

GRAND PRIX USTKI - BIEG V BURSZTYNOWY - 10 KM

B4SPORT

Wydarzenie: GRAND PRIX USTKI W BIEGACH - BIEG V BURSZTYNOWY
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: 2019-08-24
Miejsce: Ustka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	RUDNIK Krzysztof	112		M30-39	1	00:16:50	00:33:47.56		3:22	17.8 (100%)
2	BURZYŃSKI Aleksander	72	ŚCIGAJ KRZYCHA TEAM	M40-49	1	00:17:04	00:34:39.67	+00:00:52 (2.5%)	3:27	17.3 (97.2%)
3	OLECH Adam	138	MONAR	M16-29	1	00:18:03	00:36:43.25	+00:02:55 (8.0%)	3:40	16.3 (91.6%)
4	DUDA Grzegorz	10	BEST BEASTS	M40-49	2	00:18:05	00:37:30.20	+00:03:42 (9.9%)	3:45	16 (89.9%)
5	CZERWIŃSKI Maciej	77	BALTIC SEALS	M16-29	2	00:19:01	00:38:22.66	+00:04:35 (11.9%)	3:50	15.6 (87.6%)
6	WEGNER Przemysław	124	MOWI TEAM	M40-49	3	00:19:02	00:38:28.83	+00:04:41 (12.2%)	3:50	15.6 (87.6%)
7	WILMONT Krzysztof	59	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30-39	2	00:19:02	00:38:36.51	+00:04:48 (12.5%)	3:51	15.5 (87.1%)
8	KOZA Kamil	91	USB USTKA	M30-39	3	00:19:02	00:38:44.98	+00:04:57 (12.8%)	3:52	15.5 (87.1%)
9	JEZIERSKI Łukasz	19		M30-39	4	00:18:57	00:38:49.42	+00:05:01 (13.0%)	3:52	15.5 (87.1%)
10	CHOLEWIŃSKI Artur	74	DECATHLON POWER	M30-39	5	00:19:08	00:39:20.35	+00:05:32 (14.1%)	3:56	15.3 (86.0%)
11	GOSTKOWSKI Łukasz	80	KB GOCH BYTÓW	M30-39	6	00:19:05	00:39:22.79	+00:05:35 (14.2%)	3:56	15.2 (85.4%)
12	GRAFF Norbert	15		M30-39	7	00:19:05	00:39:34.16	+00:05:46 (14.6%)	3:57	15.2 (85.4%)
13	LASKA Grzegorz	30		M30-39	8	00:19:25	00:40:13.31	+00:06:25 (16.0%)	4:01	14.9 (83.7%)
14	KAMIENIECKI Rafał	20	TUPOT USTKA	M40-49	4	00:20:14	00:40:38.14	+00:06:50 (16.8%)	4:03	14.8 (83.1%)
15	CYPRYCH Katarzyna	75	LKS FENIX SŁUPSK	K30-39	1	00:20:14	00:40:38.17	+00:06:50 (16.8%)	4:03	14.8 (83.1%)
16	RYGIELSKI Arkadiusz	46	KLUB BIEGACZA MOWI	M30-39	9	00:19:25	00:40:43.93	+00:06:56 (17.0%)	4:04	14.7 (82.6%)
17	NAGÓREKI Krzysztof	35	TUPOT USTKA	M60-69	1	00:20:11	00:40:45.96	+00:06:58 (17.1%)	4:04	14.7 (82.6%)
18	CENDER Szymon	73	W.P.K. SŁOŃ TEAM USTKA	M16-29	3	00:19:45	00:40:58.63	+00:07:11 (17.5%)	4:05	14.6 (82.0%)
19	ŻYLICZ Paweł	133	USB USTKA	M16-29	4	00:20:15	00:41:07.48	+00:07:19 (17.8%)	4:06	14.6 (82.0%)
20	SZCZERBATY Paweł	118		M30-39	10	00:20:01	00:41:09.67	+00:07:22 (17.9%)	4:06	14.6 (82.0%)
21	OLEKSIUK Przemysław	104		M16-29	5	00:20:17	00:41:13.09	+00:07:25 (18.0%)	4:07	14.6 (82.0%)
