



45. PKO PÓLMARATON SZCZECIN "NA RAZ" - EDYCJA WIRTUALNA

B4SPORT

Event: 45. PKO PÓLMARATON SZCZECIN
Organiser: Stowarzyszenie K2 Partners
Date: 2024-09-01
Place: Polska
Distance: 21.1 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Distance	Gap	Pace min/km	Pace km/h
1	SZLUFIK Bartłomiej	32	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	M 30	1	00:00:00	21,1 KM	+00:00:00	4:03	14.8 (100%)
2	UTECHT Sławomir	61	BIEGAJĄCE KREJZOLE	M 30	2	00:00:00	21,1 KM	+00:02:29	4:10	14.4 (97.3%)
3	TRONIARZ Marcin	2		M 40	1	00:00:00	21,1 KM	+00:09:58	4:31	13.2 (89.2%)
4	BOŃCZEK Michał	91		M 40	2	00:00:00	21,1 KM	+00:16:00	4:48	12.5 (84.5%)
5	KACZOREK Mateusz	96		M 30	3	00:00:00	21,1 KM	+00:19:10	4:58	12.1 (81.8%)
6	JANIAK Piotr	99	MKL MARATON ŚWINOUJŚCIE	M 30	4	00:00:00	21,1 KM	+00:19:42	4:59	12 (81.1%)
7	JÓZEFOWICZ Patrycja	72	FIZJOBIEGACZE	K 30	1	00:00:00	21,1 KM	+00:20:22	5:01	11.9 (80.4%)
8	KOŁODZIEJCZYK Rafał	95		M 20	1	00:00:00	21,1 KM	+00:20:38	5:02	11.9 (80.4%)
9	ŁATAS Paweł	54	FIGHTING RUNNERS	M 30	5	00:00:00	21,1 KM	+00:23:37	5:10	11.6 (78.4%)
10	TOMCZYK Andrzej	109	AT AKTYWNY TRZEBIATÓW	M 40	3	00:00:00	21,1 KM	+00:23:44	5:10	11.6 (78.4%)
11	MATUKIEWICZ Julia	57		K 30	2	00:00:00	21,1 KM	+00:24:02	5:11	11.5 (77.7%)
12	NOWAK Paweł	31		M 40	4	00:00:00	21,1 KM	+00:24:15	5:12	11.5 (77.7%)
13	PIETREK Grzegorz	92		M 50	1	00:00:00	21,1 KM	+00:26:42	5:19	11.3 (76.4%)
14	FRYMUS Hubert	77		M 20	2	00:00:00	21,1 KM	+00:27:22	5:21	11.2 (75.7%)
15	SĘDROWSKI Adam	73		M 30	6	00:00:00	21,1 KM	+00:27:41	5:22	11.2 (75.7%)
16	JUSZCZYK Grzegorz	20		M 40	5	00:00:00	21,1 KM	+00:28:12	5:23	11.1 (75.0%)
17	SZACH Andrzej	27	22KBPG	M 40	6	00:00:00	21,1 KM	+00:28:37	5:24	11.1 (75.0%)
18	BLÄSSE Detlef	17		M 60	1	00:00:00	21,1 KM	+00:28:57	5:25	11.1 (75.0%)
19	KURAS Justyna	26	PEKABEX TEAM	K 30	3	00:00:00	21,1 KM	+00:29:30	5:27	11 (74.3%)
20	PIETRZAK Radosław	18	BRT	M 50	2	00:00:00	21,1 KM	+00:29:55	5:28	11 (74.3%)
21	JABŁOŃSKI Tomasz	103	TEAMOCHAL	M 40	7	00:00:00	21,1 KM	+00:30:37	5:30	10.9 (73.6%)
22	MALESZKA Karol	43		M 30	7	00:00:00	21,1 KM	+00:30:47	5:30	10.9 (73.6%)
