BIAŁOŁĘCKI BIEG WOLNOŚCI

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

Klasyfikacja: M3 40-49 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	**KUŚMIERZ Sylwester**	**214**	MARKOWI BIEGACZE	M3 40-49 lat	1	00:00:01	00:17:17	00:34:46	**00:52:44.90**	**00:52:46.45**		4:03	14.8 (100%)
2	**KRZEMPEK Aleksander**	**205**	BIEGANIEPO40.PL	M3 40-49 lat	2	00:00:02	00:17:46	00:36:07	**00:54:41.15**	**00:54:43.15**	+00:01:56 (3.5%)	4:12	14.3 (96.6%)
3	**GOZDEK Radek**	**135**	BIEGANIEPO40.PL	M3 40-49 lat	3	00:00:02	00:18:48	00:37:41	**00:57:01.65**	**00:57:03.70**	+00:04:16 (7.5%)	4:23	13.7 (92.6%)
4	**GRYGO Paweł**	**143**	GRYGO TEAM	M3 40-49 lat	4	00:00:03	00:18:48	00:38:00	**00:57:34.40**	**00:57:37.80**	+00:04:49 (8.4%)	4:25	13.5 (91.2%)
5	**ANUSIEWICZ Robert**	**17**	-	M3 40-49 lat	5	00:00:27	00:19:24	00:38:50	**00:58:57.80**	**00:59:25.50**	+00:06:12 (10.5%)	4:32	13.2 (89.2%)
6	**MIOTK Marcin**	**252**	MIOTK.PL	M3 40-49 lat	6	00:00:02	00:19:00	00:39:00	**00:59:14.15**	**00:59:16.35**	+00:06:29 (11.0%)	4:33	13.2 (89.2%)
7	**MIELCZAREK Krzysztof**	**468**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	7	00:00:03	00:19:22	00:39:18	**00:59:50.50**	**00:59:53.50**	+00:07:05 (11.9%)	4:36	13 (87.8%)
8	**RADZIKOWSKI Andrzej**	**304**		M3 40-49 lat	8	00:00:04	00:19:59	00:39:51	**01:00:19.45**	**01:00:23.45**	+00:07:34 (12.6%)	4:38	12.9 (87.2%)
9	**ZYCH Mariusz**	**426**	BIEGAJ POD OKIEM TRENERA	M3 40-49 lat	9	00:00:04	00:19:25	00:39:44	**01:00:19.95**	**01:00:24.40**	+00:07:35 (12.6%)	4:38	12.9 (87.2%)
10	**KAMIŃSKI Paweł**	**447**	BIEGANIEPO40.PL	M3 40-49 lat	10	00:00:06	00:19:57	00:40:22	**01:00:49.45**	**01:00:56.00**	+00:08:04 (13.3%)	4:40	12.8 (86.5%)
11	**BISOWSKI Mariusz**	**46**	A NA CO TO KOMU POTRZEBNE	M3 40-49 lat	11	00:00:07	00:20:14	00:40:49	**01:01:05.35**	**01:01:13.20**	+00:08:20 (13.7%)	4:41	12.8 (86.5%)
12	**BIAŁEK Piotr**	**39**	3BRO - ZK BARCZEWO	M3 40-49 lat	12	00:00:03	00:20:15	00:40:37	**01:01:14.40**	**01:01:18.30**	+00:08:29 (13.9%)	4:42	12.7 (85.8%)
13	**CHRAPEK Janusz**	**70**	ROSSMANN	M3 40-49 lat	13	00:00:06	00:20:48	00:41:32	**01:02:12.60**	**01:02:18.90**	+00:09:27 (15.2%)	4:47	12.5 (84.5%)
14	**GAJEK Ireneusz**	**118**		M3 40-49 lat	14	00:00:05	00:21:06	00:41:54	**01:02:41.60**	**01:02:47.55**	+00:09:56 (15.9%)	4:49	12.4 (83.8%)
15	**STRADOMSKI Artur**	**350**	MARKOWI BIEGACZE	M3 40-49 lat	15	00:00:05	00:20:45	00:41:46	**01:02:54.40**	**01:02:59.50**	+00:10:09 (16.1%)	4:50	12.4 (83.8%)
