

XXIII BIEG NIEPODLEGŁOŚCI - BIAŁOŁĘKA 2020 EDYCJA WIRTUALNA

B4SPORT

Organiser: Urząd Dzielnicy Warszawa – Białołęka
Date: 2020-11-11
Place: Polska
Distance: 5.0 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Distance	Gap	Pace min/km	Pace km/h
1	KAWA Michał	153	#NOTOSTERYD	M16-29	1	5,0 KM	+00:00:00	3:37	16.6 (100%)
2	OCZKOWSKI Mateusz	71	GRUPA BIEGOWA CHTMO	M40-49	1	5,0 KM	+00:00:15	3:40	16.3 (98.2%)
3	SKWARCZ Paweł	202		M30-39	1	5,0 KM	+00:01:17	3:52	15.5 (93.4%)
4	PLUSZKA Adam	192	VEGE RUNNERS	M40-49	2	5,0 KM	+00:01:33	3:56	15.3 (92.2%)
5	DOMIN Andrzej	66		M40-49	3	5,0 KM	+00:01:39	3:57	15.2 (91.6%)
6	MARYSZCZAK Maciej	62	SBRT WARSZAWA	M40-49	4	5,0 KM	+00:01:46	3:58	15.1 (91.0%)
7	CHRAPEK Janusz	194	ROSSBIEGANI	M40-49	5	5,0 KM	+00:01:58	4:01	14.9 (89.8%)
8	MICHNOWSKI Sebastian	169	TRUCHT TARCHOMIN TEAM	M40-49	6	5,0 KM	+00:02:36	4:08	14.5 (87.3%)
9	ROSŁON Piotr	24		M40-49	7	5,0 KM	+00:02:42	4:09	14.4 (86.7%)
10	KANCIAŁA Łukasz	165		M30-39	2	5,0 KM	+00:02:43	4:10	14.4 (86.7%)
11	PODWYSOCKI Marcin	40	TRI-LEVEL	M30-39	3	5,0 KM	+00:02:55	4:12	14.3 (86.1%)
12	MAMLA Zbigniew	90		M50-59	1	5,0 KM	+00:03:01	4:13	14.2 (85.5%)
13	PRĘDOTA Krzysztof	128	TARCHOMIN TRIATHLON TEAM	M40-49	8	5,0 KM	+00:03:11	4:15	14.1 (84.9%)
14	JĘDRZEJCZYK Jarosław	67		M30-39	4	5,0 KM	+00:03:26	4:18	13.9 (83.7%)
15	RAKOWSKI Piotr	88		M16-29	2	5,0 KM	+00:04:01	4:25	13.6 (81.9%)
16	RUSZTECKI Rafał	239		M40-49	9	5,0 KM	+00:04:10	4:27	13.5 (81.3%)
17	KISZKOWIAK Łukasz	166	WAT	M30-39	5	5,0 KM	+00:04:34	4:32	13.2 (79.5%)
18	PRZYBYSZ Tomasz	146		M16-29	3	5,0 KM	+00:04:59	4:37	13 (78.3%)
19	BYTNER-KWIATKOWSKA Monika	108	BIEGAM NA TARCHOMINIE	K30-39	1	5,0 KM	+00:05:24	4:42	12.8 (77.1%)
20	GRĄDZIK Marcin	196		M30-39	6	5,0 KM	+00:05:41	4:45	12.6 (75.9%)
21	CHMIEL Przemysław	183	ALBATROSY	M40-49	10	5,0 KM	+00:05:56	4:48	12.5 (75.3%)
22	PAZIEWSKI Andrzej	156	BIEGAM NA TARCHOMINIE	M40-49	11	5,0 KM	+00:06:10	4:51	12.4 (74.7%)
23	KUBISZER Krzysztof	220		M40-49	12	5,0 KM	+00:06:17	4:52	12.3 (74.1%)
24	ZARĘBA-TREMELET Katarzyna	198	CARREFOUR RUNNING TEAM	K40-49	1	5,0 KM	+00:06:18	4:53	12.3 (74.1%)