23	POLACKI Rafał	89		M 50	3	00:00:00	21,1 KM	+00:31:07	5:31	10.8 (73.0%)
24	PISKORSKI Karol	41	POLISH RUNNERS CLUB	M 40	8	00:00:00	21,1 KM	+00:31:09	5:32	10.8 (73.0%)
25	ZIELIŃSKI Martin	113		M 40	9	00:00:00	21,1 KM	+00:31:50	5:33	10.8 (73.0%)
26	KOCHANOWICZ Marek	9	KB WIKON	M 50	4	00:00:00	21,1 KM	+00:31:55	5:34	10.8 (73.0%)
27	PODCZASKA Katarzyna	6		K 30	4	00:00:00	21,1 KM	+00:32:51	5:36	10.7 (72.3%)
28	CZAJA Maciej	112	MINICLASSIC.PL	M 40	10	00:00:00	21,1 KM	+00:33:20	5:38	10.6 (71.6%)
29	RATAJCZYK Damian	52		M 30	8	00:00:00	21,1 KM	+00:33:26	5:38	10.6 (71.6%)
30	OLMA Władysław	84	JASTRZĘBIE - FORMA BIEGANIA	M 60	2	00:00:00	21,1 KM	+00:33:31	5:38	10.6 (71.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Distance	Gap	Pace min/km	Pace km/h
31	BIL Mariusz	102	SWIM2TRI	M 30	9	00:00:00	21,1 KM	+00:33:32	5:38	10.6 (71.6%)
32	SZWARC Karina	87		K 30	5	00:00:00	21,1 KM	+00:33:54	5:39	10.6 (71.6%)
33	STRONA Jacek	13		M 60	3	00:00:00	21,1 KM	+00:36:42	5:47	10.4 (70.3%)
34	ŻMIJA Liliana	40	FSD RUN DREZDENKO	K 30	6	00:00:00	21,1 KM	+00:37:04	5:48	10.3 (69.6%)
35	CZYŻEWSKA Mirosława	38	WKURW_TEAM	K 30	7	00:00:00	21,1 KM	+00:37:47	5:50	10.3 (69.6%)
36	WAHN Przemysław	53		M 40	11	00:00:00	21,1 KM	+00:38:19	5:52	10.2 (68.9%)
37	CZAJA Małgorzata	111		K 40	1	00:00:00	21,1 KM	+00:38:57	5:54	10.2 (68.9%)
38	MEŁNICKI Kamil	69		M 40	12	00:00:00	21,1 KM	+00:39:52	5:56	10.1 (68.2%)
39	WIŚNIEWSKI Adam	62		M 30	10	00:00:00	21,1 KM	+00:40:19	5:58	10.1 (68.2%)
40	DĘBSKI Marcin	35		M 40	13	00:00:00	21,1 KM	+00:40:22	5:58	10 (67.6%)
41	JENDRZEJCZAK Małgorzata	44		K 50	1	00:00:00	21,1 KM	+00:40:27	6:00	10 (67.6%)
42	MAZUR Katarzyna	15		K 30	8	00:00:00	21,1 KM	+00:42:32	6:04	9.9 (66.9%)
43	GIERGIEL Karolina	90		K 30	9	00:00:00	21,1 KM	+00:42:50	6:05	9.9 (66.9%)
44	DZIEDZIC Józef	42	ZABIEGANY WOŁOMIN	M 50	5	00:00:00	21,1 KM	+00:42:56	6:05	9.8 (66.2%)
45	SZARMACH Andrzej	51		M 40	14	00:00:00	21,1 KM	+00:43:22	6:06	9.8 (66.2%)
46	JAKUBOWSKI Radosław	8	ESKADRA KRAKÓW	M 40	15	00:00:00	21,1 KM	+00:43:23	6:06	9.8 (66.2%)
47	RYBACKA Katarzyna	67		K 40	2	00:00:00	21,1 KM	+00:45:50	6:13	9.6 (64.9%)
