BIAŁOŁĘCKI BIEG WOLNOŚCI

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2022-12-11
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M2 30-39 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	**RYDZ Artur**	**375**	ŚWIĘTOKRZYSCY KURATORZY	M2 30-39 lat	1		Tak	00:00:19	00:16:23	00:32:31	**00:48:28.45**	**00:48:28.45**		3:43	16.1 (100%)
2	**ŁABĘDZKI Konrad**	**264**	DUKLANOWSKI TEAM	M2 30-39 lat	2			00:00:22	00:16:22	00:32:32	**00:48:39.45**	**00:48:39.45**	+00:00:11 (0.4%)	3:44	16 (99.4%)
3	**KUREK Jarosław**	**249**	WOJSKOWA AKADEMIA TECHNICZNA	M2 30-39 lat	3	Tak		00:00:19	00:16:20	00:33:10	**00:50:11.65**	**00:50:11.65**	+00:01:43 (3.4%)	3:51	15.5 (96.3%)
4	**HILDEBRAND Marcin**	**139**		M2 30-39 lat	4	Tak		00:00:21	00:17:14	00:34:19	**00:51:22.45**	**00:51:22.45**	+00:02:54 (5.6%)	3:57	15.2 (94.4%)
5	**SKWARCZ Paweł**	**399**		M2 30-39 lat	5	Tak		00:00:21	00:17:18	00:34:37	**00:51:30.85**	**00:51:30.85**	+00:03:02 (5.9%)	3:57	15.1 (93.8%)
6	**URMANOWSKI Daniel**	**472**	DREAM RUN	M2 30-39 lat	6	Tak		00:00:21	00:17:02	00:34:27	**00:51:46.90**	**00:51:46.90**	+00:03:18 (6.4%)	3:58	15.1 (93.8%)
7	**JUSIŃSKI Krystian**	**168**	BRACTWO BIEGOWE BGK	M2 30-39 lat	7			00:00:21	00:17:13	00:34:54	**00:52:42.25**	**00:52:42.25**	+00:04:13 (8.0%)	4:03	14.8 (91.9%)
8	**SZYBALSKI Michał**	**443**		M2 30-39 lat	8			00:00:20	00:17:25	00:35:19	**00:53:02.85**	**00:53:02.85**	+00:04:34 (8.6%)	4:04	14.7 (91.3%)
9	**WOŹNIAK Przemysław**	**495**	WIELISZEW HERON TEAM	M2 30-39 lat	9			00:00:52	00:18:13	00:35:38	**00:53:02.90**	**00:53:02.90**	+00:04:34 (8.6%)	4:04	14.7 (91.3%)
10	**KOŚCIK Jakub**	**225**		M2 30-39 lat	10			00:00:36	00:18:57	00:37:20	**00:55:56.25**	**00:55:56.25**	+00:07:27 (13.3%)	4:18	13.9 (86.3%)
11	**TKACZYK Adam**	**458**		M2 30-39 lat	11			00:00:24	00:19:13	00:37:36	**00:56:08.55**	**00:56:08.55**	+00:07:40 (13.7%)	4:19	13.9 (86.3%)
12	**SZMIGIELSKI Mateusz**	**438**		M2 30-39 lat	12			00:00:43	00:19:42	00:39:00	**00:58:03.50**	**00:58:03.50**	+00:09:35 (16.5%)	4:27	13.4 (83.2%)
13	**GAŁUSZKA Filip**	**105**	KOKOSZKA36TEAM	M2 30-39 lat	13			00:00:54	00:20:04	00:39:23	**00:58:05.15**	**00:58:05.15**	+00:09:36 (16.5%)	4:28	13.4 (83.2%)
14	**ŚLIMKO Daniel**	**506**		M2 30-39 lat	14			00:00:28	00:19:22	00:38:37	**00:58:16.45**	**00:58:16.45**	+00:09:48 (16.8%)	4:28	13.4 (83.2%)
15	**KRÓL Maciej**	**237**	BIEGAM NA TARCHOMINIE	M2 30-39 lat	15			00:00:30	00:19:22	00:39:13	**00:58:37.85**	**00:58:37.85**	+00:10:09 (17.3%)	4:30	13.3 (82.6%)
16	**GLINKA Karol**	**115**		M2 30-39 lat	16		Tak	00:00:43	00:20:06	00:39:48	**00:59:32.35**	**00:59:32.35**	+00:11:03 (18.6%)	4:34	13.1 (81.4%)
17	**MOKRZEWSKI Maciej**	**305**		M2 30-39 lat	17			00:00:54	00:20:23	00:40:02	**00:59:34.00**	**00:59:34.00**	+00:11:05 (18.6%)	4:34	13.1 (81.4%)
