



# WOM - 14. SZK. PONADGIMNAZJALNE CHŁOPCY - 3000M

B4SPORT

**Organizator:** Stowarzyszenie Sierzmiernicze RIPOSTA  
**Data:** 2016-09-22  
**Miejsce:** Warszawa  
**Dystans:** 3 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
1	<b>GRABARCZYK Mateusz</b>	<b>802</b>	LXXXI LO FREDRY			<b>00:08:18.05</b>	<b>00:08:18.05</b>		2:46	21.7 (100%)
2	<b>PRYJMA Fryderyk</b>	<b>1168</b>	2 SLO - LO			<b>00:08:25.95</b>	<b>00:08:25.95</b>	+00:00:07 (1.6%)	2:48	21.4 (98.6%)
3	<b>KOŁECKI Adrian</b>	<b>857</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:08:34.50</b>	<b>00:08:34.50</b>	+00:00:16 (3.2%)	2:51	21 (96.8%)
4	<b>LEJCUŚ Grzegorz</b>	<b>1090</b>	XVII LO MODRZEWSKI			<b>00:08:53.00</b>	<b>00:08:53.00</b>	+00:00:34 (6.6%)	2:57	20.3 (93.5%)
5	<b>SULIGA Jeremi</b>	<b>883</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:09:00.35</b>	<b>00:09:00.35</b>	+00:00:42 (7.8%)	3:00	20 (92.2%)
6	<b>ROLIŃSKI Adrian</b>	<b>919</b>	LXXV LO W ZS NR 121 SOBIESKIEGO			<b>00:09:02.25</b>	<b>00:09:02.25</b>	+00:00:44 (8.2%)	3:00	19.9 (91.7%)
7	<b>WŁODARCZYK Stanisław</b>	<b>860</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:09:06.25</b>	<b>00:09:06.25</b>	+00:00:48 (8.8%)	3:02	19.8 (91.2%)
8	<b>ŁAZIŃSKI Adam</b>	<b>1031</b>	V LO PONIATOWSKI			<b>00:09:06.65</b>	<b>00:09:06.65</b>	+00:00:48 (8.9%)	3:02	19.8 (91.2%)
9	<b>IZRAILEWSKI Bogdan</b>	<b>859</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:09:09.75</b>	<b>00:09:09.75</b>	+00:00:51 (9.4%)	3:03	19.7 (90.8%)
10	<b>ZAGAŃCZYK Stanisław</b>	<b>1087</b>	XVII LO MODRZEWSKI			<b>00:09:10.75</b>	<b>00:09:10.75</b>	+00:00:52 (9.6%)	3:03	19.6 (90.3%)
11	<b>PARKASIEWICZ Bartłomiej</b>	<b>989</b>	TAB			<b>00:09:14.55</b>	<b>00:09:14.55</b>	+00:00:56 (10.2%)	3:04	19.5 (89.9%)
12	<b>KAROLAK Mateusz</b>	<b>942</b>	ZSG			<b>00:09:16.05</b>	<b>00:09:16.05</b>	+00:00:58 (10.4%)	3:05	19.4 (89.4%)
13	<b>BARANOWSKI Patryk</b>	<b>1038</b>	ZSLIE			<b>00:09:24.25</b>	<b>00:09:24.25</b>	+00:01:06 (11.7%)	3:08	19.1 (88.0%)
14	<b>ZAJĄCZKOWSKI Jakub</b>	<b>1165</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:09:28.20</b>	<b>00:09:28.20</b>	+00:01:10 (12.3%)	3:09	19 (87.6%)
15	<b>PESZUK Krzysztof</b>	<b>1161</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:09:31.40</b>	<b>00:09:31.40</b>	+00:01:13 (12.8%)	3:10	18.9 (87.1%)
16	<b>KALISZ Jakub</b>	<b>885</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:09:32.45</b>	<b>00:09:32.45</b>	+00:01:14 (13.0%)	3:10	18.9 (87.1%)
