

# 1 MILA Warszawa

Organizator: Fundacja Zdrowy Ruch; Sportfolio

Data: 11.09.2021r.

Dystans: 1mila

Miejscowość: Warszawa

Klasyfikacja: OPEN

**1MILA**Warszawa



Nr startowy	Nazwisko Imię	Miejscowość	Klub	Kat wiek.	M-ce w kat	tempo min/km	tempo km/h	1 okr	2 okr	3 okr	Czas netto	Wynik	M	K
1	1429	KARWOWSKI WOJCIECH	WARSZAWA	TEAM KOPEC	M20	1	2:47	21,6	00:01:07,29	00:02:14,66	00:03:23,11	00:04:28,31	00:04:28,31	1
2	1430	SZYMAŃSKI MAREK	SARNAKI		M20	2	2:50	21,2	00:01:10,93	00:02:20,50	00:03:29,35	00:04:33,54	00:04:33,54	2
3	1421	PAJĄK BARTLOMIEJ	SKIERNIEWICE	SMSKLIMA	M30	1	2:55	20,6				00:04:41,00	00:04:41,00	3
4	1427	BUCZAK RAFAL	PIASECZNO	AGROS ZAMOŚĆ	M20	3	2:56	20,5	00:01:11,45	00:02:21,90	00:03:34,10	00:04:42,75	00:04:42,75	4
5	1417	REBIŁAS ADAM	NOWY WIŚNICZ	TEAM KOPEC	M20	4	2:57	20,3	00:01:10,99	00:02:22,55	00:03:36,71	00:04:45,50	00:04:45,50	5
6	1411	KRYGIER KRZYSZTOF	WARSZAWA	ACCENTURE	M30	2	3:00	20,0	00:01:14,06	00:02:28,44	00:03:41,04	00:04:49,66	00:04:49,66	6
7	1422	KAWA MICHAŁ	SULEJÓWEK	#NOTOSTERYD	M20	5	3:00	20,0	00:01:10,81	00:02:23,43	00:03:40,68	00:04:50,05	00:04:50,05	7
8	1397	KALBARCZYK MATEUSZ	MACIEJOWICE		M20	6	3:04	19,6	00:01:13,53	00:02:29,08	00:03:42,33	00:04:55,66	00:04:55,66	8
9	1420	JASZCZYK PAWEŁ	GRUDZIĄDZ	INVICTUS3CITY	M20	7	3:05	19,5	00:01:14,98	00:02:28,79	00:03:47,30	00:04:57,69	00:04:57,69	9
10	1419	JASZCZAK MATEUSZ	SOKOLNIKI PARCELA		M30	3	3:08	19,1	00:01:16,17	00:02:30,99	00:03:50,50	00:05:02,96	00:05:02,96	10
11	1412	KASPRZAK IRENEUSZ	WROCŁAW	KB VAMOS AMIGOS WROCŁAW	M50	1	3:10	19,0	00:01:13,21	00:02:28,21	00:03:48,94	00:05:05,10	00:05:05,10	11
12	1361	MARCINIAK PIOTR	WARSZAWA	TEAM KOPEC	M16	1	3:10	19,0	00:01:13,33	00:02:29,72	00:03:50,96	00:05:05,11	00:05:05,11	12
13	1385	PRZEWOŹNY DARIUSZ	PRUSZKÓW		M30	4	3:10	19,0	00:01:15,08	00:02:32,14	00:03:52,93	00:05:05,24	00:05:05,24	13
14	1407	SOLTYS JAN	WARSZAWA	KOCHAM MADZIĘ TEAM	M30	5	3:11	18,9	00:01:17,62	00:02:34,65	00:03:53,11	00:05:07,30	00:05:07,30	14
15	1369	SALAMACHA JAROSŁAW	WARSZAWA	PSZCZÓŁKOWSKI TEAM	M40	1	3:11	18,8	00:01:17,30	00:02:35,61	00:03:55,45	00:05:07,56	00:05:07,56	15
16	1401	JENDRYCH REMIGIUSZ	WARSZAWA		M30	6	3:11	18,8	00:01:14,34	00:02:32,87	00:03:52,33	00:05:07,68	00:05:07,68	16
17	1364	ROWIŃSKI KAMIL	CHYLICE		M30	7	3:12	18,8	00:01:18,29	00:02:35,47	00:03:56,23	00:05:08,45	00:05:08,45	17
18	1121	LIPIEC TOMASZ			M50	2	3:12	18,8	00:01:18,56	00:02:35,35	00:03:53,45	00:05:08,53	00:05:08,53	18
19	1368	JUSIŃSKI KRYSZTIAN	WARSZAWA	BRACTWO BIEGOWE BGK	M30	8	3:12	18,7	00:01:13,87	00:02:31,59	00:03:54,12	00:05:09,67	00:05:09,67	19
20	1386	PAIDÓSZ ARKADIUSZ	PRUSZKÓW	WPRUNNING PRUSZKÓW	M30	9	3:14	18,6	00:01:19,64	00:02:37,18	00:03:57,49	00:05:11,75	00:05:11,75	20
21	1365	SAWICKI DARIUSZ	WARSZAWA		M40	2	3:15	18,5	00:01:20,79	00:02:40,18	00:04:03,48	00:05:13,51	00:05:13,51	21
22	1383	MAJCHRZAK JULIAN	WARSZAWA	TEAM ZABIEGANEDNI	M30	10	3:15	18,4	00:01:18,75	00:02:36,98	00:03:58,49	00:05:14,35	00:05:14,35	22
