



XI MARATON SIERPNIOWY IM. LECHA WAŁĘSY - MARATON MĘŻCZYŹNI

B4SPORT
WALIZKIOWE OROLIOWE OROLIOWE

Wydarzenie:
Organizator:

XI Maraton Sierpniowy im. Lecha Wałęsy
Stowarzyszenie Kultury Fizycznej Twister
Trójmiasto (SKF Twister Trójmiasto)

Data:
Miejsce:
Dystans:

2019-08-17
Gdańsk
42.195 km



Klasyfikacja: M-50

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	SYMONEKO Oleksandr	194	SAM ROLLER CLUB	M-50	1	00:05:14	00:14:20	00:23:29	00:32:46	00:42:07	00:51:18	01:00:52	01:10:12	01:14:57.66		1:46	33.8 (100%)
2	KLIPSTEIN Heiko	86	OBFST	M-50	2	00:05:16	00:14:19	00:23:30	00:32:47	00:42:08	00:51:14	01:00:51	01:10:14	01:14:58.24	+00:00:00 (0.0%)	1:46	33.8 (100%)
3	CHOMIAK Mariusz	27	GR3MIASTO	M-50	3	00:06:13	00:16:41	00:27:16	00:37:47	00:48:23	00:58:58	01:09:43	01:20:28	01:26:22.47	+00:11:24 (13.2%)	2:02	29.3 (86.7%)
4	PODCZASKI Stanisław	163	SPEEDSKATING ŁÓDŹ	M-50	4	00:06:15	00:16:41	00:27:15	00:37:46	00:48:22	00:58:58	01:09:43	01:20:27	01:26:28.06	+00:11:30 (13.3%)	2:02	29.3 (86.7%)
5	URBAN Jacek	213		M-50	5	00:06:43	00:17:37	00:28:20	00:39:09	00:50:11	01:01:09	01:12:17	01:23:29	01:29:19.06	+00:14:21 (16.1%)	2:06	28.4 (84.0%)
6	SADOWSKI Wojciech	174		M-50	6	00:06:17	00:16:46	00:28:21	00:39:47	00:52:20	01:03:38	01:14:58	01:26:52	01:33:21.81	+00:18:24 (19.7%)	2:12	27.1 (80.2%)
7	SOBCZYK Janusz	183	BIERUTA GORLICE	M-50	7	00:06:28	00:17:34	00:28:19	00:39:24	00:51:26	01:03:38	01:14:58	01:27:36	01:35:39.97	+00:20:42 (21.6%)	2:15	26.5 (78.4%)
8	KRAJNIK Jacek	99		M-50	8	00:07:03	00:18:53	00:31:07	00:42:55	00:54:58	01:06:42	01:18:26	01:30:21	01:36:21.51	+00:21:23 (22.2%)	2:16	26.3 (77.8%)
9	FLIS Krzysztof	42		M-50	9	00:07:15	00:19:17	00:31:36	00:43:17	00:55:01	01:06:36	01:18:22	01:30:22	01:36:23.93	+00:21:26 (22.2%)	2:16	26.3 (77.8%)
10	SEMSCH Artur	176	KS PIDIRNA	M-50	10	00:08:02	00:20:00	00:31:47	00:43:19	00:55:04	01:06:48	01:18:28	01:30:24	01:36:54.89	+00:21:57 (22.7%)	2:17	26.1 (77.2%)
11	FROŁOWICZ Tomasz	43		M-50	11	00:06:44	00:18:17	00:29:53	00:42:24	00:54:59	01:06:42	01:19:44	01:33:36	01:41:35.11	+00:26:37 (26.2%)	2:24	24.9 (73.7%)
12	BUTRYM Paweł	22		M-50	12	00:06:44	00:18:16	00:29:31	00:42:06	00:55:11	01:08:09	01:22:07	01:36:31	01:44:12.28	+00:29:14 (28.1%)	2:28	24.3 (71.9%)
13	ŚPICA Dariusz	209		M-50	13	00:07:17	00:19:18	00:31:37	00:43:18	00:55:03	01:07:27	01:22:08	01:36:32	01:44:19.91	+00:29:22 (28.2%)	2:28	24.3 (71.9%)
14	BIEKSA Zilvinas	11	RIEDUCIU AKADEMIIJA	M-50	14	00:06:14	00:17:36	00:29:54	00:41:30	00:54:19	01:10:41	01:25:59	01:39:29	01:47:02.10	+00:32:04 (30.0%)	2:32	23.7 (70.1%)

