

GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM

B4SPORT

Wydarzenie: GRAND PRIX USTKI W BIEGACH - BIEG IV „USTECKIEJ KRÓWKI”
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: 2019-07-20
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	9	USB USTKA	M40-49	1	00:31:50.20		3:11	18.8 (100%)
2	BORYCHOWSKI Mariusz	69	HERKULES	M40-49	2	00:32:31.40	+00:00:41 (2.1%)	3:15	18.5 (98.4%)
3	RUDNIK Krzysztof	116		M30-39	1	00:35:28.35	+00:03:38 (10.2%)	3:32	16.9 (89.9%)
4	KOZAK Arkadiusz	93	HERKULES	M40-49	3	00:36:53.05	+00:05:02 (13.7%)	3:41	16.3 (86.7%)
5	DUDA Grzegorz	10	BEST BEASTS	M40-49	4	00:37:29.55	+00:05:39 (15.1%)	3:44	16 (85.1%)
6	GÓRKA Marcin	160	GORLICKA GRUPA BIEGOWA	M30-39	2	00:38:02.25	+00:06:12 (16.3%)	3:48	15.8 (84.0%)
7	CZERWIŃSKI Maciej	146	BALTIC SEALS	M16-29	1	00:38:17.85	+00:06:27 (16.9%)	3:49	15.7 (83.5%)
8	CHOLEWIŃSKI Artur	74	DECATHLON PAWER	M30-39	3	00:38:32.85	+00:06:42 (17.4%)	3:51	15.6 (83.0%)
9	WEGNER Przemysław	131	MOWI	M40-49	5	00:39:07.55	+00:07:17 (18.6%)	3:54	15.3 (81.4%)
10	JEZIERSKI Łukasz	19		M30-39	4	00:39:21.85	+00:07:31 (19.1%)	3:56	15.2 (80.9%)
11	MILLETTE Sebastien	104		M30-39	5	00:39:44.65	+00:07:54 (19.9%)	3:58	15.1 (80.3%)
12	GRAFF Norbert	15		M30-39	6	00:39:50.65	+00:08:00 (20.1%)	3:59	15.1 (80.3%)
13	WILMONT Krzysztof	59	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30-39	7	00:39:59.15	+00:08:08 (20.4%)	3:59	15 (79.8%)
14	CYPARSKI Marcin	75	ACTIVE RUNNERS PŁOCK	M40-49	6	00:40:04.25	+00:08:14 (20.5%)	4:00	15 (79.8%)
15	KOZA Kamil	92	USB USTKA	M30-39	8	00:40:30.30	+00:08:40 (21.4%)	4:03	14.8 (78.7%)
16	RYGIELSKI Arkadiusz	46	KLUB BIEGACZA MOWI	M30-39	9	00:40:39.45	+00:08:49 (21.7%)	4:03	14.8 (78.7%)
17	RĘKAWEK Modest	144	UKS JANTAR USTKA	M16-29	2	00:40:45.85	+00:08:55 (21.9%)	4:04	14.7 (78.2%)
18	LASKA Grzegorz	30		M30-39	10	00:41:14.10	+00:09:23 (22.8%)	4:07	14.6 (77.7%)
19	KAWKA Adrian	22		M30-39	11	00:41:25.70	+00:09:35 (23.2%)	4:08	14.5 (77.1%)
20	MARET Robert	143	LOKATOR NIERUCHOMOŚCI PIŁA	M40-49	7	00:41:29.45	+00:09:39 (23.3%)	4:08	14.5 (77.1%)
21	SKUMIAŁ Oskar	121	USB USTKA	M30-39	12	00:42:21.70	+00:10:31 (24.8%)	4:14	14.2 (75.5%)
22	GUZIK Piotr	80		M16-29	3	00:42:29.25	+00:10:39 (25.1%)	4:14	14.1 (75.0%)
23	ULAS Maciej	129		M30-39	13	00:42:38.15	+00:10:47 (25.3%)	4:15	14.1 (75.0%)
24	MIKICIUK Piotr	142		M40-49	8	00:42:40.75	+00:10:50 (25.4%)	4:16	14.1 (75.0%)
25	FABICH Adrian	149	USB USTKA	M30-39	14	00:42:43.55	+00:10:53 (25.5%)	4:16	14 (74.5%)