22	GUZIK Piotr	82	USB USTKA	M16-29	6	00:20:26	00:41:58.05	+00:08:10 (19.5%)	4:11	14.3 (80.3%)
23	DĘGA Ryszard	79	TUPOT USTKA	M60-69	2	00:20:26	00:42:13.11	+00:08:25 (20.0%)	4:13	14.2 (79.8%)
24	OLESZEK Jerzy	105	SZKOŁA PODOFICERSKA MW	M40-49	5	00:20:58	00:42:17.11	+00:08:29 (20.1%)	4:13	14.2 (79.8%)
25	PAKUŁA Mateusz	107		M30-39	11	00:20:59	00:42:45.86	+00:08:58 (21.0%)	4:16	14 (78.7%)
26	OKOŁOTOWICZ Sebastian	142		M30-39	12	00:20:32	00:42:47.55	+00:08:59 (21.0%)	4:16	14 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 5km	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
27	KUKLIŃSKA-NURKOWSKA Lucyna	28	USB USTKA	K40-49	1	00:21:06	00:43:00.16	+00:09:12 (21.4%)	4:18	14 (78.7%)
28	PAWLIK Krystian	39		M16-29	7	00:20:24	00:43:30.65	+00:09:43 (22.3%)	4:21	13.8 (77.5%)
29	MOROŃ Jarosław	45	USB USTKA	M30-39	13	00:22:26	00:43:40.89	+00:09:53 (22.6%)	4:22	13.7 (77.0%)
30	WRZACHOL Piotr	126		M16-29	8	00:22:05	00:43:44.56	+00:09:56 (22.7%)	4:22	13.7 (77.0%)
31	GAWEŁ Zbigniew	135	POMERIDERS SŁUPSK	M60-69	3	00:21:30	00:43:52.42	+00:10:04 (23.0%)	4:23	13.7 (77.0%)
32	DASZKIEWICZ Emil	78		M16-29	9	00:22:06	00:43:57.29	+00:10:09 (23.1%)	4:23	13.7 (77.0%)
33	ŻYSZKIEWICZ Piotr	65	USB USTKA	M40-49	6	00:22:28	00:44:01.88	+00:10:14 (23.3%)	4:24	13.6 (76.4%)
34	KAMIŃSKI Marcin	21	MOCZYMORDY TEAM	M40-49	7	00:22:06	00:44:07.32	+00:10:19 (23.4%)	4:24	13.6 (76.4%)
35	MUDŹ Anna	34	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	K16-29	1	00:21:51	00:44:19.35	+00:10:31 (23.8%)	4:25	13.5 (75.8%)
36	KOCZOROWSKI Paweł	25	W.P.K. SŁOŃ TEAM USTKA	M40-49	8	00:22:29	00:44:23.87	+00:10:36 (23.9%)	4:26	13.5 (75.8%)
37	SKOMOROWSKI Michał	47	USTKA	M30-39	14	00:22:08	00:44:31.70	+00:10:44 (24.1%)	4:27	13.5 (75.8%)
38	NADOLNY Piotr	139	USB USTKA	M40-49	9	00:22:29	00:44:35.88	+00:10:48 (24.2%)	4:27	13.5 (75.8%)
39	OLESIUK Andrzej	103		M40-49	10	00:22:29	00:44:38.31	+00:10:50 (24.3%)	4:27	13.4 (75.3%)
40	PUDELSKI Krzysztof	44		M16-29	10	00:22:28	00:45:12.67	+00:11:25 (25.3%)	4:31	13.3 (74.7%)
41	SŁOMIŃSKI Kamil	114		M30-39	15	00:22:50	00:45:56.84	+00:12:09 (26.5%)	4:35	13.1 (73.6%)
42	SPYCHALSKI Artur	49		M40-49	11	00:23:10	00:46:02.55	+00:12:14 (26.6%)	4:36	13 (73.0%)
43	KONOPKA Sebastian	132		M40-49	12	00:22:51	00:46:22.49	+00:12:34 (27.1%)	4:38	12.9 (72.5%)
