

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2019-12-14
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M2 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	PARSZCZYŃSKI Łukasz	277	TEAM PARSZCZYŃSKICH	M2 30-39 lat	1	00:00:01	00:00:16	00:14:15	00:28:26	00:42:46.20	00:42:48.15		3:17	18.2 (100%)
2	FALKOWSKI Bartek	77	PIEKIELNI WARSZAWA	M2 30-39 lat	2	00:00:01	00:00:16	00:14:44	00:29:30	00:44:14.55	00:44:16.10	+00:01:28 (3.3%)	3:24	17.6 (96.7%)
3	BĘTKOWSKI Piotr	475		M2 30-39 lat	3	00:00:01	00:00:17	00:14:45	00:29:35	00:44:50.75	00:44:52.20	+00:02:04 (4.6%)	3:27	17.4 (95.6%)
4	JOSYPENKO Jędrzej	487	DREAM RUN	M2 30-39 lat	4	00:00:02	00:00:16	00:14:44	00:30:01	00:45:51.60	00:45:53.70	+00:03:05 (6.7%)	3:31	17 (93.4%)
5	FIEDOROW Tomasz	79	BSB BARCZEWO BIEGA/ZK BARCZEWO	M2 30-39 lat	5	00:00:01	00:00:15	00:15:32	00:31:42	00:47:35.10	00:47:36.85	+00:04:48 (10.1%)	3:39	16.4 (90.1%)
6	URMANOWSKI Daniel	386	DREAM RUN	M2 30-39 lat	6	00:00:02	00:00:16	00:15:23	00:31:27	00:47:37.75	00:47:40.35	+00:04:51 (10.2%)	3:39	16.4 (90.1%)
7	HILDEBRAND Marcin	127	BIEGAM NA TARCHOMINIE	M2 30-39 lat	7	00:00:02	00:00:19	00:16:05	00:32:03	00:48:04.55	00:48:06.85	+00:05:18 (11.0%)	3:41	16.2 (89.0%)
8	KIELAK Leszek	488	ENTRE RUNNING	M2 30-39 lat	8	00:00:00	00:00:22	00:16:10	00:32:19	00:48:22.10	00:48:22.10	+00:05:35 (11.6%)	3:43	16.1 (88.5%)
9	ŁABĘDZKI Konrad	520	ADIDAS RUNNERS WARSAW	M2 30-39 lat	9	00:00:02	00:00:18	00:16:29	00:32:29	00:48:37.10	00:48:39.45	+00:05:50 (12.0%)	3:44	16 (87.9%)
10	GRZYBOWSKI Paweł	119	TEAM PARSZCZYŃSKICH	M2 30-39 lat	10	00:00:01	00:00:16	00:15:39	00:32:16	00:48:49.10	00:48:51.05	+00:06:02 (12.4%)	3:45	16 (87.9%)
11	WERNER Kamil	394	BIEGAM NA TARCHOMINIE/ŻMUDARUNNINGTEAM	M2 30-39 lat	11	00:00:03	00:00:17	00:16:08	00:32:49	00:49:27.45	00:49:30.45	+00:06:41 (13.5%)	3:48	15.8 (86.8%)
12	GAŁUSZKA Filip	92	KOKOSZKA36TEAM	M2 30-39 lat	12	00:00:03	00:00:20	00:16:53	00:33:39	00:50:11.85	00:50:15.50	+00:07:25 (14.8%)	3:51	15.5 (85.2%)
13	PRZYBYŁA Krzysztof	499	ADIDAS RUNNERS WARSAW	M2 30-39 lat	13	00:00:02	00:00:18	00:16:37	00:33:21	00:50:23.95	00:50:26.35	+00:07:37 (15.1%)	3:52	15.5 (85.2%)
14	BIAŁEK Piotr	476	3BRO	M2 30-39 lat	14	00:00:02	00:00:18	00:16:53	00:33:54	00:50:48.10	00:50:50.85	+00:08:01 (15.8%)	3:54	15.4 (84.6%)