18	**KALINOWSKI Kamil**	**176**		M2 30-39 lat	18	Tak		00:00:30	00:20:35	00:40:59	**01:01:10.05**	**01:01:10.05**	+00:12:41 (20.8%)	4:42	12.8 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkańcy Białołęki	Pracownicy Służby Więziennej	0.2km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
19	**HAUDEK Paweł**	**136**		M2 30-39 lat	19	Tak		00:00:44	00:20:32	00:40:55	**01:01:19.10**	**01:01:19.10**	+00:12:50 (20.9%)	4:43	12.7 (78.9%)
20	**SZCZEPANOWSKI Mikołaj**	**435**		M2 30-39 lat	20			00:00:43	00:20:58	00:41:20	**01:01:44.50**	**01:01:44.50**	+00:13:16 (21.5%)	4:44	12.6 (78.3%)
21	**KUCHAREK Paweł**	**242**		M2 30-39 lat	21	Tak	Tak	00:00:43	00:21:09	00:41:32	**01:01:52.15**	**01:01:52.15**	+00:13:23 (21.7%)	4:45	12.6 (78.3%)
22	**TRACZYK Przemysław**	**463**	ASFALTLOVE DZIKI	M2 30-39 lat	22			00:00:23	00:20:34	00:41:18	**01:02:05.40**	**01:02:05.40**	+00:13:36 (21.9%)	4:46	12.6 (78.3%)
23	**GĘSIARZ Szymon**	**110**		M2 30-39 lat	23			00:00:36	00:20:50	00:42:00	**01:03:27.70**	**01:03:27.70**	+00:14:59 (23.6%)	4:52	12.3 (76.4%)
24	**MATHEA Jacek**	**285**		M2 30-39 lat	24	Tak		00:01:29	00:22:31	00:43:16	**01:03:33.90**	**01:03:33.90**	+00:15:05 (23.7%)	4:53	12.3 (76.4%)
24	**KOŁODZIEJ Mirosław**	**211**	WOLNY KRAFT	M2 30-39 lat	24			00:01:16	00:23:00	00:43:46	**01:03:33.90**	**01:03:33.90**	+00:15:05 (23.7%)	4:53	12.3 (76.4%)
26	**ŚCIBOR Marcin**	**449**	RUCH IZBICA	M2 30-39 lat	26			00:00:55	00:21:19	00:42:25	**01:03:40.70**	**01:03:40.70**	+00:15:12 (23.9%)	4:53	12.3 (76.4%)
27	**KNOP Damian**	**206**	TRUCHCIKIEM_PO_POLSCE	M2 30-39 lat	27			00:01:18	00:22:36	00:43:54	**01:05:21.95**	**01:05:21.95**	+00:16:53 (25.8%)	5:01	11.9 (73.9%)
28	**WRONIEWSKI Grzegorz**	**499**		M2 30-39 lat	28			00:00:59	00:22:35	00:44:36	**01:05:50.60**	**01:05:50.60**	+00:17:22 (26.4%)	5:03	11.8 (73.3%)
29	**KUREK Jacek**	**250**		M2 30-39 lat	29			00:01:01	00:22:36	00:44:38	**01:06:00.20**	**01:06:00.20**	+00:17:31 (26.6%)	5:04	11.8 (73.3%)
30	**CHĘC Tomasz**	**61**		M2 30-39 lat	30			00:01:04	00:22:36	00:44:34	**01:06:20.25**	**01:06:20.25**	+00:17:51 (26.9%)	5:06	11.8 (73.3%)
31	**STĘPNOWSKI Jakub**	**423**		M2 30-39 lat	31			00:00:35	00:21:30	00:43:43	**01:06:52.35**	**01:06:52.35**	+00:18:23 (27.5%)	5:08	11.7 (72.7%)
32	**WIERNIK Daniel**	**484**		M2 30-39 lat	32	Tak		00:00:41	00:22:25	00:44:46	**01:07:04.15**	**01:07:04.15**	+00:18:35 (27.7%)	5:09	11.6 (72.0%)
33	**DOBOSZ Piotr**	**83**	WŚCIEKŁE PIĘŚCI WĘŻA	M2 30-39 lat	33	Tak		00:01:17	00:23:47	00:46:13	**01:08:18.90**	**01:08:18.90**	+00:19:50 (29.0%)	5:15	11.4 (70.8%)
34	**GRADOMSKI Łukasz**	**545**		M2 30-39 lat	34			00:01:17	00:23:55	00:45:55	**01:08:38.00**	**01:08:38.00**	+00:20:09 (29.4%)	5:16	11.4 (70.8%)
