



GRAND PRIX USTKI - BIEG I HENRYKA DE LUBICZ SZELISKIEGO - 10 KM

B4SPORT

Wydarzenie: GRAND PRIX USTKI - BIEG I HENRYKA DE LUBICZ SZELISKIEGO
Organizator: Burmistrz Miasta Ustka; Morpol Sp. z o.o.; OSIR Ustka; Lekkoatletyczny Klub Sportowy „JANTAR”; Stowarzyszenie Turystyczno-Sportowe „USTKA”; Miejski Klub Sportowy „JANTAR” Ustka
Data: 2019-04-06
Miejsce: Ustka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DRWAL Piotr	76	USB	M40-49	1	00:32:14.90		3:13	18.6 (100%)
2	RUDNIK Krzysztof	49		M30-39	1	00:34:31.80	+00:02:16 (6.6%)	3:27	17.4 (93.5%)
3	BURZYŃSKI Aleksander	6	TEAM SPIRIT	M40-49	2	00:35:53.95	+00:03:39 (10.2%)	3:35	16.7 (89.8%)
4	DUDA Grzegorz	77	BEST BEASTS	M40-49	3	00:37:23.35	+00:05:08 (13.7%)	3:44	16 (86.0%)
5	CZERWIŃSKI Maciej	11	BALTIC SEALS	M16-29	1	00:38:18.25	+00:06:03 (15.8%)	3:49	15.7 (84.4%)
6	JEZIERSKI Łukasz	86		M30-39	2	00:38:21.40	+00:06:06 (15.9%)	3:50	15.6 (83.9%)
7	WILMONT Krzysztof	126	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30-39	3	00:38:23.75	+00:06:08 (16.0%)	3:50	15.6 (83.9%)
8	CHOLEWIŃSKI Artur	8	DECATHLON POWER SŁUPSK	M30-39	4	00:38:24.30	+00:06:09 (16.0%)	3:50	15.6 (83.9%)
9	WEGNER Przemysław	62	MOVI	M40-49	4	00:38:38.25	+00:06:23 (16.5%)	3:51	15.5 (83.3%)
10	LASKA Grzegorz	97		M30-39	5	00:38:52.00	+00:06:37 (17.0%)	3:53	15.4 (82.8%)
11	KOZA Kamil	31	CENTRALNY POLIGON SIŁ POWIETRZNYCH W USTCE	M30-39	6	00:38:59.00	+00:06:44 (17.3%)	3:53	15.4 (82.8%)
12	CENDER Szymon	7	W.P.K. SŁOŃ TEAM USTKA	M16-29	2	00:39:30.85	+00:07:15 (18.4%)	3:57	15.2 (81.7%)
13	JABŁOŃSKI Tomasz	20	KB SPOKO SŁAWNO	M40-49	5	00:39:42.00	+00:07:27 (18.8%)	3:58	15.1 (81.2%)
14	KAWKA Adrian	89		M30-39	7	00:39:52.30	+00:07:37 (19.1%)	3:59	15.1 (81.2%)
15	KIJEWSKI Mariusz	28		M30-39	8	00:39:55.00	+00:07:40 (19.2%)	3:59	15 (80.6%)
16	RYGIELSKI Arkadiusz	113	KLUB BIEGACZA MOWI	M30-39	9	00:40:02.80	+00:07:47 (19.5%)	4:00	15 (80.6%)
17	TEREFENKO Joanna	59	LKS JANTAR USTKA	K16-29	1	00:40:09.20	+00:07:54 (19.7%)	4:00	14.9 (80.1%)
18	ŻYLICZ Paweł	68	STOPA SŁUPSK / USB USTKA	M16-29	3	00:40:14.20	+00:07:59 (19.9%)	4:01	14.9 (80.1%)
19	RYBA Paweł	112		M40-49	6	00:40:57.05	+00:08:42 (21.3%)	4:05	14.7 (79.0%)
20	NAGÓREK Krzysztof	102	TUPOT USTKA	M60-69	1	00:41:05.85	+00:08:50 (21.5%)	4:06	14.6 (78.5%)
21	OKOŁOTOWICZ Sebastian	182		M30-39	10	00:41:29.05	+00:09:14 (22.3%)	4:08	14.5 (78.0%)
