



XI MARATON SIERPNIOWY IM. LECHA WAŁĘSY - MARATON MĘŻCZYŹNI

B4SPORT
INTEGRUJĄCE SPÓŁNĄ ENERGIE

Wydarzenie:
Organizator:

XI Maraton Sierpniowy im. Lecha Wałęsy
Stowarzyszenie Kultury Fizycznej Twister
Trójmiasto (SKF Twister Trójmiasto)
2019-08-17
Gdańsk
42.195 km

Data:
Miejsce:
Dystans:



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_All 3.15km	Laps_All 8.4km	Laps_All 13.65km	Laps_All 18.9km	Laps_All 24.15km	Laps_All 29.4km	Laps_All 34.65km	Laps_All 39.9km	Czas netto 42.23km	Różn	Tempo min/km	Tempo km/h
1	CESULIS Viktoras	243	RIEDUCIN AKADEMIJA	M-30	1	00:05:13	00:14:20	00:23:32	00:32:46	00:42:07	00:51:21	01:00:52	01:10:13	01:14:55.99		1:46	33.8 (100%)
2	KOSZAŁKA Andrzej	93		M-30	2	00:05:31	00:15:36	00:25:31	00:35:14	00:45:11	00:55:14	01:05:11	01:15:25	01:20:37.17	+00:05:41 (7.1%)	1:54	31.4 (92.9%)
3	ROHLEDER Jan	170	OBFST	M-30	3	00:05:33	00:15:39	00:25:31	00:35:17	00:45:12	00:55:15	01:05:10	01:15:24	01:20:37.55	+00:05:41 (7.1%)	1:54	31.4 (92.9%)
4	MĄDROSYK Dawid	126	SKATE2CITY	M-30	4	00:05:45	00:15:41	00:25:33	00:35:20	00:45:15	00:55:17	01:05:12	01:15:24	01:20:38.27	+00:05:42 (7.1%)	1:54	31.4 (92.9%)
5	PARASZKA Łukasz	156	MINIONSSPEEDTEAM	M-30	5	00:06:13	00:16:42	00:27:18	00:37:48	00:48:24	00:59:00	01:09:45	01:20:27	01:26:07.96	+00:11:11 (13.0%)	2:02	29.4 (87.0%)
6	JACHYMCZYK Łukasz	66		M-30	6	00:06:39	00:17:33	00:28:18	00:38:59	00:49:45	01:01:08	01:12:14	01:23:27	01:29:25.40	+00:14:29 (16.2%)	2:07	28.3 (83.7%)
7	KWIATKOWSKI Łukasz	104	KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ	M-30	7	00:05:47	00:15:41	00:25:33	00:35:42	00:47:23	00:58:50	01:10:25	01:22:38	01:29:28.54	+00:14:32 (16.3%)	2:07	28.3 (83.7%)
8	NOREK Adrian	144	PLICHWYŚCIG.PL	M-30	8	00:06:32	00:17:38	00:28:23	00:39:11	00:50:13	01:01:20	01:14:02	01:26:50	01:33:22.93	+00:18:26 (19.8%)	2:12	27.1 (80.2%)
9	GRUSZKA Jakub	60		M-30	9	00:06:30	00:17:38	00:28:21	00:39:09	00:50:12	01:01:20	01:14:59	01:28:52	01:36:25.26	+00:21:29 (22.3%)	2:16	26.3 (77.8%)
10	BARTOSIEWICZ Jakub	8		M-30	10	00:06:43	00:18:15	00:29:30	00:41:26	00:53:16	01:05:24	01:17:44	01:30:24	01:36:25.40	+00:21:29 (22.3%)	2:16	26.3 (77.8%)
11	OKUNIEWSKI Marcin	152	WWW.POMAGAMYNATALII.PL	M-30	11	00:07:16	00:18:54	00:31:05	00:42:56	00:54:58	01:06:37	01:18:24	01:30:19	01:36:29.22	+00:21:33 (22.3%)	2:17	26.3 (77.8%)
12	KRASOWSKI Filip	100		M-30	12	00:08:34	00:21:06	00:34:06	00:46:36	00:59:37	01:12:59	01:26:24	01:39:47	01:47:38.48	+00:32:42 (30.4%)	2:32	23.5 (69.5%)
13	GOWIK Aleksander	54	SILESIA SKATING	M-30	13	00:08:04	00:20:26	00:33:15	00:46:20	00:59:35	01:12:59	01:26:23	01:40:31	01:48:19.76	+00:33:23 (30.8%)	2:33	23.4 (69.2%)
14	FUDALA Mateusz	44		M-30	14	00:07:15	00:20:05	00:33:34	00:46:41	00:59:51	01:13:46	01:27:53	01:42:38	01:50:41.50	+00:35:45 (32.3%)	2:37	22.9 (67.8%)
15	KRYCH Jakub	101		M-30	15	00:08:04	00:20:31	00:34:18	00:48:14	01:02:17	01:16:20	01:31:09	01:45:39	01:53:35.37	+00:38:39 (34.0%)	2:41	22.3 (66.0%)
16	CZERWIŃSKI Dariusz	34	NIGHTSKATING WARSZAWA TEAM	M-30	16	00:07:53	00:21:18	00:34:59	00:48:33	01:02:50	01:17:15	01:31:42	01:46:51	01:55:29.36	+00:40:33 (35.1%)	2:44	21.9 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_All	Laps_All	Laps_All	Laps_All	Laps_All	Laps_All	Laps_All	Laps_All	Czas	Różn	Tempo min/km	Tempo km/h
						3.15km	8.4km	13.65km	18.9km	24.15km	29.4km	34.65km	39.9km	netto 42.23km			
17	BLUMA Tomasz	15		M-30	17	00:08:27	00:22:20	00:36:02	00:50:22	01:04:17	01:18:53	01:33:37	01:47:33	01:55:41.11	+00:40:45 (35.2%)	2:44	21.9 (64.8%)
18	GRABOWSKI Mariusz	239		M-30	18	00:07:18	00:19:21	00:31:38	00:43:44	00:58:26	01:14:50	01:31:52	01:50:01	02:00:32.81	+00:45:36 (37.8%)	2:51	21 (62.1%)
19	MAJEWSKI Damian	119	FREESTYLER	M-30	19	00:09:26	00:23:37	00:38:24	00:53:26	01:08:05	01:23:31	01:39:48	01:55:16	02:04:16.40	+00:49:20 (39.7%)	2:56	20.4 (60.4%)
20	CZERKAWSKI Igor	33		M-30	20	00:09:08	00:22:51	00:37:54	00:53:24	01:09:26	01:27:02	01:45:36	02:01:23	02:10:11.48	+00:55:15 (42.4%)	3:04	19.5 (57.7%)
21	APOLA Dariusz	3		M-30	21	00:09:10	00:23:38	00:40:10	00:56:34	01:13:11	01:30:05	01:47:17	02:04:37	02:14:16.24	+00:59:20 (44.2%)	3:10	18.9 (55.9%)
22	CIEPLY Tomek	29		M-30	22	00:09:57	00:28:02	00:47:10							+00:23:38	3:27	17.4 (51.5%)

Znaleziono 22 wynik(ów)