BIAŁOŁĘCKI BIEG WOLNOŚCI

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Mieszkaniec Białołęki

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	**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**		4:15	14.1 (100%)
2	**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**	+00:01:45 (3.1%)	4:23	13.7 (97.2%)
3	**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**	+00:03:41 (6.3%)	4:32	13.2 (93.6%)
4	**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**	+00:03:57 (6.7%)	4:33	13.2 (93.6%)
5	**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**	+00:04:34 (7.6%)	4:36	13 (92.2%)
6	**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**	+00:05:33 (9.1%)	4:40	12.8 (90.8%)
7	**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**	+00:08:31 (13.4%)	4:54	12.2 (86.5%)
8	**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**	+00:09:07 (14.2%)	4:57	12.1 (85.8%)
9	**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**	+00:10:29 (16.0%)	5:03	11.9 (84.4%)
10	**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**	+00:10:32 (16.0%)	5:03	11.9 (84.4%)
11	**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**	+00:11:03 (16.7%)	5:06	11.8 (83.7%)
12	**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**	+00:13:11 (19.3%)	5:15	11.4 (80.9%)
13	**BARTCZAK Robert**	**30**		M4 50-59	5	00:00:13	00:23:04	00:45:40	**01:08:31.40**	**01:08:44.70**	+00:13:15 (19.3%)	5:16	11.4 (80.9%)
14	**KANIA Paweł**	**173**	BIEGAM NA TARCHOMINIE	M4 50-59	6	00:00:40	00:22:56	00:45:51	**01:08:40.80**	**01:09:21.40**	+00:13:24 (19.5%)	5:16	11.4 (80.9%)
15	**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**	+00:13:46 (19.9%)	5:18	11.3 (80.1%)
16	**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**	+00:13:54 (20.1%)	5:19	11.3 (80.1%)
17	**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**	+00:14:37 (20.9%)	5:22	11.2 (79.4%)
18	**PUSEK Mikołaj**	**300**		M1 < 29 lat	5	00:01:03	00:24:50	00:47:39	**01:10:24.95**	**01:11:28.40**	+00:15:08 (21.5%)	5:24	11.1 (78.7%)
19	**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**	+00:16:00 (22.5%)	5:28	10.9 (77.3%)
20	**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**	+00:17:03 (23.6%)	5:33	10.8 (76.6%)
21	**SOBOLEWSKI Mateusz**	**467**	ŻÓRAWSKI TEAM	M1 < 29 lat	7	00:00:00	00:23:32	00:47:50	**01:12:56.00**	**01:12:56.00**	+00:17:39 (24.2%)	5:36	10.7 (75.9%)
22	**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**	+00:18:05 (24.7%)	5:38	10.6 (75.2%)
23	**DĄBROWSKI Daniel**	**92**	TARCHOŚFIRY	M1 < 29 lat	9	00:01:22	00:26:16	00:50:33	**01:13:55.05**	**01:15:17.15**	+00:18:38 (25.2%)	5:41	10.6 (75.2%)
24	**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**	+00:20:23 (27.0%)	5:49	10.3 (73.0%)
25	**BARTOSZUK Sławomir**	**32**		M4 50-59	13	00:01:10	00:26:12	00:51:22	**01:17:00.65**	**01:18:11.60**	+00:21:44 (28.2%)	5:55	10.1 (71.6%)
26	**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**	+00:21:47 (28.3%)	5:55	10.1 (71.6%)
27	**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**	+00:22:02 (28.5%)	5:56	10.1 (71.6%)
28	**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**	+00:22:14 (28.7%)	5:57	10.1 (71.6%)
29	**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**	+00:22:20 (28.8%)	5:58	10 (70.9%)
30	**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**	+00:22:40 (29.1%)	5:59	10 (70.9%)

