BIAŁOŁĘCKI BIEG WOLNOŚCI

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

Klasyfikacja: M3 40-49 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	**GOZDEK Scyzoryk**	**106**	TRUCHT TARCHOMIN TEAM BIEGANIEPO40.PL	M3 40-49 lat	1	00:00:02	00:00:18	00:16:19	00:32:46	**00:49:11.15**	**00:49:13.45**		3:47	15.9 (100%)
2	**MIELCZAREK Krzysztof**	**236**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	2	00:00:04	00:00:18	00:16:26	00:33:27	**00:50:23.40**	**00:50:27.60**	+00:01:12 (2.4%)	3:52	15.5 (97.5%)
3	**KUBERA Piotr**	**194**	ADIDAS RUNNERS WARSAW	M3 40-49 lat	3	00:00:00	00:00:22	00:17:21	00:35:04	**00:52:36.00**	**00:52:36.00**	+00:03:24 (6.5%)	4:02	14.8 (93.1%)
4	**STRADOMSKI Artur**	**345**	MARKOWI BIEGACZE	M3 40-49 lat	4	00:00:03	00:00:20	00:17:33	00:35:05	**00:52:38.75**	**00:52:42.70**	+00:03:27 (6.6%)	4:03	14.8 (93.1%)
5	**ANUSIEWICZ Robert**	**474**		M3 40-49 lat	5	00:00:04	00:00:21	00:17:55	00:35:41	**00:52:55.95**	**00:53:00.45**	+00:03:44 (7.1%)	4:04	14.7 (92.5%)
6	**PYTLINSKI Rafał**	**298**		M3 40-49 lat	6	00:00:03	00:00:20	00:17:53	00:35:38	**00:53:03.30**	**00:53:06.55**	+00:03:52 (7.3%)	4:04	14.7 (92.5%)
7	**GAJEK Ireneusz**	**89**		M3 40-49 lat	7	00:00:10	00:00:25	00:18:02	00:35:42	**00:53:28.15**	**00:53:38.75**	+00:04:17 (8.0%)	4:06	14.6 (91.8%)
8	**ROWIŃSKI Tomasz**	**307**		M3 40-49 lat	8	00:00:02	00:00:17	00:17:43	00:36:46	**00:54:55.50**	**00:54:57.55**	+00:05:44 (10.4%)	4:13	14.2 (89.3%)
9	**OCZKOWSKI Mateusz**	**264**	GRUPA BIEGOWA CHTMO	M3 40-49 lat	9	00:00:17	00:00:34	00:18:44	00:36:48	**00:54:58.60**	**00:55:16.20**	+00:05:47 (10.5%)	4:13	14.2 (89.3%)
10	**MIELCZAREK Marek**	**235**	MARKOWI BIEGACZE	M3 40-49 lat	10	00:00:05	00:00:19	00:18:12	00:36:42	**00:55:00.30**	**00:55:05.35**	+00:05:49 (10.6%)	4:13	14.2 (89.3%)
11	**SIERZPUTOWSKI Robert**	**453**	NASIELSK BASZTA TEAM	M3 40-49 lat	11	00:00:03	00:00:20	00:18:18	00:36:40	**00:55:02.80**	**00:55:06.30**	+00:05:51 (10.6%)	4:14	14.2 (89.3%)
12	**GWIZDALA Cezary**	**122**	KUŹNIA TRIATHLONU	M3 40-49 lat	12	00:00:05	00:00:22	00:18:40	00:37:23	**00:56:06.95**	**00:56:12.30**	+00:06:55 (12.3%)	4:19	13.9 (87.4%)
13	**KORKOSZ Andrzej**	**174**		M3 40-49 lat	13	00:00:05	00:00:24	00:19:14	00:38:06	**00:56:51.80**	**00:56:57.05**	+00:07:40 (13.5%)	4:22	13.7 (86.2%)
14	**MICHNOWSKI Sebastian**	**233**		M3 40-49 lat	14	00:00:08	00:00:27	00:18:58	00:38:02	**00:56:53.45**	**00:57:02.30**	+00:07:42 (13.5%)	4:22	13.7 (86.2%)
15	**JAWORSKI Piotr**	**137**	EKOBIEGI	M3 40-49 lat	15	00:00:04	00:00:19	00:18:15	00:37:34	**00:56:54.80**	**00:56:58.90**	+00:07:43 (13.6%)	4:22	13.7 (86.2%)
16	**WASZKIEWICZ Ariel**	**465**	WASZKA TEAM	M3 40-49 lat	16	00:00:11	00:00:30	00:19:42	00:38:30	**00:57:14.05**	**00:57:25.90**	+00:08:02 (14.1%)	4:24	13.6 (85.5%)