15	KOTLENGA Przemysław	180		M2 30-39 lat	15	00:00:02	00:00:18	00:16:46	00:34:05	00:50:59.65	00:51:02.60	+00:08:13 (16.1%)	3:55	15.3 (84.1%)
16	TOMCZAK Marcin	377	1980	M2 30-39 lat	16	00:00:03	00:00:20	00:17:07	00:34:41	00:52:18.30	00:52:21.50	+00:09:32 (18.2%)	4:01	14.9 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	GOŁYŃSKI Tomasz	483		M2 30-39 lat	17	00:00:09	00:00:24	00:17:32	00:35:47	00:54:06.35	00:54:15.40	+00:11:20 (21.0%)	4:09	14.4 (79.1%)
18	TARAS Marcin	372		M2 30-39 lat	18	00:00:08	00:00:25	00:17:48	00:36:17	00:54:40.35	00:54:48.45	+00:11:54 (21.8%)	4:12	14.3 (78.6%)
19	UGRYN Maciej	384	WWW.RUNISMYFUN.COM	M2 30-39 lat	19	00:00:02	00:00:20	00:17:34	00:35:28	00:54:42.15	00:54:44.75	+00:11:55 (21.8%)	4:12	14.3 (78.6%)
20	MANELSKI Artur	442	DOBRZYNSKI KLUB ZEGLARSKI	M2 30-39 lat	20	00:00:04	00:00:21	00:18:35	00:37:06	00:55:06.40	00:55:10.80	+00:12:20 (22.4%)	4:14	14.2 (78.0%)
21	KOŚCIK Jakub	436		M2 30-39 lat	21	00:00:05	00:00:30	00:19:03	00:37:08	00:55:07.00	00:55:12.95	+00:12:20 (22.4%)	4:14	14.2 (78.0%)
22	NIEZGODA Przemysław	250		M2 30-39 lat	22	00:00:07	00:00:26	00:18:40	00:37:16	00:55:11.15	00:55:18.65	+00:12:24 (22.5%)	4:14	14.1 (77.5%)
23	KALINOWSKI Łukasz	148		M2 30-39 lat	23	00:00:07	00:00:24	00:19:05	00:37:30	00:55:19.10	00:55:26.15	+00:12:32 (22.7%)	4:15	14.1 (77.5%)
24	DĄBROWSKI Michał	63		M2 30-39 lat	24	00:00:06	00:00:23	00:18:22	00:37:12	00:56:03.00	00:56:09.55	+00:13:16 (23.7%)	4:18	13.9 (76.4%)
25	KOWALEWSKI Łukasz	491	BISKUPIEC BIEGA	M2 30-39 lat	25	00:00:00	00:01:48	00:18:55	00:37:33	00:56:24.00	00:56:24.00	+00:13:37 (24.2%)	4:20	13.8 (75.8%)
26	SKOTNICKI Piotr	325		M2 30-39 lat	26	00:00:09	00:00:25	00:18:47	00:37:58	00:56:44.80	00:56:54.00	+00:13:58 (24.6%)	4:21	13.7 (75.3%)
27	PUTON Michał	295		M2 30-39 lat	27	00:00:08	00:00:25	00:18:30	00:37:30	00:57:34.30	00:57:43.20	+00:14:48 (25.7%)	4:25	13.5 (74.2%)
28	WITKOWSKI Łukasz	405	NASIELSK BASZTA TEAM	M2 30-39 lat	28	00:00:20	00:00:35	00:19:31	00:38:46	00:57:37.30	00:57:58.05	+00:14:51 (25.8%)	4:26	13.5 (74.2%)
29	OCHENKOWSKI Sebastian	263		M2 30-39 lat	29	00:00:04	00:00:24	00:19:05	00:38:26	00:57:53.35	00:57:57.80	+00:15:07 (26.1%)	4:27	13.5 (74.2%)