22	SADOWSKI Paweł	53	STOPA SŁUPSK	M40-49	7	00:41:39.50	+00:09:24 (22.6%)	4:09	14.4 (77.4%)
23	PĘKAŁA Piotr	45		M40-49	8	00:41:50.50	+00:09:35 (22.9%)	4:11	14.3 (76.9%)
24	CYPRYCH Katarzyna	9	BATALION OCHRONY BAZY REDZIKOWO	K30-39	1	00:41:54.15	+00:09:39 (23.0%)	4:11	14.3 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
25	BOGUMIŁOW Marcin	4	DECATHLON POWER SŁUPSK	M30-39	11	00:42:15.55	+00:10:00 (23.7%)	4:13	14.2 (76.3%)
26	KUKLIŃSKA-NURKOWSKA Lucyna	95	USB	K40-49	1	00:42:26.30	+00:10:11 (24.0%)	4:14	14.1 (75.8%)
27	LANGNER-KAPCZYŃSKA Edyta	96	BEST BEASTS	K30-39	2	00:42:52.15	+00:10:37 (24.8%)	4:17	14 (75.3%)
28	TOMCZAK Dominik	121	NIGHT RUNNERS SŁUPSK	M40-49	9	00:43:23.85	+00:11:08 (25.7%)	4:20	13.8 (74.2%)
29	SULL Kacper	118		M16-29	4	00:43:45.15	+00:11:30 (26.3%)	4:22	13.7 (73.7%)
30	WŁAŚNIAK Łukasz	127		M16-29	5	00:44:07.30	+00:11:52 (26.9%)	4:24	13.6 (73.1%)
31	MŁYNARCZYK Zbyszek	104		M30-39	12	00:44:14.05	+00:11:59 (27.1%)	4:25	13.6 (73.1%)
32	SOBOLEWSKI Tomasz	115		M40-49	10	00:44:19.10	+00:12:04 (27.2%)	4:25	13.5 (72.6%)
33	KAMIŃSKI Marcin	88	MOCZYMORDY TEAM	M40-49	11	00:44:46.50	+00:12:31 (28.0%)	4:28	13.4 (72.0%)
34	MAJCHRZAK Łukasz	36	AWL WROCŁAW	M16-29	6	00:44:50.25	+00:12:35 (28.1%)	4:29	13.4 (72.0%)
35	PAWLIK Krystian	106		M16-29	7	00:45:02.45	+00:12:47 (28.4%)	4:30	13.3 (71.5%)
36	MUDŹ Anna	101	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	K16-29	2	00:45:15.55	+00:13:00 (28.7%)	4:31	13.3 (71.5%)
37	KARGUL Jacek	27	NIGHT RUNNERS SŁUPSK	M40-49	12	00:45:18.60	+00:13:03 (28.8%)	4:31	13.2 (71.0%)
38	KAMIENIECKI Rafał	87	TUPOT USTKA	M40-49	13	00:45:32.65	+00:13:17 (29.2%)	4:33	13.2 (71.0%)
39	ŻYSZKIEWICZ Piotr	132	USB	M40-49	14	00:45:52.30	+00:13:37 (29.7%)	4:35	13.1 (70.4%)
40	TOMCZAK Sebastian	122	USTKA	M40-49	15	00:46:07.00	+00:13:52 (30.1%)	4:36	13 (69.9%)
41	STAWICKI Marek	183	OSP SMOŁDZINO	M40-49	16	00:46:11.25	+00:13:56 (30.2%)	4:37	13 (69.9%)
42	GOC Małgorzata	17		K30-39	3	00:46:14.35	+00:13:59 (30.3%)	4:37	13 (69.9%)
43	KOSIEDOWSKI Sebastian	29		M30-39	13	00:46:37.95	+00:14:23 (30.8%)	4:39	12.9 (69.4%)
44	DADACZ Rafał	74		M30-39	14	00:46:45.60	+00:14:30 (31.0%)	4:40	12.8 (68.8%)
45	WOŁOCH Mateusz	128	MARKOS RUNNING TEAM	M30-39	15	00:46:48.05	+00:14:33 (31.1%)	4:40	12.8 (68.8%)
46	PODLAK Piotr	108		M30-39	16	00:47:16.35	+00:15:01 (31.8%)	4:43	12.7 (68.3%)
47	PARDEJ Liliana	44	BATALION OCHRONY BAZY REDZIKOWO	K16-29	3	00:47:31.95	+00:15:17 (32.2%)	4:45	12.6 (67.7%)