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	**GĘBALA Wojtek**	**94**		M3 40-49 lat	17	00:00:06	00:00:24	00:19:04	00:38:25	**00:57:21.70**	**00:57:27.75**	+00:08:10 (14.3%)	4:24	13.6 (85.5%)
18	**WIŚNIEWSKI Krzysztof**	**467**	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	M3 40-49 lat	18	00:00:06	00:00:25	00:19:20	00:38:39	**00:57:58.30**	**00:58:04.45**	+00:08:47 (15.2%)	4:27	13.5 (84.9%)
19	**MAMLA Zbigniew**	**221**	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	19	00:00:09	00:00:26	00:18:40	00:38:18	**00:58:11.85**	**00:58:21.55**	+00:09:00 (15.5%)	4:28	13.4 (84.3%)
20	**RESZCZYK Marcin**	**302**		M3 40-49 lat	20	00:00:33	00:00:33	00:19:56	00:39:17	**00:58:21.80**	**00:58:55.15**	+00:09:10 (15.7%)	4:29	13.4 (84.3%)
21	**PUCHACZ Piotr**	**294**	MPK	M3 40-49 lat	21	00:00:15	00:00:36	00:19:20	00:38:45	**00:58:25.35**	**00:58:40.90**	+00:09:14 (15.8%)	4:29	13.4 (84.3%)
22	**SYGOCKI Konrad**	**352**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	22	00:00:20	00:00:35	00:19:25	00:38:56	**00:58:48.25**	**00:59:08.65**	+00:09:37 (16.4%)	4:31	13.3 (83.6%)
23	**GÓRAL Tadeusz**	**540**	KKB	M3 40-49 lat	23	00:00:02	00:00:23	00:19:25	00:39:05	**00:58:49.40**	**00:58:52.30**	+00:09:38 (16.4%)	4:31	13.3 (83.6%)
24	**KANIA Paweł**	**153**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	24	00:00:06	00:00:23	00:18:57	00:38:55	**00:58:53.40**	**00:59:00.05**	+00:09:42 (16.5%)	4:31	13.2 (83.0%)
25	**NAPIÓRKOWSKI Grzegorz**	**246**	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	25	00:00:06	00:00:27	00:19:04	00:39:04	**00:58:58.30**	**00:59:04.75**	+00:09:47 (16.6%)	4:32	13.2 (83.0%)
26	**ŚMIETAŃSKI Piotr**	**459**	NASIELSK BASZTA TEAM	M3 40-49 lat	26	00:00:16	00:00:29	00:19:34	00:38:50	**00:59:02.95**	**00:59:19.70**	+00:09:51 (16.7%)	4:32	13.2 (83.0%)
27	**SERAFIN Tomasz**	**503**		M3 40-49 lat	27	00:00:06	00:00:25	00:19:08	00:39:20	**00:59:13.80**	**00:59:20.65**	+00:10:02 (17.0%)	4:33	13.2 (83.0%)
28	**ZELENT Arkadiusz**	**415**	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	28	00:00:09	00:00:26	00:19:53	00:40:02	**00:59:53.15**	**01:00:02.65**	+00:10:42 (17.9%)	4:36	13 (81.8%)
29	**DERESZEWSKI Piotr**	**64**	ZABIEGANY WOŁOMIN	M3 40-49 lat	29	00:00:15	00:00:30	00:21:11	00:41:25	**01:01:00.60**	**01:01:16.45**	+00:11:49 (19.4%)	4:41	12.8 (80.5%)
30	**BYSTRY Grzegorz**	**41**	KS LENIWIEC	M3 40-49 lat	30	00:00:24	00:00:30	00:20:30	00:40:37	**01:01:04.45**	**01:01:28.60**	+00:11:53 (19.5%)	4:41	12.8 (80.5%)
31	**CHARLEJ Ireneusz**	**45**	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	31	00:00:09	00:00:26	00:19:57	00:40:42	**01:01:06.10**	**01:01:15.55**	+00:11:54 (19.5%)	4:42	12.8 (80.5%)
32	**KOŁODZIEJCZYK Krzysztof**	**170**	NASIELSK BASZTA TEAM	M3 40-49 lat	32	00:00:19	00:00:36	00:19:31	00:40:26	**01:01:12.45**	**01:01:31.45**	+00:12:01 (19.6%)	4:42	12.7 (79.9%)