17	<b>ZAGDAŃSKI Wojciech</b>	<b>1075</b>	II LO W ZS NR 66BATORY			<b>00:09:33.40</b>	<b>00:09:33.40</b>	+00:01:15 (13.1%)	3:11	18.8 (86.6%)
18	<b>PODSTAWKA Maciej</b>	<b>1164</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:09:52.70</b>	<b>00:09:52.70</b>	+00:01:34 (16.0%)	3:17	18.2 (83.9%)
19	<b>NOWICKI Jan</b>	<b>933</b>	XXXVII LO DĄBROWSKI			<b>00:09:53.65</b>	<b>00:09:53.65</b>	+00:01:35 (16.1%)	3:17	18.2 (83.9%)
20	<b>ŚWIĘCICKI Paweł</b>	<b>900</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:09:55.55</b>	<b>00:09:55.55</b>	+00:01:37 (16.4%)	3:18	18.2 (83.9%)
21	<b>NADRATOWSKI Jarosław</b>	<b>1089</b>	XVII LO MODRZEWSKI			<b>00:09:57.60</b>	<b>00:09:57.60</b>	+00:01:39 (16.7%)	3:19	18.1 (83.4%)
22	<b>DZIĘGIELEWSKI Jakub</b>	<b>1012</b>	V LO PONIATOWSKI			<b>00:09:59.95</b>	<b>00:09:59.95</b>	+00:01:41 (17.0%)	3:19	18 (82.9%)
23	<b>JAROSZEWSKI Jakub</b>	<b>1042</b>	ZSLIE			<b>00:10:02.15</b>	<b>00:10:02.15</b>	+00:01:44 (17.3%)	3:20	17.9 (82.5%)
24	<b>DŁUBAK Adrian</b>	<b>990</b>	TAB			<b>00:10:02.45</b>	<b>00:10:02.45</b>	+00:01:44 (17.3%)	3:20	17.9 (82.5%)
25	<b>STĘPIEŃ Mateusz</b>	<b>1160</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:10:03.45</b>	<b>00:10:03.45</b>	+00:01:45 (17.5%)	3:21	17.9 (82.5%)
26	<b>KOSTANOWICZ Artur</b>	<b>855</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:10:03.50</b>	<b>00:10:03.50</b>	+00:01:45 (17.5%)	3:21	17.9 (82.5%)
27	<b>MICHALSKI Daniel</b>	<b>861</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:10:05.40</b>	<b>00:10:05.40</b>	+00:01:47 (17.7%)	3:21	17.9 (82.5%)
28	<b>SOLKA Maksymilian</b>	<b>1032</b>	V LO PONIATOWSKI			<b>00:10:06.00</b>	<b>00:10:06.00</b>	+00:01:47 (17.8%)	3:22	17.8 (82.0%)
29	<b>WŁODARCZYK Filip</b>	<b>1080</b>	II LO W ZS NR 66BATORY			<b>00:10:06.80</b>	<b>00:10:06.80</b>	+00:01:48 (17.9%)	3:22	17.8 (82.0%)
30	<b>BIEŃ Jan</b>	<b>1039</b>	ZSLIE			<b>00:10:12.35</b>	<b>00:10:12.35</b>	+00:01:54 (18.7%)	3:24	17.6 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
31	<b>KAJKA Jakub</b>	<b>864</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:10:16.10</b>	<b>00:10:16.10</b>	+00:01:58 (19.2%)	3:25	17.5 (80.6%)
32	<b>SZCZEPAŃSKI Jakub</b>	<b>1092</b>	XVII LO MODRZEWSKI			<b>00:10:17.55</b>	<b>00:10:17.55</b>	+00:01:59 (19.4%)	3:25	17.5 (80.6%)
32	<b>ŚCIGAŁA Stanisław</b>	<b>1159</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:10:17.55</b>	<b>00:10:17.55</b>	+00:01:59 (19.4%)	3:25	17.5 (80.6%)