16	**ZELENT Arkadiusz**	**415**	SĄD REJONOWY W MIŃSKU MAZOWIECKIM	M3 40-49 lat	16	00:00:05	00:21:10	00:42:06	**01:03:25.80**	**01:03:30.85**	+00:10:40 (16.8%)	4:52	12.3 (83.1%)

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
17	**BARANOWSKI Jacek**	**482**		M3 40-49 lat	17	00:00:03	00:20:33	00:41:57	**01:03:47.45**	**01:03:50.95**	+00:11:02 (17.3%)	4:54	12.2 (82.4%)
18	**SOBOLEWSKI Jakub**	**465**	BRACTWO BIEGOWE BGK	M3 40-49 lat	18	00:00:20	00:21:17	00:43:03	**01:04:24.10**	**01:04:45.05**	+00:11:39 (18.1%)	4:57	12.1 (81.8%)
19	**OSTAPIŃSKI Wojtek**	**283**	OSTRESROKI	M3 40-49 lat	19	00:00:12	00:22:25	00:44:14	**01:05:37.95**	**01:05:50.65**	+00:12:53 (19.6%)	5:02	11.9 (80.4%)
20	**TOMASZEK Robert**	**373**		M3 40-49 lat	20	00:00:04	00:21:10	00:43:00	**01:05:45.75**	**01:05:49.75**	+00:13:00 (19.8%)	5:03	11.9 (80.4%)
21	**STĘPIEŃ Adam**	**347**	ANANASY	M3 40-49 lat	21	00:00:05	00:21:29	00:43:17	**01:05:48.40**	**01:05:54.10**	+00:13:03 (19.8%)	5:03	11.9 (80.4%)
22	**JUTKIEWICZ Marcin**	**168**	OBIEGANIU.PL	M3 40-49 lat	22	00:00:12	00:22:25	00:44:05	**01:06:20.20**	**01:06:32.90**	+00:13:35 (20.5%)	5:06	11.8 (79.7%)
23	**MANELSKI Artur**	**80**	DKŻ	M3 40-49 lat	23	00:00:28	00:23:21	00:45:17	**01:06:44.45**	**01:07:13.40**	+00:13:59 (21.0%)	5:08	11.7 (79.1%)
24	**DOMAŃSKI Błażej**	**464**	TRICLUB	M3 40-49 lat	24	00:00:09	00:22:52	00:45:00	**01:07:11.00**	**01:07:20.70**	+00:14:26 (21.5%)	5:10	11.6 (78.4%)
25	**MIELCZAREK Marek**	**476**		M3 40-49 lat	25	00:00:05	00:22:31	00:44:50	**01:07:29.20**	**01:07:35.00**	+00:14:44 (21.8%)	5:11	11.6 (78.4%)
26	**TOMCZAK Marcin**	**375**		M3 40-49 lat	26	00:00:05	00:22:27	00:44:53	**01:07:31.70**	**01:07:36.75**	+00:14:46 (21.9%)	5:11	11.6 (78.4%)
27	**CZERWIEC Andrzej**	**87**		M3 40-49 lat	27	00:00:21	00:22:11	00:44:26	**01:08:16.30**	**01:08:37.60**	+00:15:31 (22.7%)	5:15	11.4 (77.0%)
28	**KŁĄB Jacek**	**182**		M3 40-49 lat	28	00:00:14	00:23:04	00:45:39	**01:08:27.65**	**01:08:42.60**	+00:15:42 (23.0%)	5:15	11.4 (77.0%)
29	**BIEDKA Robert**	**472**		M3 40-49 lat	29	00:00:27	00:23:43	00:46:16	**01:08:45.50**	**01:09:12.70**	+00:16:00 (23.3%)	5:17	11.3 (76.4%)
30	**KACZUR Marcin**	**487**		M3 40-49 lat	30	00:01:02	00:23:44	00:46:04	**01:08:48.25**	**01:09:50.90**	+00:16:03 (23.3%)	5:17	11.3 (76.4%)
31	**ZIOMEK Marek**	**420**		M3 40-49 lat	31	00:00:07	00:21:52	00:44:58	**01:09:02.35**	**01:09:09.85**	+00:16:17 (23.6%)	5:18	11.3 (76.4%)
