BIAŁOŁĘCKI BIEG WOLNOŚCI

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2021-12-12
Miejsce: Warszawa
Dystans: 13 km

Klasyfikacja: M2 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	**FALKOWSKI Bartłomiej**	**459**	PIEKIELNI WARSZAWA	M2 30-39 lat	1	00:00:01	00:17:14	00:34:14	**00:51:19.70**	**00:51:21.15**		3:56	15.2 (100%)
2	**DEMBOWSKI Mariusz**	**93**	H+H POLSKA	M2 30-39 lat	2	00:00:01	00:17:15	00:34:14	**00:51:33.85**	**00:51:35.40**	+00:00:14 (0.5%)	3:57	15.1 (99.3%)
3	**MARSZAŁ Mariusz**	**231**	PRL TRANSPORT	M2 30-39 lat	3	00:00:02	00:17:43	00:35:53	**00:54:17.75**	**00:54:20.05**	+00:02:58 (5.5%)	4:10	14.4 (94.7%)
4	**SKWARCZ Paweł**	**336**		M2 30-39 lat	4	00:00:02	00:18:04	00:36:47	**00:55:16.35**	**00:55:18.85**	+00:03:56 (7.1%)	4:15	14.1 (92.8%)
5	**DUTKIEWICZ Maciej**	**483**		M2 30-39 lat	5	00:00:03	00:17:41	00:35:59	**00:55:35.50**	**00:55:39.00**	+00:04:15 (7.7%)	4:16	14 (92.1%)
6	**ŁABĘDZKI Konrad**	**222**	DUKLANOWSKI TEAM	M2 30-39 lat	6	00:00:02	00:18:49	00:37:42	**00:56:09.10**	**00:56:11.40**	+00:04:49 (8.6%)	4:19	13.9 (91.4%)
7	**MIEDZIEJEWSKI Andrzej**	**242**	RATE MY TRAIL TEAM PRO	M2 30-39 lat	7	00:00:02	00:18:20	00:37:23	**00:56:44.85**	**00:56:47.45**	+00:05:25 (9.5%)	4:21	13.7 (90.1%)
8	**WASILEWSKI Adam**	**387**		M2 30-39 lat	8	00:00:03	00:18:26	00:37:51	**00:57:32.75**	**00:57:36.40**	+00:06:13 (10.8%)	4:25	13.6 (89.5%)
9	**GAŁUSZKA Filip**	**121**	KOKOSZKA36TEAM	M2 30-39 lat	9	00:00:08	00:19:41	00:38:57	**00:58:14.65**	**00:58:23.15**	+00:06:54 (11.9%)	4:28	13.4 (88.2%)
10	**GORTAT Igor**	**134**	KB TKKF PROMYK CIECHANÓW	M2 30-39 lat	10	00:00:04	00:19:28	00:39:00	**00:58:34.90**	**00:58:39.05**	+00:07:15 (12.4%)	4:30	13.3 (87.5%)
11	**FIEODOROW Tomasz**	**111**	ZK BARCZEWO	M2 30-39 lat	11	00:00:02	00:19:45	00:40:02	**01:00:36.25**	**01:00:39.15**	+00:09:16 (15.3%)	4:39	12.9 (84.9%)
12	**SZYBALSKI Michał**	**362**	AKTYWNA WARSZAWA	M2 30-39 lat	12	00:00:02	00:19:44	00:40:43	**01:01:02.70**	**01:01:04.70**	+00:09:43 (15.9%)	4:41	12.8 (84.2%)
13	**KĄTNIAK Paweł**	**178**		M2 30-39 lat	13	00:00:03	00:21:07	00:42:36	**01:04:20.55**	**01:04:24.35**	+00:13:00 (20.2%)	4:56	12.1 (79.6%)
14	**WILMOWICZ Michał**	**393**	ZK BARCZEWO	M2 30-39 lat	14	00:00:04	00:21:12	00:43:03	**01:04:41.90**	**01:04:45.90**	+00:13:22 (20.7%)	4:58	12.1 (79.6%)
