13.20	+00:03:09	3:53	15.4
14	ABRAMCZYK Rafał	391		M 40-49 lat	14	00:00:04	00:31:40.80	00:31:45.00	+00:03:40	3:57	15.2
15	GÓRECKI Rafał	88	UKS MELO BŁONIE	M 40-49 lat	15	00:00:02	00:31:50.65	00:31:53.45	+00:03:50	3:58	15.1
16	KOCHMAŃSKI Tomasz	151		M 40-49 lat	16	00:00:17	00:32:24.75	00:32:41.80	+00:04:24	4:03	14.8
17	PIKUL Piotr	263		M 40-49 lat	17	00:00:04	00:32:48.15	00:32:52.45	+00:04:47	4:06	14.6
18	BORKOWSKI Mariusz	431		M 40-49 lat	18	00:00:04	00:32:56.80	00:33:00.80	+00:04:56	4:07	14.6
19	HALAT Andrzej	102	POSMAKUJ RUN TEAM	M 40-49 lat	19	00:00:06	00:33:08.10	00:33:15.05	+00:05:07	4:08	14.5
20	FELIGA Mariusz	70	ADIDAS RUNNERS WARSAW	M 40-49 lat	20	00:00:14	00:33:08.80	00:33:23.20	+00:05:08	4:08	14.5
21	KOWALSKI Jarosław	168	AR	M 40-49 lat	21	00:00:14	00:33:09.10	00:33:23.10	+00:05:08	4:08	14.5
22	SZYJKA Krzysztof	329		M 40-49 lat	22	00:00:21	00:33:51.70	00:34:13.65	+00:05:51	4:13	14.2
23	BRYGOŁA Tomasz	472	PARKRUN POLE MOKOTOWSKIE	M 40-49 lat	23	00:00:21	00:34:15.25	00:34:36.70	+00:06:14	4:16	14
24	DĘBSKI Andrzej	57		M 40-49 lat	24	00:00:17	00:34:18.25	00:34:36.20	+00:06:17	4:17	14
25	CHOJNACKI Mikołaj	39	WARSAW RUN CLUB	M 40-49 lat	25	00:00:15	00:34:23.15	00:34:38.65	+00:06:22	4:17	14
26	BUCZKOWSKI Piotr	32		M 40-49 lat	26	00:00:06	00:34:34.75	00:34:41.70	+00:06:34	4:19	13.9
27	MACKIEWICZ Wojciech	588		M 40-49 lat	27	00:00:04	00:34:36.35	00:34:40.65	+00:06:36	4:19	13.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
28	RABIEJ Wojciech	455	DUCLA ACADEMY	M 40-49 lat	28	00:00:06	00:34:42.25	00:34:49.00	+00:06:41	4:20	13.8
29	DUKACZEWSKI Michal	63		M 40-49 lat	29	00:00:12	00:35:00.45	00:35:13.20	+00:07:00	4:22	13.7
30	MACHOŃ Paweł	199	GRUPA BIEGOWA UM W-WA	M 40-49 lat	30	00:00:12	00:35:03.85	00:35:16.30	+00:07:03	4:22	13.7
31	ZAŁĘCKI Michał	375	PSIEJAK TEAM	M 40-49 lat	31	00:00:13	00:35:34.10	00:35:47.75	+00:07:33	4:26	13.5
32	KRÓLICKI Konrad	173	STG WARSZAWA	M 40-49 lat	32	00:00:13	00:35:36.65	00:35:50.45	+00:07:36	4:27	13.5
33	GÓRKA Krzysztof	90		M 40-49 lat	33	00:00:18	00:35:48.10	00:36:06.75	+00:07:47	4:28	13.4
34	DĄBAL Marcin	407	BIEGIEM RADOM!	M 40-49 lat	34	00:00:08	00:35:50.10	00:35:58.70	+00:07:49	4:28	13.4
35	KOWALSKI Mariusz	166		M 40-49 lat	35	00:00:16	00:35:51.95	00:36:08.55	+00:07:51	4:28	13.4
36	OSOWSKI Andrzej	243		M 40-49 lat	36	00:00:05	00:36:06.20	00:36:11.50	+00:08:05	4:30	13.3
37	WARZOCHA Michal	354	SFS RUNNING	M 40-49 lat	37	00:00:19	00:36:30.60	00:36:50.45	+00:08:30	4:33	13.2
