

VII Bieg Niepodległości
Nieporęt 11.11.2023



Open Mężczyźni 10 km

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Kat. Wiek. | Miasto | Klub | Wynik Netto | Tempo | Prędkość |
|---------|-------|----------------|-----------|---------------|------|------------|----------------------|-----------------------|-------------|----------|------------|
| 1 | 221 | Pyrzak | Paweł | 1985 | M | M30-39 | Warszawa | BieganiePo40 | 00:33:45,85 | 00:03:23 | 17,77 km/h |
| 2 | 134 | Ceberak | Maciej | 1990 | M | M30-39 | Warszawa | Coach Ceberak/PKOL | 00:36:19,95 | 00:03:38 | 16,51 km/h |
| 3 | 243 | Szmigielski | Mateusz | 1990 | M | M30-39 | Warszawa | 0 | 00:36:22,90 | 00:03:38 | 16,49 km/h |
| 4 | 129 | Błocki | Adrian | 1990 | M | M30-39 | Wieliszew | bestie OCR Legionowo | 00:36:29,30 | 00:03:39 | 16,44 km/h |
| 5 | 256 | Wieśniak | Dariusz | 1978 | M | M40-49 | Warszawa | Warszawiacy | 00:37:27,00 | 00:03:45 | 16,02 km/h |
| 6 | 268 | Zarodkiewicz | Dawid | 1989 | M | M30-39 | Kobyłka (miasto) | Zasuważ | 00:37:40,60 | 00:03:46 | 15,92 km/h |
| 7 | 202 | Michaś | Patryk | 2002 | M | M20-29 | Stanisławów Pierwszy | TS Akwedukt Kielce | 00:37:54,40 | 00:03:47 | 15,82 km/h |
| 8 | 270 | Żmuda | Krystian | 1991 | M | M30-39 | Warszawa | 0 | 00:38:35,65 | 00:03:52 | 15,54 km/h |
| 9 | 269 | Zięborak | Szymon | 1984 | M | M30-39 | Nieporęt | 0 | 00:39:02,15 | 00:03:54 | 15,37 km/h |
| 10 | 205 | Mirowski | Jarosław | 1978 | M | M40-49 | Warszawa | 0 | 00:39:06,40 | 00:03:55 | 15,34 km/h |
| 11 | 190 | Ładno | Paweł | 1988 | M | M30-39 | Warszawa | We Run CLAN | 00:39:31,95 | 00:03:57 | 15,17 km/h |
| 12 | 170 | KOŚCIELSKI | Mateusz | 1976 | M | M40-49 | Kąty Węgierskie | Bravehearts Legionowo | 00:39:33,80 | 00:03:57 | 15,16 km/h |
| 13 | 147 | Głowacki | Paweł | 1981 | M | M40-49 | Serock | WeNet Runners Team | 00:39:35,35 | 00:03:58 | 15,15 km/h |
| 14 | 191 | Łagowski | Piotr | 1988 | M | M30-39 | Marki | 0 | 00:39:36,80 | 00:03:58 | 15,14 km/h |
| 15 | 158 | Jutkiewicz | Marcin | 1980 | M | M40-49 | Warszawa | obieganiu.pl | 00:39:39,80 | 00:03:58 | 15,12 km/h |
| 16 | 189 | Ładno | Marcin | 1979 | M | M40-49 | Skrzeszew | Wieliszew Heron Team | 00:39:40,85 | 00:03:58 | 15,12 km/h |
| 17 | 193 | Maciejewski | Marek | 1987 | M | M30-39 | Warszawa | WE RUN CLAN | 00:40:39,65 | 00:04:04 | 14,75 km/h |
| 18 | 219 | Podwysocki | Marcin | 1988 | M | M30-39 | Serock | @podwyscoach | 00:40:52,25 | 00:04:05 | 14,68 km/h |
| 19 | 244 | Świerczek | Szymon | 1984 | M | M30-39 | Serock | BIEGIEM DO AGD SEROCK | 00:41:14,00 | 00:04:07 | 14,55 km/h |
| 20 | 175 | Kozaczewski | Oskar | 1985 | M | M30-39 | Warszawa | WE RUN CLAN | 00:41:21,20 | 00:04:08 | 14,5 km/h |
| 21 | 168 | Kopka | Jakub | 1996 | M | M20-29 | Nieporęt | 0 | 00:41:24,65 | 00:04:08 | 14,48 km/h |