32	<b>GNIADK Jakub</b>	<b>1056</b>	V LO PONIATOWSKI			<b>00:10:17.55</b>	<b>00:10:17.55</b>	+00:01:59 (19.4%)	3:25	17.5 (80.6%)
35	<b>BIEGAŃSKI Łukasz</b>	<b>1105</b>	XVII LO MODRZEWSKI			<b>00:10:23.25</b>	<b>00:10:23.25</b>	+00:02:05 (20.1%)	3:27	17.3 (79.7%)
36	<b>BOGDAL Filip</b>	<b>856</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:10:26.80</b>	<b>00:10:26.80</b>	+00:02:08 (20.5%)	3:28	17.3 (79.7%)
37	<b>CZERWIŃSKI Tymoteusz</b>	<b>1157</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:10:28.05</b>	<b>00:10:28.05</b>	+00:02:10 (20.7%)	3:29	17.2 (79.3%)
38	<b>KRUK Łukasz</b>	<b>969</b>	LV III LO W ZS NR 23 BACZYŃSKI			<b>00:10:28.35</b>	<b>00:10:28.35</b>	+00:02:10 (20.7%)	3:29	17.2 (79.3%)
39	<b>PŁAWSKI Antoni</b>	<b>1150</b>	LXXV LO W ZS NR 121 SOBIESKIEGO			<b>00:10:31.05</b>	<b>00:10:31.05</b>	+00:02:13 (21.1%)	3:30	17.1 (78.8%)
40	<b>KACZKOWSKI Maciej</b>	<b>1158</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:10:33.40</b>	<b>00:10:33.40</b>	+00:02:15 (21.4%)	3:31	17.1 (78.8%)
41	<b>KAIM Kosma</b>	<b>1104</b>	XVII LO MODRZEWSKI			<b>00:10:33.70</b>	<b>00:10:33.70</b>	+00:02:15 (21.4%)	3:31	17.1 (78.8%)
42	<b>SZCZEPANIK Kamil</b>	<b>930</b>	XXXVII LO DĄBROWSKI			<b>00:10:34.55</b>	<b>00:10:34.55</b>	+00:02:16 (21.5%)	3:31	17 (78.3%)
43	<b>SZMAJDZIŃSKI Szymon</b>	<b>1013</b>	V LO PONIATOWSKI			<b>00:10:34.85</b>	<b>00:10:34.85</b>	+00:02:16 (21.5%)	3:31	17 (78.3%)
44	<b>DRABOT Marcin</b>	<b>1099</b>	XVII LO MODRZEWSKI			<b>00:10:39.60</b>	<b>00:10:39.60</b>	+00:02:21 (22.1%)	3:33	16.9 (77.9%)
45	<b>PLEWAKO Marian</b>	<b>1119</b>	XVII LO MODRZEWSKI			<b>00:10:42.00</b>	<b>00:10:42.00</b>	+00:02:23 (22.4%)	3:34	16.8 (77.4%)
46	<b>DOMAŃSKI Bartosz</b>	<b>1163</b>	IX LO W ZS NR 125 HOFFMANOWA			<b>00:10:52.35</b>	<b>00:10:52.35</b>	+00:02:34 (23.7%)	3:37	16.6 (76.5%)
47	<b>SULERZYCKI Maciej</b>	<b>1078</b>	II LO W ZS NR 66BATORY			<b>00:10:54.30</b>	<b>00:10:54.30</b>	+00:02:36 (23.9%)	3:38	16.5 (76.0%)
48	<b>KWAŚNIEWSKI Dominik</b>	<b>987</b>	TAB			<b>00:10:57.75</b>	<b>00:10:57.75</b>	+00:02:39 (24.3%)	3:39	16.4 (75.6%)
49	<b>SADO Wiktor</b>	<b>892</b>	XVIII LO ZAMOYSKI			<b>00:11:05.80</b>	<b>00:11:05.80</b>	+00:02:47 (25.2%)	3:41	16.2 (74.7%)
50	<b>DEFOUX Franciszek</b>	<b>1068</b>	II LO W ZS NR 66BATORY			<b>00:11:06.75</b>	<b>00:11:06.75</b>	+00:02:48 (25.3%)	3:42	16.2 (74.7%)
