BIAŁOŁĘCKI BIEG WOLNOŚCI

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

Klasyfikacja: M5 60+

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	**NOWOCIEŃ Jacek**	**269**	UCZNIOWSKI KLUB SPORTOWY RUSIEC	M5 60+	1	00:00:02	00:21:10	00:43:10	**01:05:08.40**	**01:05:11.30**		5:00	12 (100%)
2	**FALANDYSZ Janusz**	**109**	WPRUNNING PRUSZKÓW	M5 60+	2	00:00:03	00:22:30	00:45:06	**01:08:08.45**	**01:08:11.45**	+00:03:00 (4.4%)	5:14	11.4 (95.0%)
3	**KODA Eugeniusz**	**185**	TEAM ZABIEGANEDNI	M5 60+	3	00:00:04	00:21:52	00:45:08	**01:08:36.00**	**01:08:40.30**	+00:03:27 (5.0%)	5:16	11.4 (95.0%)
4	**TARNOWSKI Witold**	**371**	KB TKKF PROMYK CIECHANÓW	M5 60+	4	00:00:06	00:22:58	00:46:53	**01:11:48.10**	**01:11:54.70**	+00:06:39 (9.3%)	5:31	10.9 (90.8%)
5	**MIKINA Artur**	**246**	PWPW SA	M5 60+	5	00:00:12	00:25:34	00:50:53	**01:16:06.50**	**01:16:19.00**	+00:10:58 (14.4%)	5:51	10.2 (85.0%)
6	**KOLASA Andrzej**	**187**	KLUB J.SŁOWACKIEGO	M5 60+	6	00:00:02	00:25:49	00:51:44	**01:18:24.90**	**01:18:27.70**	+00:13:16 (16.9%)	6:01	9.9 (82.5%)
7	**WYRWAS Tadeusz**	**408**	PGB SPORTOWA PACZKA	M5 60+	7	00:00:22	00:27:07	00:53:19	**01:18:44.15**	**01:19:06.65**	+00:13:35 (17.3%)	6:03	9.9 (82.5%)
8	**DALGIEWICZ Dariusz**	**434**		M5 60+	8	00:00:47	00:28:40	00:55:37	**01:21:41.45**	**01:22:28.55**	+00:16:33 (20.3%)	6:17	9.5 (79.2%)
9	**SUWALD Andrzej**	**353**	JACEKBIEGA RUNNING TEAM	M5 60+	9	00:00:48	00:26:37	00:54:31	**01:22:15.55**	**01:23:04.00**	+00:17:07 (20.8%)	6:19	9.5 (79.2%)
10	**KOLCZYŃSKI Michał**	**437**	TRUCHTACZ	M5 60+	10	00:00:29	00:27:00	00:55:22	**01:25:11.15**	**01:25:40.95**	+00:20:02 (23.5%)	6:33	9.2 (76.7%)
11	**ROZUM Janusz**	**312**	-	M5 60+	11	00:01:02	00:28:40	00:56:52	**01:26:10.00**	**01:27:12.05**	+00:21:01 (24.4%)	6:37	9.1 (75.8%)
12	**OSIŃSKI Stanisław**	**281**		M5 60+	12	00:00:41	00:30:22	00:59:11	**01:28:50.75**	**01:29:31.85**	+00:23:42 (26.7%)	6:50	8.8 (73.3%)
13	**NOWAKOWSKI Czeslaw**	**268**	DUCLA ACADEMY WARSZAWA	M5 60+	13	00:00:32	00:29:59	00:59:46	**01:29:49.00**	**01:30:21.55**	+00:24:40 (27.5%)	6:54	8.7 (72.5%)
14	**SIEDLACZEK Zbigniew**	**327**		M5 60+	14	00:00:08	00:28:59	01:00:31	**01:31:54.00**	**01:32:02.90**	+00:26:45 (29.1%)	7:04	8.5 (70.8%)
15	**BERDYCHOWSKI Zygmunt**	**481**		M5 60+	15	00:01:29	00:31:47	01:03:01	**01:35:09.10**	**01:36:38.70**	+00:30:00 (31.5%)	7:19	8.2 (68.3%)
16	**KOWALCZYK Ryszard**	**197**	APOSTOŁOWIE TRX	M5 60+	16	00:01:08	00:33:21	01:04:38	**01:36:22.05**	**01:37:30.05**	+00:31:13 (32.4%)	7:24	8.1 (67.5%)

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	**MUCHA Grzegorz**	**258**		M5 60+	17	00:01:03	00:33:57	01:06:37	**01:39:41.35**	**01:40:44.90**	+00:34:32 (34.7%)	7:40	7.8 (65.0%)
18	**BUKOWSKI Janusz**	**100**	STOWARZYSZENIE DAĆ SIEBIE INNYM	M5 60+	18	00:00:04	00:33:29	01:06:18	**01:39:53.55**	**01:39:58.30**	+00:34:45 (34.8%)	7:41	7.8 (65.0%)
Przekroczony limit czasu: 02:00:00													
19	**KAWKA Andrzej**	**176**		M5 60+	19	00:01:39	00:38:07	01:18:28	**02:02:32.15**	**02:04:12.10**	+00:57:23 (46.8%)	9:25	6.4 (53.3%)
20	**FRETTES Luis**	**480**		M5 60+	20	00:00:47	00:27:55				+00:06:45	6:20	9.5 (79.2%)
21	**NOWOSIELSKI Tomek**	**270**	HERO	M5 60+	21	00:01:37	00:34:07				+00:12:57	7:45	7.7 (64.2%)
22	**ŻÓŁCIŃSKI Waldemar**	**428**	GRUPA BIEGOWA UM W-WA	M5 60+	22	00:01:14	00:34:50				+00:13:40	7:54	7.6 (63.3%)
23	**CZECHOWSKI Jerzy**	**86**	MZA WARSZAWA	M5 60+	23	00:00:57	00:44:38				+00:23:28	10:08	5.9 (49.2%)
24	**NIEWCZAS Zdzisław**	**265**		M5 60+	24	00:00:30	00:56:26				+00:35:16	12:49	4.7 (39.2%)

Znaleziono 24 wynik(ów)