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	42.23km			
15	PAWŁOWSKI Jacek	159	BULWAR GDYNIA	M-50	15	00:08:06	00:20:41	00:33:22	00:46:22	00:59:36	01:13:02	01:26:46	01:40:53	01:48:50.84	+00:33:53 (31.1%)	2:34	23.3 (68.9%)
16	JĘDRZEJEWSKI Krzysztof	73		M-50	16	00:08:03	00:20:43	00:33:27	00:47:04	01:00:56	01:14:57	01:29:54	01:44:55	01:53:18.48	+00:38:20 (33.8%)	2:40	22.4 (66.3%)
17	NOGAŃSKI Paweł	143		M-50	17	00:08:15	00:21:21	00:34:47	00:48:16	01:02:17	01:16:19	01:31:09	01:46:20	01:55:10.90	+00:40:13 (34.9%)	2:43	22 (65.1%)
18	SZAJRYCH Jan	242		M-50	18	00:09:04	00:22:42	00:36:30	00:50:36	01:04:54	01:19:39	01:34:40	01:49:42	01:57:46.45	+00:42:48 (36.4%)	2:47	21.5 (63.6%)
19	GARCAREK Andrzej	47		M-50	19	00:08:39	00:22:07	00:36:35	00:51:50	01:06:42	01:21:56	01:37:31	01:54:12	02:03:34.12	+00:48:36 (39.3%)	2:55	20.5 (60.7%)
20	JAKSINA Dariusz	67	NA ROLKACH PRZEZ MAZURY	M-50	20	00:07:25	00:19:20	00:31:39	00:43:55	00:58:21	01:12:50	01:26:25	01:40:21	02:04:26.64	+00:49:28 (39.8%)	2:56	20.4 (60.4%)
21	STRZAŁKOWSKI Andrzej	189		M-50	21	00:07:59	00:20:40	00:34:47	00:49:12	01:04:48	01:21:26	01:39:19	01:57:14	02:07:57.00	+00:52:59 (41.4%)	3:01	19.8 (58.6%)
22	WRONISZEWSKI Zbigniew	225		M-50	22	00:08:36	00:21:44	00:36:09	00:51:39	01:08:09	01:25:51	01:44:30	02:04:02	02:15:19.57	+01:00:21 (44.6%)	3:12	18.7 (55.3%)
23	BONIK Sławek	18	BODY LINE	M-50	23	00:09:07	00:23:40	00:39:14	00:55:07	01:11:25	01:28:38	01:46:56	02:06:07	02:16:41.21	+01:01:43 (45.2%)	3:14	18.5 (54.7%)
24	BŁASIAK Mariusz	16	TUR TEAM	M-50	24	00:10:07	00:26:10	00:41:58	00:58:00	01:14:53	01:31:38	01:49:51	02:09:37	02:20:43.98	+01:05:46 (46.7%)	3:19	18 (53.3%)
25	ANDRUSZKO Zbigniew	2		M-50	25	00:09:33	00:25:12	00:41:10	00:57:17	01:14:17	01:32:00	01:50:51	02:11:36	02:23:00.49	+01:08:02 (47.6%)	3:23	17.7 (52.4%)
26	NOWICKI Leszek	150		M-50	26	00:08:09	00:20:56	00:33:57	00:46:53	01:00:16					+00:18:08	2:29	24 (71.0%)
27	CERKIEWNIK Piotr	23	POGORIA INLINE	M-50	27	00:08:18									+00:03:03	2:38	22.8 (67.5%)

Znaleziono 27 wynik(ów)