33	**KUSY Marcin**	**493**		M3 40-49 lat	33	00:00:13	00:00:29	00:20:47	00:41:26	**01:01:13.25**	**01:01:26.90**	+00:12:02 (19.7%)	4:42	12.7 (79.9%)
34	**MOSUR Kamil**	**242**		M3 40-49 lat	34	00:00:15	00:00:30	00:21:05	00:41:25	**01:01:21.40**	**01:01:36.50**	+00:12:10 (19.8%)	4:43	12.7 (79.9%)
35	**CIMOCHOWSKI Mieczysław**	**53**	MC SERWIS	M3 40-49 lat	35	00:00:09	00:00:28	00:20:06	00:40:55	**01:01:46.90**	**01:01:56.80**	+00:12:35 (20.4%)	4:45	12.6 (79.2%)
36	**SZACHNA Piotr**	**354**	EKOBIEGI	M3 40-49 lat	36	00:00:18	00:00:36	00:22:45	00:42:49	**01:01:50.60**	**01:02:08.65**	+00:12:39 (20.5%)	4:45	12.6 (79.2%)
37	**ŁUBIŃSKI Krzysztof**	**495**		M3 40-49 lat	37	00:00:24	00:00:35	00:20:35	00:40:59	**01:01:51.75**	**01:02:16.20**	+00:12:40 (20.5%)	4:45	12.6 (79.2%)
38	**ŁATKOWSKI Łukasz**	**209**	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	38	00:00:24	00:00:34	00:21:37	00:42:18	**01:02:05.40**	**01:02:30.30**	+00:12:54 (20.8%)	4:46	12.6 (79.2%)
39	**SUCHODOLSKI Mariusz**	**349**	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	39	00:00:13	00:00:27	00:21:19	00:42:11	**01:02:08.55**	**01:02:22.35**	+00:12:57 (20.8%)	4:46	12.6 (79.2%)

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
40	**CAŁKA Marek**	**480**		M3 40-49 lat	40	00:00:21	00:00:35	00:20:56	00:41:37	**01:02:15.45**	**01:02:37.00**	+00:13:04 (21.0%)	4:47	12.5 (78.6%)
41	**SUTUŁA Dariusz**	**350**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	41	00:00:21	00:00:33	00:21:00	00:41:31	**01:02:33.30**	**01:02:54.55**	+00:13:22 (21.4%)	4:48	12.5 (78.6%)
42	**BIALOKOS Kamil**	**29**	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	42	00:00:25	00:00:35	00:21:38	00:42:18	**01:02:33.90**	**01:02:59.20**	+00:13:22 (21.4%)	4:48	12.5 (78.6%)
43	**OLSZANKA Arkadiusz**	**266**		M3 40-49 lat	43	00:00:15	00:00:30	00:21:10	00:41:55	**01:02:35.75**	**01:02:50.75**	+00:13:24 (21.4%)	4:48	12.5 (78.6%)
44	**KUBAN Sebastian**	**193**		M3 40-49 lat	44	00:00:20	00:00:33	00:20:50	00:41:22	**01:02:36.60**	**01:02:56.95**	+00:13:25 (21.4%)	4:48	12.5 (78.6%)
45	**CZAJKOWSKI Marcin**	**59**	OMB OŻARÓW MAZOWIECKI	M3 40-49 lat	45	00:00:25	00:00:37	00:21:48	00:42:56	**01:03:00.30**	**01:03:25.60**	+00:13:49 (21.9%)	4:50	12.4 (78.0%)
46	**LEWANDOWSKI Robert**	**207**		M3 40-49 lat	46	00:00:13	00:00:34	00:20:50	00:41:43	**01:03:03.55**	**01:03:17.35**	+00:13:52 (22.0%)	4:51	12.4 (78.0%)
47	**ROKITA Andrzej**	**304**		M3 40-49 lat	47	00:00:34	00:00:35	00:21:46	00:42:36	**01:03:11.30**	**01:03:45.45**	+00:14:00 (22.2%)	4:51	12.3 (77.4%)
48	**NOWAK Jakub**	**101**	DOBRZYŃSKI KLUB ŻEGLARSKI	M3 40-49 lat	48	00:00:02	00:00:22	00:20:39	00:41:48	**01:03:22.15**	**01:03:24.75**	+00:14:11 (22.4%)	4:52	12.3 (77.4%)
