



GRAND PRIX USTKI - BIEG VI BIEG Z MOWI - 10 KM

B4SPORT

Event: GRAND PRIX USTKI W BIEGACH - BIEG VI BIEG Z MOWI
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: 2019-09-28
Place: Ustka
Distance: 10 km



Classification: M-Open

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	00:34:25.94		3:26	17.4 (100%)
2	ZACHARCZUK Albin	163	UNIA HRUBIESZÓW	M16-29	1	00:35:40.75	+00:01:14 (3.5%)	3:34	16.8 (96.6%)
3	DUDA Grzegorz	10	BEST BEASTS	M40-49	2	00:36:25.00	+00:01:53 (5.2%)	3:38	16.5 (94.8%)
4	CENDER Szymon	69	WPK SŁOŃ TEAM USTKA	M16-29	2	00:38:12.85	+00:03:47 (9.9%)	3:49	15.7 (90.2%)
5	WILMONT Krzysztof	59	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30-39	1	00:38:16.83	+00:03:51 (10.0%)	3:49	15.7 (90.2%)
6	LASKA Grzegorz	30		M30-39	2	00:38:27.00	+00:03:55 (10.2%)	3:50	15.6 (89.7%)
7	KAWKA Adrian	22		M30-39	3	00:38:26.49	+00:04:00 (10.4%)	3:50	15.6 (89.7%)
8	RYGIELSKI Arkadiusz	46	KLUB BIEGACZA MOWI	M30-39	4	00:38:37.04	+00:04:12 (10.9%)	3:51	15.5 (89.1%)
9	GRAFF Norbert	15		M30-39	5	00:38:57.94	+00:04:33 (11.7%)	3:53	15.4 (88.5%)
10	JEZIERSKI Łukasz	19		M30-39	6	00:39:22.07	+00:04:56 (12.5%)	3:56	15.2 (87.4%)
11	WEGNER Przemysław	109	MWI RUNNING TEAM	M40-49	3	00:39:31.75	+00:05:07 (12.9%)	3:57	15.2 (87.4%)
12	OLESEK Jerzy	90	SZKOŁA PODOFICERSKA MW	M40-49	4	00:40:48.59	+00:06:23 (15.6%)	4:04	14.7 (84.5%)
13	SKUMIAŁ Oskar	101	USB USTKA	M30-39	7	00:41:17.00	+00:06:45 (16.4%)	4:07	14.5 (83.3%)
14	KAMIENIECKI Rafał	20	TUPOT-USTKA	M40-49	5	00:41:57.27	+00:07:31 (17.9%)	4:11	14.3 (82.2%)
15	MIKICIUK Piotr	161		M40-49	6	00:42:12.75	+00:07:48 (18.5%)	4:13	14.2 (81.6%)
16	ŻYSZKIEWICZ Piotr	65	USB USTKA	M40-49	7	00:42:41.84	+00:08:16 (19.3%)	4:16	14.1 (81.0%)
17	TOMCZAK Dominik	54	NIGHT RUNNERS SŁUPSK	M40-49	8	00:42:58.12	+00:08:33 (19.9%)	4:17	14 (80.5%)
18	WIŚNIEWSKI Patryk	110		M16-29	3	00:43:10.69	+00:08:45 (20.2%)	4:19	13.9 (79.9%)
19	GUZIK Piotr	74	USB USTKA	M16-29	4	00:43:33.07	+00:09:10 (21.0%)	4:21	13.8 (79.3%)
20	RYBA Paweł	45		M40-49	9	00:43:35.46	+00:09:12 (21.1%)	4:21	13.8 (79.3%)
21	DĘGA Ryszard	72	TUPOT USTKA	M60-69	1	00:43:41.47	+00:09:16 (21.2%)	4:22	13.7 (78.7%)
22	WŁAŚNIAK Łukasz	60		M16-29	5	00:43:47.98	+00:09:24 (21.4%)	4:22	13.7 (78.7%)
23	OLEKSIUK Przemysław	88		M16-29	6	00:44:18.49	+00:09:56 (22.3%)	4:25	13.5 (77.6%)
24	OLEKSIUK Andrzej	89		M40-49	10	00:44:18.44	+00:09:56 (22.4%)	4:25	13.5 (77.6%)
25	PUDELSKI Krzysztof	44		M16-29	7	00:44:25.41	+00:10:01 (22.5%)	4:26	13.5 (77.6%)
26	KOSIEDOWSKI Sebastian	78		M30-39	8	00:45:00.90	+00:10:36 (23.5%)	4:30	13.3 (76.4%)