30	SMORAWSKI Wodzisław	331		M2 30-39 lat	30	00:00:00	00:00:48	00:19:57	00:38:48	00:57:57.00	00:57:57.00	+00:15:10 (26.2%)	4:27	13.5 (74.2%)
31	BRODZIK Arkadiusz	426		M2 30-39 lat	31	00:00:02	00:00:16	00:18:16	00:38:04	00:58:07.00	00:58:09.65	+00:15:20 (26.4%)	4:28	13.4 (73.6%)
32	KALKO Vitalii	149		M2 30-39 lat	32	00:00:04	00:00:24	00:18:34	00:38:39	00:58:20.10	00:58:24.85	+00:15:33 (26.7%)	4:29	13.4 (73.6%)
33	KSIEL Artur	192		M2 30-39 lat	33	00:00:07	00:00:27	00:19:36	00:39:06	00:58:39.70	00:58:47.20	+00:15:53 (27.1%)	4:30	13.3 (73.1%)
34	MICHALSKI Ryszard	445	WWW.SENSORYBEAUTY.PL	M2 30-39 lat	34	00:00:09	00:00:23	00:19:31	00:39:32	00:58:47.30	00:58:56.45	+00:16:01 (27.2%)	4:31	13.3 (73.1%)
35	PŁATEK Tomasz	529		M2 30-39 lat	35	00:00:05	00:00:26	00:19:45	00:39:41	00:59:15.20	00:59:20.25	+00:16:29 (27.8%)	4:33	13.2 (72.5%)
36	RYMKIEWICZ Zbigniew	312		M2 30-39 lat	36	00:00:07	00:00:25	00:19:35	00:39:33	00:59:26.05	00:59:33.30	+00:16:39 (28.0%)	4:34	13.1 (72.0%)
37	WISZOWATY Piotr	401		M2 30-39 lat	37	00:00:07	00:00:28	00:19:52	00:39:44	00:59:30.50	00:59:37.85	+00:16:44 (28.1%)	4:34	13.1 (72.0%)
38	STĘPIEŃ Adam	342		M2 30-39 lat	38	00:00:06	00:00:26	00:20:01	00:40:05	00:59:41.00	00:59:47.85	+00:16:54 (28.3%)	4:35	13.1 (72.0%)
39	CNOTA Maciek	55		M2 30-39 lat	39	00:00:11	00:00:27	00:19:49	00:39:57	01:00:17.10	01:00:28.15	+00:17:30 (29.1%)	4:38	12.9 (70.9%)

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40	FRANK Michał	85	JW 2414	M2 30-39 lat	40	00:00:07	00:00:27	00:19:53	00:39:52	01:00:30.35	01:00:38.25	+00:17:44 (29.3%)	4:39	12.9 (70.9%)
41	MAZUR Piotr	228		M2 30-39 lat	41	00:00:27	00:00:33	00:20:50	00:40:44	01:00:49.00	01:01:16.05	+00:18:02 (29.7%)	4:40	12.8 (70.3%)
42	GLINKA Karol	97		M2 30-39 lat	42	00:00:32	00:00:36	00:20:35	00:40:40	01:00:49.95	01:01:22.50	+00:18:03 (29.7%)	4:40	12.8 (70.3%)
43	ORLIŃSKI Krzysztof	498		M2 30-39 lat	43	00:00:37	00:00:35	00:20:44	00:40:49	01:00:55.30	01:01:32.85	+00:18:09 (29.8%)	4:41	12.8 (70.3%)
44	TENDERENDA Kamil	460		M2 30-39 lat	44	00:00:49	00:00:33	00:21:03	00:41:34	01:01:58.60	01:02:47.70	+00:19:12 (31.0%)	4:46	12.6 (69.2%)
45	IWANIUK Tomasz	486	ŻYWCEM ZABIEGANI	M2 30-39 lat	45	00:00:10	00:00:27	00:19:46	00:40:23	01:02:30.75	01:02:41.60	+00:19:44 (31.6%)	4:48	12.5 (68.7%)