| 22 | 169 | Kossakowski | Mateusz | 1994 | M | M20-29 | Warszawa | 0 | 00:41:46,60 | 00:04:11 | 14,36 km/h |
| 23 | 206 | Mołodkiewicz | Zbigniew | 1973 | M | M50-59 | Warszawa | Biegam Na Tarchominie | 00:42:03,45 | 00:04:12 | 14,26 km/h |
| 24 | 124 | Augustyniak | Mariusz | 1972 | M | M50-59 | Marki | 0 | 00:43:29,05 | 00:04:21 | 13,79 km/h |
| 25 | 135 | Chabiera | Michał | 1994 | M | M20-29 | Kobyłka | 0 | 00:44:44,50 | 00:04:28 | 13,41 km/h |
| 26 | 167 | Koperski | Krzysztof | 1979 | M | M40-49 | Stanisławów Pierwszy | 0 | 00:45:01,35 | 00:04:30 | 13,32 km/h |
| 27 | 274 | Kacprzak | Łukasz | 1982 | M | M40-49 | Warszawa | 0 | 00:45:07,80 | 00:04:31 | 13,29 km/h |
| 28 | 261 | Wołoszyn | Piotr | 1980 | M | M40-49 | Warszawa | 0 | 00:45:16,00 | 00:04:32 | 13,25 km/h |
| 29 | 250 | Wawrzynkiewicz | Grzegorz | 1975 | M | M40-49 | Legionowo | 0 | 00:45:29,90 | 00:04:33 | 13,18 km/h |
| 30 | 212 | Olszewski | Michał | 1977 | M | M40-49 | Jabłonna | I love przylesie | 00:45:35,05 | 00:04:34 | 13,16 km/h |
| 31 | 196 | Makola | Marek | 1989 | M | M30-39 | Józefostaw | Pirenejski Świstak | 00:45:45,45 | 00:04:35 | 13,11 km/h |
| 32 | 130 | Bogucki | Wojciech | 1969 | M | M50-59 | Izabelin | I Lowe przy lesi | 00:45:49,90 | 00:04:35 | 13,09 km/h |
| 33 | 152 | Janiszewski | Rafał | 1989 | M | M30-39 | Legionowo | Bravehearts Legionowo | 00:45:55,05 | 00:04:36 | 13,06 km/h |
| 34 | 247 | Uchal | Łukasz | 1992 | M | M30-39 | Marki | 0 | 00:46:08,25 | 00:04:37 | 13 km/h |
| 35 | 220 | Pruss | Daniel | 1996 | M | M20-29 | Legionowo | Brak przynależności | 00:46:30,75 | 00:04:39 | 12,89 km/h |
| 36 | 271 | Żyłowski | Tomasz | 1975 | M | M40-49 | Warszawa | 0 | 00:46:38,95 | 00:04:40 | 12,86 km/h |
| 37 | 208 | Wojewódka | Michał | 1984 | M | M30-39 | Warszawa | WE RUN CLAN | 00:46:57,40 | 00:04:42 | 12,77 km/h |
| 38 | 258 | Wojewódka | Michał | 1984 | M | M30-39 | Warszawa | WE RUN CLAN | 00:46:58,45 | 00:04:42 | 12,77 km/h |
| 39 | 228 | Rokoszewski | Andrzej | 1989 | M | M30-39 | Warszawa | 0 | 00:47:18,55 | 00:04:44 | 12,68 km/h |
| 40 | 182 | Kuciński | Michał | 2008 | M | M13-19 | Aleksandrów | UKJ Judo Lemur | 00:47:28,90 | 00:04:45 | 12,63 km/h |
| 41 | 264 | Wysocki | Oskar | 2000 | M | M20-29 | Zielonka | 0 | 00:47:36,25 | 00:04:46 | 12,6 km/h |
| 42 | 149 | Hecman | Tomasz | 1990 | M | M30-39 | Legionowo | 0 | 00:47:37,60 | 00:04:46 | 12,59 km/h |
| 43 | 174 | Kowalski | Mateusz | 1985 | M | M30-39 | Warszawa | 0 | 00:48:04,95 | 00:04:48 | 12,47 km/h |

| | | | | | | | | | | | |
|----|-----|---------------|-----------------|------|---|--------|----------------------|-----------------------------|-------------|----------|------------|
| 44 | 232 | Skrzypkiewicz | Michał | 1996 | M | M20-29 | Nieporęt | 0 | 00:48:49,25 | 00:04:53 | 12,28 km/h |