23	1127	PEREIRA OSWALD			M0		3:16	18,4	00:01:13,39	00:02:29,80	00:03:50,39	00:05:15,16	00:05:15,16	23
24	1395	BOGUSZ TOMASZ	GDYNIA	BIEGAJĄCA GDYNIA/ARTUKROZŁOWSKITEAM	M40	3	3:16	18,4	00:01:21,00	00:02:38,94	00:03:58,24	00:05:15,28	00:05:15,28	24
25	1358	ANDRYSZCZYK MICHAŁ	WROCŁAW		M20	8	3:16	18,4	00:01:19,38	00:02:37,68	00:03:59,91	00:05:15,40	00:05:15,40	25
26	1428	HORÓSZ JAKUB	WARSZAWA	WARSZAWIAKY	M20	9	3:16	18,4	00:01:16,94	00:02:33,04	00:03:56,68	00:05:15,54	00:05:15,54	26
27	1283	SKOPP SEBASTIAN	WARSZAWA		M30	11	3:16	18,3	00:01:19,56	00:02:38,76	00:03:58,80	00:05:16,17	00:05:16,17	27
28	1120	PAWIAK KUBA			M0		3:17	18,2	00:01:18,53	00:02:37,66	00:03:59,42	00:05:17,62	00:05:17,62	28
29	1405	DOBRAŃSKI PAWEŁ	WARSZAWA	POSMAKUJ RUN TEAM	M40	4	3:18	18,2	00:01:20,02	00:02:39,64	00:04:00,44	00:05:18,79	00:05:18,79	29
30	1125	ZAWOJSKI MACIEJ			M0		3:20	18,0	00:01:20,59	00:02:43,27	00:04:06,39	00:05:22,08	00:05:22,08	30
31	1398	GOWIN PRZEMEK	WARSZAWA		M30	12	3:21	17,9	00:01:20,17	00:02:39,62	00:04:02,58	00:05:22,96	00:05:22,96	31
32	1286	SOKOŁOWSKI ŁUKASZ	WARSZAWA		M40	5	3:21	17,9	00:01:22,51	00:02:47,17	00:04:06,59	00:05:23,60	00:05:23,60	32
33	1378	KONDRATOWICZ BARTLOMIEJ	PRUSZKÓW		M30	13	3:21	17,9	00:01:18,10	00:02:38,08	00:04:02,31	00:05:24,06	00:05:24,06	33
34	1302	ŚWIERCZEWSKI MARCIN	SIERAKÓW	PALESTRA PIYWANIA	M30	14	3:22	17,8	00:01:23,37	00:02:48,13	00:04:10,14	00:05:24,68	00:05:24,68	34
35	1362	ONOSKO ADAM	WARSZAWA	ADAMO TEAM	M40	6	3:23	17,7	00:01:23,44	00:02:45,40	00:04:08,35	00:05:27,42	00:05:27,42	35
36	1322	BĄCAŁ MACIEJ	KRACZKOWA		M20	10	3:24	17,7	00:01:27,71	00:02:51,21	00:04:14,37	00:05:27,85	00:05:27,85	36
37	1360	MOLSA KONRAD	NOWY DWÓR MAZOWIECKI		M20	11	3:24	17,6	00:01:24,61	00:02:46,18	00:04:09,77	00:05:28,75	00:05:28,75	37
38	1349	GAWORSKI KRZYSZTOF	WYDMINY		M30	15	3:25	17,6	00:01:26,32	00:02:52,95	00:04:16,75	00:05:29,26	00:05:29,26	38
39	1396	OPAIKA DAMIAN	WARSZAWA	MYRACE	M30	16	3:25	17,6	00:01:18,62	00:02:39,53	00:04:04,58	00:05:29,33	00:05:29,33	39
40	1281	SIEGIEDA MICHAŁ	WARSZAWA	ADIDAS RUNNERS WARSAW	M30	17	3:25	17,6	00:01:17,08	00:02:39,38	00:04:05,82	00:05:29,33	00:05:29,33	40
41	1318	PUTTON MICHAŁ	LIPSKO		M30	18	3:25	17,5	00:01:24,40	00:02:48,60	00:04:13,45	00:05:30,42	00:05:30,42	41
42	1355	GOGOL TOMASZ	ŁOMIANKI		M30	19	3:26	17,5	00:01:22,33	00:02:48,48	00:04:15,22	00:05:31,33	00:05:31,33	42
43	1311	MATUSZEWSKI ŁUKASZ	WARSZAWA	BIEGOWY WARIAT RUNNIG TEAM	M30	20	3:26	17,5	00:01:26,25	00:02:49,57	00:04:13,29	00:05:31,90	00:05:31,90	43
44	1119	DULNIK MARCIN			M0		3:27	17,4	00:01:22,01	00:02:47,28	00:04:13,21	00:05:32,71	00:05:32,71	44
45	1359	PACZKOWSKI OSKAR	JADWISIN	THUNDERCLOUDS	M20	12	3:28	17,3	00:01:27,08	00:02:51,99	00:04:16,32	00:05:34,38	00:05:34,38	45
46	1278	MACIĄG PRZEMYSŁAW	WARSZAWA		M40	7	3:29	17,3	00:01:21,20	00:02:44,32	00:04:10,13	00:05:35,75	00:05:35,75	46
