



KASZUBSKA PONIEWIERKA - 50KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Kaszubska Poniewierka 2019
Organizator: Stowarzyszenie „Aktywni w Trójmieście”
Data: 2019-09-14
Miejsce: Wieżyca
Dystans: 49 km

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 49km	Czas brutto 49km	Różn	Tempo min/km	Tempo km/h
1	WRYCZA Daniel	397		Open M	1	03:53:10.90	03:53:12.95		4:45	12.6 (100%)
2	BARANOWSKI Adam	272		Open M	2	04:00:52.80	04:00:54.25	+00:07:41 (3.2%)	4:54	12.2 (96.8%)
3	MOSEIKA Edvardas	348		Open M	3	04:09:07.70	04:09:09.45	+00:15:56 (6.4%)	5:05	11.8 (93.7%)
4	FRANKOWSKI Michal	292		Open M	4	04:10:24.75	04:10:26.40	+00:17:13 (6.9%)	5:06	11.7 (92.9%)
5	ROŻYK Krzysztof	407	OKNOBUR-BIEGAMYRAZEM	Open M	5	04:19:35.00	04:19:38.95	+00:26:26 (10.2%)	5:17	11.3 (89.7%)
6	WYGANOWSKI Konrad	398	JA TRENUJE	Open M	6	04:19:39.70	04:19:41.55	+00:26:28 (10.2%)	5:17	11.3 (89.7%)
7	CHRABKOWSKI Zbyszek	282	NIE MA	Open M	7	04:37:49.45	04:37:52.40	+00:44:39 (16.1%)	5:40	10.6 (84.1%)
8	CZEKAJ Łukasz	284		Open M	8	04:38:01.60	04:38:09.05	+00:44:56 (16.2%)	5:40	10.6 (84.1%)
9	OKRÓJ Krzysztof	356	LUBAŃ KNAPY	Open M	9	04:39:05.30	04:39:07.85	+00:45:54 (16.4%)	5:41	10.5 (83.3%)
10	ROMPCZYK Andrzej	366		Open M	10	04:40:43.65	04:40:46.35	+00:47:33 (16.9%)	5:43	10.5 (83.3%)
11	JAREMKO Marcin	310	LUBAŃ KNAPY	Open M	11	04:42:52.65	04:42:54.90	+00:49:41 (17.6%)	5:46	10.4 (82.5%)
12	THORVALDSSON Peter	384		Open M	12	04:43:17.10	04:43:18.75	+00:50:05 (17.7%)	5:46	10.4 (82.5%)
13	MURAWSKI Maciej	351	MIKI TEAM	Open M	13	04:43:35.10	04:43:41.05	+00:50:28 (17.8%)	5:47	10.4 (82.5%)
14	KRAWCZYK Karol	329		Open M	14	04:44:05.90	04:44:08.25	+00:50:55 (17.9%)	5:47	10.3 (81.7%)
15	LATAK Michał	402	JACEKBIEGA RUNNING TEAM	Open M	15	04:46:59.85	04:47:08.20	+00:53:55 (18.8%)	5:51	10.2 (81.0%)
16	BŁAWAT Piotr	274		Open M	16	04:47:13.30	04:47:16.05	+00:54:03 (18.8%)	5:51	10.2 (81.0%)
17	AUGUSTYNIAK Grzegorz	268		Open M	17	04:49:07.05	04:49:13.30	+00:56:00 (19.4%)	5:54	10.2 (81.0%)
18	BANASZEK Adam	406	BIEGUSIEM.PL	Open M	18	04:57:29.35	04:57:31.35	+01:04:18 (21.6%)	6:04	9.9 (78.6%)
19	NOWAK Kamil	354	AG	Open M	19	05:00:34.50	05:00:36.65	+01:07:23 (22.4%)	6:08	9.8 (77.8%)
20	TKACZYK Paweł	326		Open M	20	05:04:15.65	05:04:22.20	+01:11:09 (23.4%)	6:12	9.7 (77.0%)
21	WOJSA Marcin	395		Open M	21	05:07:14.90	05:07:26.30	+01:14:13 (24.1%)	6:16	9.6 (76.2%)