26	JAWORSKI Krzysztof	83		M30-39	15	00:42:48.60	+00:10:58 (25.6%)	4:16	14 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						10km	Różn		
27	PAWLIK Krystian	39		M16-29	4	00:42:50.75	+00:11:00 (25.7%)	4:17	14 (74.5%)
28	JABŁOŃSKI Tomasz	82	KB SPOKO SŁAWNO	M40-49	9	00:42:53.00	+00:11:02 (25.8%)	4:17	14 (74.5%)
29	OLESZEK Jerzy	110	SZKOŁA PODOFICERSKA MW	M40-49	10	00:42:55.65	+00:11:05 (25.8%)	4:17	14 (74.5%)
30	KUKLIŃSKA-NURKOWSKA Lucyna	28	USB USTKA	K40-49	1	00:42:58.95	+00:11:08 (25.9%)	4:17	14 (74.5%)
31	DĘGA Ryszard	78	TUPOT USTKA	M60-69	1	00:43:06.15	+00:11:15 (26.1%)	4:18	13.9 (73.9%)
32	FABJAN Wiesław	79	KUBISIA TEAM OLEŚNICA	M50-59	1	00:43:34.65	+00:11:44 (26.9%)	4:21	13.8 (73.4%)
33	PAKUŁA Mateusz	113		M30-39	16	00:44:01.55	+00:12:11 (27.7%)	4:24	13.6 (72.3%)
34	SKOMOROWSKI Michał	47	USTKA	M30-39	17	00:44:21.35	+00:12:31 (28.2%)	4:26	13.5 (71.8%)
35	JĘDRZEJEWSKI Marceli	85	PŁOCK BIEGA NO AGE LIMIT	M40-49	11	00:44:54.70	+00:13:04 (29.1%)	4:29	13.4 (71.3%)
36	RYBA Paweł	45		M40-49	12	00:45:25.70	+00:13:35 (29.9%)	4:32	13.2 (70.2%)
37	KOCZOROWSKI Paweł	25	W.P.K. SŁOŃ TEAM USTKA	M40-49	13	00:45:26.35	+00:13:36 (29.9%)	4:32	13.2 (70.2%)
38	MOROŃ Jarosław	140	USB USTKA	M30-39	18	00:45:27.35	+00:13:37 (30.0%)	4:32	13.2 (70.2%)
39	MUDŹ Anna	34	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	K16-29	1	00:45:34.75	+00:13:44 (30.2%)	4:33	13.2 (70.2%)
40	ŻYSZKIEWICZ Piotr	65	USB USTKA	M40-49	14	00:45:42.50	+00:13:52 (30.3%)	4:34	13.1 (69.7%)
41	NADOLNY Piotr	106	USB USTKA	M40-49	15	00:45:44.05	+00:13:53 (30.4%)	4:34	13.1 (69.7%)
42	KONIECZNY Piotr	91	USB USTKA	M40-49	16	00:45:55.80	+00:14:05 (30.7%)	4:35	13.1 (69.7%)
43	OLEKSIUK Andrzej	109		M40-49	17	00:46:02.90	+00:14:12 (30.9%)	4:36	13 (69.1%)
44	KAMIŃSKI_Marcin	21	MOCZYMORDY TEAM	M40-49	18	00:46:11.85	+00:14:21 (31.1%)	4:37	13 (69.1%)
45	OŁUBEK Robert	111	HRMAX ŻORY	M40-49	19	00:46:15.25	+00:14:25 (31.2%)	4:37	13 (69.1%)
46	ZACHARSKI Jerzy	134		M50-59	2	00:46:15.30	+00:14:25 (31.2%)	4:37	13 (69.1%)
47	MELON Tomasz	102	KLUB SPORTOWY TĘCZA	M30-39	19	00:46:39.60	+00:14:49 (31.8%)	4:39	12.9 (68.6%)
48	SULL Kacper	51		M16-29	5	00:46:44.15	+00:14:53 (31.9%)	4:40	12.8 (68.1%)
49	PROTASEWICZ Andrzej	124	KB SPOKO SŁAWNO	M40-49	20	00:46:44.70	+00:14:54 (31.9%)	4:40	12.8 (68.1%)
50	WRZACHOL Piotr	132		M16-29	6	00:46:46.15	+00:14:55 (31.9%)	4:40	12.8 (68.1%)
51	JĘDRAS Remigiusz	84		M40-49	21	00:47:19.00	+00:15:28 (32.7%)	4:43	12.7 (67.6%)