15	**BORKOV Sergii**	**438**		M2 30-39 lat	15	00:00:24	00:22:32	00:44:36	**01:06:52.45**	**01:07:16.85**	+00:15:32 (23.2%)	5:08	11.7 (77.0%)
16	**MICHALSKI Robert**	**486**		M2 30-39 lat	16	00:00:10	00:22:43	00:45:52	**01:08:41.50**	**01:08:52.35**	+00:17:21 (25.3%)	5:17	11.4 (75.0%)
17	**MIELCZARSKI Bartosz**	**243**		M2 30-39 lat	17	00:00:15	00:23:43	00:46:31	**01:09:21.20**	**01:09:37.15**	+00:18:01 (26.0%)	5:20	11.2 (73.7%)
18	**MIODUSZEWSKI Marcin**	**251**	AR / UM	M2 30-39 lat	18	00:01:11	00:24:11	00:47:17	**01:09:57.65**	**01:11:09.35**	+00:18:37 (26.6%)	5:22	11.2 (73.7%)
19	**GLINKA Karol**	**128**		M2 30-39 lat	19	00:00:45	00:24:10	00:47:20	**01:10:07.05**	**01:10:52.65**	+00:18:47 (26.8%)	5:23	11.1 (73.0%)
20	**BECZ Karol**	**36**	SW - AŚ GRÓJEC	M2 30-39 lat	20	00:00:18	00:22:58	00:46:27	**01:10:49.85**	**01:11:08.10**	+00:19:30 (27.5%)	5:26	11 (72.4%)
21	**SENATOR Artur**	**325**		M2 30-39 lat	21	00:00:10	00:24:00	00:47:48	**01:11:16.85**	**01:11:27.20**	+00:19:57 (28.0%)	5:28	10.9 (71.7%)
22	**PRZEPIÓRA Łukasz**	**296**	SW - AŚ GRÓJEC	M2 30-39 lat	22	00:00:00	00:23:16	00:46:53	**01:11:18.05**	**01:11:18.05**	+00:19:58 (28.0%)	5:29	10.9 (71.7%)
23	**KUCHAREK Paweł**	**207**		M2 30-39 lat	23	00:00:13	00:24:05	00:47:56	**01:12:20.05**	**01:12:33.95**	+00:21:00 (29.0%)	5:33	10.8 (71.1%)
24	**WIDERA Tomasz**	**389**	KOKOSZKA36TEAM	M2 30-39 lat	24	00:00:21	00:24:16	00:48:44	**01:12:54.25**	**01:13:15.70**	+00:21:34 (29.6%)	5:36	10.7 (70.4%)
25	**CHĘC Tomasz**	**61**		M2 30-39 lat	25	00:00:55	00:25:09	00:49:16	**01:12:55.10**	**01:13:51.00**	+00:21:35 (29.6%)	5:36	10.7 (70.4%)
26	**IWANIUK Tomasz**	**450**	ŻYWCEM ZABIEGANI	M2 30-39 lat	26	00:00:07	00:22:36	00:46:56	**01:13:26.45**	**01:13:34.05**	+00:22:06 (30.1%)	5:38	10.6 (69.7%)
27	**BIESZCZAD Łukasz**	**43**	SĄD REJONOWY W ROPCZYCACH	M2 30-39 lat	27	00:00:27	00:24:28	00:48:41	**01:13:31.60**	**01:13:58.65**	+00:22:11 (30.2%)	5:39	10.6 (69.7%)
28	**UGRYN Maciej**	**448**	#WŁĄCZYŁTURBO	M2 30-39 lat	28	00:00:48	00:25:45	00:49:47	**01:13:39.45**	**01:14:27.90**	+00:22:19 (30.3%)	5:39	10.6 (69.7%)
29	**BOGUCKI Michał**	**48**		M2 30-39 lat	29	00:01:16	00:25:11	00:50:08	**01:15:34.20**	**01:16:50.50**	+00:24:14 (32.1%)	5:48	10.3 (67.8%)
30	**GUMUŁA Jakub**	**147**	KSZO OSTROWIEC	M2 30-39 lat	30	00:01:03	00:25:42	00:50:58	**01:15:48.70**	**01:16:52.50**	+00:24:29 (32.3%)	5:49	10.3 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