32	**ZDUNEK Michał**	**413**		M3 40-49 lat	32	00:00:14	00:22:54	00:46:09	**01:09:10.45**	**01:09:24.95**	+00:16:25 (23.7%)	5:19	11.3 (76.4%)
33	**PĘDZISZ Michał**	**291**	AKTYWNA WARSZAWA	M3 40-49 lat	33	00:00:23	00:23:34	00:46:22	**01:09:19.65**	**01:09:43.45**	+00:16:34 (23.9%)	5:19	11.3 (76.4%)
34	**SOBOTA Artur**	**339**	DECOARTY.PL	M3 40-49 lat	34	00:00:31	00:23:11	00:46:15	**01:09:48.30**	**01:10:19.95**	+00:17:03 (24.4%)	5:22	11.2 (75.7%)
35	**WOŹNIAK Tomasz**	**440**	ŻOLIBER	M3 40-49 lat	35	00:00:06	00:22:08	00:45:36	**01:09:53.55**	**01:10:00.10**	+00:17:08 (24.5%)	5:22	11.2 (75.7%)
36	**JAWORSKI Piotr**	**2**	MARKOWI BIEGACZE	M3 40-49 lat	36	00:00:07	00:22:27	00:45:56	**01:09:53.75**	**01:10:01.30**	+00:17:08 (24.5%)	5:22	11.2 (75.7%)
37	**SZYMANIK Paweł**	**364**		M3 40-49 lat	37	00:00:23	00:23:14	00:46:14	**01:10:07.95**	**01:10:31.65**	+00:17:23 (24.8%)	5:23	11.1 (75.0%)
38	**NACHAJ Krzysztof**	**260**		M3 40-49 lat	38	00:00:58	00:24:44	00:47:57	**01:11:08.80**	**01:12:06.80**	+00:18:23 (25.9%)	5:28	11 (74.3%)
39	**CHODKOWSKI Krzysztof**	**65**		M3 40-49 lat	39	00:00:39	00:25:17	00:48:35	**01:11:12.75**	**01:11:51.80**	+00:18:27 (25.9%)	5:28	11 (74.3%)

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
40	**KISIEL Artur**	**180**		M3 40-49 lat	40	00:00:38	00:23:50	00:47:29	**01:11:37.60**	**01:12:16.10**	+00:18:52 (26.4%)	5:30	10.9 (73.6%)
41	**ŁUBIAN Michał**	**431**	BLUESOFT	M3 40-49 lat	41	00:00:18	00:23:43	00:47:50	**01:12:20.30**	**01:12:38.80**	+00:19:35 (27.1%)	5:33	10.8 (73.0%)
42	**CNOTA Maciej**	**456**		M3 40-49 lat	42	00:01:46	00:25:05	00:48:52	**01:12:42.50**	**01:14:29.10**	+00:19:57 (27.5%)	5:35	10.7 (72.3%)
43	**RUSZCZAK Tomasz**	**498**	LEVEL X	M3 40-49 lat	43	00:01:06	00:25:41	00:50:01	**01:13:18.95**	**01:14:25.80**	+00:20:34 (28.1%)	5:38	10.6 (71.6%)
44	**ORŁOWSKI Krzysztof**	**279**	WARSZAWA PARKRUN BRÓDNO	M3 40-49 lat	44	00:00:06	00:24:11	00:48:40	**01:13:19.05**	**01:13:25.95**	+00:20:34 (28.1%)	5:38	10.6 (71.6%)
45	**PROKOPIUK Grzegorz**	**295**	SZWAGRY DWA	M3 40-49 lat	45	00:00:52	00:24:42	00:49:01	**01:13:22.25**	**01:14:14.80**	+00:20:37 (28.1%)	5:38	10.6 (71.6%)
46	**KAZIMIERCZAK Grzegorz**	**495**		M3 40-49 lat	46	00:01:06	00:25:41	00:50:01	**01:13:27.10**	**01:14:33.70**	+00:20:42 (28.2%)	5:39	10.6 (71.6%)
47	**CIESIELSKI Marcin**	**441**	WARSAW RUN CLUB	M3 40-49 lat	47	00:00:07	00:24:20	00:48:43	**01:13:37.25**	**01:13:44.30**	+00:20:52 (28.4%)	5:39	10.6 (71.6%)