| 45 | 164 | Kochanowski | Paweł | 1999 | M | M20-29 | | 0 | 00:49:28,85 | 00:04:57 | 12,12 km/h |
| 46 | 185 | Kwaśniewski | Michał | 1994 | M | M20-29 | Legionowo | 0 | 00:49:32,25 | 00:04:57 | 12,11 km/h |
| 47 | 215 | Pawluk | Norbert | 1976 | M | M40-49 | Nieporęt | 0 | 00:49:33,80 | 00:04:57 | 12,1 km/h |
| 48 | 122 | Ambroziak | Mateusz | 1989 | M | M30-39 | | 0 | 00:49:41,90 | 00:04:58 | 12,07 km/h |
| 49 | 154 | Jaworski | Sylwester | 1975 | M | M40-49 | Marki | Obstacle Center Team | 00:49:46,90 | 00:04:59 | 12,05 km/h |
| 50 | 132 | Budowski | Łukasz | 1984 | M | M30-39 | Stanisławów Pierwszy | 0 | 00:49:53,55 | 00:04:59 | 12,02 km/h |
| 51 | 229 | Sas | Sergiusz | 1985 | M | M30-39 | Warszawa | 0 | 00:50:00,85 | 00:05:00 | 11,99 km/h |
| 52 | 204 | Mirończyk | Robert | 1988 | M | M30-39 | Radzymin | 0 | 00:50:01,60 | 00:05:00 | 11,99 km/h |
| 53 | 165 | Kołodziejczyk | Krzysztof | 1978 | M | M40-49 | Nasielsk | Nasielsk Baszta Team | 00:50:05,15 | 00:05:01 | 11,97 km/h |
| 54 | 199 | Marczak | Adam | 1969 | M | M50-59 | Nieporęt | Aktywny Nieporęt | 00:50:05,50 | 00:05:01 | 11,97 km/h |
| 55 | 144 | Fordham | Robert | 1986 | M | M30-39 | Warszawa | WE RUN CLAN | 00:51:12,15 | 00:05:07 | 11,71 km/h |
| 56 | 136 | Chojnowska | Monika | 1983 | M | M40-49 | Warszawa | WE RUN CLAN | 00:51:12,80 | 00:05:07 | 11,71 km/h |
| 57 | 240 | Szczepański | Grzegorz | 1962 | M | M60-69 | | Bravehearts Legionowo | 00:51:54,00 | 00:05:11 | 11,56 km/h |
| 58 | 163 | Kieś | Robert | 1974 | M | M40-49 | Radzymin | Zdrowa Żywność Radzymin | 00:51:55,85 | 00:05:12 | 11,55 km/h |
| 59 | 211 | Olbryś | Stanisław Addam | 1967 | M | M50-59 | Nasielsk | KB Legionowo | 00:52:06,30 | 00:05:13 | 11,51 km/h |
| 60 | 218 | Podgórski | Wacław Marian | 1968 | M | M50-59 | Nasielsk | niestowarzyszony | 00:52:12,80 | 00:05:13 | 11,49 km/h |
| 61 | 263 | WRZESIEŃ | KAMIL | 1982 | M | M40-49 | Warszawa | Toon Army Poland Run Club | 00:52:23,85 | 00:05:14 | 11,45 km/h |
| 62 | 201 | Mazurkiewicz | Jakub | 1984 | M | M30-39 | Michałów-Reginów | Grupa Biegowa CHTMO | 00:52:40,00 | 00:05:16 | 11,39 km/h |
| 63 | 227 | Rogalski | Paweł | 1979 | M | M40-49 | Maków Mazowiecki | 0 | 00:53:41,45 | 00:05:22 | 11,17 km/h |
| 64 | 146 | Gawlik | Arkadiusz | 1974 | M | M40-49 | | Biegam Na Tarchominie | 00:53:42,55 | 00:05:22 | 11,17 km/h |
| 65 | 192 | Łukasiewicz | Sylwester | 1977 | M | M40-49 | Wołomin | Zabiegany Wołomin | 00:54:05,15 | 00:05:25 | 11,09 km/h |
| 66 | 237 | Sulich | Mateusz | 1990 | M | M30-39 | Legionowo | 0 | 00:54:05,55 | 00:05:25 | 11,09 km/h |
| 67 | 242 | Szczypkowski | Krzysztof | 1978 | M | M40-49 | Wołomin | Zabiegany Wołomin | 00:54:23,95 | 00:05:26 | 11,02 km/h |
| 68 | 141 | Dziubek | Łukasz | 1999 | M | M20-29 | | 0 | 00:54:24,10 | 00:05:26 | 11,02 km/h |