22	PIOTROWSKI Michał	360	FACE NORDIC WALKING TEAM	Open M	22	05:08:03.40	05:08:09.05	+01:14:56 (24.3%)	6:17	9.5 (75.4%)
23	SZKOLNIAK Patryk	379	TATA MAJSTER	Open M	23	05:12:46.55	05:12:50.80	+01:19:37 (25.5%)	6:22	9.4 (74.6%)
24	GORZKOWSKI Paweł	299		Open M	24	05:13:03.85	05:13:11.05	+01:19:58 (25.5%)	6:23	9.4 (74.6%)
25	LEGOWSKI Jakub	405	ARKA GDYNIA	Open M	25	05:26:10.70	05:26:16.90	+01:33:03 (28.5%)	6:39	9 (71.4%)
26	CZERCHAWSKI Janusz	285		Open M	26	05:26:18.75	05:26:28.35	+01:33:15 (28.6%)	6:39	9 (71.4%)
27	KOWALSKI Paweł	327	KOWALE TEAM	Open M	27	05:26:54.55	05:26:59.70	+01:33:46 (28.7%)	6:40	9 (71.4%)

						Czas netto 49km	Czas brutto 49km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat			Różn		
28	PIÓRKOWSKI Mariusz	361	TAKA RYBA	Open M	28	05:27:52.60	05:27:56.20	+01:34:43 (28.9%)	6:41	9 (71.4%)
29	KWIATKOWSKI Kajetan	332		Open M	29	05:27:58.95	05:28:06.15	+01:34:53 (28.9%)	6:41	9 (71.4%)
30	CEGLEWSKI Marcin	280	HARPAGANY RUNNING TEAM	Open M	30	05:28:37.70	05:28:42.15	+01:35:29 (29.0%)	6:42	8.9 (70.6%)
31	SIKORA Roger	370	KUJAWSCY RUNNERS	Open M	31	05:30:11.45	05:30:12.75	+01:36:59 (29.4%)	6:44	8.9 (70.6%)
32	WYSOCKI Marcin	400	DE WYSOCKI TEAM	Open M	32	05:30:18.05	05:30:30.00	+01:37:17 (29.4%)	6:44	8.9 (70.6%)
33	STOLARSKI Jacek	376		Open M	33	05:30:58.85	05:31:05.25	+01:37:52 (29.6%)	6:45	8.9 (70.6%)
34	KOSPAŁ PAWŁOWSKI Łukasz	324	LOTOS RUNNING TEAM	Open M	34	05:31:05.80	05:31:08.50	+01:37:55 (29.6%)	6:45	8.9 (70.6%)
35	KOKOSZA Aleksander	320		Open M	35	05:31:57.60	05:32:05.85	+01:38:52 (29.8%)	6:46	8.9 (70.6%)
36	SZADŁOWSKI Dariusz	378	DRIM TIM	Open M	36	05:33:50.00	05:33:51.00	+01:40:38 (30.1%)	6:48	8.8 (69.8%)
37	PASTWA Krzysztof	358		Open M	37	05:34:38.35	05:34:44.95	+01:41:32 (30.3%)	6:49	8.8 (69.8%)
38	MARCINIAK Mateusz	340	REZERWOWE PSY	Open M	38	05:38:54.40	05:39:06.75	+01:45:53 (31.2%)	6:54	8.7 (69.0%)
39	PODAWCA Łukasz	362	SZKOŁA PODOFICERSKA WOJSK LĄDOWYCH W POZNANIU	Open M	39	05:39:09.10	05:39:11.95	+01:45:59 (31.2%)	6:55	8.7 (69.0%)
40	MATWIEJ Mariusz	343	DOMOWY KOŚCIÓŁ	Open M	40	05:39:42.05	05:39:44.90	+01:46:31 (31.4%)	6:55	8.7 (69.0%)
41	ROSIK Robert	367		Open M	41	05:45:15.75	05:45:23.20	+01:52:10 (32.5%)	7:02	8.5 (67.5%)
42	KOŁOMYJSKI Andrzej	321		Open M	42	05:45:41.35	05:45:52.85	+01:52:39 (32.6%)	7:03	8.5 (67.5%)
43	LEYK Daniel	336	LEYK TEAM	Open M	43	05:45:42.55	05:45:57.05	+01:52:44 (32.6%)	7:03	8.5 (67.5%)