47	1336	TRACZYŃSKI MICHAŁ	PIERADŁA		M20	13	3:29	17,2	00:01:25,00	00:02:51,06	00:04:17,27	00:05:36,35	00:05:36,35	47
48	1351	URBANIAK ALEKSANDER	WARSZAWA		M40	8	3:29	17,2	00:01:26,14	00:02:52,38	00:04:17,80	00:05:36,69	00:05:36,69	48
49	1347	ORGANISTA JAKUB	WARSZAWA	PKO BP	M20	14	3:30	17,2	00:01:25,26	00:02:53,16	00:04:20,83	00:05:37,61	00:05:37,61	49
50	1344	BOŻEK ŁUKASZ	KARWIANY	BGK	M30	21	3:32	17,0	00:01:22,91	00:02:51,70	00:04:21,54	00:05:41,08	00:05:41,08	50
51	1111	RETRO LIGA			M0		3:32	17,0	00:01:21,17	00:02:46,24	00:04:14,14	00:05:41,32	00:05:41,32	51
52	1342	SĄ JAKUB	KRASNYSTAW	DRUŻYNA Ż	M30	22	3:32	17,0	00:01:31,80	00:02:57,23	00:04:26,41	00:05:41,74	00:05:41,74	52
53	1406	WOLFGIEL ZBIGNIEW	WARSZAWA (BIELANY)		M20	15	3:33	16,9	00:01:21,76	00:02:49,51	00:04:17,33	00:05:42,88	00:05:42,88	53
54	1380	KALISZEWSKI KAROL	LUBLIN	#NOLIMITS	M30	23	3:35	16,7	00:01:23,11	00:02:48,21	00:04:18,10	00:05:46,14	00:05:46,14	54
55	1325	ŁUKIANOW ARTUR	WARSZAWA		M30	24	3:35	16,7	00:01:27,05	00:02:54,78	00:04:22,41	00:05:46,26	00:05:46,26	55
56	1115	KRASZPULSKA MAGDALENA	WARSZAWA	ADIDAS RUNNERS WARSAW	K30	1	3:36	16,7	00:01:26,64	00:02:52,84	00:04:21,03	00:05:47,32	00:05:47,32	1
57	1319	ZDANOWICZ DAMIAN	JAKTORÓW		M20	16	3:36	16,6	00:01:28,93	00:02:56,35	00:04:25,49	00:05:48,34	00:05:48,34	56
58	1123	ŁUCZAK MACIEJ			M0		3:38	16,5	00:01:25,21	00:02:53,20	00:04:23,61	00:05:50,13	00:05:50,13	57
59	1131	WAWRZYŃSKI KUBA			M0		3:38	16,5	00:01:30,66	00:03:00,86	00:04:30,74	00:05:50,24	00:05:50,24	58
60	1233	PIĄTEK KAMIL	WARSZAWA		M20	17	3:38	16,5	00:01:33,26	00:03:04,43	00:04:31,59	00:05:50,25	00:05:50,25	59
61	1262	GRYGLEWSKI PIOTR	WARSZAWA	ANATOMIA BIEGANIA	M30	25	3:38	16,5	00:01:26,10	00:02:55,14	00:04:24,12	00:05:50,29	00:05:50,29	60
62	1297	PARTYKA ADRIAN	KAMIEN		M20	18	3:38	16,5	00:01:31,24	00:03:01,17	00:04:31,83	00:05:50,76	00:05:50,76	61
63	1277	PĘDZISZ MICHAŁ	WARSZAWA	AKTYWNA WARSZAWA	M40	9	3:38	16,5	00:01:25,87	00:03:00,90	00:04:32,90	00:05:51,00	00:05:51,00	62
64	1334	ZALEŚKI PIOTR	WARSZAWA	KS CZEMPION WARSZAWA	M40	10	3:38	16,5	00:01:28,95	00:02:56,20	00:04:25,52	00:05:51,08	00:05:51,08	63
65	1307	PUTOWSKI KONRAD	WARSZAWA		M40	11	3:39	16,5	00:01:28,18	00:02:59,40	00:04:30,82	00:05:51,65	00:05:51,65	64
66	1244	KOWALIK STANISŁAW	PIENIĘŻNO		M20	19	3:39	16,5	00:01:38,71	00:03:08,64	00:04:30,03	00:05:51,70	00:05:51,70	65
67	1308	KĘDZIORA MARIUSZ	WARSZAWA		M40	12	3:39	16,4	00:01:29,64	00:02:59,98	00:04:31,17	00:05:52,21	00:05:52,21	66
68	1291	RAKOWSKA IWONA	BIAŁYSTOK		K40	1	3:39	16,4	00:01:29,63	00:02:58,64	00:04:30,25	00:05:52,57	00:05:52,57	2
69	1312	BULANDA WOJCIECH	WARSZAWA	ARW	M30	26	3:39	16,4	00:01:29,55	00:02:57,82	00:04:28,08	00:05:53,23	00:05:53,23	67
70	1293	GOLAŃSKI BARTOSZ	WARSZAWA		M30	27	3:40	16,4	00:01:30,16	00:03:01,46	00:04:33,32	00:05:54,24	00:05:54,24	68
71	1508	BURNS PIOTR	WARSZAWA	PRZYMERZE RODZIN	M40	13	3:40	16,3	00:01:29,04	00:02:56,71	00:04:25,86	00:05:54,62		