46	CEGIEŁKA Dawid	42	KS BACHMATY	M2 30-39 lat	46	00:00:41	00:00:32	00:20:49	00:42:12	01:04:05.80	01:04:47.15	+00:21:19 (33.3%)	4:55	12.2 (67.0%)
47	POTRZEBOWSKI Dominik	292		M2 30-39 lat	47	00:00:24	00:00:35	00:22:06	00:43:21	01:04:06.45	01:04:30.45	+00:21:20 (33.3%)	4:55	12.2 (67.0%)
48	SZYMCZAK Jacek	367	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	48	00:00:06	00:00:28	00:20:45	00:41:24	01:04:21.10	01:04:27.55	+00:21:34 (33.5%)	4:57	12.1 (66.5%)
49	SŁOWIŃSKI Marcin	328	1.OREL	M2 30-39 lat	49	00:00:35	00:00:35	00:21:48	00:43:15	01:04:27.40	01:05:03.15	+00:21:41 (33.6%)	4:57	12.1 (66.5%)
50	STYKOWSKI Michał	348	TARCHOŚFIRY	M2 30-39 lat	50	00:00:18	00:00:28	00:20:19	00:41:21	01:04:28.95	01:04:47.45	+00:21:42 (33.7%)	4:57	12.1 (66.5%)
51	URBANIAK Michał	385		M2 30-39 lat	51	00:00:07	00:00:28	00:21:28	00:43:19	01:04:39.10	01:04:46.60	+00:21:52 (33.8%)	4:58	12.1 (66.5%)
52	ZAJAC Bartosz	514	BSB BARCZEWO BIEGA/ ZK BARCZEWO	M2 30-39 lat	52	00:00:14	00:00:32	00:21:17	00:42:26	01:04:42.75	01:04:57.40	+00:21:56 (33.9%)	4:58	12.1 (66.5%)
53	MAGOT Tomasz	497		M2 30-39 lat	53	00:00:31	00:00:37	00:22:15	00:43:30	01:04:47.80	01:05:19.25	+00:22:01 (34.0%)	4:59	12 (65.9%)
54	NADOBNIK Konrad	245	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	54	00:00:05	00:00:27	00:21:14	00:42:56	01:04:52.85	01:04:58.25	+00:22:06 (34.1%)	4:59	12 (65.9%)
55	JANECKI Przemysław	131		M2 30-39 lat	55	00:00:16	00:00:34	00:21:09	00:43:10	01:04:58.00	01:05:14.35	+00:22:11 (34.2%)	4:59	12 (65.9%)
56	KUREK Wojceich	202	1 BAZA LOTNICTWA TRANSPORTOWEGO	M2 30-39 lat	56	00:00:26	00:00:36	00:21:48	00:42:50	01:05:41.30	01:06:07.50	+00:22:55 (34.9%)	5:03	11.9 (65.4%)
57	ŚCISŁOWICZ Krzysztof	369	STOMILEX	M2 30-39 lat	57	00:00:04	00:00:25	00:21:40	00:43:46	01:05:42.30	01:05:47.20	+00:22:56 (34.9%)	5:03	11.9 (65.4%)
58	STANKOWSKI Paweł	337		M2 30-39 lat	58	00:00:11	00:00:31	00:21:47	00:43:38	01:06:08.70	01:06:19.85	+00:23:22 (35.3%)	5:05	11.8 (64.8%)
59	PIOTROWSKI Kamil	287		M2 30-39 lat	59	00:00:26	00:00:37	00:23:12	00:45:07	01:06:16.05	01:06:42.30	+00:23:29 (35.5%)	5:05	11.8 (64.8%)
60	MANCZENKO Eugeniusz	222		M2 30-39 lat	60	00:00:22	00:00:31	00:21:23	00:44:39	01:06:29.00	01:06:51.15	+00:23:42 (35.7%)	5:06	11.7 (64.3%)