48	**LENDZION Jarosław**	**218**	GRUPA BIEGOWA UM W-WA	M3 40-49 lat	48	00:01:04	00:25:28	00:50:03	**01:13:55.90**	**01:14:59.95**	+00:21:11 (28.7%)	5:41	10.6 (71.6%)
49	**KORKOSZ Andrzej**	**192**		M3 40-49 lat	49	00:00:10	00:24:17	00:49:28	**01:14:02.05**	**01:14:12.75**	+00:21:17 (28.8%)	5:41	10.5 (70.9%)
50	**RUDNIK Jarosław**	**314**		M3 40-49 lat	50	00:00:19	00:24:45	00:49:07	**01:14:02.25**	**01:14:22.05**	+00:21:17 (28.8%)	5:41	10.5 (70.9%)
51	**SOSZYŃSKI Piotr**	**342**	INDOORY URSUS	M3 40-49 lat	51	00:00:10	00:24:28	00:49:34	**01:14:16.85**	**01:14:26.95**	+00:21:31 (29.0%)	5:42	10.5 (70.9%)
52	**KUCHTA Pawel**	**208**		M3 40-49 lat	52	00:00:37	00:25:42	00:50:01	**01:14:52.00**	**01:15:29.00**	+00:22:07 (29.5%)	5:45	10.4 (70.3%)
53	**DROŹDZIEL Mariusz**	**98**		M3 40-49 lat	53	00:00:25	00:25:01	00:50:01	**01:15:09.95**	**01:15:35.55**	+00:22:25 (29.8%)	5:46	10.4 (70.3%)
54	**OLSZANKA Arkadiusz**	**277**		M3 40-49 lat	54	00:01:11	00:25:24	00:50:43	**01:15:39.90**	**01:16:51.65**	+00:22:55 (30.3%)	5:49	10.3 (69.6%)
55	**GAJEWSKI Mariusz**	**119**		M3 40-49 lat	55	00:00:51	00:25:39	00:51:17	**01:16:24.65**	**01:17:16.25**	+00:23:39 (31.0%)	5:52	10.2 (68.9%)
56	**KOĆ Marcin**	**184**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	56	00:00:42	00:26:03	00:51:13	**01:16:25.15**	**01:17:07.20**	+00:23:40 (31.0%)	5:52	10.2 (68.9%)
57	**ZAMBROWSKI Sławomir**	**409**		M3 40-49 lat	57	00:01:15	00:27:19	00:52:02	**01:16:55.30**	**01:18:10.70**	+00:24:10 (31.4%)	5:55	10.1 (68.2%)
58	**GAWLIK Arkadiusz**	**123**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	58	00:00:35	00:25:42	00:51:31	**01:17:04.20**	**01:17:39.40**	+00:24:19 (31.6%)	5:55	10.1 (68.2%)
59	**FIRYSIUK Tomasz**	**114**		M3 40-49 lat	59	00:00:22	00:26:02	00:51:46	**01:17:10.45**	**01:17:33.40**	+00:24:25 (31.7%)	5:56	10.1 (68.2%)
60	**FRĄCKIEWICZ Dariusz**	**116**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	60	00:00:35	00:24:59	00:50:34	**01:17:19.25**	**01:17:54.85**	+00:24:34 (31.8%)	5:56	10.1 (68.2%)
61	**GRZEJDZIAK Igor**	**145**	NAPRZÓD MŁOCINY	M3 40-49 lat	61	00:00:37	00:25:24	00:51:08	**01:17:30.80**	**01:18:08.55**	+00:24:45 (31.9%)	5:57	10.1 (68.2%)
62	**PAZIEWSKI Andrzej**	**290**	BIEGAM NA TARCHOMINIE	M3 40-49 lat	62	00:00:41	00:26:05	00:51:40	**01:17:37.00**	**01:18:18.75**	+00:24:52 (32.0%)	5:58	10 (67.6%)

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