# 1 MILA Warszawa

Organizator: Fundacja Zdrowy Ruch; Sportfolio  
 Data: 11.09.2021r.  
 Dystans: 1mila  
 Miejscowość: Warszawa

Klasyfikacja: OPEN

1MILA Warszawa



Nr startowy	Nazwisko Imię	Miejscowość	Klub	Kat wiek.	M-c w kat	tempo min/km	tempo km/h	1 okr	2 okr	3 okr	Čas netto	Wynik	M	K
106	1292	ZAJĄC DAWID	WARSZAWA	M20	24	3:55	15,3	00:01:34,03	00:03:10,06	00:04:50,36	00:06:18,36	<b>00:06:18,36</b>	102	
107	1254	MUSIAŁ ROBERT	WARSZAWA	M50	5	3:55	15,3	00:01:42,52	00:03:20,88	00:04:53,43	00:06:18,51	<b>00:06:18,51</b>	103	
108	1269	IŻYCKI TOMASZ	ŻYRARDÓW	M40	21	3:55	15,3	00:01:32,85	00:03:07,54	00:04:45,63	00:06:18,53	<b>00:06:18,53</b>	104	
109	1237	CIOCHOŃ ARTUR	KOSZYCE	M20	25	3:56	15,3	00:01:36,44	00:03:13,23	00:04:51,28	00:06:19,01	<b>00:06:19,01</b>	105	
110	1190	GNIADZIK MATEUSZ	MIŃSK MAZOWIECKI	M30	39	3:56	15,2	00:01:34,32	00:03:10,51	00:04:48,31	00:06:19,93	<b>00:06:19,93</b>	106	
111	1133	SOLTYS PAWEŁ	WARSZAWA	M30	40	3:56	15,2	00:01:32,67	00:03:09,99	00:04:47,90	00:06:20,30	<b>00:06:20,30</b>	107	
112	1189	JAWORSKI ALBERT	WARSZAWA	M40	22	3:57	15,2	00:01:36,25	00:03:13,22	00:04:50,24	00:06:21,27	<b>00:06:21,27</b>	108	
113	1223	FOK TOMASZ	WARSZAWA	M30	41	3:58	15,1	00:01:34,57	00:03:11,64	00:04:52,35	00:06:22,70	<b>00:06:22,70</b>	109	
114	1183	WACH MICHAŁ	WARSZAWA	M40	23	3:58	15,1	00:01:32,90	00:03:09,11	00:04:47,40	00:06:22,73	<b>00:06:22,73</b>	110	
115	1247	GÓRALCZYK TOMASZ	KAMIEŃSK	M20	26	3:59	15,1	00:01:39,59	00:03:19,89	00:04:53,98	00:06:24,06	<b>00:06:24,06</b>	111	
116	1211	CRADY SZCZEPAN	WARSZAWA	M30	42	3:59	15,1	00:01:38,65	00:03:20,25	00:04:58,07	00:06:24,38	<b>00:06:24,38</b>	112	
117	1265	GRUZIŃSKI MACIEJ	WARSZAWA	M30	43	3:59	15,1	00:01:38,95	00:03:16,97	00:04:53,09	00:06:24,83	<b>00:06:24,83</b>	113	
118	1264	MAŁACHOWSKI MAREK	RAWA MAZOWIECKA	M40	24	4:00	15,0	00:01:42,37	00:03:26,00	00:05:03,49	00:06:26,35	<b>00:06:26,35</b>	114	
119	1215	JAKUBIAK WOJCIECH	WARSZAWA	M20	27	4:00	15,0	00:01:43,38	00:03:21,83	00:05:00,19	00:06:26,93	<b>00:06:26,93</b>	115	
120	1199	CISEK KONRAD	WARSZAWA	M30	44	4:01	14,9	00:01:37,54	00:03:16,40	00:04:56,13	00:06:28,18	<b>00:06:28,18</b>	116	
121	1213	KALINOWSKI ALBERT	ŁÓDŹ	M20	28	4:02	14,9	00:01:35,99	00:03:14,56	00:04:57,54	00:06:28,91	<b>00:06:28,91</b>	117	
122	1202	ZAWŁOCKI KRYSZTIAN	BRZEZIŃ	M40	25	4:02	14,9	00:01:38,15	00:03:17,73	00:04:58,44	00:06:29,49	<b>00:06:29,49</b>	118	
123	1188	BULK ANNA	WARSZAWA	K20	2	4:02	14,9	00:01:33,72	00:03:14,72	00:04:57,48	00:06:30,05	<b>00:06:30,05</b>	5	
124	1153	KWAPIS ALEKSANDER	OPACZ-KOLONIA	M20	29	4:02	14,8	00:01:31,09	00:03:06,64	00:04:49,56	00:06:30,20	<b>00:06:30,20</b>	119	
125	1184	FIGURA ARKADIUSZ	DĄBROWA GÓRNICZA	M30	45	4:03	14,8	00:01:38,55	00:03:22,54	00:05:05,70	00:06:30,31	<b>00:06:30,31</b>	120	
126	1414	ATAMANOW MYKYTA	WARSZAWA	M20	30	4:03	14,8	00:01:23,03	00:02:55,54	00:06:30,50	00:06:30,50	<b>00:06:30,50</b>	121	
127	1309	MAŃKA-WIZOR DAGMARA	WARSZAWA	K40	3	4:03	14,8	00:01:36,00	00:03:14,99	00:04:56,80	00:06:31,19	<b>00:06:31,19</b>	6	