35	**TROJANOWSKI Rafał**	**465**		M2 30-39 lat	35			00:01:06	00:23:13	00:46:40	**01:09:17.40**	**01:09:17.40**	+00:20:48 (30.0%)	5:19	11.3 (70.2%)
36	**ROGUSKI Michał**	**368**		M2 30-39 lat	36			00:01:07	00:24:09	00:46:49	**01:09:20.75**	**01:09:20.75**	+00:20:52 (30.1%)	5:20	11.3 (70.2%)
37	**BORGOŃ Piotr**	**51**		M2 30-39 lat	37	Tak		00:01:16	00:23:48	00:46:55	**01:09:52.15**	**01:09:52.15**	+00:21:23 (30.6%)	5:22	11.2 (69.6%)
38	**SKRZYPEK Michał**	**398**		M2 30-39 lat	38			00:00:36	00:20:40	00:44:01	**01:10:03.15**	**01:10:03.15**	+00:21:34 (30.8%)	5:23	11.1 (68.9%)
39	**KOSINSKI Olek**	**222**		M2 30-39 lat	39			00:00:55	00:24:07	00:47:26	**01:11:08.15**	**01:11:08.15**	+00:22:39 (31.9%)	5:28	11 (68.3%)
40	**LAUR Mirosław**	**256**	MILWAUKEE POLSKA	M2 30-39 lat	40			00:00:34	00:23:43	00:47:27	**01:11:13.80**	**01:11:13.80**	+00:22:45 (31.9%)	5:28	11 (68.3%)
41	**PIASECKI Rafał**	**343**	PARÓWY WWA	M2 30-39 lat	41	Tak		00:00:53	00:25:10	00:48:48	**01:12:08.10**	**01:12:08.10**	+00:23:39 (32.8%)	5:32	10.8 (67.1%)
42	**SŁOWIK Paweł**	**402**	PARÓWY WWA	M2 30-39 lat	42			00:00:53	00:25:10	00:48:48	**01:12:09.35**	**01:12:09.35**	+00:23:40 (32.8%)	5:33	10.8 (67.1%)
43	**KORDALSKI Emil**	**218**	DWSZDR	M2 30-39 lat	43			00:00:33	00:23:05	00:47:24	**01:12:16.95**	**01:12:16.95**	+00:23:48 (32.9%)	5:33	10.8 (67.1%)
44	**BARANOWSKI Łukasz**	**25**		M2 30-39 lat	44			00:00:55	00:24:31	00:47:46	**01:12:24.90**	**01:12:24.90**	+00:23:56 (33.1%)	5:34	10.8 (67.1%)

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45	**KARASIEWICZ Łukasz**	**187**	SZURAM KILOMETRY / KB OŻARÓW MAZOWIECKI BIEGA	M2 30-39 lat	45			00:01:06	00:24:27	00:48:43	**01:12:56.15**	**01:12:56.15**	+00:24:27 (33.5%)	5:36	10.7 (66.5%)
46	**MILCZAREK Tomasz**	**300**		M2 30-39 lat	46	Tak		00:01:23	00:24:55	00:48:39	**01:13:00.10**	**01:13:00.10**	+00:24:31 (33.6%)	5:36	10.7 (66.5%)
47	**BARDZIŃSKI Łukasz**	**26**		M2 30-39 lat	47	Tak		00:01:30	00:24:48	00:48:51	**01:13:39.55**	**01:13:39.55**	+00:25:11 (34.2%)	5:39	10.6 (65.8%)
48	**DZYRUK Maciej**	**92**		M2 30-39 lat	48			00:01:13	00:25:44	00:49:57	**01:13:49.25**	**01:13:49.25**	+00:25:20 (34.3%)	5:40	10.6 (65.8%)
49	**DWOJAK Piotr**	**437**		M2 30-39 lat	49			00:00:41	00:24:02	00:48:46	**01:14:09.55**	**01:14:09.55**	+00:25:41 (34.6%)	5:42	10.5 (65.2%)
50	**KARWECKI Patryk**	**194**		M2 30-39 lat	50	Tak		00:01:03	00:24:33	00:49:06	**01:14:41.90**	**01:14:41.90**	+00:26:13 (35.1%)	5:44	10.4 (64.6%)
51	**BAJDAŁA Robert**	**21**		M2 30-39 lat	51			00:01:13	00:27:41	00:52:26	**01:16:38.05**	**01:16:38.05**	+00:28:09 (36.7%)	5:53	10.2 (63.4%)