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
27	PRZEWROCKI Andrzej	93		M30-39	9	00:45:08.23	+00:10:44 (23.7%)	4:30	13.3 (76.4%)
28	SKOMOROWSKI Michał	47	USTKA	M30-39	10	00:46:12.99	+00:11:48 (25.5%)	4:37	13 (74.7%)
29	IWANOWSKI Michał	76		M30-39	11	00:46:31.00	+00:12:09 (26.0%)	4:39	12.9 (74.1%)
30	TOMCZAK Sebastian	55	USTKA	M40-49	11	00:46:42.00	+00:12:10 (26.1%)	4:40	12.8 (73.6%)
31	ORŁOWSKI Edward	38		M40-49	12	00:47:06.52	+00:12:43 (26.9%)	4:42	12.7 (73.0%)
32	SPYCHALSKI Artur	49		M40-49	13	00:47:33.51	+00:13:10 (27.6%)	4:45	12.6 (72.4%)
33	DADACZ Rafał	7		M30-39	12	00:47:47.29	+00:13:24 (28.0%)	4:46	12.6 (72.4%)
34	BERENT Robert	67		M50-59	1	00:49:35.74	+00:15:16 (30.7%)	4:57	12.1 (69.5%)
35	ZDUNEK Krzysztof	112	W.P.K. SŁOŃ TEAM USTKA	M40-49	14	00:50:03.12	+00:15:42 (31.3%)	5:00	12 (69.0%)
36	STANIASZEK Bogusław	102	TUPOT USTKA	M60-69	2	00:50:06.17	+00:15:47 (31.4%)	5:00	12 (69.0%)
37	BODO Rafał	68	ZOZKOSZ KOSZALIN	M30-39	13	00:50:37.73	+00:16:18 (32.1%)	5:03	11.8 (67.8%)
38	MARGAS Marcin	144		M16-29	8	00:50:46.22	+00:16:24 (32.2%)	5:04	11.8 (67.8%)
39	HAUPA Wojciech	16	USB USTKA	M40-49	15	00:50:47.44	+00:16:27 (32.3%)	5:04	11.8 (67.8%)
40	NADOLNY Piotr	85	USB USTKA	M40-49	16	00:50:57.73	+00:16:35 (32.5%)	5:05	11.8 (67.8%)
41	TÓRZ Andrzej	106	USTKA	M60-69	3	00:51:00.89	+00:16:38 (32.5%)	5:06	11.8 (67.8%)
42	PODLAK Piotr	41		M30-39	14	00:51:13.00	+00:16:41 (32.6%)	5:07	11.7 (67.2%)
43	OLECHNOWICZ Zbigniew	87	TUPOT USTKA	M70+	1	00:51:49.85	+00:17:24 (33.5%)	5:11	11.6 (66.7%)
44	SZMIGIERO Sebastian	165		M50-59	2	00:52:00.76	+00:17:29 (33.6%)	5:12	11.5 (66.1%)
45	GONTEK Łukasz	12	VWBATORY	M30-39	15	00:52:21.15	+00:17:59 (34.3%)	5:14	11.5 (66.1%)
46	PUDELSKI Jozef	43	USTKA	M30-39	16	00:52:46.63	+00:18:22 (34.7%)	5:16	11.4 (65.5%)
47	PUDELSKI Robert	94	WŁYŃKÓWKO	M40-49	17	00:52:48.16	+00:18:23 (34.8%)	5:16	11.4 (65.5%)
48	PAWLIKOWSKI Szymon	92		M30-39	17	00:52:46.24	+00:18:28 (34.9%)	5:16	11.4 (65.5%)
49	WOŹNIAK Grzegorz	162		M50-59	3	00:53:25.06	+00:19:02 (35.6%)	5:20	11.2 (64.4%)
50	BURDA Sebastian	4	WPK SŁOŃ TEAM	M40-49	18	00:54:01.00	+00:19:29 (36.1%)	5:24	11.1 (63.8%)
51	BACH Paweł	2		M30-39	18	00:53:58.16	+00:19:36 (36.2%)	5:23	11.1 (63.8%)
52	KOZIMOR Mariusz	79		M40-49	19	00:54:12.59	+00:19:53 (36.6%)	5:25	11.1 (63.8%)
53	KOZA Kamil	168		M30-39	19	00:55:03.61	+00:20:44 (37.5%)	5:30	10.9 (62.6%)
54	NURKOWSKI Marcin	86	USB USTKA	M40-49	20	00:55:21.18	+00:21:04 (37.9%)	5:32	10.8 (62.1%)
55	LEWANDOWSKI Adam	81	W.P.K SŁOŃ TEAM USTKA	M30-39	20	00:56:29.34	+00:22:10 (39.1%)	5:39	10.6 (60.9%)
56	PRZYMORSKI Waldemar	42	W.P.K. SŁOŃ TEAM USTKA	M40-49	21	00:57:05.36	+00:22:47 (39.8%)	5:42	10.5 (60.3%)
57	TURCZYN Grzegorz	56	NIGHT RUNNERS SŁUPSK	M40-49	22	00:57:05.34	+00:22:47 (39.8%)	5:42	10.5 (60.3%)
58	KRYGIER Ireneusz	169		M40-49	23	00:59:10.79	+00:24:51 (41.9%)	5:55	10.1 (58.0%)
59	JABŁONOWSKI Marian	18	TUPOT USTKA	M60-69	4	01:00:48.40	+00:26:30 (43.4%)	6:04	9.9 (56.9%)
DNC	NIWIŃSKI Grzegorz	36	KB TUPOT USTKA	M60-69				-	- (0.0%)

Total 60 results.