49	**MIĘTEK Artur**	**237**	III ZKSS SR LEGIONOWO	M3 40-49 lat	49	00:00:12	00:00:34	00:21:24	00:42:29	**01:03:29.80**	**01:03:42.50**	+00:14:18 (22.5%)	4:53	12.3 (77.4%)
50	**PISAREK Norbert**	**289**		M3 40-49 lat	50	00:00:49	00:00:35	00:22:16	00:43:34	**01:03:32.75**	**01:04:22.45**	+00:14:21 (22.6%)	4:53	12.3 (77.4%)
51	**STRÓŻYK Piotrek**	**346**		M3 40-49 lat	51	00:00:25	00:00:33	00:21:17	00:42:20	**01:03:44.25**	**01:04:09.30**	+00:14:33 (22.8%)	4:54	12.2 (76.7%)
52	**GOŁASZEWSKI Marcin**	**103**		M3 40-49 lat	52	00:00:10	00:00:28	00:21:28	00:42:54	**01:03:52.50**	**01:04:03.25**	+00:14:41 (23.0%)	4:54	12.2 (76.7%)
53	**FRĄCKIEWICZ Dariusz**	**86**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	53	00:00:23	00:00:35	00:21:05	00:42:19	**01:04:00.60**	**01:04:24.00**	+00:14:49 (23.2%)	4:55	12.2 (76.7%)
54	**WYDRA Mariusz**	**469**		M3 40-49 lat	54	00:00:34	00:00:37	00:22:11	00:43:02	**01:04:02.35**	**01:04:37.20**	+00:14:51 (23.2%)	4:55	12.2 (76.7%)
55	**GAJEWSKI Mariusz**	**90**		M3 40-49 lat	55	00:00:33	00:00:35	00:20:49	00:42:34	**01:04:16.00**	**01:04:49.70**	+00:15:04 (23.5%)	4:56	12.1 (76.1%)
56	**PAZIEWSKI Andrzej**	**281**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:20	00:00:35	00:22:05	00:43:37	**01:04:18.95**	**01:04:39.90**	+00:15:07 (23.5%)	4:56	12.1 (76.1%)
57	**LEWANDOWSKI Piotr**	**206**	TRUCH TARCHOMINTEAM	M3 40-49 lat	57	00:00:10	00:00:26	00:20:16	00:42:20	**01:04:30.15**	**01:04:40.20**	+00:15:19 (23.7%)	4:57	12.1 (76.1%)
58	**CZAJKOWSKI Marek**	**58**	---	M3 40-49 lat	58	00:00:23	00:00:35	00:21:50	00:42:58	**01:04:30.45**	**01:04:53.65**	+00:15:19 (23.8%)	4:57	12.1 (76.1%)
59	**PIOTROWSKI Artur**	**521**	NASIELSK BASZTA TEAM	M3 40-49 lat	59	00:00:23	00:00:35	00:21:06	00:42:58	**01:04:33.20**	**01:04:57.05**	+00:15:22 (23.8%)	4:58	12.1 (76.1%)
60	**KOŚCIUK Maciek**	**179**		M3 40-49 lat	60	00:00:00	00:00:33	00:20:58	00:42:40	**01:04:35.15**	**01:04:35.15**	+00:15:24 (23.8%)	4:58	12.1 (76.1%)
61	**SĄGOL Sylwester**	**316**		M3 40-49 lat	61	00:00:52	00:00:33	00:21:52	00:43:21	**01:05:04.95**	**01:05:57.00**	+00:15:53 (24.4%)	5:00	12 (75.5%)
62	**RUDNIK Jarosław**	**309**	ZABIEGANY WOŁOMIN	M3 40-49 lat	62	00:00:10	00:00:28	00:21:13	00:43:24	**01:05:08.40**	**01:05:19.05**	+00:15:57 (24.5%)	5:00	12 (75.5%)

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
63	**GOLIASZ Paweł**	**102**	BIEGAM I JUŻ	M3 40-49 lat	63	00:00:19	00:00:32	00:21:09	00:42:52	**01:05:17.80**	**01:05:37.50**	+00:16:06 (24.7%)	5:01	11.9 (74.8%)
64	**STEMPEL Tomasz**	**341**	MARYSIN WAWERSKI BIEGA	M3 40-49 lat	64	00:00:16	00:00:31	00:21:29	00:43:26	**01:05:38.00**	**01:05:54.85**	+00:16:26 (25.1%)	5:02	11.9 (74.8%)
65	**OCHAB Janusz**	**261**		M3 40-49 lat	65	00:00:26	00:00:35	00:22:37	00:44:38	**01:05:47.30**	**01:06:14.05**	+00:16:36 (25.2%)	5:03	11.9 (74.8%)