61	CZAJKA Piotr	56	BIEGAM NA TARCHOMINIE	M2 30-39 lat	61	00:00:19	00:00:37	00:22:34	00:44:48	01:06:44.80	01:07:04.20	+00:23:58 (35.9%)	5:08	11.7 (64.3%)
62	KUCKI Kamil	197	MAZOVIA PROACTIV CIECHANÓW	M2 30-39 lat	62	00:00:33	00:00:37	00:22:42	00:44:51	01:07:02.20	01:07:35.75	+00:24:16 (36.2%)	5:09	11.6 (63.7%)

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63	TYMIŃSKI Mariusz	383		M2 30-39 lat	63	00:00:32	00:00:37	00:22:35	00:45:07	01:07:08.35	01:07:40.40	+00:24:22 (36.3%)	5:09	11.6 (63.7%)
64	KOSIŃSKI Aleksander	177		M2 30-39 lat	64	00:00:36	00:00:38	00:22:45	00:45:02	01:07:10.55	01:07:47.10	+00:24:24 (36.3%)	5:10	11.6 (63.7%)
65	MUSIAŁ Marcin	538		M2 30-39 lat	65	00:00:21	00:00:35	00:22:02	00:44:30	01:07:17.10	01:07:38.45	+00:24:30 (36.4%)	5:10	11.6 (63.7%)
66	GONTARZ Mateusz	484		M2 30-39 lat	66	00:00:41	00:00:36	00:23:32	00:45:33	01:07:21.75	01:08:03.20	+00:24:35 (36.5%)	5:10	11.6 (63.7%)
67	SOPYŁO Stefan	334		M2 30-39 lat	67	00:00:26	00:00:35	00:23:59	00:47:04	01:07:54.55	01:08:21.30	+00:25:08 (37.0%)	5:13	11.5 (63.2%)
68	ZIELIŃSKI Łukasz	471	BIEGAM BO LUBIĘ OSTROŁĘKA	M2 30-39 lat	68	00:00:04	00:00:25	00:21:00	00:42:12	01:07:56.95	01:08:01.80	+00:25:10 (37.1%)	5:13	11.5 (63.2%)
69	FILC Łukasz	82		M2 30-39 lat	69	00:00:26	00:00:35	00:22:29	00:45:14	01:08:07.70	01:08:34.55	+00:25:21 (37.2%)	5:14	11.4 (62.6%)
70	KONARSKI Maciej	490	DOGOŃ GRODZISK MAZOWIECKI	M2 30-39 lat	70	00:00:08	00:00:29	00:22:48	00:45:15	01:08:11.75	01:08:20.60	+00:25:25 (37.3%)	5:14	11.4 (62.6%)
71	KASKA Mateusz	158		M2 30-39 lat	71	00:00:35	00:00:37	00:23:26	00:45:52	01:08:16.85	01:08:51.85	+00:25:30 (37.4%)	5:15	11.4 (62.6%)
72	STARZYŃSKI Piotr	506		M2 30-39 lat	72	00:00:31	00:00:34	00:23:22	00:45:51	01:08:21.85	01:08:52.90	+00:25:35 (37.4%)	5:15	11.4 (62.6%)
73	DALECKI Łukasz	536	NASIELSK BASZTA TEAM	M2 30-39 lat	73	00:00:22	00:00:35	00:22:47	00:45:32	01:08:22.45	01:08:45.10	+00:25:36 (37.4%)	5:15	11.4 (62.6%)
74	GRZESZCZYK Michał	118	EKOBIEGI	M2 30-39 lat	74	00:00:17	00:00:38	00:23:10	00:46:12	01:08:26.25	01:08:44.15	+00:25:40 (37.5%)	5:15	11.4 (62.6%)
75	BAK Łukasz	25	AGD WRONIAK	M2 30-39 lat	75	00:00:33	00:00:32	00:23:15	00:46:04	01:08:47.35	01:09:20.55	+00:26:01 (37.8%)	5:17	11.3 (62.1%)