31	**SIEDLECKI Łukasz**	**328**	BIEGANIEPO40.PL	M2 30-39 lat	31	00:01:05	00:27:57	00:52:02	**01:16:04.00**	**01:17:09.60**	+00:24:44 (32.5%)	5:51	10.3 (67.8%)
32	**TROJANOWSKI Rafał**	**378**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	32	00:00:29	00:25:37	00:51:35	**01:16:31.85**	**01:17:01.35**	+00:25:12 (32.9%)	5:53	10.2 (67.1%)
33	**TRACZYK Przemysław**	**470**	ASFALTLOVE DZIKI	M2 30-39 lat	33	00:00:07	00:25:03	00:50:59	**01:16:41.40**	**01:16:48.45**	+00:25:21 (33.1%)	5:53	10.2 (67.1%)
34	**STASIAK Piotr**	**345**		M2 30-39 lat	34	00:00:35	00:26:21	00:51:52	**01:18:07.30**	**01:18:42.35**	+00:26:47 (34.3%)	6:00	10 (65.8%)
35	**KOSINSKI Olek**	**193**		M2 30-39 lat	35	00:00:29	00:26:08	00:51:55	**01:18:17.60**	**01:18:46.80**	+00:26:57 (34.4%)	6:01	10 (65.8%)
36	**WINIARCZYK Adrian**	**432**		M2 30-39 lat	36	00:00:18	00:26:23	00:53:05	**01:18:32.15**	**01:18:50.45**	+00:27:12 (34.6%)	6:02	9.9 (65.1%)
37	**WÓJCICKI Bartosz**	**406**		M2 30-39 lat	37	00:00:16	00:25:55	00:51:54	**01:18:33.75**	**01:18:49.80**	+00:27:14 (34.7%)	6:02	9.9 (65.1%)
38	**TYSZKO Piotr**	**382**		M2 30-39 lat	38	00:00:44	00:26:10	00:52:25	**01:19:24.85**	**01:20:09.30**	+00:28:05 (35.4%)	6:06	9.8 (64.5%)
39	**SZPADZIK Jarosław**	**358**	BIEGACZE MF	M2 30-39 lat	39	00:01:49	00:27:40	00:53:54	**01:20:36.65**	**01:22:25.70**	+00:29:16 (36.3%)	6:12	9.7 (63.8%)
40	**GRYCNER Paweł**	**142**	CTS	M2 30-39 lat	40	00:00:52	00:28:37	00:55:10	**01:21:22.95**	**01:22:15.25**	+00:30:03 (36.9%)	6:15	9.6 (63.2%)
41	**CHODNIEWICZ Michał**	**66**		M2 30-39 lat	41	00:00:09	00:24:54	00:51:51	**01:21:30.75**	**01:21:40.70**	+00:30:11 (37.0%)	6:16	9.6 (63.2%)
42	**... Rafał**	**477**		M2 30-39 lat	42	00:01:16	00:29:51	00:55:51	**01:22:06.55**	**01:23:23.40**	+00:30:46 (37.5%)	6:18	9.5 (62.5%)
43	**KAMIŃSKI Michał**	**471**		M2 30-39 lat	43	00:01:35	00:32:04	00:57:46	**01:22:35.75**	**01:24:10.80**	+00:31:16 (37.9%)	6:21	9.4 (61.8%)
44	**MIKOŁAJCZYK Andrzej**	**247**		M2 30-39 lat	44	00:01:17	00:30:06	00:57:22	**01:23:23.05**	**01:24:40.75**	+00:32:03 (38.4%)	6:24	9.4 (61.8%)
45	**BARG Karol**	**466**		M2 30-39 lat	45	00:00:42	00:26:10	00:53:28	**01:23:45.50**	**01:24:28.20**	+00:32:25 (38.7%)	6:26	9.3 (61.2%)
46	**FIEJTEK Piotr**	**110**		M2 30-39 lat	46	00:01:14	00:28:42	00:55:41	**01:24:30.45**	**01:25:45.00**	+00:33:10 (39.3%)	6:30	9.2 (60.5%)