66	**KOPER Sebastian**	**173**	CARREFOUR RUNNING TEAM	M3 40-49 lat	66	00:00:04	00:00:23	00:21:27	00:43:34	**01:05:54.35**	**01:05:58.75**	+00:16:43 (25.4%)	5:04	11.8 (74.2%)
67	**ZRAZEK Piotr**	**421**		M3 40-49 lat	67	00:00:34	00:00:39	00:21:37	00:43:20	**01:05:58.05**	**01:06:32.90**	+00:16:46 (25.4%)	5:04	11.8 (74.2%)
68	**KWIATKOWSKI Tomasz**	**204**		M3 40-49 lat	68	00:00:43	00:00:37	00:22:43	00:45:31	**01:06:04.40**	**01:06:48.30**	+00:16:53 (25.6%)	5:05	11.8 (74.2%)
69	**SZYMAŃSKI Robert**	**366**	KREWKI URSYNÓW HDK	M3 40-49 lat	69	00:00:31	00:00:32	00:21:42	00:43:39	**01:06:14.65**	**01:06:46.60**	+00:17:03 (25.8%)	5:05	11.8 (74.2%)
70	**SZELĄG Tomasz**	**360**	MKB DREPTAK	M3 40-49 lat	70	00:00:35	00:00:34	00:21:42	00:43:40	**01:06:33.35**	**01:07:09.05**	+00:17:22 (26.1%)	5:07	11.7 (73.6%)
71	**SOBCZAK Bogusław**	**457**	M.I.L.A - MASTERS IWICZNA LIFE ATHLETICS	M3 40-49 lat	71	00:00:31	00:00:33	00:21:53	00:43:51	**01:06:44.00**	**01:07:15.80**	+00:17:32 (26.3%)	5:08	11.7 (73.6%)
72	**FIRYSIUK Tomasz**	**84**		M3 40-49 lat	72	00:00:32	00:00:38	00:22:11	00:43:19	**01:06:48.10**	**01:07:21.00**	+00:17:36 (26.4%)	5:08	11.7 (73.6%)
73	**BRONISZEWSKI Jakub**	**477**		M3 40-49 lat	73	00:00:40	00:00:36	00:22:23	00:44:54	**01:06:51.00**	**01:07:31.25**	+00:17:39 (26.4%)	5:08	11.7 (73.6%)
74	**KSENIAK Szymon**	**191**		M3 40-49 lat	74	00:00:23	00:00:34	00:22:40	00:45:08	**01:06:53.65**	**01:07:16.75**	+00:17:42 (26.5%)	5:08	11.7 (73.6%)
75	**WIERBIŁOWICZ Dariusz**	**397**		M3 40-49 lat	75	00:00:30	00:00:34	00:22:33	00:44:54	**01:07:02.35**	**01:07:32.50**	+00:17:51 (26.6%)	5:09	11.6 (73.0%)
76	**MILANIAK Bogdan**	**446**		M3 40-49 lat	76	00:00:32	00:00:37	00:22:06	00:44:08	**01:07:13.30**	**01:07:46.20**	+00:18:02 (26.8%)	5:10	11.6 (73.0%)
77	**WYSOCKI Robert**	**408**	GRUPA BIEGOWA UM WA-WA	M3 40-49 lat	77	00:00:25	00:00:35	00:22:35	00:45:06	**01:07:18.00**	**01:07:43.45**	+00:18:06 (26.9%)	5:10	11.6 (73.0%)
78	**KUFLOWSKI Artur**	**199**	JW.3411	M3 40-49 lat	78	00:00:28	00:00:37	00:22:52	00:45:22	**01:07:37.90**	**01:08:06.55**	+00:18:26 (27.3%)	5:12	11.5 (72.3%)
79	**WIŚNIEWSKI Tomasz**	**403**	KPMG RUNNING TEAM	M3 40-49 lat	79	00:00:25	00:00:34	00:23:09	00:45:48	**01:07:51.55**	**01:08:17.30**	+00:18:40 (27.5%)	5:13	11.5 (72.3%)
80	**TRZASKOWSKI Dariusz**	**381**	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	80	00:00:13	00:00:29	00:22:34	00:45:17	**01:08:03.55**	**01:08:16.55**	+00:18:52 (27.7%)	5:14	11.5 (72.3%)
81	**KILIAŃSKI Rafał**	**162**	TRUCHT TARCHOMIN TEAM	M3 40-49 lat	81	00:00:12	00:00:30	00:22:34	00:45:19	**01:08:04.05**	**01:08:16.45**	+00:18:52 (27.7%)	5:14	11.5 (72.3%)
82	**TODORSKI Tomasz**	**375**		M3 40-49 lat	82	00:00:19	00:00:33	00:23:07	00:45:28	**01:08:09.25**	**01:08:28.85**	+00:18:58 (27.8%)	5:14	11.4 (71.7%)