76	KUCHTA Pawel	195		M2 30-39 lat	76	00:00:08	00:00:28	00:20:54	00:44:05	01:09:03.05	01:09:11.80	+00:26:16 (38.1%)	5:18	11.3 (62.1%)
77	KADUK Łukasz	542	CEZAR	M2 30-39 lat	77	00:00:00	00:00:51	00:23:00	00:45:41	01:09:16.85	01:09:16.85	+00:26:30 (38.3%)	5:19	11.3 (62.1%)
78	MALINOWSKI Mariusz	220		M2 30-39 lat	78	00:00:39	00:00:36	00:23:40	00:46:40	01:09:19.10	01:09:58.15	+00:26:32 (38.3%)	5:19	11.3 (62.1%)
79	DOMAŃSKI Piotr	428		M2 30-39 lat	79	00:00:05	00:00:30	00:24:15	00:47:36	01:09:26.10	01:09:31.65	+00:26:39 (38.4%)	5:20	11.2 (61.5%)
80	NOGAL Robert	253		M2 30-39 lat	80	00:00:24	00:00:35	00:22:08	00:45:35	01:09:32.20	01:09:56.20	+00:26:46 (38.5%)	5:20	11.2 (61.5%)
81	SYPNIEWSKI Tomasz	353	EMO OI	M2 30-39 lat	81	00:00:37	00:00:37	00:22:29	00:45:35	01:09:45.20	01:10:22.75	+00:26:59 (38.7%)	5:21	11.2 (61.5%)
82	STASIAK Piotr	340		M2 30-39 lat	82	00:00:38	00:00:36	00:23:41	00:46:40	01:09:49.60	01:10:28.15	+00:27:03 (38.7%)	5:22	11.2 (61.5%)
83	ZDUNIAK Marcin	516	BIEGAM NA TARCHOMINIE	M2 30-39 lat	83	00:00:42	00:00:36	00:24:18	00:47:50	01:10:30.60	01:11:13.35	+00:27:44 (39.3%)	5:25	11.1 (61.0%)
84	KORYCKI Karol	175		M2 30-39 lat	84	00:00:21	00:00:45	00:26:11	00:47:21	01:10:36.50	01:10:58.25	+00:27:50 (39.4%)	5:25	11 (60.4%)
85	GRYCNER Paweł	116		M2 30-39 lat	85	00:00:23	00:00:34	00:22:50	00:46:35	01:10:58.65	01:11:22.25	+00:28:12 (39.7%)	5:27	11 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
86	GODLEWSKI Daniel	99		M2 30-39 lat	86	00:00:41	00:00:37	00:23:11	00:47:20	01:11:29.45	01:12:10.80	+00:28:43 (40.2%)	5:29	10.9 (59.9%)
87	HARTMAN Łukasz	123	OFF-ROAD RUNNERS BENEFIT SYSTEMS	M2 30-39 lat	87	00:00:24	00:00:36	00:23:16	00:47:10	01:12:16.45	01:12:41.40	+00:29:30 (40.8%)	5:33	10.8 (59.3%)
88	PIRÓG Kamil	288	1. OREL	M2 30-39 lat	88	00:00:28	00:00:38	00:25:38	00:49:47	01:12:51.70	01:13:20.20	+00:30:05 (41.3%)	5:36	10.7 (58.8%)
89	KUNKA Piotr	201	TEAM ZABIEGANEDNI	M2 30-39 lat	89	00:00:20	00:00:34	00:25:00	00:49:27	01:13:16.50	01:13:37.15	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
90	SMOCZYK Hubert	329	WARSZAWSKI ZAUŁEK	M2 30-39 lat	90	00:00:40	00:00:37	00:23:54	00:47:58	01:13:17.10	01:13:57.95	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
90	DZIDECZEK Marcin	74	TEAM ZABIEGANEDNI	M2 30-39 lat	91	00:00:20	00:00:33	00:25:00	00:49:27	01:13:17.10	01:13:37.15	+00:30:30 (41.6%)	5:38	10.6 (58.2%)