47	**BARANOWSKI Łukasz**	**28**		M2 30-39 lat	47	00:00:39	00:28:05	00:56:35	**01:25:15.70**	**01:25:54.75**	+00:33:56 (39.8%)	6:33	9.1 (59.9%)
48	**ANIOŁKOWSKI Krzysztof**	**15**	AKTYWNA WARSZAWA	M2 30-39 lat	48	00:01:01	00:29:11	00:56:34	**01:25:52.40**	**01:26:53.70**	+00:34:32 (40.2%)	6:36	9.1 (59.9%)
49	**PŁATEK Emil**	**292**	ALIOR RUNNING TEAM	M2 30-39 lat	49	00:01:36	00:32:32	01:01:04	**01:29:43.05**	**01:31:19.20**	+00:38:23 (42.8%)	6:54	8.7 (57.2%)
50	**MUSIAŁ Marcin**	**259**		M2 30-39 lat	50	00:00:51	00:30:37	00:59:48	**01:30:05.40**	**01:30:57.30**	+00:38:45 (43.0%)	6:55	8.7 (57.2%)
51	**WITKOWSKI Piotr**	**401**	VEGE RUNNERS	M2 30-39 lat	51	00:01:13	00:32:07	01:01:41	**01:30:11.05**	**01:31:24.55**	+00:38:51 (43.1%)	6:56	8.6 (56.6%)
52	**WOLFF Tomasz**	**405**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M2 30-39 lat	52	00:01:02	00:31:51	01:00:05	**01:30:55.60**	**01:31:58.00**	+00:39:35 (43.5%)	6:59	8.6 (56.6%)
53	**OKSIENIUK Marcin**	**274**	TURBODZIKI	M2 30-39 lat	53	00:01:23	00:29:44	01:00:24	**01:33:33.70**	**01:34:56.70**	+00:42:14 (45.1%)	7:11	8.3 (54.6%)
54	**KUNKA Piotr**	**213**	TEAM ZABIEGANEDNI	M2 30-39 lat	54	00:01:36	00:33:23	01:04:11	**01:34:22.75**	**01:35:59.40**	+00:43:03 (45.6%)	7:15	8.3 (54.6%)
55	**KOFALSKI Jakub**	**497**		M2 30-39 lat	55	00:01:04	00:30:59	01:03:03	**01:34:43.50**	**01:35:47.55**	+00:43:23 (45.8%)	7:17	8.2 (53.9%)
56	**SMOCZYK Hubert**	**338**	WARSZAWSKI ZAUŁEK	M2 30-39 lat	56	00:01:32	00:32:41	01:03:53	**01:35:43.60**	**01:37:16.50**	+00:44:23 (46.4%)	7:21	8.1 (53.3%)
57	**PRZYBYŁA Karol**	**298**	MASADA	M2 30-39 lat	57	00:00:40	00:33:14	01:05:22	**01:39:11.10**	**01:39:51.80**	+00:47:51 (48.2%)	7:37	7.9 (52.0%)
58	**ZYGADŁO Piotr**	**427**		M2 30-39 lat	58	00:01:05	00:36:08	01:08:16	**01:40:32.40**	**01:41:37.40**	+00:49:12 (48.9%)	7:44	7.8 (51.3%)
59	**BĄK Hubert**	**34**		M2 30-39 lat	59	00:00:55	00:33:00	01:08:32	**01:50:39.80**	**01:51:35.40**	+00:59:20 (53.6%)	8:30	7 (46.1%)
60	**DUCH Emil**	**99**		M2 30-39 lat	60	00:00:42	00:30:06	01:00:19			+00:26:05	6:55	8.7 (57.2%)
61	**OKRÓJ Dawid**	**273**		M2 30-39 lat	61	00:00:34	00:29:41	01:00:21			+00:26:07	6:56	8.6 (56.6%)
62	**ZIELIŃSKI Paweł**	**418**		M2 30-39 lat	62	00:00:34	00:32:00				+00:14:46	7:16	8.3 (54.6%)
63	**PIOTROWSKI Jan**	**446**	GRUPA BIEGOWA UM W-WA	M2 30-39 lat	63	00:00:00	01:09:28				+	15:47	3.8 (25.0%)

Znaleziono 63 wynik(ów)