63	**KULIK Tomasz**	**212**		M3 40-49 lat	63	00:01:21	00:27:47	00:52:51	**01:17:56.15**	**01:19:18.00**	+00:25:11 (32.3%)	5:59	10 (67.6%)
64	**BINIEK Adam**	**44**	MORSY ZIELONKA	M3 40-49 lat	64	00:01:18	00:27:56	00:52:58	**01:17:56.95**	**01:19:15.20**	+00:25:12 (32.3%)	5:59	10 (67.6%)
65	**NOGAL Robert**	**266**	INDOORY URSUS	M3 40-49 lat	65	00:00:10	00:25:39	00:51:47	**01:18:16.55**	**01:18:26.80**	+00:25:31 (32.6%)	6:01	10 (67.6%)
66	**SZYMAŃSKI Arkadiusz**	**365**		M3 40-49 lat	66	00:01:23	00:29:53	00:54:35	**01:18:18.00**	**01:19:41.20**	+00:25:33 (32.6%)	6:01	10 (67.6%)
67	**BORUSZEWSKI Maciej**	**51**		M3 40-49 lat	67	00:00:08	00:26:09	00:52:05	**01:18:22.05**	**01:18:30.85**	+00:25:37 (32.7%)	6:01	10 (67.6%)
68	**CIBORSKI Jakub**	**461**		M3 40-49 lat	68	00:00:43	00:25:21	00:51:27	**01:18:50.00**	**01:19:33.55**	+00:26:05 (33.1%)	6:03	9.9 (66.9%)
69	**KOPER Sebastian**	**190**	CARREFOUR RUNNING TEAM	M3 40-49 lat	69	00:00:31	00:25:32	00:52:01	**01:19:14.35**	**01:19:45.45**	+00:26:29 (33.4%)	6:05	9.8 (66.2%)
70	**POTRZEBOWSKI Dominik**	**293**	MARKOWI BIEGACZE	M3 40-49 lat	70	00:00:16	00:25:33	00:52:12	**01:20:06.15**	**01:20:22.20**	+00:27:21 (34.1%)	6:09	9.7 (65.5%)
71	**STRÓŻYK Piotrek**	**351**		M3 40-49 lat	71	00:01:18	00:29:52	00:55:16	**01:20:20.90**	**01:21:39.75**	+00:27:36 (34.4%)	6:10	9.7 (65.5%)
72	**KRĘGIEL Sebastian**	**324**		M3 40-49 lat	72	00:00:00	00:26:50	00:53:40	**01:20:30.00**	**01:20:30.00**	+00:27:45 (34.5%)	6:11	9.7 (65.5%)
73	**BARTNIK Rafał**	**31**	ZABIEGANY WOŁOMIN	M3 40-49 lat	73	00:01:08	00:27:23	00:53:40	**01:20:55.25**	**01:22:04.00**	+00:28:10 (34.8%)	6:13	9.6 (64.9%)
74	**GRAD Tomasz**	**139**	MARKOWI BIEGACZE	M3 40-49 lat	74	00:00:31	00:27:28	00:54:14	**01:21:25.30**	**01:21:57.10**	+00:28:40 (35.2%)	6:15	9.6 (64.9%)
75	**DOMINIAK Zbigniew**	**96**	BEZPRĄDOWY KLUB BIEGOWY	M3 40-49 lat	75	00:00:16	00:26:19	00:54:00	**01:22:20.00**	**01:22:36.65**	+00:29:35 (35.9%)	6:20	9.5 (64.2%)
76	**DZIEWULSKI Tomasz**	**107**	ZIELONKA BIEGA	M3 40-49 lat	76	00:00:20	00:26:28	00:53:36	**01:22:22.60**	**01:22:43.35**	+00:29:37 (36.0%)	6:20	9.5 (64.2%)
77	**SKLEPOWICZ Jacek**	**333**		M3 40-49 lat	77	00:00:37	00:29:27	00:56:20	**01:22:36.50**	**01:23:13.80**	+00:29:51 (36.1%)	6:21	9.4 (63.5%)
78	**JÓZWIK Robert**	**166**	HARX TEAM	M3 40-49 lat	78	00:00:22	00:27:21	00:55:01	**01:22:38.05**	**01:23:00.65**	+00:29:53 (36.2%)	6:21	9.4 (63.5%)
79	**BANASIAK Miroslaw**	**25**		M3 40-49 lat	79	00:00:56	00:27:51	00:55:28	**01:23:04.00**	**01:24:00.70**	+00:30:19 (36.5%)	6:23	9.4 (63.5%)
