



GRAND PRIX USTKI - BIEG V BURSZTYNOWY - 10 KM

B4SPORT

Event: GRAND PRIX USTKI W BIEGACH - BIEG V BURSZTYNOWY
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: 2019-08-24
Place: Ustka
Distance: 10 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Laps 5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	RUDNIK Krzysztof	112		M30-39	1	00:16:50	00:33:47.56		3:22	17.8 (100%)
2	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%)
3	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%)
4	JEZIERSKI Łukasz	19		M30-39	4	00:18:57	00:38:49.42	+00:05:01 (13.0%)	3:52	15.5 (87.1%)
5	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%)
6	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%)
7	GRAFF Norbert	15		M30-39	7	00:19:05	00:39:34.16	+00:05:46 (14.6%)	3:57	15.2 (85.4%)
8	LASKA Grzegorz	30		M30-39	8	00:19:25	00:40:13.31	+00:06:25 (16.0%)	4:01	14.9 (83.7%)
9	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%)
10	SZCZERBATY Paweł	118		M30-39	10	00:20:01	00:41:09.67	+00:07:22 (17.9%)	4:06	14.6 (82.0%)
11	PAKUŁA Mateusz	107		M30-39	11	00:20:59	00:42:45.86	+00:08:58 (21.0%)	4:16	14 (78.7%)
12	OKOŁOTOWICZ Sebastian	142		M30-39	12	00:20:32	00:42:47.55	+00:08:59 (21.0%)	4:16	14 (78.7%)
13	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%)
14	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%)
15	SŁOMIŃSKI Kamil	114		M30-39	15	00:22:50	00:45:56.84	+00:12:09 (26.5%)	4:35	13.1 (73.6%)
16	IWANOWSKI Michał	84		M30-39	16	00:23:08	00:48:05.96	+00:14:18 (29.7%)	4:48	12.5 (70.2%)
17	DADACZ Rafał	7		M30-39	17	00:23:05	00:48:48.44	+00:15:00 (30.8%)	4:52	12.3 (69.1%)
18	KOSIEDOWSKI Sebastian	90		M30-39	18	00:24:13	00:49:46.23	+00:15:58 (32.1%)	4:58	12.1 (68.0%)
19	KUBLIK Filip	97		M30-39	19	00:24:53	00:51:47.16	+00:17:59 (34.7%)	5:10	11.6 (65.2%)
20	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%)
21	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%)
22	BACH Paweł	2		M30-39	22	00:26:05	00:53:20.26	+00:19:32 (36.6%)	5:20	11.3 (63.5%)
23	PODLAK Piotr	41		M30-39	23	00:25:17	00:53:43.99	+00:19:56 (37.1%)	5:22	11.2 (62.9%)
24	JUSIEWICZ Tomasz	85		M30-39	24	00:28:05	00:56:33.55	+00:22:45 (40.3%)	5:39	10.6 (59.6%)
25	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%)

Total 25 results.