



43. PKO PÓŁMARATON SZCZECIN "NA RATY" - EDYCJA WIRTUALNA

B4SPORT

Event: 43. PKO PÓŁMARATON SZCZECIN
Organiser: Stowarzyszenie K2 Partners
Date: 2022-08-29
Place: Polska
Distance: 21.1 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Distance	Gap	Pace min/km	Pace km/h
1	PONCYLIUSZ Monika	85		K 40	1	00:00:00	21,1 KM	+00:00:00	4:07	14.5 (100%)
2	PONCYLIUSZ Rafał	87		M 30	1	00:00:00	21,1 KM	+00:02:53	4:15	14.1 (97.2%)
3	RUPA Paweł	123		M 30	2	00:00:00	21,1 KM	+00:12:30	4:43	12.7 (87.6%)
4	BARTOSZYŃSKI Tomasz	133		M 60	1	00:00:00	21,1 KM	+00:23:20	5:13	11.5 (79.3%)
5	SMÓŁKOWSKI Marcin	47		M 30	3	00:00:00	21,1 KM	+00:28:30	5:28	11 (75.9%)
6	BARTNIK Rafał	8	ZABIEGANY WOŁOMIN	M 40	1	00:00:00	21,1 KM	+00:29:44	5:32	10.8 (74.5%)
7	ARASZKIEWICZ Patryk	37		M 40	2	00:00:00	21,1 KM	+00:30:07	5:33	10.8 (74.5%)
8	JUST Adam	117		M 30	4	00:00:00	21,1 KM	+00:31:24	5:36	10.7 (73.8%)
9	DURKOWSKI Marek	26		M 40	3	00:00:00	21,1 KM	+00:32:12	5:39	10.6 (73.1%)
10	STRONA Jacek	66		M 60	2	00:00:00	21,1 KM	+00:32:58	5:41	10.5 (72.4%)
11	TOMASZKIEWICZ Marek	50		M 50	1	00:00:00	21,1 KM	+00:33:10	5:41	10.5 (72.4%)
12	WASIELEWSKI Sylwester	99		M 40	4	00:00:00	21,1 KM	+00:33:20	5:42	10.5 (72.4%)
13	LUBECKI Michał	14	WATAHA - ŁĄCZY NAS BIEGANIE	M 40	5	00:00:00	21,1 KM	+00:33:54	5:44	10.5 (72.4%)
14	WASIELEWSKI Piotr	100		M 20	1	00:00:00	21,1 KM	+00:34:16	5:45	10.4 (71.7%)
15	GÓRSKI Grzegorz	124		M 40	6	00:00:00	21,1 KM	+00:35:04	5:47	10.4 (71.7%)
16	TROJNAR Jarosław	130	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M 30	5	00:00:00	21,1 KM	+00:36:43	5:52	10.2 (70.3%)
17	PIETRAŚ Arkadiusz	40		M 30	6	00:00:00	21,1 KM	+00:36:43	5:52	10.2 (70.3%)
18	JUSIS Ewa	135		K 20	1	00:00:00	21,1 KM	+00:37:24	5:53	10.2 (70.3%)
19	SAŃKA Paweł	112		M 40	7	00:00:00	21,1 KM	+00:38:46	5:57	10.1 (69.7%)
20	RUDAWSKA Marzenna	57		K 20	2	00:00:00	21,1 KM	+00:39:26	5:59	10 (69.0%)
21	FIGOŁUSZKA Katarzyna	27		K 30	1	00:00:00	21,1 KM	+00:39:42	6:00	10 (69.0%)
22	TROJNAR Krzysztof	131	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M 60	3	00:00:00	21,1 KM	+00:39:50	6:00	10 (69.0%)