44	WALKOWSKI Tomasz	386	JACEK BIEGA RUNNING TEAM	Open M	44	05:50:02.95	05:50:12.25	+01:56:59 (33.4%)	7:08	8.4 (66.7%)
45	KOPISZKA Tomasz	322	HUBERTUS BIAŁY BÓR	Open M	45	05:50:55.60	05:51:02.55	+01:57:49 (33.6%)	7:09	8.4 (66.7%)
46	KOSIN Marcin	323	PGB SPORTOWA PACZKA	Open M	46	05:56:00.25	05:56:05.25	+02:02:52 (34.5%)	7:15	8.3 (65.9%)
47	WILCZEK Marcin	393		Open M	47	05:56:51.00	05:56:57.85	+02:03:44 (34.7%)	7:16	8.2 (65.1%)
48	NUSZKIEWICZ Krzysztof	355		Open M	48	05:56:43.30	05:56:57.95	+02:03:45 (34.7%)	7:16	8.2 (65.1%)
49	KAŃSKI Tomasz	313		Open M	49	05:58:21.25	05:58:25.05	+02:05:12 (34.9%)	7:18	8.2 (65.1%)
50	ZERNIA Peter	401		Open M	50	06:01:31.55	06:01:35.65	+02:08:22 (35.5%)	7:22	8.1 (64.3%)
51	WIĄCEK Krzysztof	390	MADAS	Open M	51	06:01:57.80	06:02:03.15	+02:08:50 (35.6%)	7:23	8.1 (64.3%)
52	CYSEWSKI Adam	283	BIEGAMY_OT_DZIELNIE_TEAM	Open M	52	06:02:43.20	06:02:47.00	+02:09:34 (35.7%)	7:24	8.1 (64.3%)
53	ADRYAN Adam	267		Open M	53	06:04:10.70	06:04:18.90	+02:11:05 (36.0%)	7:25	8.1 (64.3%)
54	WIDAK Mateusz	392		Open M	54	06:10:02.75	06:10:11.55	+02:16:58 (37.0%)	7:33	7.9 (62.7%)
55	SKWIOT Stanisław	372	TAKA RYBA	Open M	55	06:10:12.75	06:10:16.55	+02:17:03 (37.0%)	7:33	7.9 (62.7%)
56	MANTHEY Krzysztof	339		Open M	56	06:10:44.60	06:10:48.15	+02:17:35 (37.1%)	7:33	7.9 (62.7%)
57	PROCHNO Piotr	363	ANWIL TEAM	Open M	57	06:13:16.75	06:13:19.60	+02:20:06 (37.5%)	7:37	7.9 (62.7%)
58	ADAMCZYK Marcin	266		Open M	58	06:13:42.95	06:13:47.20	+02:20:34 (37.6%)	7:37	7.9 (62.7%)
59	STOLINSKI Dominik	377		Open M	59	06:18:31.35	06:18:36.80	+02:25:23 (38.4%)	7:43	7.8 (61.9%)
60	BOGUMIŁOW Marcin	275	DECATHLON POWER SŁUPSK	Open M	60	06:21:43.75	06:21:51.50	+02:28:38 (38.9%)	7:47	7.7 (61.1%)
61	KOZIBRODA Marcin	328	TEAM BIEGOWY SZCZECINEK	Open M	61	06:23:13.20	06:23:18.90	+02:30:05 (39.2%)	7:49	7.7 (61.1%)
62	PETRICZEK Wojciech	359		Open M	62	06:25:15.50	06:25:28.05	+02:32:15 (39.5%)	7:51	7.6 (60.3%)
63	MARJAŃSKI Tomasz	341		Open M	63	06:28:27.00	06:28:33.35	+02:35:20 (40.0%)	7:55	7.6 (60.3%)
64	KANIEWSKI Michał	312	DZIKI DZIK TEAM	Open M	64	06:28:26.60	06:28:37.55	+02:35:24 (40.0%)	7:55	7.6 (60.3%)
65	DASZCZYŃSKI Adam	287	ADASKO TEAM	Open M	65	06:28:50.95	06:29:01.50	+02:35:48 (40.1%)	7:56	7.6 (60.3%)
66	GROTA Mariusz	304	AKTYWNA FABRYKA	Open M	66	06:29:00.75	06:29:09.30	+02:35:56 (40.1%)	7:56	7.6 (60.3%)