83	**RUSIN Bartosz**	**310**	KS STASZEWSCY	M3 40-49 lat	83	00:00:18	00:00:34	00:22:18	00:45:11	**01:08:11.70**	**01:08:30.40**	+00:19:00 (27.9%)	5:14	11.4 (71.7%)
84	**WACH Michał**	**387**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	84	00:00:22	00:00:36	00:23:12	00:45:38	**01:08:19.45**	**01:08:41.60**	+00:19:08 (28.0%)	5:15	11.4 (71.7%)
85	**GÓRECKI Krzysztof**	**110**		M3 40-49 lat	85	00:00:43	00:00:38	00:23:06	00:45:40	**01:08:22.35**	**01:09:05.65**	+00:19:11 (28.1%)	5:15	11.4 (71.7%)

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
86	**NIEDZIELA Dominik**	**249**		M3 40-49 lat	86	00:00:50	00:00:37	00:24:28	00:47:14	**01:08:42.55**	**01:09:33.05**	+00:19:31 (28.4%)	5:17	11.4 (71.7%)
87	**JABŁONKA Radosław**	**128**	DZIADY OCR	M3 40-49 lat	87	00:00:20	00:00:34	00:23:04	00:46:14	**01:09:05.40**	**01:09:25.75**	+00:19:54 (28.8%)	5:18	11.3 (71.1%)
88	**MALINOWSKI Mikołaj**	**530**		M3 40-49 lat	88	00:00:05	00:00:25	00:22:54	00:45:35	**01:09:10.65**	**01:09:15.65**	+00:19:59 (28.9%)	5:19	11.3 (71.1%)
89	**GÓRECKI Rajmund**	**109**		M3 40-49 lat	89	00:00:36	00:00:36	00:23:19	00:46:27	**01:09:14.75**	**01:09:50.80**	+00:20:03 (29.0%)	5:19	11.3 (71.1%)
90	**ZWOLIŃSKI Grzegorz**	**422**	REEBOK RUN CREW	M3 40-49 lat	90	00:00:31	00:00:34	00:23:11	00:45:53	**01:09:21.20**	**01:09:52.65**	+00:20:10 (29.1%)	5:20	11.2 (70.4%)
91	**JAROŃ Jarosław**	**133**	KOKOSZKA36TEAM	M3 40-49 lat	91	00:00:18	00:00:35	00:22:59	00:46:13	**01:10:24.45**	**01:10:42.65**	+00:21:13 (30.1%)	5:24	11.1 (69.8%)
92	**PARADOWSKI Andrzej**	**275**		M3 40-49 lat	92	00:00:52	00:00:33	00:23:31	00:47:04	**01:10:36.00**	**01:11:28.75**	+00:21:24 (30.3%)	5:25	11 (69.2%)
93	**KULIK Karol**	**539**		M3 40-49 lat	93	00:00:37	00:00:37	00:25:09	00:48:20	**01:10:48.60**	**01:11:26.35**	+00:21:37 (30.5%)	5:26	11 (69.2%)
94	**BARTNIK Rafał**	**24**		M3 40-49 lat	94	00:00:16	00:00:31	00:22:30	00:46:12	**01:10:55.60**	**01:11:11.80**	+00:21:44 (30.7%)	5:27	11 (69.2%)
95	**MĘDEL Cezary**	**230**		M3 40-49 lat	95	00:00:19	00:00:37	00:24:11	00:47:48	**01:11:11.60**	**01:11:30.90**	+00:22:00 (30.9%)	5:28	11 (69.2%)
96	**WIŚNIEWSKI Paweł**	**404**	ŁOMIANKOWSKA GRUPA BIEGOWA	M3 40-49 lat	96	00:00:07	00:00:27	00:22:01	00:45:58	**01:11:27.90**	**01:11:35.25**	+00:22:16 (31.2%)	5:29	10.9 (68.6%)
97	**OLESIAK Arkadiusz**	**265**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	97	00:00:19	00:00:37	00:24:36	00:48:13	**01:11:28.15**	**01:11:47.90**	+00:22:17 (31.2%)	5:29	10.9 (68.6%)
98	**BORUSZEWSKI Maciej**	**35**		M3 40-49 lat	98	00:00:13	00:00:34	00:24:00	00:47:40	**01:11:56.20**	**01:12:09.95**	+00:22:45 (31.6%)	5:32	10.8 (67.9%)
99	**SOCHACKI Mariusz**	**332**		M3 40-49 lat	99	00:00:15	00:00:32	00:23:25	00:47:13	**01:11:56.65**	**01:12:12.15**	+00:22:45 (31.6%)	5:32	10.8 (67.9%)