51	<b>SKIBIŃSKI Norbert</b>	<b>858</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:11:08.70</b>	<b>00:11:08.70</b>	+00:02:50 (25.5%)	3:42	16.2 (74.7%)
52	<b>DĄBROWSKI Aleksander</b>	<b>1094</b>	XVII LO MODRZEWSKI			<b>00:11:09.05</b>	<b>00:11:09.05</b>	+00:02:51 (25.6%)	3:43	16.1 (74.2%)
53	<b>ATANOWICZ Patryk</b>	<b>863</b>	LXII LO W ZSS NR 72 ANDERS			<b>00:11:11.95</b>	<b>00:11:11.95</b>	+00:02:53 (25.9%)	3:43	16.1 (74.2%)
54	<b>MALESA Michał</b>	<b>971</b>	LV III LO W ZS NR 23 BACZYŃSKI			<b>00:11:22.10</b>	<b>00:11:22.10</b>	+00:03:04 (27.0%)	3:47	15.8 (72.8%)
55	<b>ŁUKASZ Witczak</b>	<b>974</b>	LV III LO W ZS NR 23 BACZYŃSKI			<b>00:11:22.20</b>	<b>00:11:22.20</b>	+00:03:04 (27.0%)	3:47	15.8 (72.8%)
56	<b>CEGLIŃSKI Krystian</b>	<b>940</b>	ZSG			<b>00:11:23.85</b>	<b>00:11:23.85</b>	+00:03:05 (27.2%)	3:47	15.8 (72.8%)
57	<b>MISZCZUK Wiktor</b>	<b>991</b>	TAB			<b>00:11:25.25</b>	<b>00:11:25.25</b>	+00:03:07 (27.3%)	3:48	15.8 (72.8%)
58	<b>JABŁOŃSKI Sebastian</b>	<b>947</b>	ZSG			<b>00:11:28.25</b>	<b>00:11:28.25</b>	+00:03:10 (27.6%)	3:49	15.7 (72.4%)
59	<b>PETELICKI Kacper</b>	<b>1070</b>	II LO W ZS NR 66BATORY			<b>00:11:29.45</b>	<b>00:11:29.45</b>	+00:03:11 (27.8%)	3:49	15.7 (72.4%)
60	<b>STYK Wiktor</b>	<b>929</b>	XXXVII LO DĄBROWSKI			<b>00:11:29.75</b>	<b>00:11:29.75</b>	+00:03:11 (27.8%)	3:49	15.7 (72.4%)
61	<b>DURAJCZYK Kacper</b>	<b>948</b>	ZSG			<b>00:11:31.85</b>	<b>00:11:31.85</b>	+00:03:13 (28.0%)	3:50	15.6 (71.9%)
62	<b>PIASECKI Kacper</b>	<b>973</b>	LV III LO W ZS NR 23 BACZYŃSKI			<b>00:11:37.70</b>	<b>00:11:37.70</b>	+00:03:19 (28.6%)	3:52	15.5 (71.4%)
63	<b>KOSIŃSKI Michał</b>	<b>927</b>	XXXVII LO DĄBROWSKI			<b>00:11:38.70</b>	<b>00:11:38.70</b>	+00:03:20 (28.7%)	3:52	15.5 (71.4%)
64	<b>SZCZEPAŃSKI Konrad</b>	<b>1041</b>	ZSLIE			<b>00:11:47.30</b>	<b>00:11:47.30</b>	+00:03:29 (29.6%)	3:55	15.3 (70.5%)
65	<b>SZOSTAKOW Kacper</b>	<b>1101</b>	XVII LO MODRZEWSKI			<b>00:11:53.55</b>	<b>00:11:53.55</b>	+00:03:35 (30.2%)	3:57	15.1 (69.6%)
66	<b>DZIEWIĘCKI Tomasz</b>	<b>1180</b>	ZSG			<b>00:11:59.60</b>	<b>00:11:59.60</b>	+00:03:41 (30.8%)	3:59	15 (69.1%)
67	<b>STYPUŁKOWSKI Piotr</b>	<b>983</b>	TAB			<b>00:12:08.25</b>	<b>00:12:08.25</b>	+00:03:50 (31.6%)	4:02	14.8 (68.2%)
68	<b>KORDYLAS Tomasz</b>	<b>944</b>	ZSG			<b>00:12:31.95</b>	<b>00:12:31.95</b>	+00:04:13 (33.8%)	4:10	14.4 (66.4%)
69	<b>LUBAŃSKI Piotr</b>	<b>945</b>	ZSG			<b>00:12:50.95</b>	<b>00:12:50.95</b>	+00:04:32 (35.4%)	4:16	14 (64.5%)

Znaleziono 69 wynik(ów)