48	IWANOWSKI Michał	177		M30-39	17	00:47:58.90	+00:15:44 (32.8%)	4:47	12.5 (67.2%)
49	WIATRZYK Krzysztof	125	DARŁOWO	M40-49	17	00:47:59.45	+00:15:44 (32.8%)	4:47	12.5 (67.2%)
50	SŁOMIŃSKI Kamil	56		M30-39	18	00:48:16.25	+00:16:01 (33.2%)	4:49	12.4 (66.7%)
51	SPYCHALSKI Artur	116		M40-49	18	00:48:24.75	+00:16:09 (33.4%)	4:50	12.4 (66.7%)
52	KARAŚ Radosław	26	NIGHT RUNNERS SŁUPSK	M30-39	19	00:48:33.00	+00:16:18 (33.6%)	4:51	12.4 (66.7%)
53	BODO Rafał	3		M30-39	20	00:48:47.15	+00:16:32 (33.9%)	4:52	12.3 (66.1%)
54	KANIOWSKI Jacek	25	W.P.K. SŁOŃ TEAM USTKA	M40-49	19	00:48:53.80	+00:16:38 (34.0%)	4:53	12.3 (66.1%)
55	KLASA Jan	90	UG CZARNA DĄBRÓWKA	M60-69	2	00:49:06.25	+00:16:51 (34.3%)	4:54	12.2 (65.6%)
56	ZIELIŃSKA Danuta	51	USB USTKA	K30-39	4	00:49:17.15	+00:17:02 (34.6%)	4:55	12.2 (65.6%)
56	LEMAŃSKA Katarzyna	98	USB	K16-29	4	00:49:17.15	+00:17:02 (34.6%)	4:55	12.2 (65.6%)
58	BASIŃSKI Paweł	70	USB	M30-39	21	00:49:17.45	+00:17:02 (34.6%)	4:55	12.2 (65.6%)
58	MOROŃ Jarosław	172		M30-39	22	00:49:17.45	+00:17:02 (34.6%)	4:55	12.2 (65.6%)
60	NIWIŃSKI Grzegorz	103	KB TUPOT USTKA	M60-69	3	00:49:35.90	+00:17:21 (35.0%)	4:57	12.1 (65.1%)
61	KRZYŻANEK Marta	94	MOCZYMORDY TEAM	K40-49	2	00:49:38.10	+00:17:23 (35.0%)	4:57	12.1 (65.1%)
62	ORŁOWSKI Edward	105		M40-49	20	00:49:44.55	+00:17:29 (35.2%)	4:58	12.1 (65.1%)
63	ĆWIGOŃ Kinga	73	USB	K30-39	5	00:49:45.00	+00:17:30 (35.2%)	4:58	12.1 (65.1%)
64	SIECIŃSKA Emilia	54	USB	K30-39	6	00:49:45.70	+00:17:30 (35.2%)	4:58	12.1 (65.1%)
65	ZAGRODZKI Ireneusz	173	KB TUPOT USTKA	M60-69	4	00:49:49.90	+00:17:35 (35.3%)	4:58	12 (64.5%)
66	PELA Hanna	107	USB	K40-49	3	00:49:50.15	+00:17:35 (35.3%)	4:59	12 (64.5%)
67	BERENT Robert	171	TUPOT USTKA	M50-59	1	00:49:50.30	+00:17:35 (35.3%)	4:59	12 (64.5%)
68	HANUSZEWICZ Karolina	19	GWIAZDY	K30-39	7	00:50:00.50	+00:17:45 (35.5%)	5:00	12 (64.5%)

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69	KOCEJKO Marek	91	USB	M60-69	5	00:50:02.20	+00:17:47 (35.6%)	5:00	12 (64.5%)
70	FURSEWICZ Bartłomiej	16	KS BURZA	M30-39	23	00:50:11.30	+00:17:56 (35.7%)	5:01	12 (64.5%)
71	KAMIŃSKA Monika	23		K30-39	8	00:50:16.30	+00:18:01 (35.9%)	5:01	11.9 (64.0%)
72	PIĄTKOWSKI Michał	46		M16-29	8	00:50:18.95	+00:18:04 (35.9%)	5:01	11.9 (64.0%)
73	OLECHNOWICZ Zbigniew	43	TUPOT USTKA	M70+	1	00:50:37.05	+00:18:22 (36.3%)	5:03	11.9 (64.0%)