52	PUDELSKI Krzysztof	44		M16-29	7	00:47:21.45	+00:15:31 (32.8%)	4:44	12.7 (67.6%)
53	WYBRANIEC Karolina	133		K30-39	1	00:47:24.30	+00:15:34 (32.8%)	4:44	12.7 (67.6%)
54	SITNIK Mikołaj	145		M16-29	8	00:47:30.35	+00:15:40 (33.0%)	4:45	12.6 (67.0%)
55	TOMCZAK Dominik	54	NIGHT RUNNERS SŁUPSK	M40-49	22	00:47:35.55	+00:15:45 (33.1%)	4:45	12.6 (67.0%)
56	IWANOWSKI Michał	81		M30-39	20	00:47:48.05	+00:15:57 (33.4%)	4:46	12.6 (67.0%)
57	MARET Waław	100	LOKATOR NIERUCHOMOŚCI PIŁA	M60-69	2	00:48:00.85	+00:16:10 (33.7%)	4:48	12.5 (66.5%)
58	SPYCHAŁSKI Artur	49		M40-49	23	00:48:10.85	+00:16:20 (33.9%)	4:49	12.5 (66.5%)
59	BRZEZIŃSKI Rafał	70	NOWA HUTA TEAM	M40-49	24	00:48:12.35	+00:16:22 (34.0%)	4:49	12.4 (66.0%)
60	KWAŚNIAK Zdzisław	147	DECATHLON	M50-59	3	00:48:26.25	+00:16:36 (34.3%)	4:50	12.4 (66.0%)
61	SAPIJASZKA Stanisław	119		M60-69	3	00:48:41.30	+00:16:51 (34.6%)	4:52	12.3 (65.4%)
62	PUDELSKI Józef	43	USTKA	M30-39	21	00:48:46.55	+00:16:56 (34.7%)	4:52	12.3 (65.4%)
63	PELA Hanna	40	USB USTKA	K40-49	2	00:48:52.95	+00:17:02 (34.9%)	4:53	12.3 (65.4%)
64	NIWIŃSKI Grzegorz	36	KB TUPOT USTKA	M60-69	4	00:49:13.30	+00:17:23 (35.3%)	4:55	12.2 (64.9%)
65	ĆWIGOŃ Kinga	6	USB	K30-39	2	00:49:20.90	+00:17:30 (35.5%)	4:56	12.2 (64.9%)
66	SIECIŃSKA Emilia	120	USB USTKA	K30-39	3	00:49:20.95	+00:17:30 (35.5%)	4:56	12.2 (64.9%)
67	ZALIŃSKA Aneta	62	USB	K30-39	4	00:49:21.20	+00:17:31 (35.5%)	4:56	12.2 (64.9%)
68	RUTECKA Sylwia	150	TUPOT USTKA	K30-39	5	00:49:27.20	+00:17:37 (35.6%)	4:56	12.1 (64.4%)
69	CHEVRIER Elisabeth	73		K30-39	6	00:49:54.15	+00:18:03 (36.2%)	4:59	12 (63.8%)
70	ZDUNEK Krzysztof	136	WPK SŁOŃ TEAM USTKA	M40-49	25	00:50:05.35	+00:18:15 (36.4%)	5:00	12 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
71	ORŁOWSKI Edward	38		M40-49	26	00:50:11.95	+00:18:21 (36.6%)	5:01	12 (63.8%)
72	KREKORZ Marcin	166		M40-49	27	00:50:19.15	+00:18:28 (36.7%)	5:01	11.9 (63.3%)
73	CZAJKOWSKI Paweł	76		M40-49	28	00:50:20.05	+00:18:29 (36.7%)	5:02	11.9 (63.3%)
74	TRUSIAK Agnieszka	127	NIGHT RUNNERS SŁUPSK	K40-49	3	00:50:20.65	+00:18:30 (36.8%)	5:02	11.9 (63.3%)
75	ZIELIŃSKA Danuta	137	USB USTKA	K30-39	7	00:50:30.40	+00:18:40 (37.0%)	5:03	11.9 (63.3%)
76	BERENT Robert	67	TUPOT USTKA	M50-59	4	00:50:32.10	+00:18:41 (37.0%)	5:03	11.9 (63.3%)
77	TOMCZAK Sebastian	55	USTKA	M40-49	29	00:50:39.95	+00:18:49 (37.2%)	5:03	11.8 (62.8%)
78	GRABOWICZ Jurek	13	TUPOT USTKA	M70+	1	00:51:00.25	+00:19:10 (37.6%)	5:06	11.8 (62.8%)