25	SZCZEPAŃSKI Paweł	218	BIEGAM NA TARCHOMINIE	M30-39	7	5,0 KM	+00:06:29	4:55	12.2 (73.5%)
26	WACH Michał	16	BIEGAM NA TARCHOMINIE	M40-49	13	5,0 KM	+00:06:30	4:55	12.2 (73.5%)
27	TURCZYŃSKA Monika	92	LECZO TEAM	K40-49	2	5,0 KM	+00:07:05	5:02	11.9 (71.7%)
28	HULANICKI Andrzej	22	GOGGLE TEAM	M60+	1	5,0 KM	+00:07:06	5:02	11.9 (71.7%)
29	GÓRZYŃSKA Patrycja	72		K40-49	3	5,0 KM	+00:07:11	5:03	11.9 (71.7%)
30	SIENKIEWICZ Paweł	152	TEAM ZABIEGANEDNI	M40-49	14	5,0 KM	+00:07:12	5:03	11.8 (71.1%)

Place	Participant	Number	Club	Category	MCat	Distance	Gap	Pace min/km	Pace km/h
31	WOJTAS Michał	89		M16-29	4	5,0 KM	+00:07:13	5:04	11.8 (71.1%)
32	GŁODOWSKA Marta	154	ŻÓRAWSKI TEAM	K16-29	1	5,0 KM	+00:07:14	5:04	11.8 (71.1%)
33	MARYSZCZAK Magda	70	SBRT WARSZAWA	K40-49	4	5,0 KM	+00:07:19	5:05	11.8 (71.1%)
34	GAJEWSKI Mariusz	229		M40-49	15	5,0 KM	+00:07:26	5:06	11.7 (70.5%)
35	MATEŃKA Piotr	197	DYSPOZYCJA DNIA TEAM	M40-49	16	5,0 KM	+00:07:37	5:08	11.7 (70.5%)
36	JARMUŻEWSKA Teresa	189		K40-49	5	5,0 KM	+00:07:44	5:10	11.6 (69.9%)
37	JARMUŻEWSKI Adam	190	TIA	M40-49	17	5,0 KM	+00:07:44	5:10	11.6 (69.9%)
38	STANISZEWSKA Marta	100		K16-29	2	5,0 KM	+00:07:58	5:13	11.5 (69.3%)
39	ORZYŁOWSKA Katarzyna	226		K30-39	2	5,0 KM	+00:08:02	5:13	11.5 (69.3%)
40	WERNER Kamil	56	DZIKI BIEG	M30-39	8	5,0 KM	+00:08:05	5:14	11.5 (69.3%)
41	KRAJEWSKA Urszula	106	LECZO TEAM	K16-29	3	5,0 KM	+00:08:23	5:18	11.3 (68.1%)
42	KRAJEWSKI Przemysław	94	LECZO TEAM	M40-49	18	5,0 KM	+00:08:23	5:18	11.3 (68.1%)
43	ZGODA Mateusz	97	NAPRZÓD MŁOCINY	M16-29	5	5,0 KM	+00:08:28	5:19	11.3 (68.1%)
44	GROTEK Paulina	176		K16-29	4	5,0 KM	+00:09:03	5:26	11 (66.3%)
45	FILIPOWICZ Natalia	231		K16-29	5	5,0 KM	+00:09:09	5:27	11 (66.3%)
46	BAKUŁA Wiesław	75	WAMPIR	M50-59	2	5,0 KM	+00:09:12	5:27	11 (66.3%)
47	KRAJEWSKA Klaudia	118		K16-29	6	5,0 KM	+00:09:13	5:28	11 (66.3%)
48	WESOŁOWSKA Monika	20		K30-39	3	5,0 KM	+00:09:14	5:28	11 (66.3%)
49	KRAJEWSKA Alicja	105	LECZO TEAM	K16-29	7	5,0 KM	+00:09:15	5:28	11 (66.3%)
50	BOGDAŃSKI Bartoszz	232		M40-49	19	5,0 KM	+00:09:40	5:33	10.8 (65.1%)
51	DZIEPAK Piotr	47	1 BAZA LOTNICTWA TRANSPORTOWEGO / MROKOWSKA WOLA NA BIEGANIE	M40-49	20	5,0 KM	+00:09:59	5:37	10.7 (64.5%)