52	**MALANOWICZ Michał**	**280**		M2 30-39 lat	52			00:01:13	00:27:41	00:52:26	**01:16:39.20**	**01:16:39.20**	+00:28:10 (36.8%)	5:53	10.2 (63.4%)
53	**RUBIN-SZYMAŃSKI Łukasz Ryszard**	**371**	ŁOMIANKOWSKS GRUPA BIEGOWA/ OSP ŁOMIANKI	M2 30-39 lat	53			00:01:20	00:23:42	00:48:29	**01:16:42.25**	**01:16:42.25**	+00:28:13 (36.8%)	5:54	10.2 (63.4%)
54	**BĄK Hubert**	**33**	BRACTWO BIEGOWE BGK	M2 30-39 lat	54	Tak		00:00:59	00:25:12	00:50:38	**01:17:17.55**	**01:17:17.55**	+00:28:49 (37.3%)	5:56	10.1 (62.7%)
55	**STEPANIUK Robert**	**420**		M2 30-39 lat	55			00:00:42	00:25:48	00:52:11	**01:18:38.75**	**01:18:38.75**	+00:30:10 (38.4%)	6:02	9.9 (61.5%)
56	**STROMECKI Marcin**	**424**	BFM	M2 30-39 lat	56	Tak		00:01:39	00:28:26	00:55:10	**01:19:59.95**	**01:19:59.95**	+00:31:31 (39.4%)	6:09	9.8 (60.9%)
57	**ORŁOWSKI Tomasz**	**328**		M2 30-39 lat	57			00:01:17	00:28:21	00:54:45	**01:20:18.80**	**01:20:18.80**	+00:31:50 (39.6%)	6:10	9.7 (60.2%)
58	**ZYBULA Maciej Leonard**	**517**	BEES & HONEY	M2 30-39 lat	58	Tak		00:00:26	00:26:37	00:54:36	**01:23:47.75**	**01:23:47.75**	+00:35:19 (42.2%)	6:26	9.3 (57.8%)
59	**JAROSZEWSKI Konrad**	**159**		M2 30-39 lat	59			00:01:10	00:28:32	00:58:33	**01:29:31.90**	**01:29:31.90**	+00:41:03 (45.9%)	6:53	8.7 (54.0%)
	FALKOWSKI Łukasz	**94**		M2 30-39 lat				00:01:17 DNF	00:25:15 DNF	00:48:22 DNF	**DNF**	**DNF**		-	- (0.0%)
	KEMPA Piotr	**198**		M2 30-39 lat		Tak		00:00:54 DNF	00:24:42 DNF	00:49:38 DNF	**DNF**	**DNF**		-	- (0.0%)
	OSTASZEWSKI Marcin	**336**	PACIAK RUNNING CLUB	M2 30-39 lat		Tak		00:01:14 DNF	00:29:57 DNF	00:57:45 DNF	**DNF**	**DNF**		-	- (0.0%)
	DUDZIŃSKI Przemysław	**260**		M2 30-39 lat		Tak		00:01:11 DNF	00:25:47 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CHODUN Paweł	**523**		M2 30-39 lat				00:01:18 DNF	00:26:33 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KUNKA Piotr	**247**	TEAM ZABIEGANEDNI	M2 30-39 lat				00:01:25 DNF	00:28:21 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DRZAŁ Daniel	**524**		M2 30-39 lat		Tak		00:01:09 DNF	00:29:20 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	SKROBEK Piotr	**397**		M2 30-39 lat				00:01:26 DNF	00:30:41 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	ARTYMIUK Olaf	**19**		M2 30-39 lat				00:01:15 DNF	00:30:44 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KARPIŃSKI Marcin	**193**		M2 30-39 lat		Tak		00:01:19 DNF	00:31:56 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

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	KOWALSKI Michał	**230**	SKARYMAKERSI	M2 30-39 lat				00:01:01 DNF	00:34:15 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WOJCIECHOWSKI Maciej	**492**		M2 30-39 lat				00:00:46 DNF	00:35:37 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 71 wynik(ów)