

Bieg Niepodległości

Nieporęt 10.11.2018

Dystans - 10 km

FESTIWAL
BIEGÓW

MĘŻCZYŹNI 30 - 39 LAT

| MIEJSCE | NUMER | NAZWISKO | IMIE | ROK.UR | MIEJSCOWOŚĆ | TEMPO (min/km) | ŚR.PRĘDKOŚĆ (km/h) | CZAS |
|---------|-------|-------------|------------|--------|-------------------|-------------------|-----------------------|-------------|
| 1 | 5 | Veretskyi | Pavlo | 1985 | Starachowice | 03:09 | 19,01 | 00:31:33,25 |
| 2 | 51 | Gregorczyk | Łukasz | 1983 | Warszawa | 03:33 | 16,89 | 00:35:31,80 |
| 3 | 88 | Krupa | Piotr | 1985 | Ząbki | 03:44 | 16,09 | 00:37:17,50 |
| 4 | 33 | Tomczak | Marcin | 1980 | Ciechanów | 03:49 | 15,75 | 00:38:05,40 |
| 5 | 41 | Fijałkowski | Artur | 1985 | Radzymin | 03:51 | 15,60 | 00:38:27,50 |
| 6 | 177 | Stolarczyk | Radek | 1983 | Warszawa | 03:58 | 15,15 | 00:39:36,10 |
| 7 | 48 | Głowacki | Pawe | 1981 | Serock | 04:05 | 14,71 | 00:40:48,00 |
| 8 | 44 | Ginter | Piotr | 1984 | Józefów | 04:05 | 14,67 | 00:40:53,30 |
| 9 | 113 | Mielczarski | Bartosz | 1984 | Warszawa | 04:07 | 14,60 | 00:41:06,20 |
| 10 | 138 | Podwysocki | Marcin | 1988 | Augustów | 04:09 | 14,45 | 00:41:30,70 |
| 11 | 203 | Wilk | Przemysław | 1979 | Jozefow | 04:10 | 14,38 | 00:41:43,40 |
| 12 | 28 | Dąbrowski | Wojciech | 1988 | Wola Aleksandra | 04:19 | 13,88 | 00:43:12,95 |
| 13 | 18 | Chuchała | Paweł | 1979 | Marki | 04:29 | 13,40 | 00:44:45,75 |
| 14 | 24 | Gątarz | Janusz | 1981 | Warszawa | 04:29 | 13,39 | 00:44:48,60 |
| 15 | 220 | Orłowski | Jakub | 1984 | Legionowo | 04:29 | 13,38 | 00:44:49,85 |
| 16 | 109 | Markowski | Marcin | 1984 | Serock | 04:34 | 13,16 | 00:45:35,90 |
| 17 | 68 | Kępiński | Rafał | 1985 | Ostrów Mazowiecka | 04:34 | 13,13 | 00:45:41,25 |
| 18 | 163 | Sereda | Grzegorz | 1979 | Wołomin | 04:36 | 13,06 | 00:45:56,85 |
| 19 | 14 | Wawszczak | Hubert | 1983 | Borowa Góra | 04:36 | 13,06 | 00:45:57,35 |
| 20 | 54 | Grzeszczyk | Michał | 1980 | Warszawa | 04:49 | 12,44 | 00:48:13,05 |
| 21 | 27 | Dąbrowski | Michał | 1980 | Pułtusk | 04:55 | 12,19 | 00:49:13,00 |
| 22 | 46 | Glinka | Karol | 1985 | Pułtusk | 04:55 | 12,18 | 00:49:14,75 |

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|----|-----|-------------|------------|------|----------------------|-------|-------|-------------|
| 23 | 154 | Rosłon | Cezary | 1986 | Radzymin | 04:57 | 12,13 | 00:49:26,70 |
| 24 | 105 | Majkowski | Łukasz | 1982 | Płońsk | 04:58 | 12,08 | 00:49:41,20 |
| 25 | 63 | Jusiński | Marek | 1982 | Wołomin | 04:59 | 12,04 | 00:49:49,45 |
| 26 | 112 | Matak | Paweł | 1986 | Radzymin | 05:00 | 12,02 | 00:49:55,35 |
| 27 | 169 | Skorupski | Radosław | 1988 | Ząbki | 05:01 | 11,97 | 00:50:06,85 |
| 28 | 164 | Sędzikowski | Maciej | 1981 | Warszawa | 05:05 | 11,82 | 00:50:45,20 |
| 29 | 117 | Niemczak | Kamil | 1988 | Warszawa | 05:05 | 11,79 | 00:50:53,65 |
| 30 | 77 | Kopczyński | Przemysław | 1979 | Stanisławów Pierwszy | 05:08 | 11,68 | 00:51:21,15 |
| 31 | 38 | Dulęba | Łukasz | 1981 | Nieporęt | 05:15 | 11,43 | 00:52:30,80 |
| 32 | 32 | Czyż | Dominik | 1983 | Serock | 05:16 | 11,38 | 00:52:44,60 |
| 33 | 67 | Kędziora | Grzegorz | 1980 | Nieporęt | 05:23 | 11,14 | 00:53:50,95 |
| 34 | 98 | Lipiński | Krzysztof | 1979 | Legionowo | 05:29 | 10,95 | 00:54:47,75 |
| 35 | 134 | Pietrucha | Krzysztof | 1982 | Nieporęt | 05:29 | 10,93 | 00:54:52,95 |
| 36 | 211 | Zajenkowski | Marcin | 1980 | Warszawa | 05:44 | 10,47 | 00:57:17,60 |
| 37 | 190 | Trochim | Paweł | 1982 | Wołomin | 05:45 | 10,44 | 00:57:28,05 |
| 38 | 200 | Wasilewski | Michał | 1987 | Warszawa | 05:53 | 10,19 | 00:58:52,20 |
| 39 | 3 | Owsiak | Łukasz | 1979 | Jadowniki | 05:59 | 10,03 | 00:59:51,00 |
| 40 | 49 | Dębicki | Dariusz | 1988 | Włocławek | 06:24 | 9,39 | 01:03:55,10 |