74	ZALIŃSKA Aneta	129	USB	K30-39	9	00:50:42.25	+00:18:27 (36.4%)	5:04	11.8 (63.4%)
75	STANIASZEK Bogusław	181	KB TUPOT USTKA	M60-69	6	00:51:01.40	+00:18:46 (36.8%)	5:06	11.8 (63.4%)
76	BACH Paweł	69		M30-39	24	00:51:23.25	+00:19:08 (37.2%)	5:08	11.7 (62.9%)
77	PUDELSKI Krzysztof	111		M16-29	9	00:51:35.85	+00:19:20 (37.5%)	5:09	11.6 (62.4%)
78	RUTECKA Sylwia	50	TUPOT USTKA	K30-39	10	00:51:36.95	+00:19:22 (37.5%)	5:09	11.6 (62.4%)
79	TUROWSKI Wojciech	124		M50-59	2	00:52:03.50	+00:19:48 (38.1%)	5:12	11.5 (61.8%)
80	PUDELSKI Józef	110	USTKA	M30-39	25	00:52:09.05	+00:19:54 (38.2%)	5:12	11.5 (61.8%)
81	PUDELSKI Robert	48		M40-49	21	00:52:09.35	+00:19:54 (38.2%)	5:12	11.5 (61.8%)
82	ZBLEWSKI Patryk	65	NIGHT RUNNERS SŁUPSK	M30-39	26	00:52:24.10	+00:20:09 (38.5%)	5:14	11.5 (61.8%)
83	TRUSIAK Agnieszka	61	NIGHT RUNNERS SŁUPSK	K40-49	4	00:52:24.20	+00:20:09 (38.5%)	5:14	11.5 (61.8%)
84	GONTEK Łukasz	79	VWBATORY	M30-39	27	00:52:29.40	+00:20:14 (38.6%)	5:14	11.4 (61.3%)
85	WENCŁAWSKI Michał	63	DECATHLON POWER SŁUPSK	M16-29	10	00:52:35.10	+00:20:20 (38.7%)	5:15	11.4 (61.3%)
86	LEWANDOWSKA Maria	33	W.P.K. SŁOŃ TEAM USTKA	K30-39	11	00:52:51.50	+00:20:36 (39.0%)	5:17	11.4 (61.3%)
87	NURKOWSKI Marcin	42	USB	M40-49	22	00:53:02.10	+00:20:47 (39.2%)	5:18	11.3 (60.8%)
88	STODOŁA Monika	117	USB	K40-49	5	00:53:02.50	+00:20:47 (39.2%)	5:18	11.3 (60.8%)
89	SZCZASIUK Mariusz	120		M40-49	23	00:53:28.50	+00:21:13 (39.7%)	5:20	11.2 (60.2%)
90	SZOŁTYSIK Agnieszka	58		K30-39	12	00:53:46.50	+00:21:31 (40.0%)	5:22	11.2 (60.2%)
91	KONKEL Joanna	93	MKS 'ŚWIĘC' SŁAWNO	K50-59	1	00:53:53.25	+00:21:38 (40.2%)	5:23	11.1 (59.7%)
92	ANDRZEJCZAK Sławomir	2	GRZESŁAW USTKA	M40-49	24	00:53:54.15	+00:21:39 (40.2%)	5:23	11.1 (59.7%)
93	KOZA Joanna	30	USB	K30-39	13	00:53:57.10	+00:21:42 (40.2%)	5:23	11.1 (59.7%)
94	LEWANDOWSKI Adam	34	W.P.K. SŁOŃ TEAM USTKA	M30-39	28	00:53:58.00	+00:21:43 (40.2%)	5:23	11.1 (59.7%)
95	GRABOWICZ Jurek	80	TUPOT USTKA	M70+	2	00:54:06.05	+00:21:51 (40.4%)	5:24	11.1 (59.7%)
96	GOŁGOWSKA Małgorzata	78	USB	K40-49	6	00:54:08.55	+00:21:53 (40.4%)	5:24	11.1 (59.7%)
97	ZARZYCKA Izabela	130	W.P.K. SŁOŃ TEAM USTKA	K40-49	7	00:54:42.60	+00:22:27 (41.1%)	5:28	11 (59.1%)
98	TÓRZ Andrzej	60		M60-69	7	00:54:48.00	+00:22:33 (41.2%)	5:28	10.9 (58.6%)
99	DYRMO Anna	14	BRAK	K30-39	14	00:54:59.60	+00:22:44 (41.4%)	5:29	10.9 (58.6%)