44	SKOCZYŃSKA Renata	140	USB USTKA	K30-39	2	00:22:42	00:46:36.83	+00:12:49 (27.5%)	4:39	12.9 (72.5%)
45	GUSMANN Zbigniew	81		M60-69	4	00:23:13	00:46:43.97	+00:12:56 (27.7%)	4:40	12.8 (71.9%)
46	TOMCZAK Dominik	54	NIGHT RUNNERS SŁUPSK	M40-49	13	00:22:53	00:46:55.80	+00:13:08 (28.0%)	4:41	12.8 (71.9%)
47	KROTOWSKI Grzegorz	95	TUPOT USTKA	M50-59	1	00:23:25	00:47:26.16	+00:13:38 (28.8%)	4:44	12.6 (70.8%)
48	SZMIGIERO Arkadiusz	119	W.P.K. SŁOŃ TEAM USTKA	M40-49	14	00:23:32	00:47:31.76	+00:13:44 (28.9%)	4:45	12.6 (70.8%)
49	IWANOWSKI Michał	84		M30-39	16	00:23:08	00:48:05.96	+00:14:18 (29.7%)	4:48	12.5 (70.2%)
50	NIWIŃSKI Grzegorz	36	TUPOT USTKA	M60-69	5	00:24:02	00:48:14.52	+00:14:26 (30.0%)	4:49	12.4 (69.7%)
51	ĆWIGOŃ Kinga	6	USB USTKA	K30-39	3	00:23:51	00:48:15.42	+00:14:27 (30.0%)	4:49	12.4 (69.7%)
52	ZALIŃSKA Aneta	62	USB USTKA	K30-39	4	00:23:50	00:48:18.65	+00:14:31 (30.1%)	4:49	12.4 (69.7%)
53	ORŁOWSKI Edward	38		M40-49	15	00:24:12	00:48:25.99	+00:14:38 (30.2%)	4:50	12.4 (69.7%)
54	SIECIŃSKA Emilia	11	USB USTKA	K30-39	5	00:23:52	00:48:29.20	+00:14:41 (30.3%)	4:50	12.4 (69.7%)
55	LEMAŃSKA Katarzyna	31	USB USTKA	K16-29	2	00:23:43	00:48:40.84	+00:14:53 (30.6%)	4:52	12.3 (69.1%)
56	PELA Hanna	40	USB USTKA	K40-49	2	00:23:42	00:48:41.01	+00:14:53 (30.6%)	4:52	12.3 (69.1%)
57	DADACZ Rafał	7		M30-39	17	00:23:05	00:48:48.44	+00:15:00 (30.8%)	4:52	12.3 (69.1%)
58	KOSIEDOWSKI Sebastian	90		M30-39	18	00:24:13	00:49:46.23	+00:15:58 (32.1%)	4:58	12.1 (68.0%)
59	MIKICIUK Piotr	134		M40-49	16	00:24:13	00:49:46.32	+00:15:58 (32.1%)	4:58	12.1 (68.0%)
60	BERENT Robert	66		M50-59	2	00:24:36	00:49:55.02	+00:16:07 (32.3%)	4:59	12 (67.4%)
61	URGACZ Mirosław	123		M40-49	17	00:24:05	00:50:06.00	+00:16:18 (32.5%)	5:00	12 (67.4%)
62	SZOPA Maciej	120		M16-29	11	00:24:12	00:50:11.76	+00:16:24 (32.7%)	5:01	12 (67.4%)
63	ZDUNEK Krzysztof	128	W.P.K. SŁOŃ TEAM USTKA	M40-49	18	00:24:39	00:50:17.22	+00:16:29 (32.8%)	5:01	11.9 (66.9%)
64	TRUSIAK Agnieszka	122	NIGHT RUNNERS SŁUPSK	K40-49	3	00:24:55	00:50:20.05	+00:16:32 (32.9%)	5:02	11.9 (66.9%)
65	WŁAŚNIAK Łukasz	60		M16-29	12	00:25:14	00:50:27.35	+00:16:39 (33.0%)	5:02	11.9 (66.9%)
66	ZAGRODZKI Ireneusz	136	TUPOT USTKA	M60-69	6	00:24:55	00:50:37.65	+00:16:50 (33.3%)	5:03	11.9 (66.9%)
67	ZIELIŃSKA Danuta	130	USB USTKA	K30-39	6	00:25:13	00:50:38.86	+00:16:51 (33.3%)	5:03	11.8 (66.3%)