67	SIDOR Mariusz	369	DECATHLON POWER SŁUPSK	Open M	67	06:29:05.80	06:29:14.15	+02:36:01 (40.1%)	7:56	7.6 (60.3%)
68	BANCEWICZ Radek	269	SALON KOSMETYCZNY DIAMENT SŁUPSK	Open M	68	06:29:05.50	06:29:14.50	+02:36:01 (40.1%)	7:56	7.6 (60.3%)
69	WILCZYŃSKI Piotr	394		Open M	69	06:30:29.60	06:30:39.00	+02:37:26 (40.3%)	7:58	7.5 (59.5%)
70	GOLA Marek	298		Open M	70	06:38:39.35	06:38:48.65	+02:45:35 (41.5%)	8:08	7.4 (58.7%)
71	HETMAŃSKI Bartosz	306		Open M	71	06:42:33.25	06:42:37.65	+02:49:24 (42.1%)	8:12	7.3 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 49km	Czas brutto 49km	Różn	Tempo min/km	Tempo km/h
72	BORKOWSKI Adam	277		Open M	72	06:45:44.95	06:45:49.15	+02:52:36 (42.5%)	8:16	7.2 (57.1%)
73	MERING Leszek	344		Open M	73	06:46:15.15	06:46:18.70	+02:53:05 (42.6%)	8:17	7.2 (57.1%)
74	WICZUK Michał	391	RACEFIGHTER GOSIR DĘBE WIELKIE	Open M	74	06:46:15.20	06:46:18.80	+02:53:05 (42.6%)	8:17	7.2 (57.1%)
75	REDZIMSKI Wojciech	365		Open M	75	06:48:41.60	06:48:52.55	+02:55:39 (43.0%)	8:20	7.2 (57.1%)
76	NOSTITZ-JACKOWSKI Mateusz	353		Open M	76	06:52:31.45	06:52:36.35	+02:59:23 (43.5%)	8:25	7.1 (56.3%)
77	WENTA Michał	388	JESZCZE NIE ZAŁOŻYŁEM	Open M	77	06:56:47.55	06:56:53.90	+03:03:40 (44.1%)	8:30	7.1 (56.3%)
78	KEMPCZYŃSKI Piotr	315	RUNEDA/SKLEP BIEGACZA GDAŃSK	Open M	78	06:57:56.30	06:58:03.15	+03:04:50 (44.2%)	8:31	7 (55.6%)
79	BOROWCZYK Andrzej	278		Open M	79	06:58:38.75	06:58:44.05	+03:05:31 (44.3%)	8:32	7 (55.6%)
80	BRUSKI Jakub	279		Open M	80	06:59:24.30	06:59:31.55	+03:06:18 (44.4%)	8:33	7 (55.6%)
81	KISIEL Michał	316		Open M	81	07:01:23.10	07:01:30.65	+03:08:17 (44.7%)	8:35	7 (55.6%)
82	SAWUŁA Andrzej	368	BUŁA I SUCHAR	Open M	82	07:03:26.40	07:03:31.10	+03:10:18 (44.9%)	8:38	6.9 (54.8%)
83	KRUK Jacek	330		Open M	83	07:05:46.05	07:05:50.95	+03:12:38 (45.2%)	8:41	6.9 (54.8%)
84	WYSOCKI Wojciech	399		Open M	84	07:12:37.00	07:12:49.45	+03:19:36 (46.1%)	8:49	6.8 (54.0%)
85	JACHYMSKI Ignacy	308	AKG ŁÓDŹ	Open M	85	07:15:49.95	07:16:00.20	+03:22:47 (46.5%)	8:53	6.7 (53.2%)
86	SPISAK Tomasz	374	FTW	Open M	86	07:41:40.85	07:41:55.10	+03:48:42 (49.5%)	9:25	6.4 (50.8%)
87	CHALASTRA Michał	281	MIKI TEAM	Open M	87	07:43:03.20	07:43:10.65	+03:49:57 (49.6%)	9:27	6.3 (50.0%)
88	OLECHNOWICZ Maciej	404		Open M	88	07:54:30.05	07:54:40.45	+04:01:27 (50.9%)	9:41	6.2 (49.2%)

Znaleziono 88 wynik(ów)