80	**SZCZERBICKI Rafał**	**355**	WARSAW RUN CLUB	M3 40-49 lat	80	00:01:06	00:29:48	00:57:08	**01:23:09.15**	**01:24:15.95**	+00:30:24 (36.6%)	6:23	9.4 (63.5%)
81	**SOCHACKI Mariusz**	**340**		M3 40-49 lat	81	00:00:15	00:26:34	00:54:23	**01:23:18.20**	**01:23:34.15**	+00:30:33 (36.7%)	6:24	9.4 (63.5%)
82	**GRZESZCZYK Michał**	**146**	EKOBIEGI	M3 40-49 lat	82	00:01:24	00:28:41	00:55:50	**01:23:22.05**	**01:24:47.00**	+00:30:37 (36.7%)	6:24	9.4 (63.5%)
83	**WALESIUK Piotr**	**385**		M3 40-49 lat	83	00:00:50	00:30:27	00:58:48	**01:23:54.60**	**01:24:45.00**	+00:31:09 (37.1%)	6:27	9.3 (62.8%)
84	**ZRAZEK Piotr**	**422**		M3 40-49 lat	84	00:00:45	00:27:44	00:55:00	**01:24:00.60**	**01:24:46.30**	+00:31:15 (37.2%)	6:27	9.3 (62.8%)
85	**DERESZEWSKI Piotr**	**94**	ZABIEGANY WOŁOMIN	M3 40-49 lat	85	00:01:09	00:29:56	00:56:34	**01:24:36.10**	**01:25:45.85**	+00:31:51 (37.7%)	6:30	9.2 (62.2%)

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
86	**STANISZEWSKI Rafał**	**344**	TURBODZIKI	M3 40-49 lat	86	00:01:22	00:30:18	00:58:24	**01:24:59.30**	**01:26:21.90**	+00:32:14 (37.9%)	6:32	9.2 (62.2%)
87	**JABŁONKA Radosław**	**157**	DZIADY OCR	M3 40-49 lat	87	00:00:39	00:28:05	00:56:35	**01:25:17.30**	**01:25:56.60**	+00:32:32 (38.2%)	6:33	9.1 (61.5%)
88	**GARBACZEWSKI Zbigniew**	**122**		M3 40-49 lat	88	00:00:50	00:28:22	00:56:22	**01:25:32.30**	**01:26:22.60**	+00:32:47 (38.3%)	6:34	9.1 (61.5%)
89	**NOSARZEWSKI Mariusz**	**267**	GB PRESS TEAM	M3 40-49 lat	89	00:00:55	00:28:34	00:56:55	**01:26:13.50**	**01:27:08.70**	+00:33:28 (38.8%)	6:37	9 (60.8%)
90	**CYBULSKI Grzegorz**	**78**	NAJWIĘKSZA ARMIA ŚWIATA	M3 40-49 lat	90	00:01:00	00:29:43	00:58:03	**01:26:17.45**	**01:27:18.15**	+00:33:32 (38.9%)	6:38	9 (60.8%)
91	**PAWEŁEK Krzysztof**	**287**	MARKOWI BIEGACZE	M3 40-49 lat	91	00:00:32	00:29:13	00:57:33	**01:26:53.45**	**01:27:26.30**	+00:34:08 (39.3%)	6:41	9 (60.8%)
92	**NADOBNIK Konrad**	**261**	BIEGAM BO LUBIĘ ZĄBKI TEAM	M3 40-49 lat	92	00:01:15	00:31:22	00:59:30	**01:27:13.25**	**01:28:28.90**	+00:34:28 (39.5%)	6:42	8.9 (60.1%)
93	**JĘDRASZCZYK Maciej**	**164**		M3 40-49 lat	93	00:00:53	00:30:24	00:58:40	**01:27:55.75**	**01:28:48.80**	+00:35:10 (40.0%)	6:45	8.9 (60.1%)
94	**MICHALSKI Maciej**	**439**	ALBERCIK TEAM	M3 40-49 lat	94	00:01:27	00:31:59	00:59:36	**01:28:02.65**	**01:29:30.00**	+00:35:17 (40.1%)	6:46	8.9 (60.1%)