48	RYBACKI Maciej	68		M 50	6	00:00:00	21,1 KM	+00:45:53	6:13	9.6 (64.9%)
49	KROKOCKA Ewa	107		K 30	10	00:00:00	21,1 KM	+00:47:09	6:17	9.5 (64.2%)
50	ZALEWSKI Mikołaj	116		M 30	11	00:00:00	21,1 KM	+00:47:39	6:18	9.5 (64.2%)
51	ZALEWSKI Mikołaj	2009		M 30	12	00:00:00	21,1 KM	+00:47:39	6:18	9.5 (64.2%)
52	MALINOWSKA Emilia	71		K 40	3	00:00:00	21,1 KM	+00:48:39	6:21	9.4 (63.5%)
53	MIKOŁAJUK Aneta	49	SMT SZCZECIN	K 50	2	00:00:00	21,1 KM	+00:48:42	6:21	9.4 (63.5%)
54	ZALEWSKA Joanna	39	SĄ WOLNIEJSI	K 40	4	00:00:00	21,1 KM	+00:48:48	6:22	9.4 (63.5%)
55	SZYMAŃSKI Michał	60		M 40	16	00:00:00	21,1 KM	+00:49:05	6:23	9.4 (63.5%)
56	KSIĄŻKIEWICZ Jacek	29		M 40	17	00:00:00	21,1 KM	+00:49:26	6:24	9.4 (63.5%)
57	MEŁNICKA Karolina	70		K 40	5	00:00:00	21,1 KM	+00:50:29	6:27	9.3 (62.8%)
58	MENDYKOWSKA Aleksandra	78		K 20	1	00:00:00	21,1 KM	+00:51:03	6:28	9.3 (62.8%)
59	KOLAŃCZYK Jacek	12		M 60	4	00:00:00	21,1 KM	+00:52:01	6:31	9.2 (62.2%)
60	KRYSTOWSKA Joanna	75		K 50	3	00:00:00	21,1 KM	+00:52:23	6:32	9.2 (62.2%)
61	ORŁOWICZ Jagoda	16		K 20	2	00:00:00	21,1 KM	+00:53:02	6:34	9.1 (61.5%)
62	HYLLA Mateusz	23		M 30	13	00:00:00	21,1 KM	+00:58:34	6:50	8.8 (59.5%)
63	KOWALSKI Dominik	104	RKS HUWDU	M 20	3	00:00:00	21,1 KM	+00:59:36	6:52	8.7 (58.8%)
64	MISIEK Paulina	65	HERNIK TEAM	K 40	6	00:00:00	21,1 KM	+01:00:23	6:55	8.7 (58.8%)
65	WOJCIECHOWSKA Marta	105		K 40	7	00:00:00	21,1 KM	+01:00:43	6:56	8.7 (58.8%)
66	JANUSZKIEWICZ Dariusz	93		M 40	18	00:00:00	21,1 KM	+01:00:51	6:56	8.6 (58.1%)
67	DURAJCZYK Ksenia	88		K 30	11	00:00:00	21,1 KM	+01:01:19	6:57	8.6 (58.1%)
68	KURAS Damian	25		M 30	14	00:00:00	21,1 KM	+01:02:00	6:59	8.6 (58.1%)
69	RUSIN Ewa	55	CZELADŹ BIEGA	K 30	12	00:00:00	21,1 KM	+01:02:28	7:01	8.5 (57.4%)
70	RADZKA Grażyna	59		K 40	8	00:00:00	21,1 KM	+01:02:34	7:01	8.5 (57.4%)
71	URBAŃSKA Katarzyna	36	PROSTO PRZED SIEBIE	K 40	9	00:00:00	21,1 KM	+01:03:35	7:04	8.5 (57.4%)
72	WOŹNIAK Grzegorz	83		M 40	19	00:00:00	21,1 KM	+01:04:43	7:07	8.4 (56.8%)
73	ZIELIŃSKA Dagmara	115		K 30	13	00:00:00	21,1 KM	+01:06:55	7:13	8.3 (56.1%)