128	1204	BIAŁEK TOMASZ	WARSZAWA	M40	26	4:03	14,8	00:01:36,96	00:03:16,46	00:04:57,17	00:06:31,27	<b>00:06:31,27</b>	122	
129	1323	SZYMIANSKI Cezary	ŁÓMIANKI	M20	31	4:04	14,8	00:01:40,32	00:03:17,66	00:04:57,19	00:06:32,32	<b>00:06:32,32</b>	123	
130	1290	JASZCZERSKA GRAŻYNA	GRUDZIĄDZ	K50	1	4:04	14,7	00:01:37,18	00:03:16,06	00:04:57,61	00:06:33,25	<b>00:06:33,25</b>	7	
131	1266	TYSKA MARCIN	WARSZAWA	M20	32	4:05	14,7	00:01:40,98	00:03:24,44	00:05:05,70	00:06:33,83	<b>00:06:33,83</b>	124	
132	1221	BRUSOKAS TOMASZ	WARSZAWA	M30	46	4:07	14,6	00:01:38,69	00:03:18,07	00:04:59,44	00:06:38,00	<b>00:06:38,00</b>	125	
133	1181	JAKUBOWSKI WOJCIECH	WARSZAWA	M20	33	4:08	14,5	00:01:33,67	00:03:14,83	00:04:57,46	00:06:38,39	<b>00:06:38,39</b>	126	
134	1177	KURZAJ ADAM	KAZIMIERZ BISKUPI	M20	34	4:09	14,5	00:01:35,39	00:03:08,58	00:04:51,55	00:06:40,28	<b>00:06:40,28</b>	127	
135	1094	NOWINA-KONOPKA STANISŁAW	WARSZAWA	M16	4	4:09	14,5	00:01:39,07	00:03:19,98	00:05:02,42	00:06:40,28	<b>00:06:40,28</b>	128	
136	1196	WRONIEWSKI MARIUSZ	MARKI	M40	27	4:09	14,5	00:01:37,70	00:03:38,93	00:05:15,65	00:06:40,70	<b>00:06:40,70</b>	129	
137	1140	WIDULŃSKI ŁUKASZ	WARSZAWA	M0		4:09	14,4	00:01:38,95	00:03:20,72	00:05:02,90	00:06:41,31	<b>00:06:41,31</b>	130	
138	1186	ROZWADOWSKI MARCIN	PRUSZKÓW	M40	28	4:10	14,4	00:01:40,32	00:03:18,58	00:05:00,39	00:06:41,60	<b>00:06:41,60</b>	131	
139	1212	JASIŃSKI JAKUB	KOMORÓW	M16	5	4:10	14,4	00:01:29,15	00:03:07,02	00:04:56,61	00:06:41,86	<b>00:06:41,86</b>	132	
140	1270	STECKIEWICZ PAWEŁ	WARSZAWA	M30	47	4:10	14,4	00:01:37,70	00:03:19,25	00:05:05,89	00:06:41,87	<b>00:06:41,87</b>	133	
141	1246	ZAWŁOCKA JOANNA	BRZEZIŃ	K30	2	4:10	14,4	00:01:45,15	00:03:29,54	00:05:12,94	00:06:42,10	<b>00:06:42,10</b>	8	
142	1229	GOŁĘBIEWSKI ŁUKASZ	WARSZAWA	M40	29	4:10	14,4	00:01:37,33	00:03:21,49	00:05:07,80	00:06:43,06	<b>00:06:43,06</b>	134	
143	1234	MELON TOMASZ	SKIERNIEWICE	M30	48	4:11	14,3	00:01:33,23	00:03:20,41	00:05:04,39	00:06:44,57	<b>00:06:44,57</b>	135	
144	1163	PACZKOWSKI PIOTR	WARSZAWA	M20	35	4:12	14,3	00:01:45,02	00:03:30,46	00:05:10,08	00:06:45,20	<b>00:06:45,20</b>	136	
145	1090	DĘBOWSKI BARTŁOMIEJ	WARSZAWA	M20	36	4:12	14,3	00:01:37,04	00:03:18,46	00:05:01,85	00:06:45,29	<b>00:06:45,29</b>	137	
146	1194	ŚMIETAMKA PIOTR	KOBYŁKA	M40	30	4:12	14,3	00:01:41,92	00:03:24,55	00:05:08,08	00:06:45,59	<b>00:06:45,59</b>	138	
147	1107	RETRO LIGA	WARSZAWA	M0		4:13	14,2	00:01:29,33	00:03:11,92	00:05:00,12	00:06:47,38	<b>00:06:47,38</b>	139	
148	1201	KURZ IZABELA	WARSZAWA	K30	3	4:13	14,2	00:01:37,45	00:05:07,92	00:06:47,39	00:06:47,39	<b>00:06:47,39</b>	9	
149	1224	KĄNCIAŁA RAFAŁ	LIPINKI	M20	37	4:13	14,2	00:01:37,09	00:03:15,67	00:05:01,20	00:06:47,44	<b>00:06:47,44</b>	140	
150	1203	OLSZEWSKI KRYSZTOF	WARSZAWA	M20	38	4:13	14,2	00:01:35,62	00:03:21,02	00:05:08,42	00:06:47,72	<b>00:06:47,72</b>	141	
151	1149	KALINOWSKI JAN	WARSZAWA	M0		4:15	14,1	00:01:34,77	00:03:18,22	00:05:04,94	00:06:49,74	<b>00:06:49,74</b>	142	