23	ŚLIWA Jerzy	68		M 50	2	00:00:00	21,1 KM	+00:40:08	6:01	10 (69.0%)
24	TRYSZCZ Tobiasz	134		M 30	7	00:00:00	21,1 KM	+00:40:48	6:03	9.9 (68.3%)
25	KOŁYSZKO Piotr	127	BIEGACZE ŚWINOUJŚCIE	M 30	8	00:00:00	21,1 KM	+00:41:25	6:05	9.9 (68.3%)
26	CHOYNACKA-SAŃKA Alicja	111		K 40	2	00:00:00	21,1 KM	+00:41:55	6:06	9.8 (67.6%)
27	PALUS Małgorzata	38		K 40	3	00:00:00	21,1 KM	+00:42:45	6:09	9.8 (67.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Distance	Gap	Pace min/km	Pace km/h
28	MAJ Tomasz	70		M 40	8	00:00:00	21,1 KM	+00:43:39	6:11	9.7 (66.9%)
29	CHABIŃSKI Artur	67		M 30	9	00:00:00	21,1 KM	+00:43:57	6:12	9.7 (66.9%)
30	MAJ Małgorzata	69		K 40	4	00:00:00	21,1 KM	+00:46:19	6:19	9.5 (65.5%)
31	POL Krzysztof	74	DOWÓDZTWO OPERACYJNE RODZAJOW SIŁ ZBROJNYCH WARSZAWA	M 50	3	00:00:00	21,1 KM	+00:46:21	6:19	9.5 (65.5%)
32	PAKUŁA Aleksandra	18		K 40	5	00:00:00	21,1 KM	+00:48:29	6:25	9.3 (64.1%)
33	JASZUL Jacek	122		M 50	4	00:00:00	21,1 KM	+00:48:52	6:26	9.3 (64.1%)
34	DĘBSKI Marcin	107		M 40	9	00:00:00	21,1 KM	+00:50:17	6:30	9.2 (63.4%)
35	PALUS Maria	39		K 20	3	00:00:00	21,1 KM	+00:50:17	6:30	9.2 (63.4%)
36	PIECHOWICZ Dariusz	54		M 50	5	00:00:00	21,1 KM	+00:50:52	6:32	9.2 (63.4%)
37	STUDNIAREK Sylwia	78		K 30	2	00:00:00	21,1 KM	+00:53:08	6:38	9 (62.1%)
38	STRASZEWSKI Konrad	128		M 20	2	00:00:00	21,1 KM	+00:53:33	6:39	9 (62.1%)
39	KWIATKOWSKI Maciej	103		M 30	10	00:00:00	21,1 KM	+00:54:55	6:43	8.9 (61.4%)
40	BEDNARZ Cezary	106		M 40	10	00:00:00	21,1 KM	+00:55:14	6:44	8.9 (61.4%)
41	CEBULA Lech	55	BIEGAM BO LUBIĘ	M 50	6	00:00:00	21,1 KM	+00:56:09	6:47	8.8 (60.7%)
42	KAWULAK Kazimierz	56		M 50	7	00:00:00	21,1 KM	+00:56:49	6:49	8.8 (60.7%)
43	ZYDROŃ Kamil	33		M 30	11	00:00:00	21,1 KM	+00:57:19	6:50	8.8 (60.7%)
44	WNUK Dariusz	94		M 50	8	00:00:00	21,1 KM	+00:57:24	6:50	8.8 (60.7%)
45	ZIĘTEK Natalia	75		K 30	3	00:00:00	21,1 KM	+00:58:43	6:54	8.7 (60.0%)
46	RATUSZYNSKI Artur	58		M 40	11	00:00:00	21,1 KM	+00:59:07	6:55	8.7 (60.0%)
47	PIERSA Jakub	71		M 20	3	00:00:00	21,1 KM	+00:59:19	6:56	8.6 (59.3%)
48	MODRZEJEWSKI Wojciech	60		M 40	12	00:00:00	21,1 KM	+01:00:16	6:59	8.6 (59.3%)