92	RYBARCZYK Kamil	311		M2 30-39 lat	92	00:00:46	00:00:38	00:26:15	00:50:12	01:13:23.00	01:14:09.55	+00:30:36 (41.7%)	5:38	10.6 (58.2%)
93	MATWIEJ Adam	443	ADAM MATWIEJ	M2 30-39 lat	93	00:00:44	00:00:37	00:24:55	00:49:21	01:13:48.60	01:14:33.30	+00:31:02 (42.1%)	5:40	10.6 (58.2%)
94	WIDERA Tomasz	395	KOKOSZKA36TEAM	M2 30-39 lat	94	00:00:40	00:00:35	00:25:21	00:50:11	01:14:58.50	01:15:38.70	+00:32:12 (43.0%)	5:46	10.4 (57.1%)
95	KONIECZNY Piotr	172		M2 30-39 lat	95	00:00:44	00:00:37	00:24:52	00:49:32	01:15:01.05	01:15:45.70	+00:32:14 (43.0%)	5:46	10.4 (57.1%)
96	KOMOROWSKI Piotrek	435		M2 30-39 lat	96	00:00:10	00:00:29	00:24:47	00:50:26	01:15:37.60	01:15:48.15	+00:32:51 (43.4%)	5:49	10.3 (56.6%)
97	FABISIAK Damian	429		M2 30-39 lat	97	00:00:14	00:00:32	00:23:26	00:49:37	01:16:00.85	01:16:15.75	+00:33:14 (43.7%)	5:50	10.3 (56.6%)
98	SZYMAŃSKI Paweł	365		M2 30-39 lat	98	00:00:39	00:00:36	00:25:08	00:50:48	01:16:05.05	01:16:44.80	+00:33:18 (43.8%)	5:51	10.3 (56.6%)
99	CHĄDZYŃSKI Marcin	46		M2 30-39 lat	99	00:00:33	00:00:38	00:25:41	00:50:51	01:16:33.05	01:17:06.55	+00:33:46 (44.1%)	5:53	10.2 (56.0%)
100	DZIEPAK Piotr	75	1. BLTR	M2 30-39 lat	100	00:00:26	00:00:36	00:24:35	00:49:37	01:16:41.55	01:17:08.00	+00:33:55 (44.2%)	5:54	10.2 (56.0%)
101	ŁUCAK Piotr	213	OSTRÓW BIEGA	M2 30-39 lat	101	00:00:19	00:00:35	00:26:16	00:51:34	01:17:02.00	01:17:21.20	+00:34:15 (44.5%)	5:55	10.1 (55.5%)
102	KLUZIAK Jarosław	165		M2 30-39 lat	102	00:00:27	00:00:36	00:24:57	00:50:53	01:18:22.05	01:18:49.80	+00:35:35 (45.4%)	6:01	10 (54.9%)
103	BRZEZICKI Michał	39		M2 30-39 lat	103	00:00:39	00:00:36	00:26:24	00:53:16	01:19:46.15	01:20:25.15	+00:36:59 (46.4%)	6:08	9.8 (53.8%)
104	JACHOWICZ Łukasz	129		M2 30-39 lat	104	00:00:46	00:00:37	00:26:35	00:53:57	01:22:10.55	01:22:56.95	+00:39:24 (48.0%)	6:19	9.5 (52.2%)
105	KOCHAN Piotr	167	ZABIEGANY WOŁOMIN	M2 30-39 lat	105	00:00:39	00:00:37	00:29:59	00:59:45	01:29:24.10	01:30:03.85	+00:46:37 (52.2%)	6:52	8.7 (47.8%)
106	SOJKA Łukasz	333		M2 30-39 lat	106	00:00:33	00:00:38	00:28:44	00:58:55	01:30:49.15	01:31:22.15	+00:48:02 (52.9%)	6:59	8.6 (47.3%)
107	ANTONOWICZ Maciek	15	DEAF RUNNING	M2 30-39 lat	107	00:00:30	00:00:37	00:25:13	00:48:35			+00:20:09	5:35	10.7 (58.8%)