152	1104	WRONIEWSKI GRZEGORZ	MARKI	M30	49	4:15	14,1	00:01:37,40	00:03:19,66	00:05:07,63	00:06:50,59	<b>00:06:50,59</b>	143	
153	1242	BRONIEWICZ MAGDALENA	WARSZAWA	K30	4	4:15	14,1	00:01:45,67	00:03:25,84	00:05:11,30	00:06:50,76	<b>00:06:50,76</b>	10	
154	1258	PAŁKA ANETA	WARSZAWA	K30	5	4:15	14,1	00:01:45,57	00:03:27,38	00:05:11,49	00:06:51,13	<b>00:06:51,13</b>	11	
155	1232	SOKOŁOWSKI DARIUSZ	WARSZAWA	M40	31	4:16	14,1	00:01:39,55	00:03:23,02	00:05:10,22	00:06:51,38	<b>00:06:51,38</b>	144	
156	1195	RÓŻYCKA NATALIA	WARSZAWA	K20	3	4:16	14,1	00:01:38,78	00:03:22,20	00:05:10,14	00:06:51,40	<b>00:06:51,40</b>	12	
157	1271	WOJTYŁA PAWEŁ	WARSZAWA	M30	50	4:17	14,0	00:01:41,27	00:03:26,06	00:05:12,80	00:06:53,19	<b>00:06:53,19</b>	145	
158	1175	BOROWY PIOTR	WARSZAWA	M30	51	4:17	14,0	00:01:41,15	00:03:25,55	00:05:12,86	00:06:53,48	<b>00:06:53,48</b>	146	
159	1389	STRZELECKI KONRAD	PIONKI	M30	52	4:18	14,0	00:01:31,64	00:03:14,89	00:05:02,24	00:06:54,81	<b>00:06:54,81</b>	147	
160	1117	CHMIELEWSKI RADOSŁAW	WARSZAWA	M30	53	4:18	14,0	00:01:29,72	00:03:14,31	00:05:11,08	00:06:55,05	<b>00:06:55,05</b>	148	
161	1333	BUJAŁSKI KONRAD	JAKUBIKI	M20	39	4:18	14,0	00:01:38,95	00:03:25,02	00:05:15,00	00:06:55,31	<b>00:06:55,31</b>	149	
162	1124	KOBUŚ-ZAWOJSKA AGNIESZKA	WARSZAWA	K0		4:18	13,9	00:03:15,25	00:05:11,13	00:06:55,41	00:06:55,41	<b>00:06:55,41</b>	13	
163	1317	RODZIEWICZ KONRAD	WARSZAWA	M30	54	4:19	13,9	00:01:36,40	00:03:16,47	00:05:09,35	00:06:56,60	<b>00:06:56,60</b>	150	
164	1275	FORNALCZYK ŁUKASZ	WARSZAWA	M30	55	4:19	13,9	00:01:45,74	00:03:33,39	00:05:18,23	00:06:57,32	<b>00:06:57,32</b>	151	
165	1105	WALKIEWICZ BARTŁOMIEJ	WIŚLA	M30	56	4:20	13,9	00:01:48,55	00:03:37,47	00:05:25,50	00:06:57,84	<b>00:06:57,84</b>	152	
166	1065	SZNAJDER ŁUKASZ	WARSZAWA	M30	57	4:20	13,8	00:01:47,63	00:03:32,83	00:05:19,18	00:06:58,81	<b>00:06:58,81</b>	153	
167	1109	RETRO LIGA	WARSZAWA	M0		4:21	13,8	00:01:45,22	00:03:37,29	00:05:23,37	00:06:59,37	<b>00:06:59,37</b>	154	
168	1272	IZDEBSKA KAROLINA	WARSZAWA	K30	6	4:21	13,8	00:01:39,42	00:03:25,70	00:05:17,57	00:06:59,56	<b>00:06:59,56</b>	14	
169	1164	JANAC PAWEŁ	WARSZAWA	M30	58	4:22	13,7	00:01:48,04	00:03:35,82	00:05:26,61	00:07:01,49	<b>00:07:01,49</b>	155	
170	1106	BURNY BARTOSZ	TORUŃ	M20	40	4:22	13,7	00:03:26,43	00:05:18,30	00:07:01,69	00:07:01,69	<b>00:07:01,69</b>	156	
171	1267	MĘŻYŃSKI DARIUSZ	GNIĘZNO	M30	59	4:22	13,7	00:01:44,74	00:03:29,68	00:05:14,18	00:07:02,16	<b>00:07:02,16</b>	157	
172	1116	WALENDZIEWSKA MAŁGORZATA	ŁÓDŹ	K30	7	4:22	13,7	00:01:43,98	00:03:32,88	00:05:18,63	00:07:02,25	<b>00:07:02,25</b>	15	
173	1252	PILCHOWSKI KONRAD	WARSZAWA	M30	60	4:23	13,7	00:01:50,35	00:03:37,44	00:05:21,20	00:07:02,58	<b>00:07:02,58</b>	158	
174	1165	KUREK JACEK	MARKI	M30	61	4:23	13,7	00:01:41,65	00:03:32,94	00:05:22,23	00:07:03,13	<b>00:07:03,13</b>	159	
175	1214	JACKIEWICZ DAMIAN	WARSZAWA	M20	41	4:24	13,6	00:01:45,14	00:03:30,46					

