

IX KAMUS MARATON

B4SPORT
INTELEKTUALNE ZDROWIE SPORTOWE

Wydarzenie: 150 maraton Kazimierza Musiałowskiego
Organizator: Klub Sportowy „Kamus Maraton”
Data: 2018-06-09
Miejsce: Osieki
Dystans: 42.2 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 5.3km	Start_All 10.6km	Spike_All 15.9km	Start_All 21.1km	Spike_All 26.4km	Start_All 31.7km	Spike_All 37km	Czas netto 42.2km	Różn	Tempo min/km	Tempo km/h
1	PANEK Michał	34		M18-29	1	00:24:21	00:46:29	01:11:19	01:33:32	01:59:03	02:22:02	02:50:02	03:14:28.10		4:36	13 (100%)
2	KUBIAK Maciej	42	REKU RUN	M40-49	1	00:28:07	00:53:33	01:21:57	01:46:47	02:15:16	02:40:11	03:09:12	03:35:31.85	+00:21:03 (9.8%)	5:06	11.7 (90.0%)
3	RACZKOWSKI Robert	9	MARMEL	M40-49	2	00:28:33	00:53:55	01:22:55	01:48:36	02:17:42	02:44:54	03:15:49	03:42:11.60	+00:27:43 (12.5%)	5:15	11.4 (87.7%)
4	WIŚNIEWSKI Aleksander	19	WIŚNIOCHY	M40-49	3	00:28:16	00:52:56	01:21:13	01:46:35	02:16:26	02:45:10	03:22:44	03:55:26.30	+00:40:58 (17.4%)	5:34	10.8 (83.1%)
5	CHMIELEWSKI Sławomir	49		M40-49	4	00:29:47	00:55:51	01:26:02	01:52:33	02:22:00	02:49:23	03:25:03	03:57:48.90	+00:43:20 (18.2%)	5:38	10.6 (81.5%)
6	KUMIDAJ Jacek	36		M50-59	1	00:29:05	00:55:11	01:24:59	01:51:05	02:21:16	02:49:53	03:26:39	03:59:17.75	+00:44:49 (18.7%)	5:40	10.6 (81.5%)
7	WITCZAK Jolanta	22	TARNOWO PODGÓRNE - POZIOM BLIŻEJ	K50-59	1	00:28:48	00:55:28	01:26:06	01:53:42	02:25:46	02:55:10	03:30:45	04:01:46.25	+00:47:18 (19.6%)	5:43	10.5 (80.8%)
8	DRAŻEWSKI Jakub	45		M40-49	5	00:27:02	00:51:05	01:18:26	01:43:06	02:13:01	02:44:23	03:22:52	04:01:54.35	+00:47:26 (19.6%)	5:43	10.5 (80.8%)
9	JANIK Jerzy	18	GMINA STRZELCE OPOLSKIE	M60+	1	00:29:41	00:56:17	01:27:42	01:56:20	02:29:26	02:59:07	03:34:03	04:06:11.80	+00:51:43 (21.0%)	5:50	10.3 (79.2%)
10	KRZYŻAŃSKI Maciej	11		M40-49	6	00:29:14	00:56:48	01:28:00	01:56:09	02:30:29	03:02:25	03:38:16	04:10:15.85	+00:55:47 (22.3%)	5:55	10.1 (77.7%)
11	KOŁKOWSKI Andrzej	48	SPARTANIE DZIECIOM	M40-49	7	00:32:02	01:00:33	01:33:01	02:01:40	02:34:54	03:03:58	03:39:43	04:12:36.90	+00:58:08 (23.0%)	5:59	10 (76.9%)
12	KOWALSKI Marcin	27	KOWALE TEAM	M30-39	1	00:28:34	00:53:54	01:22:54	01:49:06	02:24:10	02:59:35	03:39:20	04:15:29.50	+01:01:01 (23.9%)	6:03	9.9 (76.2%)
13	MACIEJEWSKI Bogusław	30		M60+	2	00:34:01	01:03:59	01:37:19	02:08:26	02:43:05	03:13:05	03:47:58	04:15:55.90	+01:01:27 (24.0%)	6:03	9.9 (76.2%)
14	CIESZYŃSKI Szymon	21	WIESNIACKI KLUB BIEGACKI	M18-29	2	00:29:44	00:56:04	01:26:54	01:55:49	02:30:52	03:03:20	03:42:04	04:17:50.50	+01:03:22 (24.6%)	6:06	9.8 (75.4%)
15	ZAWORSKI Jacek	29		M50-59	2	00:29:32	00:55:49	01:26:45	01:55:56	02:29:22	03:02:29	03:45:13	04:25:48.25	+01:11:20 (26.8%)	6:17	9.5 (73.1%)
