



GRAND PRIX USTKI - BIEG IV USTECKIEJ KRÓWKI - 10 KM

B4SPORT

Event: GRAND PRIX USTKI W BIEGACH - BIEG IV „USTECKIEJ KRÓWKI”
Organiser: Burmistrz Miasta Ustka; Morpol Sp. z o.o.; OSIR Ustka; Lekkoatletyczny Klub Sportowy „JANTAR”; Stowarzyszenie Turystyczno-Sportowe „USTKA”; Miejski Klub Sportowy „JANTAR” Ustka
Date: 2019-07-20
Place: Ustka
Distance: 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace 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	KOZAK Arkadiusz	93	HERKULES	M40-49	3	00:36:53.05	+00:05:02 (13.7%)	3:41	16.3 (86.7%)
4	DUDA Grzegorz	10	BEST BEASTS	M40-49	4	00:37:29.55	+00:05:39 (15.1%)	3:44	16 (85.1%)
5	WEGNER Przemysław	131	MOWI	M40-49	5	00:39:07.55	+00:07:17 (18.6%)	3:54	15.3 (81.4%)
6	CYPARSKI Marcin	75	ACTIVE RUNNERS PŁOCK	M40-49	6	00:40:04.25	+00:08:14 (20.5%)	4:00	15 (79.8%)
7	MARET Robert	143	LOKATOR NIERUCHOMOŚCI PIŁA	M40-49	7	00:41:29.45	+00:09:39 (23.3%)	4:08	14.5 (77.1%)
8	MIKICIUK Piotr	142		M40-49	8	00:42:40.75	+00:10:50 (25.4%)	4:16	14.1 (75.0%)
9	JABŁOŃSKI Tomasz	82	KB SPOKO SŁAWNO	M40-49	9	00:42:53.00	+00:11:02 (25.8%)	4:17	14 (74.5%)
10	OLESZEK Jerzy	110	SZKOŁA PODOFICERSKA MW	M40-49	10	00:42:55.65	+00:11:05 (25.8%)	4:17	14 (74.5%)
11	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%)
12	RYBA Paweł	45		M40-49	12	00:45:25.70	+00:13:35 (29.9%)	4:32	13.2 (70.2%)
13	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%)
14	ŻYSZKIEWICZ Piotr	65	USB USTKA	M40-49	14	00:45:42.50	+00:13:52 (30.3%)	4:34	13.1 (69.7%)
15	NADOLNY Piotr	106	USB USTKA	M40-49	15	00:45:44.05	+00:13:53 (30.4%)	4:34	13.1 (69.7%)
16	KONIECZNY Piotr	91	USB USTKA	M40-49	16	00:45:55.80	+00:14:05 (30.7%)	4:35	13.1 (69.7%)
17	OLEKSIUK Andrzej	109		M40-49	17	00:46:02.90	+00:14:12 (30.9%)	4:36	13 (69.1%)
18	KAMIŃSKI Marcin	21	MOCZYMORDY TEAM	M40-49	18	00:46:11.85	+00:14:21 (31.1%)	4:37	13 (69.1%)
19	OŁUBEK Robert	111	HRMAX ŻORY	M40-49	19	00:46:15.25	+00:14:25 (31.2%)	4:37	13 (69.1%)
20	PROTASEWICZ Andrzej	124	KB SPOKO SŁAWNO	M40-49	20	00:46:44.70	+00:14:54 (31.9%)	4:40	12.8 (68.1%)
21	JĘDRAS Remigiusz	84		M40-49	21	00:47:19.00	+00:15:28 (32.7%)	4:43	12.7 (67.6%)
22	TOMCZAK Dominik	54	NIGHT RUNNERS SŁUPSK	M40-49	22	00:47:35.55	+00:15:45 (33.1%)	4:45	12.6 (67.0%)
23	SPYCHAŁSKI Artur	49		M40-49	23	00:48:10.85	+00:16:20 (33.9%)	4:49	12.5 (66.5%)
24	BRZEZIŃSKI Rafał	70	NOWA HUTA TEAM	M40-49	24	00:48:12.35	+00:16:22 (34.0%)	4:49	12.4 (66.0%)
25	ZDUNEK Krzysztof	136	WPK SŁOŃ TEAM USTKA	M40-49	25	00:50:05.35	+00:18:15 (36.4%)	5:00	12 (63.8%)
26	ORŁOWSKI Edward	38		M40-49	26	00:50:11.95	+00:18:21 (36.6%)	5:01	12 (63.8%)

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
27	KREKORZ Marcin	166		M40-49	27	00:50:19.15	+00:18:28 (36.7%)	5:01	11.9 (63.3%)
28	CZAJKOWSKI Paweł	76		M40-49	28	00:50:20.05	+00:18:29 (36.7%)	5:02	11.9 (63.3%)
29	TOMCZAK Sebastian	55	USTKA	M40-49	29	00:50:39.95	+00:18:49 (37.2%)	5:03	11.8 (62.8%)
30	KARGUL Jacek	88	NIGHT RUNNERS SŁUPSK	M40-49	30	00:52:18.10	+00:20:27 (39.1%)	5:13	11.5 (61.2%)
31	NURKOWSKI Marcin	107	USB USTKA	M40-49	31	00:53:33.25	+00:21:43 (40.6%)	5:21	11.2 (59.6%)
32	TRUSIAK Miłosz	128	NIGHT RUNNERS SŁUPSK	M40-49	32	00:53:53.05	+00:22:02 (40.9%)	5:23	11.1 (59.0%)
33	ZARĘBSKI Maciej	163		M40-49	33	00:54:10.10	+00:22:19 (41.2%)	5:25	11.1 (59.0%)
34	KOZIMOR Mariusz	94		M40-49	34	00:54:22.85	+00:22:32 (41.5%)	5:26	11 (58.5%)
35	KLONOWSKI Artur	89	KOSPEL	M40-49	35	00:56:32.60	+00:24:42 (43.7%)	5:39	10.6 (56.4%)
36	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%)
37	TURCZYN Grzegorz	56	NIGHT RUNNERS SŁUPSK	M40-49	37	00:59:25.80	+00:27:35 (46.4%)	5:56	10.1 (53.7%)
38	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%)
39	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%)
40	BURDA Sebastian	4	WPK SŁOŃ TEAM	M40-49	40	01:05:50.50	+00:34:00 (51.6%)	6:35	9.1 (48.4%)

Total 40 results.