100	POKORNY Edward	47	TUPOT USTKA	M70+	3	00:55:04.25	+00:22:49 (41.4%)	5:30	10.9 (58.6%)
101	BRODACKA Katarzyna	5		K16-29	5	00:55:07.85	+00:22:52 (41.5%)	5:30	10.9 (58.6%)
102	WOŹNIAK Grzegorz	64	GRZESŁAW WPK SŁOŃ TEAM	M50-59	3	00:55:09.20	+00:22:54 (41.5%)	5:30	10.9 (58.6%)
103	BURDA Sebastian	71	W.P.K. SŁOŃ TEAM USTKA	M40-49	25	00:55:31.90	+00:23:17 (41.9%)	5:33	10.8 (58.1%)
104	ŻYŁKA Milena	184	WPK SŁOŃ TEAM	K30-39	15	00:55:32.15	+00:23:17 (41.9%)	5:33	10.8 (58.1%)
105	MROZIK Joanna	40		K30-39	16	00:55:35.40	+00:23:20 (42.0%)	5:33	10.8 (58.1%)
106	NOWAK Paweł	41	HUSARIA RACE TEAM	M16-29	11	00:55:38.25	+00:23:23 (42.0%)	5:33	10.8 (58.1%)
107	KAMIŃSKI Marcin	24		M30-39	29	00:55:55.25	+00:23:40 (42.3%)	5:35	10.7 (57.5%)
108	KRYGIER Ireneusz	32	W.P.K. SŁOŃ TEAM USTKA	M40-49	26	00:56:05.20	+00:23:50 (42.5%)	5:36	10.7 (57.5%)
109	TURCZYN Grzegorz	123	NIGHT RUNNERS SŁUPSK	M40-49	27	00:56:05.35	+00:23:50 (42.5%)	5:36	10.7 (57.5%)
110	MOTOWIDŁO-ZAWADZKA Izabella	39	DECATHLON POWER SŁUPSK	K40-49	8	00:56:30.90	+00:24:16 (42.9%)	5:39	10.6 (57.0%)
111	PRZYMORSKI Waldemar	109	W.P.K. SŁOŃ TEAM USTKA	M40-49	28	00:56:39.25	+00:24:24 (43.1%)	5:39	10.6 (57.0%)
112	GRABOWSKA Kinga	81	ORANGE POLSKA	K30-39	17	00:57:02.55	+00:24:47 (43.5%)	5:42	10.5 (56.5%)

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113	LESNER-MĄCZYŃSKA Monika	99		K30-39	18	00:58:13.95	+00:25:59 (44.6%)	5:49	10.3 (55.4%)
114	JABŁONOWSKI Marian	85	TUPOT USTKA	M60-69	8	00:59:33.25	+00:27:18 (45.9%)	5:57	10.1 (54.3%)
115	SULL Aga	119	NIGHT RUNNERS SŁUPSK	K40-49	9	00:59:33.90	+00:27:19 (45.9%)	5:57	10.1 (54.3%)
116	IWAN-KUCIA Lena	84		K30-39	19	01:01:25.40	+00:29:10 (47.5%)	6:08	9.8 (52.7%)
117	JUSIEWICZ Tomasz	21		M30-39	30	01:02:16.70	+00:30:01 (48.2%)	6:13	9.6 (51.6%)
118	ŻELAZEK Katarzyna	67	USB	K40-49	10	01:02:19.60	+00:30:04 (48.3%)	6:13	9.6 (51.6%)
119	ZWOLIŃSKA Agnieszka	131	USTKA	K40-49	11	01:02:20.20	+00:30:05 (48.3%)	6:14	9.6 (51.6%)
120	KOWALCZYK Justyna	1	W.P.K. SŁOŃ TEAM USTKA	K30-39	20	01:02:48.15	+00:30:33 (48.7%)	6:16	9.6 (51.6%)
121	MARCZAK Małgorzata	38	-	K50-59	2	01:03:41.35	+00:31:26 (49.4%)	6:22	9.4 (50.5%)
122	DAMPS Julita	75	NIGHT RUNNERS SŁUPSK	K30-39	21	01:08:43.95	+00:36:29 (53.1%)	6:52	8.7 (46.8%)
123	GZIK Radosław	18	W.P.K. SŁOŃ TEAM USTKA	M30-39	31	01:08:44.25	+00:36:29 (53.1%)	6:52	8.7 (46.8%)
	KABACIŃSKI Bronisław	22	TUPOT USTKA	M70+		DNF		-	- (0.0%)

Znaleziono 124 wynik(ów)