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	**KONIECKI Tomasz**	**189**		M4 50-59	18	00:00:15	00:25:43	00:51:54	**01:18:30.65**	**01:18:45.65**	+00:23:14 (29.6%)	6:02	9.9 (70.2%)
32	**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**	+00:23:17 (29.6%)	6:02	9.9 (70.2%)
33	**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**	+00:23:27 (29.8%)	6:03	9.9 (70.2%)
34	**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**	+00:24:08 (30.4%)	6:06	9.8 (69.5%)
35	**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**	+00:26:08 (32.1%)	6:15	9.6 (68.1%)
36	**BAKUŁA Wiesław**	**22**	WAMPIR	M4 50-59	20	00:00:42	00:26:35	00:53:17	**01:21:30.10**	**01:22:12.30**	+00:26:13 (32.2%)	6:16	9.6 (68.1%)
37	**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**	+00:26:14 (32.2%)	6:16	9.6 (68.1%)
38	**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**	+00:27:03 (32.9%)	6:20	9.5 (67.4%)
39	**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**	+00:27:47 (33.5%)	6:23	9.4 (66.7%)
40	**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**	+00:28:05 (33.7%)	6:24	9.4 (66.7%)
41	**ZDUŃSKI Jarosław**	**414**	TAK SOBIE DREPCZĘ	M4 50-59	24	00:00:44	00:27:35	00:55:31	**01:23:57.30**	**01:24:41.45**	+00:28:40 (34.2%)	6:27	9.3 (66.0%)
42	**MIŁOSZ Marek**	**250**		M4 50-59	25	00:00:15	00:26:21	00:54:15	**01:24:04.55**	**01:24:19.80**	+00:28:48 (34.3%)	6:28	9.3 (66.0%)
43	**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**	+00:29:14 (34.6%)	6:30	9.2 (65.2%)
44	**NOWAKOWSKI Piotr**	**499**		M1 < 29 lat	12	00:00:25	00:26:50	00:55:15	**01:25:16.25**	**01:25:42.15**	+00:29:59 (35.2%)	6:33	9.1 (64.5%)
45	**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**	+00:32:39 (37.1%)	6:45	8.9 (63.1%)
46	**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**	+00:33:08 (37.5%)	6:48	8.8 (62.4%)
47	**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**	+00:34:26 (38.4%)	6:54	8.7 (61.7%)
48	**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**	+00:35:46 (39.3%)	7:00	8.6 (61.0%)
49	**ROSZAK Waldemar**	**10**	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M4 50-59	34	00:01:28	00:34:35	01:03:27	**01:31:23.25**	**01:32:51.50**	+00:36:06 (39.5%)	7:01	8.5 (60.3%)
50	**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**	+00:36:09 (39.5%)	7:01	8.5 (60.3%)
51	**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**	+00:36:45 (39.9%)	7:04	8.5 (60.3%)
52	**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**	+00:37:38 (40.5%)	7:08	8.4 (59.6%)
53	**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**	+00:38:40 (41.2%)	7:13	8.3 (58.9%)
54	**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**	+00:39:20 (41.6%)	7:16	8.2 (58.2%)
55	**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**	+00:42:31 (43.5%)	7:31	8 (56.7%)
56	**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**	+00:43:54 (44.3%)	7:37	7.9 (56.0%)
57	**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**	+00:44:04 (44.4%)	7:38	7.9 (56.0%)
58	**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**	+00:44:19 (44.5%)	7:39	7.8 (55.3%)
59	**MUCHA Grzegorz**	**258**		M5 60+	17	00:01:03	00:33:57	01:06:37	**01:39:41.35**	**01:40:44.90**	+00:44:25 (44.6%)	7:40	7.8 (55.3%)
60	**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**	+00:45:42 (45.3%)	7:46	7.7 (54.6%)
61	**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**	+00:46:58 (45.9%)	7:51	7.6 (53.9%)
62	**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**	+00:52:44 (48.8%)	8:18	7.2 (51.1%)
63	**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**	+00:55:23 (50.1%)	8:30	7 (49.6%)
64	**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**	+00:55:25 (50.1%)	8:30	7 (49.6%)
65	**CIEŚLAK Pawel**	**73**	SLOWJOGGING BIAŁOŁEKA	M4 50-59	44	00:01:45	00:36:08	01:11:07	**01:51:02.05**	**01:52:47.85**	+00:55:45 (50.2%)	8:32	7 (49.6%)
66	**CISZEWSKI Krzysztof**	**74**		M3 40-49 lat	118	00:00:16	00:22:44	00:44:43			+00:07:56	5:08	11.7 (83.0%)
67	**SUCHODOLSKI Mariusz**	**352**		M3 40-49 lat	125	00:00:47	00:29:46				+00:11:42	6:45	8.9 (63.1%)
68	**KITA Grzegorz**	**181**	OLD GUARD OCR	M4 50-59	47	00:00:18	00:30:14				+00:12:10	6:52	8.7 (61.7%)
69	**ZIELIŃSKI Paweł**	**418**		M2 30-39 lat	62	00:00:34	00:32:00				+00:13:56	7:16	8.3 (58.9%)
70	**DĄBROWA Bartosz**	**89**	BIAŁOŁĘKA PRZYSZŁOŚCI	M1 < 29 lat	18	00:01:38	00:35:55				+00:17:51	8:09	7.4 (52.5%)
71	**KUCICKI Krzysztof**	**209**		M3 40-49 lat	129	00:01:27	00:36:26				+00:18:22	8:16	7.2 (51.1%)
72	**KAMIŃSKI Waldemar**	**9**	SLOW JOGGING BIAŁOŁĘKA	M4 50-59	52	00:01:40	01:02:58				+00:44:54	14:18	4.2 (29.8%)

Znaleziono 72 wynik(ów)