# 1 MILA Warszawa

Organizator: Fundacja Zdrowy Ruch; Sportfolio  
 Data: 11.09.2021r.  
 Dystans: 1mila  
 Miejscowość: Warszawa

Klasyfikacja: OPEN

1MILA Warszawa



Nr startowy	Nazwisko Imię	Miejscowość	Klub	Kat wiek.	M-ce w kat	tempo min/km	tempo km/h	1 okr	2 okr	3 okr	Czas netto	Wynik	M	K
211	1158	KORPALSKA JULIA	WARSZAWA	ADIDAS RUNNERS WARSZAWA	K16	1	4:56	12,2	00:01:49,72	00:03:44,70	00:05:48,61	00:07:56,28	00:07:56,28	24
212	1044	MAZIK ANDRZEJ	WARSZAWA		M30	70	4:56	12,2	00:01:53,65	00:03:57,38	00:06:02,29	00:07:56,75	00:07:56,75	188
213	1337	DROGOSZ MARCIN	WARSZAWA	NADAKTYWNI	M30	71	4:58	12,1	00:01:35,10	00:03:37,88	00:05:49,51	00:07:59,92	00:07:59,92	189
214	1208	DERLUKIEWICZ MAREK	BIELSK PODLASKI	TRUCHTAM BO LUBIĘ	M40	40	4:58	12,1	00:01:45,17	00:03:44,63	00:06:00,46	00:08:00,05	00:08:00,05	190
215	1219	ADAMCZYK ANNA	LESZNOWOLA		K40	8	4:59	12,0	00:01:54,24	00:03:59,67	00:06:05,77	00:08:00,97	00:08:00,97	25
216	1058	FABISZEWSKA ZUZANNA	WARSZAWA	BRAK	K16	2	5:00	12,0	00:02:03,88	00:04:04,64	00:06:06,53	00:08:02,27	00:08:02,27	26
217	1146	BELLA JAKUB		M0			5:01	12,0	00:01:44,26	00:03:37,01	00:05:40,53	00:08:04,43	00:08:04,43	191
218	1064	WYRZYKIEWICZ ZUZANNA	POZNAŃ		K20	5	5:02	11,9	00:01:57,02	00:04:03,65	00:06:07,77	00:08:05,46	00:08:05,46	27
219	1216	ALICE KOLPOWSKA	KONSTANCIN JEZIORNA		K40	9	5:02	11,9	00:01:47,22	00:03:43,62	00:05:56,47	00:08:06,61	00:08:06,61	28
220	1496	DULNIK ADAM	KIELCE	KIELECKI DOMINATOR	M40	41	5:03	11,9	00:01:56,50	00:04:00,24	00:06:07,24	00:08:07,86	00:08:07,86	192
221	1145	BELLA AIDA		K0			5:05	11,8	00:01:37,95	00:03:36,09	00:05:50,52	00:08:10,78	00:08:10,78	29
222	1043	KARAŚ JOANNA	WARSZAWA		K30	11	5:08	11,7	00:01:57,31	00:04:10,12	00:06:12,23	00:08:16,07	00:08:16,07	30
223	1110	RETRO LIGA		M0			5:15	11,4	00:01:44,81	00:03:40,43	00:06:06,03	00:08:27,04	00:08:27,04	193
224	1038	DĘBSKA MAŁGORZATA	WARSZAWA	OBOZYBIGOWE.PL	K30	12	5:15	11,4	00:01:53,49	00:04:08,37	00:06:20,62	00:08:27,73	00:08:27,73	31
225	1039	SKUPIN PIOTR	WARSZAWA		M20	47	5:16	11,4	00:01:56,70	00:04:09,61	00:06:13,94	00:08:28,94	00:08:28,94	194
226	1030	PAMIĘTA KAROLINA	LASKI		K30	13	5:18	11,3	00:01:54,68	00:04:10,90	00:06:22,65	00:08:32,40	00:08:32,40	32
227	1032	MILIK EWELENA AGATA	WARSZAWA		K30	14	5:21	11,2	00:01:51,43	00:04:02,55	00:06:19,62	00:08:36,48	00:08:36,48	33
228	1060	MAJEWSKI PAWEŁ	WARSZAWA		M30	72	5:23	11,2	00:02:19,53	00:04:33,30	00:06:46,78	00:08:39,11	00:08:39,11	195
229	1071	MŁOŃSKA ANNA	OLSZTYN	NIEZRZESZONY WARIAT	K40	10	5:23	11,1	00:02:19,51	00:04:32,37	00:06:41,60	00:08:39,98	00:08:39,98	34
230	1086	MALER WŁADYSŁAW	WARSZAWA	NEW BALANCE RUN CLUB	M60	3	5:23	11,1	00:01:58,37	00:04:16,32	00:06:32,59	00:08:40,00	00:08:40,00	196
231	1068	HALASTRA-KAMIONEK JOANNA	GRÓJEC	FERRERO	K30	15	5:23	11,1	00:02:09,25	00:04:16,24	00:06:34,36	00:08:40,30	00:08:40,30	35