100	**CHOJNOWSKI Andrzej**	**47**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	100	00:00:23	00:00:35	00:24:23	00:48:03	**01:11:57.00**	**01:12:20.30**	+00:22:45 (31.6%)	5:32	10.8 (67.9%)
101	**KARWOWSKA Mariusz**	**156**	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	101	00:00:26	00:00:35	00:24:24	00:48:25	**01:12:02.50**	**01:12:28.95**	+00:22:51 (31.7%)	5:32	10.8 (67.9%)
102	**NOSARZEWSKI Mariusz**	**254**		M3 40-49 lat	102	00:00:20	00:00:37	00:24:10	00:48:16	**01:13:29.70**	**01:13:49.85**	+00:24:18 (33.1%)	5:39	10.6 (66.7%)
103	**CIERNIAK Michał**	**50**	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	103	00:00:46	00:00:36	00:25:02	00:49:14	**01:13:51.70**	**01:14:37.75**	+00:24:40 (33.4%)	5:40	10.6 (66.7%)
104	**KOZIATEK Mariusz**	**186**		M3 40-49 lat	104	00:00:23	00:00:36	00:24:54	00:48:55	**01:14:06.85**	**01:14:30.60**	+00:24:55 (33.6%)	5:42	10.5 (66.0%)
105	**REGUCKI Ryszard**	**301**		M3 40-49 lat	105	00:00:36	00:00:31	00:24:34	00:49:42	**01:14:18.20**	**01:14:54.45**	+00:25:07 (33.8%)	5:42	10.5 (66.0%)
106	**LACH Adrian**	**205**	TRICLUB	M3 40-49 lat	106	00:00:12	00:00:33	00:23:02	00:49:18	**01:14:55.35**	**01:15:07.60**	+00:25:44 (34.4%)	5:45	10.4 (65.4%)
107	**BOJAR Paweł**	**33**		M3 40-49 lat	107	00:00:23	00:00:36	00:25:21	00:50:01	**01:15:12.00**	**01:15:35.20**	+00:26:00 (34.6%)	5:47	10.4 (65.4%)
108	**ŁOZIŃSKI Piotr**	**494**	BRACTWO BIEGOWE BGK	M3 40-49 lat	108	00:00:11	00:00:34	00:25:17	00:50:14	**01:15:26.50**	**01:15:38.40**	+00:26:15 (34.8%)	5:48	10.3 (64.8%)

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	**KRÓLIK Tomasz**	**188**		M3 40-49 lat	109	00:00:33	00:00:35	00:25:36	00:50:45	**01:16:05.25**	**01:16:39.10**	+00:26:54 (35.4%)	5:51	10.2 (64.2%)
110	**FIJAŁKOWSKI Michał**	**81**	PO PROSTU MY	M3 40-49 lat	110	00:00:42	00:00:38	00:26:39	00:51:40	**01:16:12.45**	**01:16:54.65**	+00:27:01 (35.5%)	5:51	10.2 (64.2%)
111	**CIEŚLIŃSKI Dariusz**	**52**	DARIOS	M3 40-49 lat	111	00:00:18	00:00:37	00:24:24	00:50:19	**01:16:13.20**	**01:16:31.60**	+00:27:02 (35.5%)	5:51	10.2 (64.2%)
112	**ZARĘBA Jarosław**	**410**		M3 40-49 lat	112	00:00:30	00:00:37	00:25:14	00:50:47	**01:16:44.20**	**01:17:14.85**	+00:27:33 (35.9%)	5:54	10.2 (64.2%)
113	**WALCZAK Dariusz**	**389**	CYTRYNOWI STUDENCI	M3 40-49 lat	113	00:00:09	00:00:35	00:25:39	00:51:23	**01:18:12.30**	**01:18:21.35**	+00:29:01 (37.1%)	6:00	10 (62.9%)
114	**PANCEROW Marcin**	**449**		M3 40-49 lat	114	00:00:10	00:00:33	00:24:38	00:50:56	**01:18:25.30**	**01:18:35.85**	+00:29:14 (37.3%)	6:01	9.9 (62.3%)
115	**GÓRSKI Krzysztof**	**111**		M3 40-49 lat	115	00:00:13	00:00:33	00:25:13	00:51:42	**01:19:01.00**	**01:19:14.30**	+00:29:49 (37.8%)	6:04	9.9 (62.3%)
116	**SIKORSKI Michał**	**535**	EKO BIEGI	M3 40-49 lat	116	00:00:51	00:00:37	00:26:32	00:52:51	**01:19:49.60**	**01:20:40.85**	+00:30:38 (38.4%)	6:08	9.8 (61.6%)