95	**JARMUŻEWSKI Adam**	**161**	TIA	M3 40-49 lat	95	00:01:31	00:32:35	01:00:37	**01:28:24.70**	**01:29:56.45**	+00:35:39 (40.3%)	6:48	8.8 (59.5%)
96	**KOWALIK Tomasz**	**199**		M3 40-49 lat	96	00:00:08	00:27:52	00:57:48	**01:28:44.15**	**01:28:52.30**	+00:35:59 (40.6%)	6:49	8.8 (59.5%)
97	**JAROŃ Jarosław**	**162**	RUN DE GIRARD	M3 40-49 lat	97	00:00:26	00:29:46	00:58:25	**01:29:02.25**	**01:29:28.85**	+00:36:17 (40.8%)	6:50	8.8 (59.5%)
98	**CZAJKOWSKI Rafał**	**83**	EKOBIEGI	M3 40-49 lat	98	00:01:24	00:33:04	01:01:57	**01:31:02.35**	**01:32:26.45**	+00:38:17 (42.1%)	7:00	8.6 (58.1%)
99	**KOŁOMAŃSKI Marek**	**188**		M3 40-49 lat	99	00:01:24	00:33:05	01:01:57	**01:31:02.65**	**01:32:27.00**	+00:38:17 (42.1%)	7:00	8.6 (58.1%)
100	**MATUSZEWSKI Robert**	**232**		M3 40-49 lat	100	00:01:17	00:32:28	01:01:47	**01:31:25.55**	**01:32:43.05**	+00:38:40 (42.3%)	7:01	8.5 (57.4%)
101	**BIAŁOKOS Kamil**	**40**		M3 40-49 lat	101	00:01:07	00:32:50	01:02:16	**01:32:02.15**	**01:33:09.85**	+00:39:17 (42.7%)	7:04	8.5 (57.4%)
102	**GROCHOWSKI Marcin**	**331**		M3 40-49 lat	102	00:00:19	00:29:54	01:00:58	**01:32:40.65**	**01:33:00.50**	+00:39:55 (43.1%)	7:07	8.4 (56.8%)
103	**BASIŃSKI Paweł**	**76**		M3 40-49 lat	103	00:00:43	00:30:35	01:00:15	**01:32:40.80**	**01:33:24.40**	+00:39:55 (43.1%)	7:07	8.4 (56.8%)
104	**CZARTORYSKI Krystian**	**85**		M3 40-49 lat	104	00:01:05	00:32:52	01:01:57	**01:32:54.75**	**01:34:00.60**	+00:40:09 (43.2%)	7:08	8.4 (56.8%)
105	**BUCZEK Piotr**	**55**		M3 40-49 lat	105	00:00:21	00:32:28	01:02:37	**01:33:56.40**	**01:34:17.95**	+00:41:11 (43.8%)	7:13	8.3 (56.1%)
106	**ŁUCZAK Piotr**	**225**	PKO BANK POLSKI	M3 40-49 lat	106	00:00:39	00:30:32	01:02:12	**01:34:36.65**	**01:35:16.55**	+00:41:51 (44.2%)	7:16	8.2 (55.4%)
107	**RUSIN Bartosz**	**316**		M3 40-49 lat	107	00:01:13	00:32:56	01:04:14	**01:35:42.00**	**01:36:55.35**	+00:42:57 (44.9%)	7:21	8.2 (55.4%)
108	**PIKULSKI Marek**	**454**	SW	M3 40-49 lat	108	00:00:20	00:30:53	01:03:25	**01:36:15.45**	**01:36:36.40**	+00:43:30 (45.2%)	7:24	8.1 (54.7%)

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
109	**BERNAT Sebastian**	**38**	STARE WILKI	M3 40-49 lat	109	00:01:35	00:33:29	01:04:29	**01:36:45.50**	**01:38:20.50**	+00:44:00 (45.5%)	7:26	8.1 (54.7%)
110	**LOZOWSKI Robert**	**221**		M3 40-49 lat	110	00:01:41	00:32:41	01:04:26	**01:37:47.55**	**01:39:29.05**	+00:45:02 (46.1%)	7:31	8 (54.1%)
111	**TYBURC Paweł**	**19**	ACHILLES BIAŁOŁĘKA	M3 40-49 lat	111	00:00:12	00:31:03	01:03:43	**01:39:20.90**	**01:39:33.70**	+00:46:36 (46.9%)	7:38	7.9 (53.4%)