38	PIOTRAK Marcin	264		M 40-49 lat	38	00:00:11	00:36:30.65	00:36:42.25	+00:08:30	4:33	13.2
39	SOŁTYSIAK Paweł	305	KS POLONIA W-WA	M 40-49 lat	39	00:00:04	00:36:31.35	00:36:35.55	+00:08:31	4:33	13.1
40	LENDZION Jarosław	189	GRUPA BIEGOWA UM W-WA	M 40-49 lat	40	00:00:08	00:36:34.10	00:36:43.00	+00:08:33	4:34	13.1
41	SIEJKA Mateusz	293		M 40-49 lat	41	00:00:20	00:36:35.40	00:36:55.40	+00:08:35	4:34	13.1
42	IWAŃCZYK Grzegorz	114		M 40-49 lat	42	00:00:09	00:36:53.00	00:37:02.30	+00:08:52	4:36	13
43	GÓRSKI Marcin	460		M 40-49 lat	43	00:00:27	00:37:02.45	00:37:29.90	+00:09:02	4:37	13
44	SANTAREK Wojciech	292		M 40-49 lat	44	00:00:23	00:37:14.40	00:37:37.45	+00:09:14	4:39	12.9
45	PTASZNIK Maciej	275	DOGOŃ GRODZISK MAZOWIECKI	M 40-49 lat	45	00:00:03	00:37:15.45	00:37:19.40	+00:09:15	4:39	12.9
46	MATYSZCZAK Krzysztof	216	KENKO	M 40-49 lat	46	00:00:35	00:37:17.65	00:37:53.15	+00:09:17	4:39	12.9
47	JODŁOWSKI Grzegorz	124		M 40-49 lat	47	00:00:11	00:37:25.40	00:37:37.25	+00:09:25	4:40	12.8
48	GOLEBIEWSKI Michal	81	TEAM ZABIEGANEDNI	M 40-49 lat	48	00:00:34	00:37:30.60	00:38:04.65	+00:09:30	4:41	12.8
49	DĘBSKI Andrzej	56		M 40-49 lat	49	00:00:07	00:37:45.60	00:37:52.90	+00:09:45	4:43	12.7
50	SOLIWODA Miroslaw	304		M 40-49 lat	50	00:00:12	00:37:45.90	00:37:58.65	+00:09:45	4:43	12.7
51	DRZEWIECKI Marek	61		M 40-49 lat	51	00:00:04	00:37:49.40	00:37:54.25	+00:09:49	4:43	12.7
52	SZEWCZYK Jacek	322		M 40-49 lat	52	00:00:25	00:37:52.05	00:38:17.25	+00:09:51	4:44	12.7
53	ROSTKOWSKI Bartosz	283		M 40-49 lat	53	00:00:13	00:37:53.95	00:38:07.20	+00:09:53	4:44	12.7
54	GUZOWSKI Tomasz	100	OX2	M 40-49 lat	54	00:00:14	00:37:59.35	00:38:13.75	+00:09:59	4:44	12.6
55	GOCŁOWSKI Cezary	389	GRUPA BIEGOWA UM W-WA	M 40-49 lat	55	00:00:08	00:38:01.85	00:38:09.90	+00:10:01	4:45	12.6
56	ŚWINIARSKI Mariusz	337	FITERROR TEAM	M 40-49 lat	56	00:00:38	00:38:11.35	00:38:50.10	+00:10:11	4:46	12.6
57	SZADKOWSKI Piotr	317		M 40-49 lat	57	00:00:19	00:38:16.00	00:38:35.55	+00:10:15	4:47	12.5
58	PLIŃSKI Maciej	403		M 40-49 lat	58	00:00:44	00:38:19.95	00:39:04.35	+00:10:19	4:47	12.5
59	KUSY Marcin	183		M 40-49 lat	59	00:00:06	00:38:30.10	00:38:36.85	+00:10:29	4:48	12.5
60	JABŁONKA Radek	115	DZIADY OCR	M 40-49 lat	60	00:00:12	00:38:33.75	00:38:45.95	+00:10:33	4:49	12.5
61	KOWALSKI Tomasz	167	12TRI.PL	M 40-49 lat	61	00:00:15	00:38:42.25	00:38:57.75	+00:10:41	4:50	12.4
62	KOTAS Wojciech	427	EDC RUNNERS	M 40-49 lat	62	00:00:20	00:38:45.25	00:39:05.65	+00:10:44	4:50	12.4