108	KOWALSKI Kamil	185	CYTRYNOWI STUDENCI	M2 30-39 lat	108	00:00:48	00:00:39	00:27:29	00:54:10			+00:25:45	6:13	9.6 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
109	PAWŁOWSKI Jakub	280	CYTRYNOWI STUDENCI	M2 30-39 lat	109	00:00:48	00:00:39	00:27:29	00:54:11			+00:25:45	6:13	9.6 (52.7%)
110	SIEKIERKO Łukasz	322		M2 30-39 lat	110	00:00:06	00:00:26	00:39:35	00:58:59			+00:30:34	6:46	8.8 (48.4%)
111	CZARNECKI Piotr	60	TARCHOŚFIRY	M2 30-39 lat	111	00:00:17	00:00:33	00:29:08	01:00:26			+00:32:01	6:56	8.6 (47.3%)
112	MADEJEK Jacek	441	ZABIEGANI PO USZY	M2 30-39 lat	112	00:00:51	00:00:37	00:32:23	01:07:51			+00:39:25	7:47	7.7 (42.3%)
113	OSTASZEWSKI Wojciech	271	WERKUS RUNNERS	M2 30-39 lat	113	00:00:27	00:00:37	00:23:39				+00:09:23	5:22	11.2 (61.5%)
114	DUCH Emil	69	JB WARSAW	M2 30-39 lat	114	00:00:36	00:00:38	00:23:48				+00:09:32	5:24	11.1 (61.0%)
115	MIKULIK Piotr	239		M2 30-39 lat	115	00:00:17	00:00:35	00:27:26				+00:13:11	6:14	9.6 (52.7%)
116	KOMOŃ Maciej	171		M2 30-39 lat	116	00:00:44	00:00:38	00:27:46				+00:13:31	6:18	9.5 (52.2%)
117	NACZULSKI Witold	244	GRUPA BIEGOWA UM W-WA	M2 30-39 lat	117	00:00:26	00:00:39	00:28:17				+00:14:01	6:25	9.3 (51.1%)
118	ARTYMIUK Olaf	17		M2 30-39 lat	118	00:00:44	00:00:38	00:29:10				+00:14:55	6:37	9.1 (50.0%)
119	ZYGMUNT Kamil	527		M2 30-39 lat	119	00:00:31	00:00:40	00:29:30				+00:15:15	6:42	8.9 (48.9%)
120	ZIELIŃSKI Paweł	417	BRAK	M2 30-39 lat	120	00:00:42	00:00:37	00:29:50				+00:15:35	6:46	8.8 (48.4%)
121	RADWAN-PYTLEWSKI Paweł	300	FUNDACJA MORSY WOŁOMIN-KOBYŁKA	M2 30-39 lat	121	00:00:16	00:00:37	00:33:20				+00:19:04	7:34	7.9 (43.4%)
122	SZCZEPKOWSKI Przemysław	508		M2 30-39 lat	122	00:00:00	00:39:17					+	392:50	0.2 (1.1%)
	FICEK Łukasz	78	CYTRYNOWI STUDENCI	M2 30-39 lat		DNF	00:00:38 DNF	00:32:14 DNF	00:41:15 DNF	DNF	DNF	-	-	- (0.0%)
	KOŁOSOWSKI Piotr	434	KUNGFU PANDA TEAM	M2 30-39 lat		DNF	00:00:38 DNF	00:23:17 DNF	00:46:12 DNF	DNF	DNF	-	-	- (0.0%)
	OSTASZEWSKI Marcin	272		M2 30-39 lat		DNF	00:00:37 DNF	00:23:03 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	OSTASZEWSKI Marek	270		M2 30-39 lat		DNF	00:00:37 DNF	00:23:37 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 126 wynik(ów)