68	KARGUL Jacek	88	NIGHT RUNNERS SŁUPSK	M40-49	19	00:24:59	00:50:42.04	+00:16:54 (33.3%)	5:04	11.8 (66.3%)
69	TOMCZAK Sebastian	55	USTKA	M40-49	20	00:23:53	00:51:01.09	+00:17:13 (33.8%)	5:06	11.8 (66.3%)
70	BARSZCZEWSKI Sebastian	137	BŁĘKITNY PATROL WWF	M40-49	21	00:24:46	00:51:07.26	+00:17:19 (33.9%)	5:06	11.7 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 5km	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
71	SKORLIŃSKI Krzysztof	113	ECHO ZIEMI KOSTRZYŃSKIEJ.	M40-49	22	00:24:08	00:51:18.44	+00:17:30 (34.1%)	5:07	11.7 (65.7%)
72	KUBLIK Filip	97		M30-39	19	00:24:53	00:51:47.16	+00:17:59 (34.7%)	5:10	11.6 (65.2%)
73	OLECHNOWICZ Zbigniew	102	TUPOT USTKA	M70+	1	00:25:22	00:51:59.42	+00:18:11 (35.0%)	5:11	11.5 (64.6%)
74	STOLARCZUK Paulina	117		K40-49	4	00:25:55	00:52:07.89	+00:18:20 (35.2%)	5:12	11.5 (64.6%)
75	HAUPA Wojciech	16	USB USTKA	M40-49	23	00:24:56	00:52:14.10	+00:18:26 (35.3%)	5:13	11.5 (64.6%)
76	GRABOWICZ Jurek	13	TUPOT USTKA	M70+	2	00:25:23	00:52:16.68	+00:18:29 (35.4%)	5:13	11.5 (64.6%)
77	MĘCZYŃSKI Piotr	141	6 BPD	M50-59	3	00:26:05	00:52:17.93	+00:18:30 (35.4%)	5:13	11.5 (64.6%)
78	GONTEK Łukasz	12	VWBATORY	M30-39	20	00:24:40	00:52:21.57	+00:18:34 (35.5%)	5:14	11.5 (64.6%)
79	STODOŁA Monika	50	USB USTKA	K40-49	5	00:25:55	00:52:29.91	+00:18:42 (35.6%)	5:14	11.4 (64.0%)
80	BODO Rafał	67	ZOZKOSZ KOSZALIN	M30-39	21	00:25:55	00:52:30.95	+00:18:43 (35.7%)	5:15	11.4 (64.0%)
81	SMOLIŃSKI Krzysztof	115	SMOLIŃSCY TEAM	M40-49	24	00:24:56	00:52:36.04	+00:18:48 (35.8%)	5:15	11.4 (64.0%)
82	LEWANDOWSKA Maria	144	W.P.K. SŁOŃ TEAM USTKA	K30-39	7	00:26:09	00:53:13.91	+00:19:26 (36.5%)	5:19	11.3 (63.5%)
83	BACH Paweł	2		M30-39	22	00:26:05	00:53:20.26	+00:19:32 (36.6%)	5:20	11.3 (63.5%)
84	KOZIMOR Mariusz	93		M40-49	25	00:26:23	00:53:25.87	+00:19:38 (36.8%)	5:20	11.2 (62.9%)
85	ZARZYCKA Izabela	63	W.P.K. SŁOŃ TEAM USTKA	K40-49	6	00:26:06	00:53:27.69	+00:19:40 (36.8%)	5:20	11.2 (62.9%)
86	ZDUNEK Katarzyna	127	W.P.K. SŁOŃ TEAM USTKA	K40-49	7	00:25:44	00:53:29.23	+00:19:41 (36.8%)	5:20	11.2 (62.9%)
87	TÓRZ Andrzej	121	USTKA	M60-69	7	00:26:11	00:53:41.28	+00:19:53 (37.1%)	5:22	11.2 (62.9%)
88	PODLAK Piotr	41		M30-39	23	00:25:17	00:53:43.99	+00:19:56 (37.1%)	5:22	11.2 (62.9%)
89	KOZA Joanna	92	USB USTKA	K30-39	8	00:26:10	00:54:07.77	+00:20:20 (37.6%)	5:24	11.1 (62.4%)