79	KROTOWSKI Grzegorz	98	TUPOT USTKA	M50-59	5	00:51:06.95	+00:19:16 (37.7%)	5:06	11.7 (62.2%)
80	PODLAK Piotr	41		M30-39	22	00:51:08.75	+00:19:18 (37.8%)	5:06	11.7 (62.2%)
81	ZAGRODZKI Ireneusz	141	TUPOT USTKA	M60-69	5	00:51:22.75	+00:19:32 (38.0%)	5:08	11.7 (62.2%)
82	WŁAŚNIAK Łukasz	60		M16-29	9	00:51:35.00	+00:19:44 (38.3%)	5:09	11.6 (61.7%)
83	KRZYŻANEK Marta	27	MOCZYMORDY TEAM	K40-49	4	00:51:40.25	+00:19:50 (38.4%)	5:10	11.6 (61.7%)
84	GONTEK Łukasz	12	VWBATORY	M30-39	23	00:51:56.70	+00:20:06 (38.7%)	5:11	11.6 (61.7%)
85	RATAJCZAK Monika	148	MOWI	K30-39	8	00:52:16.55	+00:20:26 (39.1%)	5:13	11.5 (61.2%)
86	KARGUL Jacek	88	NIGHT RUNNERS SŁUPSK	M40-49	30	00:52:18.10	+00:20:27 (39.1%)	5:13	11.5 (61.2%)
87	BODO Rafał	68	ZOZKOSZ KOSZALIN	M30-39	24	00:52:22.40	+00:20:32 (39.2%)	5:14	11.5 (61.2%)
88	WOŁOCH Mateusz	61	MARKOS RUNNING TEAM	M30-39	25	00:52:27.75	+00:20:37 (39.3%)	5:14	11.4 (60.6%)
89	KOZA Joanna	158	USB USTKA	K30-39	9	00:52:45.50	+00:20:55 (39.7%)	5:16	11.4 (60.6%)
90	STOLARCZUK Paulina	123		K40-49	5	00:53:01.20	+00:21:11 (40.0%)	5:18	11.3 (60.1%)
91	NURKOWSKI Marcin	107	USB USTKA	M40-49	31	00:53:33.25	+00:21:43 (40.6%)	5:21	11.2 (59.6%)
92	BACH Paweł	2		M30-39	26	00:53:50.70	+00:22:00 (40.9%)	5:23	11.1 (59.0%)
93	TRUSIAK Miłosz	128	NIGHT RUNNERS SŁUPSK	M40-49	32	00:53:53.05	+00:22:02 (40.9%)	5:23	11.1 (59.0%)
94	ZARĘBSKI Maciej	163		M40-49	33	00:54:10.10	+00:22:19 (41.2%)	5:25	11.1 (59.0%)
95	KOZIMOR Mariusz	94		M40-49	34	00:54:22.85	+00:22:32 (41.5%)	5:26	11 (58.5%)
96	TUROWSKI Wojciech	57		M50-59	6	00:54:48.35	+00:22:58 (41.9%)	5:28	10.9 (58.0%)
97	MAĆZKA Tomasz	101	JUSIEWICZ TEAM	M30-39	27	00:55:09.00	+00:23:18 (42.3%)	5:30	10.9 (58.0%)
98	POKORNY Edward	114	TUPOT USTKA	M70+	2	00:55:10.00	+00:23:19 (42.3%)	5:31	10.9 (58.0%)
99	KONKEL Joanna	26	MKS 'ŚWIĘC' SŁAWNO	K50-59	1	00:55:22.75	+00:23:32 (42.5%)	5:32	10.8 (57.4%)
100	CZECH Roman	77	GOCHBYTÓW	M70+	3	00:55:50.05	+00:23:59 (43.0%)	5:35	10.7 (56.9%)
101	ZDUNEK Katarzyna	135		K40-49	6	00:56:04.50	+00:24:14 (43.2%)	5:36	10.7 (56.9%)
102	MALINOWSKA-KUDZIA Izabela	99		K40-49	7	00:56:07.80	+00:24:17 (43.3%)	5:36	10.7 (56.9%)
103	KLONOWSKI Artur	89	KOSPEL	M40-49	35	00:56:32.60	+00:24:42 (43.7%)	5:39	10.6 (56.4%)
104	KŁOSOWSKI Karol	162		M30-39	28	00:56:40.40	+00:24:50 (43.8%)	5:40	10.6 (56.4%)
105	OLECHNOWICZ Zbigniew	108	TUPOT USTKA	M70+	4	00:57:10.65	+00:25:20 (44.3%)	5:43	10.5 (55.9%)