232	1070	DUDEK BEATA	WARSZAWA		K40	11	5:26	11,0	00:02:09,53	00:04:19,05	00:06:35,02	00:08:44,53	00:08:44,53	36
233	1061	MAZUREK RAFAŁ	WARSZAWA		M40	42	5:31	10,9	00:02:03,78	00:04:08,44	00:06:26,70	00:08:53,24	00:08:53,24	197
234	1080	SZCZUREK ANNA	WARSZAWA		K50	2	5:37	10,7	00:02:18,08	00:04:32,80	00:06:52,31	00:09:02,25	00:09:02,25	37
235	1093	BOŻEK MONIKA	KARWIANY		K30	16	5:38	10,6	00:01:59,54	00:04:16,98	00:06:34,97	00:09:04,03	00:09:04,03	38
236	1088	WYSOCKA MONIKA	WARSZAWA		K40	12	5:39	10,6	00:01:48,43	00:03:59,64	00:06:30,52	00:09:04,84	00:09:04,84	39
237	1096	SIEKIERA ANNA	WARSZAWA		K20	6	5:41	10,6	00:01:59,18	00:04:17,06	00:06:36,73	00:09:08,00	00:09:08,00	40
1079	SOLTYS MAGDALENA			K30	17	5:41	10,6	00:02:17,48	00:04:31,98	00:06:52,51	00:09:08,03	00:09:08,03	41	
1069	SOLTYS JAROSŁAW	WARSZAWA	NAJLEPSZY TATA NA ŚWIECIE	M60	4	5:41	10,6	00:02:17,40	00:04:32,19	00:06:51,72	00:09:08,05	00:09:08,05	198	
1053	MAKOWSKA ANNA	WARSZAWA	DD RUNNING TEAM	K30	18	5:54	10,2	00:02:22,45	00:04:50,75	00:07:14,63	00:09:29,65	00:09:29,65	42	
1101	ŻUŃNIEW ANNA	SOCHACZEW	WŚCIEKŁE DZICZKI	K40	13	5:54	10,2	00:02:17,09	00:04:34,79	00:07:00,30	00:09:29,95	00:09:29,95	43	
1073	ŻUŃNIEW PATRYK	SOCHACZEW	WŚCIEKŁE DZICZKI	M30	73	5:55	10,1	00:02:19,63	00:04:35,05	00:07:08,73	00:09:31,14	00:09:31,14	199	
1063	KALETA PIOTR	KIELCE		M30	74	5:59	10,0	00:02:24,07	00:04:49,46	00:07:13,47	00:09:38,27	00:09:38,27	200	
1034	KWICZAŁA PAWEŁ	CZĘCHOWICE-DZIEDZICE	RB ACAPULCO	M20	48	6:00	10,0	00:02:18,77	00:04:37,02	00:07:05,72	00:09:39,99	00:09:39,99	201	
1062	SKRYCKA MAGDALENA	WARSZAWA		K30	19	6:09	9,8	00:02:20,11	00:04:55,63	00:07:31,48	00:09:53,32	00:09:53,32	44	
1045	FABER-MAZIK AGNIESZKA	WARSZAWA		K30	20	6:13	9,6	00:02:31,94	00:05:04,11	00:07:35,13	00:10:00,72	00:10:00,72	45	
1067	MATUSZEWSKA AGNIESZKA	WARSZAWA		K30	21	6:20	9,5	00:02:28,20	00:05:00,01	00:07:37,91	00:10:11,25	00:10:11,25	46	
1084	SAJON JACEK	WARSZAWA	11	M40	43	6:29	9,3	00:04:33,66	00:07:34,46	00:10:25,74	00:10:25,74	00:10:25,74	202	
1130	KADZIEWICZ BARBARA			K0			6:32	9,2	00:02:22,54	00:07:49,59	00:10:31,19	00:10:31,19	00:10:31,19	47
1129	KADZIEWICZ ŁUKASZ			M0			6:32	9,2	00:02:22,60	00:05:07,99	00:07:49,66	00:10:31,64	00:10:31,64	203
1066	LOREK BŁAŻEJ	WARSZAWA	CHARYTATYWNY	M30	75	6:35	9,1	00:02:24,84	00:04:56,93	00:07:34,08	00:10:35,48	00:10:35,48	204	
1091	ŁOWIĄK JACEK	WARSZAWA	TEAM ZABIEGANEDNI	M30	76	6:44	8,9	00:01:59,08	00:05:01,57	00:08:07,75	00:10:50,77	00:10:50,77	205	
1056	RATAJCZYK MAGDALENA	OTWOCK	TYGRYS	K40	14	6:45	8,9	00:02:23,09	00:05:02,05	00:07:57,37	00:10:51,58	00:10:51,58	48	
1077	LIS KAMIL	RADWANKÓW SZLACHECKI		M30	77	6:47	8,9	00:02:30,48	00:05:05,01	00:07:54,08	00:10:54,62	00:10:54,62	206	
1047	JACHIMOWSKA JUSTYNA	WARSZAWA		K30	22	7:14	8,3	00:02:31,51	00:05:32,50	00:08:37,59	00:11:38,15	00:11:38,15	49	
1179	BRENCZ KRYSZTIAN	WARSZAWA		M40	44	10:06	5,9	00:02:55,08	00:06:38,18	00:10:15,38	00:16:15,00	00:16:15,00	207	