63	KOWALCZYK Krzysztof	162		M 40-49 lat	63	00:00:10	00:39:09.10	00:39:19.85	+00:11:08	4:53	12.3
64	NABIAŁCZYK Sylwester	405	JAJA KÓŻE Z WOLNEGO WYBIEGÓ	M 40-49 lat	64	00:00:15	00:39:30.65	00:39:46.30	+00:11:30	4:56	12.2
65	WĄDOŁOWSKI Sylwestet	409		M 40-49 lat	65	00:00:26	00:39:32.70	00:39:58.70	+00:11:32	4:56	12.1
66	SCHWOCH Daniel	468		M 40-49 lat	66	00:00:09	00:39:48.60	00:39:58.20	+00:11:48	4:58	12.1
67	SIENKIEWICZ Piotr	297		M 40-49 lat	67	00:00:42	00:39:56.85	00:40:39.00	+00:11:56	4:59	12
68	RUDNIK Jarosław	284		M 40-49 lat	68	00:00:24	00:39:56.90	00:40:21.35	+00:11:56	4:59	12
69	GROCHOWSKI Andrzej	408	KP PIASTÓW	M 40-49 lat	69	00:00:25	00:39:59.60	00:40:25.20	+00:11:59	4:59	12
70	GNIADZIK Rafał	79	KOMENDA STOŁĘCZNA POLICJI W WARSZAWIE	M 40-49 lat	70	00:00:22	00:40:36.65	00:40:58.75	+00:12:36	5:04	11.8
71	KNAPIK Paweł	149		M 40-49 lat	71	00:00:28	00:41:02.65	00:41:31.15	+00:13:02	5:07	11.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
72	BORUSZEWSKI Maciej	25		M 40-49 lat	72	00:00:30	00:41:13.30	00:41:43.30	+00:13:13	5:09	11.6
73	MATEŃKA Piotr	214	DYSPOZYCJA DNIA TEAM	M 40-49 lat	73	00:00:09	00:41:19.85	00:41:29.25	+00:13:19	5:09	11.6
74	NIEWIŃSKI Jan	421	FITTERORR TEAM	M 40-49 lat	74	00:00:39	00:41:25.20	00:42:04.40	+00:13:24	5:10	11.6
75	WRZESIEN Kamil	467	SOFTBLUE RUN CLUB	M 40-49 lat	75	00:00:19	00:41:25.75	00:41:45.60	+00:13:25	5:10	11.6
76	MACIAK Andrzej	415		M 40-49 lat	76	00:00:13	00:41:27.45	00:41:40.90	+00:13:27	5:10	11.6
77	WCISŁO Marcin	355		M 40-49 lat	77	00:00:09	00:42:16.55	00:42:25.95	+00:14:16	5:17	11.4
78	LEKI Robert	406	BEMOWO BIEGA	M 40-49 lat	78	00:00:25	00:42:17.50	00:42:43.10	+00:14:17	5:17	11.4
79	TRZCIŃSKI Marcin	457	LUXMED	M 40-49 lat	79	00:00:28	00:42:21.70	00:42:50.35	+00:14:21	5:17	11.3
80	SOBOLEWSKI Bartosz	463		M 40-49 lat	80	00:00:25	00:42:34.45	00:42:59.65	+00:14:34	5:19	11.3
81	KOŁODZIEJSKI Rafał	154		M 40-49 lat	81	00:00:21	00:42:37.05	00:42:58.85	+00:14:36	5:19	11.3
82	MARKIEWICZ Tomasz	209		M 40-49 lat	82	00:00:55	00:42:48.20	00:43:43.80	+00:14:47	5:21	11.2
83	KRÓL Radosław	172		M 40-49 lat	83	00:00:20	00:43:12.00	00:43:32.90	+00:15:11	5:24	11.1
84	WARDZIŃSKI Paweł	353	RUN AND GUN	M 40-49 lat	84	00:00:22	00:43:26.75	00:43:48.85	+00:15:26	5:25	11.1
85	CABAJ Marek	466	LUXMED	M 40-49 lat	85	00:00:43	00:43:49.05	00:44:32.70	+00:15:48	5:28	11
86	TCHEISHVILI Teimuraz	339	TORPEDO	M 40-49 lat	86	00:00:32	00:44:07.75	00:44:40.10	+00:16:07	5:30	10.9
87	RUDOLF Marcin	285		M 40-49 lat	87	00:00:24	00:44:22.35	00:44:46.45	+00:16:22	5:32	10.8