49	TYRCZ Michał	89		M 30	12	00:00:00	21,1 KM	+01:00:49	7:00	8.6 (59.3%)
50	SOBCZYK Andrzej	104		M 50	9	00:00:00	21,1 KM	+01:01:01	7:01	8.5 (58.6%)
51	BEDNARCZYK Wojciech	102		M 40	13	00:00:00	21,1 KM	+01:01:07	7:01	8.5 (58.6%)
52	ŁUKASZCZYK Alicja	115		K 30	4	00:00:00	21,1 KM	+01:01:36	7:02	8.5 (58.6%)
53	KRYSIAK Kamil	97		M 30	13	00:00:00	21,1 KM	+01:02:01	7:03	8.5 (58.6%)
54	WIECZOREK Małgorzata	59	OBCIACH KAMPA	K 40	6	00:00:00	21,1 KM	+01:02:21	7:04	8.5 (58.6%)
55	LELENIEWSKI Jacek	24		M 40	14	00:00:00	21,1 KM	+01:02:38	7:05	8.5 (58.6%)
56	IMIANOWSKA Ewa	2		K 40	7	00:00:00	21,1 KM	+01:02:40	7:05	8.5 (58.6%)
57	WÓJCICKA Małgorzata	22	DO RSZ	K 30	5	00:00:00	21,1 KM	+01:05:35	7:14	8.3 (57.2%)
58	GRAJCAR Anna	84		K 30	6	00:00:00	21,1 KM	+01:05:57	7:15	8.3 (57.2%)
59	GLAZIŃSKI Paweł	95		M 30	14	00:00:00	21,1 KM	+01:06:17	7:16	8.3 (57.2%)
60	MAŁYSZ Justyna	83		K 30	7	00:00:00	21,1 KM	+01:06:55	7:17	8.2 (56.6%)
61	SEKURA Sebastian	21	DO RSZ	M 40	15	00:00:00	21,1 KM	+01:08:43	7:23	8.1 (55.9%)
62	HOŁOWACZ Tomasz	73	KONDYCJA	M 70+	1	00:00:00	21,1 KM	+01:09:05	7:24	8.1 (55.9%)
63	OLEJARZ Grzegorz	25		M 40	16	00:00:00	21,1 KM	+01:10:35	7:28	8 (55.2%)
64	ZIMNY Maciej	105	MACIEJ ZIMNY TRIATHLON TEAM	M 30	15	00:00:00	21,1 KM	+01:12:13	7:32	7.9 (54.5%)
65	KANABAJ Dorota	34		K 30	8	00:00:00	21,1 KM	+01:13:05	7:35	7.9 (54.5%)
66	KAPCIA Michał	42		M 30	16	00:00:00	21,1 KM	+01:18:23	7:50	7.7 (53.1%)
67	POLARCZYK Karolina	19		K 30	9	00:00:00	21,1 KM	+01:20:15	7:55	7.6 (52.4%)
68	JAŁOWSKI Marcin	10	BBL LASY BOGDANIEC	M 30	17	00:00:00	21,1 KM	+01:20:45	7:57	7.5 (51.7%)
69	RYBSKI Mariusz	129		M 40	17	00:00:00	21,1 KM	+01:21:47	8:00	7.5 (51.7%)
70	ABOUQORA Emilia	98		K 30	10	00:00:00	21,1 KM	+01:28:55	8:20	7.2 (49.7%)
71	MELSKA Karolina	5		K 30	11	00:00:00	21,1 KM	+01:29:55	8:23	7.2 (49.7%)
72	MAŁKOWSKA Edyta	92		K 30	12	00:00:00	21,1 KM	+01:32:29	8:30	7.1 (49.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Distance	Gap	Pace min/km	Pace km/h
73	JANKOWSKI Michał	32		M 30	18	00:00:00	21,1 KM	+01:37:13	8:44	6.9 (47.6%)