52	REGULSKA Ewa	234		K30-39	4	5,0 KM	+00:10:05	5:38	10.6 (63.9%)
53	TOMASZEWSKA Mariola	175	WATAHA ŁĄCZY NAS BIEGANIE	K50-59	1	5,0 KM	+00:10:16	5:40	10.6 (63.9%)
54	CHOJNOWSKI Andrzej	15	BIEGAM NA TARCHOMINIE	M40-49	21	5,0 KM	+00:10:19	5:41	10.6 (63.9%)
55	KOSIACKI Karol	13		M30-39	9	5,0 KM	+00:10:29	5:43	10.5 (63.3%)
56	MICHAŁOWSKA Anna	187	BIEGAM NA TARCHOMINIE	K40-49	6	5,0 KM	+00:11:04	5:50	10.3 (62.0%)
57	KOSSAKOWSKA Bogumiła	36	RUN CREW OSTROŁĘKA	K40-49	7	5,0 KM	+00:11:24	5:54	10.2 (61.4%)
58	ZIARKO Joanna	65		K40-49	8	5,0 KM	+00:11:28	5:55	10.1 (60.8%)
59	BODALSKI Jacek	172	WARSAW RUN CLUB	M40-49	22	5,0 KM	+00:11:34	5:56	10.1 (60.8%)
60	NASEWICZ-MAMLA Halina	158		K50-59	2	5,0 KM	+00:11:36	5:56	10.1 (60.8%)
61	GADOMSKA Anna	19	PZU SPORT TEAM	K30-39	5	5,0 KM	+00:11:39	5:57	10.1 (60.8%)
62	ŁOJEWSKI Marcin	179		M16-29	6	5,0 KM	+00:11:51	5:59	10 (60.2%)
63	IGNATOWICZ Andrzej	17	TARCHOMIN TRIATHLON TEAM	M40-49	23	5,0 KM	+00:11:53	6:00	10 (60.2%)
64	BIAŁORUCKI Piotr	83		M40-49	24	5,0 KM	+00:12:01	6:01	10 (60.2%)
65	DZIEDZIC Marlena	31	TARCHOMIN TRIATHLON TEAM	K40-49	9	5,0 KM	+00:12:02	6:01	10 (60.2%)
66	MARCZAK Grażyna	109	LECZO TEAM	K60+	1	5,0 KM	+00:12:24	6:06	9.8 (59.0%)
67	WALCZAK Anna	201		K40-49	10	5,0 KM	+00:12:24	6:06	9.8 (59.0%)
68	KOSTRZEWA Elwira	52	PZU SPORT TEAM	K40-49	11	5,0 KM	+00:12:47	6:10	9.7 (58.4%)
69	LALEWICZ Robert	76	HUSARIA TEAM RACE	M40-49	25	5,0 KM	+00:12:52	6:11	9.7 (58.4%)
70	ŻÓŁCIŃSKI Waldemar	86		M60+	2	5,0 KM	+00:12:55	6:12	9.7 (58.4%)
71	PIWKO Justyna	207		K30-39	6	5,0 KM	+00:13:09	6:15	9.6 (57.8%)
72	NASKRĘT Mariusz	60		M40-49	26	5,0 KM	+00:13:10	6:15	9.6 (57.8%)
73	SENKO Mateusz	27	STOWARZYSZENIE RAZEM DLA BIAŁOŁĘKI	M30-39	10	5,0 KM	+00:13:26	6:18	9.5 (57.2%)
74	HERMAN Anna	209	TEAM GRZYBKI	K40-49	12	5,0 KM	+00:13:32	6:19	9.5 (57.2%)
75	GROCHOWSKA Joanna	44	BIEGAMY Z OCHOTĄ	K50-59	3	5,0 KM	+00:14:20	6:29	9.2 (55.4%)

Place	Participant	Number	Club	Category	MCat	Distance	Gap	Pace min/km	Pace km/h
76	RZEPKA Mirek	184		M60+	3	5,0 KM	+00:14:20	6:29	9.2 (55.4%)
77	WRÓBLEWSKA Joanna	85	FESTIWAL BIEGOWY	K60+	2	5,0 KM	+00:14:23	6:30	9.2 (55.4%)