88	MARSZAŁEK Marcin	210		M 40-49 lat	88	00:00:29	00:44:30.40	00:45:00.30	+00:16:30	5:33	10.8
89	POŁOWIANIUK Marek	269		M 40-49 lat	89	00:00:42	00:44:59.75	00:45:42.05	+00:16:59	5:37	10.7
90	KATNER Tomasz	136		M 40-49 lat	90	00:00:30	00:45:35.80	00:46:06.60	+00:17:35	5:41	10.5
91	KWIECIŃSKI Radosław	464		M 40-49 lat	91	00:00:23	00:45:43.90	00:46:07.50	+00:17:43	5:42	10.5
92	CZECHLEWSKI Adam	50		M 40-49 lat	92	00:00:40	00:45:49.55	00:46:30.45	+00:17:49	5:43	10.5
93	JURKOWSKI Ernest	459		M 40-49 lat	93	00:00:56	00:45:55.25	00:46:52.10	+00:17:54	5:44	10.5
94	KOTYNIA Konrad	161		M 40-49 lat	94	00:00:31	00:46:37.45	00:47:08.75	+00:18:37	5:49	10.3
95	CHEĆ Adam	451		M 40-49 lat	95	00:00:23	00:46:50.10	00:47:13.95	+00:18:49	5:51	10.2
96	ZYGADŁO Piotr	385		M 40-49 lat	96	00:00:07	00:46:59.70	00:47:07.25	+00:18:59	5:52	10.2
97	JESIONOWSKI Marcin	123		M 40-49 lat	97	00:00:18	00:47:02.10	00:47:21.00	+00:19:01	5:52	10.2
98	KAPUSCINSKI Marcin	436		M 40-49 lat	98	00:00:25	00:47:03.15	00:47:28.75	+00:19:02	5:52	10.2
99	SOWA Andrzej	306		M 40-49 lat	99	00:00:06	00:47:14.85	00:47:20.95	+00:19:14	5:54	10.2
100	KUREK Krzysztof	181		M 40-49 lat	100	00:00:28	00:47:16.90	00:47:45.30	+00:19:16	5:54	10.2
101	BRONISZEWSKI Jakub	29		M 40-49 lat	101	00:00:39	00:47:39.25	00:48:18.90	+00:19:38	5:57	10.1
102	HEBDA Bartłomiej	106		M 40-49 lat	102	00:00:45	00:48:25.25	00:49:11.05	+00:20:24	6:03	9.9
103	MŁYNARCZYK Wojciech	442		M 40-49 lat	103	00:00:10	00:48:26.35	00:48:36.95	+00:20:26	6:03	9.9
104	PISARSKI Marcin	267		M 40-49 lat	104	00:00:22	00:48:45.65	00:49:08.50	+00:20:45	6:05	9.8
105	KOWALCZYK Michał	163		M 40-49 lat	105	00:00:13	00:51:48.60	00:52:01.95	+00:23:48	6:28	9.3
106	GAŁĄZKA Paweł	77	ABNEGAT WARSZAWA	M 40-49 lat	106	00:00:07	00:53:28.95	00:53:36.20	+00:25:28	6:41	9
107	SZYMCZAK Paweł	333		M 40-49 lat	107	00:00:45	00:54:30.50	00:55:15.90	+00:26:30	6:48	8.8
108	HAUSMAN Michał	104		M 40-49 lat	108	00:00:45	00:54:31.00	00:55:16.20	+00:26:30	6:48	8.8
109	TOKARSKI Paweł	449		M 40-49 lat	109	00:00:15	00:54:46.10	00:55:01.30	+00:26:45	6:50	8.8
110	ZAJĄC Piotr	373		M 40-49 lat	110	00:00:32	00:54:56.85	00:55:29.00	+00:26:56	6:52	8.7
111	KARPOWICZ Michał	134		M 40-49 lat	111	00:00:32	00:56:50.70	00:57:22.80	+00:28:50	7:06	8.4
112	KAMIŃSKI Mirosław	131		M 40-49 lat	112	00:00:11	01:05:19.80	01:05:31.50	+00:37:19	8:09	7.3
113	WÓJCIK Robert	367		M 40-49 lat	113	00:00:57	01:06:10.25	01:07:08.05	+00:38:09	8:16	7.3