106	KOCEJKO Marek	24	USB USTKA	M60-69	6	00:57:20.45	+00:25:30 (44.5%)	5:44	10.5 (55.9%)
107	LEWANDOWSKI Adam	97	W.P.K SŁOŃ TEAM USTKA	M30-39	29	00:57:31.25	+00:25:41 (44.7%)	5:45	10.4 (55.3%)
108	ZARZYCKA Izabela	63	W.P.K. SŁOŃ TEAM USTKA	K40-49	8	00:57:31.35	+00:25:41 (44.7%)	5:45	10.4 (55.3%)
109	LEWANDOWSKA Maria	96	W.P.K SŁOŃ TEAM USTKA	K30-39	10	00:57:31.45	+00:25:41 (44.7%)	5:45	10.4 (55.3%)
110	TÓRZ Andrzej	126	USTKA	M60-69	7	00:58:00.55	+00:26:10 (45.1%)	5:48	10.3 (54.8%)
111	PRZYMORSKI Waldemar	42	W.P.K. SŁOŃ TEAM USTKA	M40-49	36	00:58:44.60	+00:26:54 (45.8%)	5:52	10.2 (54.3%)
112	KOMAR Agnieszka	90	KB SPOKO SŁAWNO	K30-39	11	00:59:13.95	+00:27:23 (46.3%)	5:55	10.1 (53.7%)
113	TURCZYN Grzegorz	56	NIGHT RUNNERS SŁUPSK	M40-49	37	00:59:25.80	+00:27:35 (46.4%)	5:56	10.1 (53.7%)
114	KRYGIER Ireneusz	95	W.P.W. SŁOŃ TEAM USTKA	M40-49	38	00:59:26.05	+00:27:35 (46.4%)	5:56	10.1 (53.7%)

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115	GOŁGOWSKA Małgorzata	11	USB USTKA	K40-49	9	00:59:26.15	+00:27:35 (46.4%)	5:56	10.1 (53.7%)
116	PROTASEWICZ Renata	115	KB SPOKO SŁAWNO	K30-39	12	01:00:43.25	+00:28:53 (47.6%)	6:04	9.9 (52.7%)
117	MICHALAK-MAŁECKA Anna	103	VACU ACTIV GYM	K40-49	10	01:00:50.45	+00:29:00 (47.7%)	6:05	9.9 (52.7%)
118	BUDZYŃSKA Elżbieta	71		K50-59	2	01:01:06.65	+00:29:16 (47.9%)	6:06	9.8 (52.1%)
119	KUBICA Tomasz	139	REEBOK RUN CREW TORUŃ	M40-49	39	01:01:14.30	+00:29:24 (48.0%)	6:07	9.8 (52.1%)
120	OSTROWSKA Katarzyna	112		K30-39	13	01:01:14.45	+00:29:24 (48.0%)	6:07	9.8 (52.1%)
121	JUSIEWICZ Tomasz	86		M30-39	30	01:01:28.10	+00:29:37 (48.2%)	6:08	9.8 (52.1%)
122	JABŁONOWSKI Marian	18	TUPOT USTKA	M60-69	8	01:02:50.15	+00:30:59 (49.3%)	6:17	9.5 (50.5%)
123	ŻELAZEK Katarzyna	138	USB USTKA	K40-49	11	01:04:21.10	+00:32:30 (50.5%)	6:26	9.3 (49.5%)
124	ZWOLIŃSKA Agnieszka	64	USTKA	K40-49	12	01:04:21.80	+00:32:31 (50.5%)	6:26	9.3 (49.5%)
125	SYCHLA Monika	125	VACU ACTIV GYM	K30-39	14	01:04:30.90	+00:32:40 (50.7%)	6:27	9.3 (49.5%)
126	KOWALCZYK Justyna	1	W.P.K. SŁOŃ TEAM USTKA	K30-39	15	01:05:50.05	+00:33:59 (51.6%)	6:35	9.1 (48.4%)
127	BURDA Sebastian	4	WPK SŁOŃ TEAM	M40-49	40	01:05:50.50	+00:34:00 (51.6%)	6:35	9.1 (48.4%)
128	DAMPS Julita	8	NIGHT RUNNERS SŁUPSK	K30-39	16	01:15:13.10	+00:43:22 (57.7%)	7:31	8 (42.6%)
128	SULL Aga	52	NIGHT RUNNERS SŁUPSK	K40-49	13	01:15:13.10	+00:43:22 (57.7%)	7:31	8 (42.6%)
130	KABACIŃSKI Bronisław	87	TUPOT USTKA	M70+	5	01:15:13.15	+00:43:22 (57.7%)	7:31	8 (42.6%)

Znaleziono 130 wynik(ów)