74	HUDECKA Evelyn	12		K 30	13	00:00:00	21,1 KM	+01:38:40	8:48	6.8 (46.9%)
75	POLLAK Dusan	16		M 40	18	00:00:00	21,1 KM	+01:42:49	9:00	6.7 (46.2%)
76	OLSZEWSKA Kamila	77		K 20	4	00:00:00	21,1 KM	+01:43:36	9:02	6.6 (45.5%)
77	TEODORCZUK Dorota	48	IRON GIRIA SZCZECIN	K 40	8	00:00:00	21,1 KM	+01:44:43	9:05	6.6 (45.5%)
78	SPYCHALSKI Wacław	101	UV	M 40	19	00:00:00	21,1 KM	+01:55:55	9:37	6.2 (42.8%)
79	CZAPLINSKA Kasia	116		K 40	9	00:00:00	21,1 KM	+01:57:33	9:41	6.2 (42.8%)
80	SZNIGIR Anna	35		K 30	14	00:00:00	21,1 KM	+01:59:32	9:47	6.1 (42.1%)
81	JOCHYM Mariusz	3		M 40	20	00:00:00	21,1 KM	+02:02:27	9:55	6 (41.4%)
82	STEMPIŃSKA Elżbieta	86		K 50	1	00:00:00	21,1 KM	+02:03:16	9:58	6 (41.4%)
83	KAZUBEK Maciej	1		M 40	21	00:00:00	21,1 KM	+02:06:18	10:06	5.9 (40.7%)
84	KOLATOR Witold	82		M 30	19	00:00:00	21,1 KM	+02:10:22	10:18	5.8 (40.0%)
85	WIELOCH Anna	43		K 40	10	00:00:00	21,1 KM	+02:17:55	10:39	5.6 (38.6%)
86	MASSAN Karolina	79		K 40	11	00:00:00	21,1 KM	+02:25:31	11:01	5.4 (37.2%)
87	KUŻMA Anna	9		K 30	15	00:00:00	21,1 KM	+02:49:53	12:10	4.9 (33.8%)
88	SZYSZKA Kamila	76	SZYSZKI TEAM	K 30	16	00:00:00	21,1 KM	+03:11:22	13:11	4.5 (31.0%)
89	KURCZ Barbara	4	BABECZKI KOSZALIN	K 50	2	00:00:00	21,1 KM	+04:05:57	15:47	3.8 (26.2%)
90	GAŁUSZKA Agnieszka	114		K 40	12	00:00:00	21,1 KM	+04:55:06	18:06	3.3 (22.8%)
91	KOWALCZYK Bogdan	41		M 60	4	00:00:00	21,1 KM	+05:22:24	19:24	3.1 (21.4%)
92	DŁUGOŃSKA Magdalena	36		K 30	17	00:00:00	21,1 KM	+06:46:10	23:22	2.6 (17.9%)
93	BIERYŁŁO Kamil	64		M 30	20	00:00:00	21,1 KM	+06:47:15	23:25	2.6 (17.9%)
94	KUKUŁOWICZ Anna	29		K 40	13	00:00:00	21,1 KM	+12:32:55	39:48	1.5 (10.3%)
95	LITWINIAK Izabela	28		K 40	14	00:00:00	19,2 KM	+02:49:33	13:21	4.5 (31.0%)
96	JARMOŁOWICZ Łukasz	81	ZW	M 30	21	00:00:00	12,6 KM	+	6:19	9.5 (65.5%)
97	SZYDEŁ Ireneusz	80		M 60	5	00:00:00	11,7 KM	+	6:17	9.5 (65.5%)
98	SZYPERSKI Sławomir	13		M 50	10	00:00:00	11,1 KM	+	5:50	10.3 (71.0%)
99	JARCZEWSKA Renata	7		K 50	3	00:00:00	11,0 KM	+	7:07	8.4 (57.9%)
100	SURWIŁŁO-CZERWONKA Natalia	132		K 30	18	00:00:00	10,2 KM	+	5:20	11.2 (77.2%)

Total 100 results.