117	**DŁUŻNIEWSKI Tomasz**	**66**		M3 40-49 lat	117	00:00:46	00:00:37	00:26:56	00:53:57	**01:19:57.15**	**01:20:43.80**	+00:30:46 (38.5%)	6:09	9.8 (61.6%)
118	**KULAK Paweł**	**200**		M3 40-49 lat	118	00:00:31	00:00:38	00:26:49	00:54:03	**01:21:15.40**	**01:21:47.20**	+00:32:04 (39.5%)	6:15	9.6 (60.4%)
119	**PAWEŁEK Krzysztof**	**279**	PO PROSTU MY	M3 40-49 lat	119	00:00:43	00:00:37	00:28:14	00:57:07	**01:25:53.90**	**01:26:37.35**	+00:36:42 (42.7%)	6:36	9.1 (57.2%)
120	**ŁUCZAK Piotr**	**214**	PKO BANK POLSKI	M3 40-49 lat	120	00:00:34	00:00:39	00:28:50	00:58:21	**01:27:32.85**	**01:28:07.75**	+00:38:21 (43.8%)	6:44	8.9 (56.0%)
121	**ŁUKASIEWICZ Robert**	**216**	KOKOSZKA36TEAM	M3 40-49 lat	121	00:00:40	00:00:36	00:28:18	00:58:05	**01:28:52.80**	**01:29:33.05**	+00:39:41 (44.7%)	6:50	8.8 (55.3%)
122	**DOBOSZ Marek**	**67**		M3 40-49 lat	122	00:00:55	00:00:36	00:31:31	01:05:13	**01:32:54.40**	**01:33:49.50**	+00:43:43 (47.1%)	7:08	8.4 (52.8%)
123	**NASKRĘT Mariusz**	**247**		M3 40-49 lat	123	00:00:45	00:00:39	00:32:16	01:05:01	**01:39:43.40**	**01:40:28.80**	+00:50:32 (50.7%)	7:40	7.8 (49.1%)
124	**KUSY Marcin**	**493**		M3 40-49 lat	124	00:00:13	00:00:29	00:20:47	00:41:26			+00:08:41	4:45	12.6 (79.2%)
125	**KAROLAK Rafał**	**155**	STOMILEX	M3 40-49 lat	125	00:00:33	00:00:37	00:21:09	00:42:27			+00:09:41	4:52	12.3 (77.4%)
126	**BIEDKA Robert**	**533**	REBOOK RUN CREW	M3 40-49 lat	126	00:00:09	00:00:29	00:21:47	00:43:51			+00:11:05	5:02	11.9 (74.8%)
127	**ŁĘCKI Tomasz**	**211**		M3 40-49 lat	127	00:00:20	00:00:32	00:23:06	00:47:00			+00:14:15	5:24	11.1 (69.8%)
128	**BIDZINSKI Krzysztof**	**31**	LEBIEGI	M3 40-49 lat	128	00:00:29	00:00:38	00:25:14	00:50:35			+00:17:49	5:48	10.3 (64.8%)
129	**GRACZYK Roman**	**112**		M3 40-49 lat	129	00:00:18	00:00:38	00:26:09	00:53:11			+00:20:25	6:06	9.8 (61.6%)
130	**PETRYCKI Marcin**	**283**	PUMP!T	M3 40-49 lat	130	00:00:11	00:00:35	00:27:59	00:54:43			+00:21:57	6:17	9.5 (59.7%)
131	**KUCICKI Krzysztof**	**196**		M3 40-49 lat	131	00:00:05	00:00:26	00:26:22	00:57:23			+00:24:38	6:35	9.1 (57.2%)

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
132	**PIETRAS Tomasz**	**285**	NASIELSK BASZTA TEAM	M3 40-49 lat	132	00:00:38	00:00:38	00:24:38				+00:08:18	5:35	10.7 (67.3%)
133	**MIŚTA Grzegorz**	**100**	FRONTIS	M3 40-49 lat	133	00:00:10	00:00:35	00:28:05				+00:11:46	6:22	9.4 (59.1%)
134	**BAJOREK Jacek**	**19**	MARKOWI BIEGACZE	M3 40-49 lat	134	00:00:38	00:00:37	00:28:05				+00:11:45	6:22	9.4 (59.1%)
135	**NOWAK Bartłomiej**	**256**		M3 40-49 lat	135	00:00:03	00:00:27	00:43:14				+00:26:55	9:49	6.1 (38.4%)
	JÓZWIK Robert	**142**	HARX TEAM	M3 40-49 lat		DNF	00:00:36 DNF	00:24:17 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	TYBURC Paweł	**548**		M3 40-49 lat		DNF	01:09:11 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 137 wynik(ów)