74	BARADYŃ Ula	24		K 40	10	00:00:00	21,1 KM	+01:07:14	7:14	8.3 (56.1%)
75	SIPIATOWSKI Rafał	100		M 20	4	00:00:00	21,1 KM	+01:09:16	7:20	8.2 (55.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Distance	Gap	Pace min/km	Pace km/h
76	WIŚNIEWSKA Kornelia	101	ZABIEGANE DWIE	K 50	4	00:00:00	21,1 KM	+01:09:57	7:22	8.1 (54.7%)
77	MAŁECKA Hanna	37		K 50	5	00:00:00	21,1 KM	+01:10:50	7:24	8.1 (54.7%)
78	BRATUS Anna	50		K 40	11	00:00:00	21,1 KM	+01:18:18	7:46	7.7 (52.0%)
79	WIĄCEK Jakub	14		M 30	15	00:00:00	21,1 KM	+01:18:22	7:46	7.7 (52.0%)
80	ŁOPACIUK Magdalena	76		K 40	12	00:00:00	21,1 KM	+01:19:17	7:48	7.7 (52.0%)
81	KWIATKOWSKA Anna Maria	80		K 30	14	00:00:00	21,1 KM	+01:20:37	7:52	7.6 (51.4%)
82	BOCHENEK Barbara	5		K 40	13	00:00:00	21,1 KM	+01:23:22	8:00	7.5 (50.7%)
83	KOLIBCZYNSKI Dariusz	3		M 50	7	00:00:00	21,1 KM	+01:24:38	8:04	7.4 (50.0%)
84	TRUŚ Justyna	47	STOWARZYSZENIE OTMUCHOWSKIE PIRANIE	K 30	15	00:00:00	21,1 KM	+01:25:47	8:07	7.4 (50.0%)
85	ZYDRON Kamil	11		M 30	16	00:00:00	21,1 KM	+01:27:31	8:12	7.3 (49.3%)
86	OLEJNICZAK Sławka	98	HERNIK TEAM	K 40	14	00:00:00	21,1 KM	+01:27:45	8:12	7.3 (49.3%)
87	TALARCZYK Marta	94		K 30	16	00:00:00	21,1 KM	+01:30:34	8:20	7.2 (48.6%)
88	ZIENKIEWICZ Rafał	7		M 40	20	00:00:00	21,1 KM	+01:32:34	8:26	7.1 (48.0%)
89	ZAWIŚLAK Urszula	19		K 50	6	00:00:00	21,1 KM	+01:37:07	8:39	6.9 (46.6%)
90	GRZEGORCZYK Renata	33		K 40	15	00:00:00	21,1 KM	+01:37:07	8:39	6.9 (46.6%)
91	KOWNACKI Arkadiusz	66	WY-BIEGANI SZCZECIN	M 50	8	00:00:00	21,1 KM	+01:42:09	8:53	6.7 (45.3%)
92	BIEGANSKI Tomasz	97		M 40	21	00:00:00	21,1 KM	+01:44:51	9:01	6.6 (44.6%)
93	FALTYŃSKA Edyta	28	HERNIK TEAM/ CIASTKI PZ.	K 50	7	00:00:00	21,1 KM	+01:48:46	9:12	6.5 (43.9%)
94	LULA Małgorzata	48		K 20	3	00:00:00	21,1 KM	+02:10:42	10:15	5.9 (39.9%)
95	KOPERSKI Piotr	86		M 40	22	00:00:00	21,1 KM	+02:27:23	11:02	5.4 (36.5%)
96	RUSAKOWICZ Izabela	21		K 40	16	00:00:00	21,1 KM	+02:30:25	11:11	5.4 (36.5%)
97	KOWALCZYK Klaudia	106		K 40	17	00:00:00	21,1 KM	+02:31:09	11:13	5.3 (35.8%)
98	WEBER Patryk	34	12 BZ	M 30	17	00:00:00	21,1 KM	+05:47:23	20:31	2.9 (19.6%)

Total 98 results.