| 69 | 225 | Redlin | Robert | 1973 | M | M50-59 | Nieporęt | 0 | 00:54:26,50 | 00:05:27 | 11,02 km/h |
| 70 | 255 | Wielowski | Paweł | 1979 | M | M40-49 | Stanisławów Pierwszy | 0 | 00:54:51,40 | 00:05:29 | 10,93 km/h |
| 71 | 179 | Krajewski | Hubert | 2002 | M | M20-29 | Warszawa | 0 | 00:55:09,05 | 00:05:31 | 10,87 km/h |
| 72 | 176 | Kozoń | Cezary | 1976 | M | M40-49 | Radzymin | Radzymin Run TEAM | 00:55:11,10 | 00:05:31 | 10,87 km/h |
| 73 | 183 | Kucucha | Krzysztof | 1975 | M | M40-49 | Nieporęt | Radzymin Run Team | 00:55:36,35 | 00:05:34 | 10,79 km/h |
| 74 | 249 | Wardak | Tomasz | 1973 | M | M50-59 | Radzymin | Radzymin Run Team | 00:55:37,55 | 00:05:34 | 10,78 km/h |
| 75 | 226 | Rędzia | Michał | 1977 | M | M40-49 | Wołomin | Zabiegany Wołomin | 00:56:00,00 | 00:05:36 | 10,71 km/h |
| 76 | 137 | Chojnowski | Arkadiusz | 1986 | M | M30-39 | Kobyłka | Zabiegany Wołomin | 00:56:00,15 | 00:05:36 | 10,71 km/h |
| 77 | 125 | Babiuch | Marek | 1962 | M | M60-69 | Pokorna | lekarze w biegu | 00:56:32,75 | 00:05:39 | 10,61 km/h |
| 78 | 257 | Winiarek | Michał | 1982 | M | M40-49 | Pruszków | 0 | 00:56:33,60 | 00:05:39 | 10,6 km/h |
| 79 | 216 | Pietrucha | Krzysztof | 1982 | M | M40-49 | Nieporęt | 0 | 00:57:33,30 | 00:05:45 | 10,42 km/h |
| 80 | 267 | Zalewski | Adam | 1993 | M | M30-39 | Nasielsk | Nasielsk Baszta Team | 00:57:36,55 | 00:05:46 | 10,41 km/h |
| 81 | 217 | Piotrowski | Piotr | 1981 | M | M40-49 | Borawę | 0 | 00:58:22,65 | 00:05:50 | 10,27 km/h |
| 82 | 153 | Jaworski | Piotr | 1977 | M | M40-49 | Warszawa | Markowi Biegacze | 00:58:32,95 | 00:05:51 | 10,24 km/h |
| 83 | 178 | Krajewski | Przemysław | 1973 | M | M50-59 | Warszawa | lekarze w biegu | 00:59:03,60 | 00:05:54 | 10,15 km/h |
| 84 | 203 | Miński | Mateusz | 1983 | M | M40-49 | Warszawa | WE RUN CLAN | 00:59:07,15 | 00:05:55 | 10,14 km/h |
| 85 | 156 | Józwik | Michał | 2008 | M | M13-19 | Końaków | ParkZabawy.pl Leszek Józwik | 00:59:15,40 | 00:05:56 | 10,12 km/h |
| 86 | 155 | Józwik | Leszek | 1977 | M | M40-49 | Radzymin | ParkZabawy.pl Leszek Józwik | 00:59:15,60 | 00:05:56 | 10,12 km/h |
| 87 | 127 | Benza | Dariusz | 1977 | M | M40-49 | Legionowo | 0 | 01:01:52,30 | 00:06:11 | 9,69 km/h |
| 88 | 231 | Skakluk | Jan | 1951 | M | M70+ | | WETERAN Legionowski | 01:02:54,80 | 00:06:17 | 9,53 km/h |
| 89 | 238 | Sycan | Krzysztof | 1972 | M | M50-59 | Warszawa | Biegam Na Tarchominie | 01:04:44,70 | 00:06:28 | 9,26 km/h |
| 90 | 138 | Czerwinski | Marek | 1988 | M | M30-39 | Legionowo | Damy Rade Zegrze | 01:10:16,10 | 00:07:02 | 8,53 km/h |
| 91 | 140 | Dubiel | Hubert | 1988 | M | M30-39 | Warszawa | Damy Rade Zegrze | 01:10:16,60 | 00:07:02 | 8,53 km/h |
| 92 | 143 | Filipowicz | Slawomir | 1957 | M | M60-69 | Nieporęt | 0 | 01:11:40,45 | 00:07:10 | 8,37 km/h |