



## BUKOŁAZ 21K EXTREMUM

B4SPORT

**Wydarzenie:** BUKOŁAZ 2019  
**Organizator:** Stowarzyszenie Kultury Fizycznej Biomazyna  
**Data:** 2019-12-14  
**Miejsce:** Szczecin  
**Dystans:** 21 km



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJNACH Andrzej</b>	<b>170</b>	SZCZECIN	M40	1	<b>01:34:49.30</b>		4:30	13.3 (100%)
2	<b>WŁODARZ Marcin</b>	<b>168</b>		M40	2	<b>01:36:44.40</b>	+00:01:55 (2.0%)	4:36	13 (97.7%)
3	<b>ZGUTKA Tomasz</b>	<b>178</b>	HUSARIA RACE TEAM	M40	3	<b>01:42:28.35</b>	+00:07:39 (7.5%)	4:52	12.3 (92.5%)
4	<b>UŁANOWICZ Tomasz</b>	<b>166</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	4	<b>01:46:49.20</b>	+00:11:59 (11.2%)	5:05	11.8 (88.7%)
5	<b>KMIECIK Tomasz</b>	<b>127</b>		M40	5	<b>01:53:48.80</b>	+00:18:59 (16.7%)	5:25	11.1 (83.5%)
6	<b>MISARKO Arkadiusz</b>	<b>138</b>		M40	6	<b>01:53:55.90</b>	+00:19:06 (16.8%)	5:25	11.1 (83.5%)
7	<b>BARTOSIEWICZ Adam</b>	<b>105</b>		M40	7	<b>01:56:14.90</b>	+00:21:25 (18.4%)	5:32	10.8 (81.2%)
8	<b>WOLSKI Tomasz</b>	<b>173</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	8	<b>01:56:20.50</b>	+00:21:31 (18.5%)	5:32	10.8 (81.2%)
9	<b>BAŁAMĄCEK Tomasz</b>	<b>103</b>	PROGDAR MARATHON TEAM	M40	9	<b>01:56:49.75</b>	+00:22:00 (18.8%)	5:33	10.8 (81.2%)
10	<b>ROLLA Dorian</b>	<b>153</b>		M40	10	<b>01:57:15.10</b>	+00:22:25 (19.1%)	5:35	10.7 (80.5%)
11	<b>JARMOLIŃSKI Piotr</b>	<b>122</b>	MARCINSWIERCTEAM	M40	11	<b>02:03:24.35</b>	+00:28:35 (23.2%)	5:52	10.2 (76.7%)
12	<b>GIERASIMOWICZ Szymon</b>	<b>117</b>	TOTALSPORT.PL	M40	12	<b>02:10:11.55</b>	+00:35:22 (27.2%)	6:11	9.7 (72.9%)
13	<b>JAROSZEWICZ Grzegorz</b>	<b>123</b>		M40	13	<b>02:11:48.15</b>	+00:36:58 (28.1%)	6:16	9.6 (72.2%)
14	<b>SZELAĞIEWICZ Arek</b>	<b>162</b>		M40	14	<b>02:13:33.10</b>	+00:38:43 (29.0%)	6:21	9.4 (70.7%)
15	<b>GIERLIK Grzegorz</b>	<b>118</b>	NCDC	M40	15	<b>02:13:44.90</b>	+00:38:55 (29.1%)	6:22	9.4 (70.7%)
16	<b>RADOŻYCKI Radek</b>	<b>152</b>		M40	16	<b>02:17:14.40</b>	+00:42:25 (30.9%)	6:32	9.2 (69.2%)
17	<b>CHOWAŃSKI Bartosz</b>	<b>111</b>		M40	17	<b>02:18:22.15</b>	+00:43:32 (31.5%)	6:35	9.1 (68.4%)
18	<b>ADAMCZYK Piotr</b>	<b>101</b>		M40	18	<b>02:21:50.60</b>	+00:47:01 (33.2%)	6:45	8.9 (66.9%)
19	<b>MOSIEJOWSKI Bartosz</b>	<b>139</b>		M40	19	<b>02:27:11.00</b>	+00:52:21 (35.6%)	7:00	8.6 (64.7%)

Znaleziono 19 wynik(ów)