



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

B4SPORT

Wydarzenie: 43. PKO PÓŁMARATON SZCZECIN
Organizator: Stowarzyszenie K2 Partners
Data: 2022-08-29
Miejsce: Polska
Dystans: 21.1 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Dystans | Różn | Tempo min/km | Tempo 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Dystans | Różn | Tempo min/km | Tempo 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 | ZYDRON 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Dystans | Różn | Tempo min/km | Tempo 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 | KUŹMA 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 | BIERYŁO 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 | SURWIŁO-CZERWONKA Natalia | 132 | | K 30 | 18 | 00:00:00 | 10,2 KM | + | 5:20 | 11.2 (77.2%) |

Znaleziono 100 wynik(ów)