90	NURKOWSKI Marcin	101	USB USTKA	M40-49	26	00:26:10	00:54:09.44	+00:20:21 (37.6%)	5:24	11.1 (62.4%)
91	POKORNY Edward	110	TUPOT USTKA	M70+	3	00:26:48	00:55:19.91	+00:21:32 (38.9%)	5:31	10.8 (60.7%)
92	KONKEL Joanna	26	MKS 'ŚWIĘC' SŁAWNO	K50-59	1	00:26:58	00:55:33.42	+00:21:45 (39.2%)	5:33	10.8 (60.7%)
93	LESNER-MĄCZYŃSKA Monika	32	USB USTKA	K30-39	9	00:26:57	00:55:46.82	+00:21:59 (39.4%)	5:34	10.8 (60.7%)
94	STANIASZEK Bogusław	116	TUPOT USTKA	M60-69	8	00:29:11	00:56:08.48	+00:22:20 (39.8%)	5:36	10.7 (60.1%)
95	JUSIEWICZ Tomasz	85		M30-39	24	00:28:05	00:56:33.55	+00:22:45 (40.3%)	5:39	10.6 (59.6%)
96	OSTROWSKA Katarzyna	106		K30-39	10	00:28:13	00:56:40.54	+00:22:52 (40.4%)	5:40	10.6 (59.6%)
97	KOCEJKO Marek	24	USB USTKA	M60-69	9	00:26:47	00:58:01.21	+00:24:13 (41.8%)	5:48	10.3 (57.9%)
98	MARCZAK Małgorzata	98		K50-59	2	00:27:30	00:59:02.74	+00:25:15 (42.8%)	5:54	10.2 (57.3%)
99	KRYGIER Ireneusz	96	W.P.K. SŁOŃ TEAM USTKA	M40-49	27	00:28:10	00:59:03.03	+00:25:15 (42.8%)	5:54	10.2 (57.3%)
100	TURCZYN Grzegorz	56	NIGHT RUNNERS SŁUPSK	M40-49	28	00:29:17	01:00:22.32	+00:26:34 (44.0%)	6:02	9.9 (55.6%)
101	JABŁONOWSKI Marian	18	TUPOT USTKA	M60-69	10	00:28:59	01:01:53.79	+00:28:06 (45.4%)	6:11	9.7 (54.5%)
102	WOJTCAK Marta	125		K16-29	3	00:28:20	01:01:53.98	+00:28:06 (45.4%)	6:11	9.7 (54.5%)
103	KRASUCKA Izabela	94		K30-39	11	00:30:37	01:02:41.69	+00:28:54 (46.1%)	6:16	9.6 (53.9%)
104	LEWANDOWSKI Adam	143	W.P.K. SŁOŃ TEAM USTKA	M30-39	25	00:28:54	01:04:25.60	+00:30:38 (47.5%)	6:26	9.3 (52.2%)
105	PRZYMORSKI Waldemar	42	W.P.K. SŁOŃ TEAM USTKA	M40-49	29	00:29:18	01:04:25.89	+00:30:38 (47.6%)	6:26	9.3 (52.2%)
106	CZECH Roman	76	KB GOCH BYTÓW	M70+	4	00:32:07	01:05:28.52	+00:31:40 (48.4%)	6:32	9.2 (51.7%)
107	MORDAL Eliza	100	USB USTKA	K40-49	8	00:32:06	01:05:48.06	+00:32:00 (48.6%)	6:34	9.1 (51.1%)
108	ZWOLIŃSKA Agnieszka	64	USTKA	K40-49	9	00:32:06	01:05:48.52	+00:32:00 (48.6%)	6:34	9.1 (51.1%)
109	ŻELAZEK Katarzyna	131	USB USTKA	K40-49	10	00:32:05	01:05:48.64	+00:32:01 (48.7%)	6:34	9.1 (51.1%)
110	BURDA Sebastian	4	W.P.K. SŁOŃ TEAM USTKA	M40-49	30	00:32:31	01:07:15.40	+00:33:27 (49.8%)	6:43	8.9 (50.0%)
111	KOWALCZYK Justyna	1	W.P.K. SŁOŃ TEAM USTKA	K30-39	12	00:32:31	01:07:15.72	+00:33:28 (49.8%)	6:43	8.9 (50.0%)
112	KABACIŃSKI Bronisław	86	TUPOT USTKA	M70+	5	00:32:37	01:08:04.92	+00:34:17 (50.4%)	6:48	8.8 (49.4%)