78	KUCIŃSKI Łukasz	161		M40-49	27	5,0 KM	+00:15:03	6:38	9 (54.2%)
79	SZOSTAKOWSKI Jarosław	407	BIEGAMY Z OCHOTĄ	M50-59	3	5,0 KM	+00:15:36	6:44	8.9 (53.6%)
80	DOBOSZ Marek	167	GRAST & MTB	M40-49	28	5,0 KM	+00:15:44	6:46	8.9 (53.6%)
81	BALIŃSKA Justyna	140		K30-39	7	5,0 KM	+00:15:44	6:46	8.9 (53.6%)
82	MAZUREK Marcin	208		M40-49	29	5,0 KM	+00:15:55	6:48	8.8 (53.0%)
83	KLUSEK Jolanta	12	ADIDAS RUNNERS WARSAW	K50-59	4	5,0 KM	+00:16:13	6:52	8.7 (52.4%)
84	WIECZOREK Michał	230		M50-59	4	5,0 KM	+00:16:31	6:55	8.7 (52.4%)
85	SAJEWSKA Karolina	114		K30-39	8	5,0 KM	+00:16:46	6:58	8.6 (51.8%)
86	LIPKA Patrycja	191	PZU SPORT TEAM	K16-29	8	5,0 KM	+00:16:55	7:00	8.6 (51.8%)
87	KRZYŻANOWSKA Zoja	48	VEGE RUNNERS	K50-59	5	5,0 KM	+00:16:56	7:00	8.6 (51.8%)
88	PASTERNAK Joanna	28	PZU SPORT TEAM	K30-39	9	5,0 KM	+00:18:04	7:14	8.3 (50.0%)
89	TEŁAKOWSKA Anita	42		K40-49	13	5,0 KM	+00:18:04	7:14	8.3 (50.0%)
90	ADAMOWICZ Sylwia	96		K40-49	14	5,0 KM	+00:18:16	7:16	8.2 (49.4%)
91	CABAK Agnieszka	212	69	K30-39	10	5,0 KM	+00:19:19	7:29	8 (48.2%)
92	LEWANDOWSKA Monika	53		K40-49	15	5,0 KM	+00:20:50	7:47	7.7 (46.4%)
93	BARCZAK Ewelina	111		K16-29	9	5,0 KM	+00:21:30	7:55	7.6 (45.8%)
94	WRÓBEL-HARMAS Monika	242		K40-49	16	5,0 KM	+00:21:39	7:57	7.5 (45.2%)
95	DANISZEWSKA Marta	30		K40-49	17	5,0 KM	+00:21:45	7:58	7.5 (45.2%)
96	KADYK Łukasz	188	CEZAR	M30-39	11	5,0 KM	+00:22:58	8:13	7.3 (44.0%)
97	KORPALSKI Jacek	147	ADIDAS RUNNERS WARSAW	M50-59	5	5,0 KM	+00:23:51	8:23	7.1 (42.8%)
98	KRAKOWIAK Dobrusia	25		K40-49	18	5,0 KM	+00:24:24	8:30	7.1 (42.8%)
99	KORPALSKA Julia	150	ADIDAS RUNNERS WARSAW	K16-29	10	5,0 KM	+00:24:54	8:36	7 (42.2%)
100	OKUNIEWSKI Grzegorz	224	ALIOR RUNNING TEAM	M30-39	12	5,0 KM	+00:25:16	8:40	6.9 (41.6%)
101	KORPALSKA Weronika	148	ADIDAS RUNNERS WARSAW	K16-29	11	5,0 KM	+00:25:47	8:46	6.8 (41.0%)
102	KORPALSKA Iwona	151		K50-59	6	5,0 KM	+00:25:53	8:48	6.8 (41.0%)
103	GLINKA Karol	237		M30-39	13	5,0 KM	+00:28:40	9:21	6.4 (38.6%)
104	REDA Alicja	101	NW CZŁĄPSKI TEAM	K60+	3	5,0 KM	+00:29:53	9:36	6.3 (38.0%)
105	KAMIŃSKI Wiesław	81	CITOS VON GRODNO	M50-59	6	5,0 KM	+00:30:22	9:41	6.2 (37.3%)

Total 105 results.