112	**GÓRZYŃSKI Janusz**	**138**	BESTIE OCR LEGIONOWO	M3 40-49 lat	112	00:01:33	00:32:22	01:03:41	**01:39:36.30**	**01:41:09.75**	+00:46:51 (47.0%)	7:39	7.8 (52.7%)
113	**JANKOWSKI Tomasz**	**496**		M3 40-49 lat	113	00:01:36	00:34:30	01:07:07	**01:40:58.40**	**01:42:35.15**	+00:48:13 (47.8%)	7:46	7.7 (52.0%)
114	**ZATYLNY Tomasz**	**411**		M3 40-49 lat	114	00:01:30	00:33:02	01:05:30	**01:42:14.80**	**01:43:45.00**	+00:49:29 (48.4%)	7:51	7.6 (51.4%)
115	**LACH Marcin**	**216**		M3 40-49 lat	115	00:01:30	00:34:55	01:10:29	**01:48:01.00**	**01:49:31.15**	+00:55:16 (51.2%)	8:18	7.2 (48.6%)
116	**ŁUKASIEWICZ Robert**	**226**	KOKOSZKA36TEAM	M3 40-49 lat	116	00:00:53	00:34:02	01:11:31	**01:50:41.90**	**01:51:35.10**	+00:57:57 (52.3%)	8:30	7 (47.3%)
117	**KOZŁOWSKI Witold**	**202**		M3 40-49 lat	117	00:01:21	00:35:24	01:17:41	**01:52:25.20**	**01:53:46.65**	+00:59:40 (53.1%)	8:38	6.9 (46.6%)
118	**CISZEWSKI Krzysztof**	**74**		M3 40-49 lat	118	00:00:16	00:22:44	00:44:43			+00:09:57	5:08	11.7 (79.1%)
119	**CYRUK Tomasz**	**79**		M3 40-49 lat	119	00:00:50	00:30:27	00:58:48			+00:24:02	6:45	8.9 (60.1%)
120	**RUPIK Piotr**	**315**		M3 40-49 lat	120	00:00:26	00:31:23	01:02:33			+00:27:47	7:11	8.3 (56.1%)
121	**ZWOLIŃSKI Grzegorz**	**425**		M3 40-49 lat	121	00:00:05	00:29:52	01:03:03			+00:28:17	7:14	8.3 (56.1%)
122	**MĘDEL Cezary**	**237**		M3 40-49 lat	122	00:00:49	00:32:46	01:03:54			+00:29:08	7:20	8.2 (55.4%)
123	**HEBDA Bartłomiej**	**150**		M3 40-49 lat	123	00:00:00	00:37:06	01:11:26			+	8:12	7.3 (49.3%)
124	**CHARLEJ Ireneusz**	**60**	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49 lat	124	00:00:09	00:25:22				+00:08:05	5:45	10.4 (70.3%)
125	**SUCHODOLSKI Mariusz**	**352**		M3 40-49 lat	125	00:00:47	00:29:46				+00:12:29	6:45	8.9 (60.1%)
126	**MRÓZ Sebastian**	**257**		M3 40-49 lat	126	00:01:12	00:30:04				+00:12:47	6:49	8.8 (59.5%)
127	**BAJOREK Jacek**	**21**		M3 40-49 lat	127	00:00:47	00:34:32				+00:17:15	7:50	7.6 (51.4%)
128	**GIERANOWSKI Marcin**	**126**	GIERAN	M3 40-49 lat	128	00:00:17	00:36:17				+00:19:00	8:14	7.3 (49.3%)
129	**KUCICKI Krzysztof**	**209**		M3 40-49 lat	129	00:01:27	00:36:26				+00:19:09	8:16	7.2 (48.6%)
130	**NASKRĘT Mariusz**	**263**		M3 40-49 lat	130	00:00:54	00:39:40				+00:22:23	9:00	6.7 (45.3%)
131	**REGUCKI Ryszard Regucki**	**306**		M3 40-49 lat	131	00:00:00	01:36:44				+	21:59	2.7 (18.2%)

Znaleziono 131 wynik(ów)