16	NĘDZUSIAK Dariusz	13	POLKRYŚ TEAM	M50-59	3	00:32:01	00:59:18	01:31:10	01:59:28	02:33:42	03:05:14	03:49:45	04:26:29.05	+01:12:00 (27.0%)	6:18	9.5 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas							Czas netto	Różn	Tempo min/km	Tempo km/h
						Spike_All 5.3km	Start_All 10.6km	Spike_All 15.9km	Start_All 21.1km	Spike_All 26.4km	Start_All 31.7km	Spike_All 37km				
17	SŁODOWNIK Rafał	35	BYDGOSZCZ FAN MARATON	M40-49	8	00:33:58	01:03:50	01:37:24	02:07:30	02:43:07	03:15:03	03:52:38	04:27:04.50	+01:12:36 (27.2%)	6:19	9.5 (73.1%)
18	DOBUSZYŃSKI Paweł	20	PARKRUN TORUŃ	M40-49	9	00:33:24	01:02:38	01:38:31	02:10:21	02:47:26	03:20:13	04:00:45	04:33:42.00	+01:19:13 (28.9%)	6:29	9.3 (71.5%)
19	KRÓL Adam	50	SPARTANIE DZIECIOM	M50-59	4	00:29:40	00:55:03	01:24:22	01:50:47	02:23:06	03:01:21	03:49:57	04:34:10.80	+01:19:42 (29.1%)	6:29	9.2 (70.8%)
20	RYBCZYŃSKI Łukasz	28		M18-29	3	00:28:25	00:54:47	01:25:34	01:54:46	02:33:33	03:10:08	03:55:01	04:35:50.35	+01:21:22 (29.5%)	6:32	9.2 (70.8%)
21	REMBERK Michał	25	WARSZAWSKI ŻÓŁWIK	M40-49	10	00:32:38	01:01:32	01:35:10	02:06:02	02:43:33	03:20:31	04:02:53	04:36:17.50	+01:21:49 (29.6%)	6:32	9.2 (70.8%)
22	KOS Magda	3	KAMUS	K30-39	1	00:31:29	01:00:12	01:33:53	02:05:38	02:42:35	03:16:13	04:00:08	04:38:34.90	+01:24:06 (30.2%)	6:36	9.1 (70.0%)
23	KOS Marcin	4	KAMUS	M30-39	2	00:31:21	01:00:10	01:33:53	02:05:30	02:42:36	03:16:13	04:00:17	04:38:35.05	+01:24:06 (30.2%)	6:36	9.1 (70.0%)
24	HOJKA Tomasz	41		M40-49	11	00:27:19	00:52:04	01:20:21	01:46:18	02:23:04	03:01:05	03:54:37	04:41:32.30	+01:27:04 (30.9%)	6:40	9 (69.2%)
25	KACZOROWSKA Anna	2	PARKRUN TORUŃ	K30-39	2	00:33:08	01:03:06	01:39:56	02:12:36	02:54:34	03:30:42	04:13:00	04:48:50.80	+01:34:22 (32.7%)	6:50	8.8 (67.7%)
26	WODEJKO Artur	10	TBKM WILK	M40-49	12	00:30:41	00:58:21	01:29:39	02:00:00	02:39:13	03:18:42	04:09:24	04:56:03.40	+01:41:35 (34.3%)	7:00	8.6 (66.2%)
27	POBŁOCKI Jan	38	GRUPA TRÓJMIASTO/ SPARTANIE DZIECIOM	M60+	3	00:34:25	01:03:49	01:37:32	02:10:14	02:49:41	03:27:46	04:14:18	05:02:17.75	+01:47:49 (35.7%)	7:09	8.4 (64.6%)
28	KOWALSKI Paweł	16	KOWALE TEAM	M40-49	13	00:31:49	01:00:54	01:36:14	02:10:20	02:53:01	03:35:16	04:16:47	05:10:00.55	+01:55:32 (37.3%)	7:20	8.2 (63.1%)
29	GŁUSZKOWSKI Michał	32		M30-39	3	00:31:24	01:02:38	01:39:02	02:13:34	02:57:21	03:39:03	04:29:36	05:16:01.90	+02:01:33 (38.5%)	7:29	8 (61.5%)
30	SYPNIEWSKA Hanna	37	WATAHA- ŁĄCZY NA SBIEGANIE	K60+	1	00:34:31	01:09:45	01:49:53	02:27:15	03:10:16	03:50:09	04:36:28	05:20:22.10	+02:05:54 (39.3%)	7:35	7.9 (60.8%)
31	ADAMCZYK Zbigniew	26	KM TRUCHCIK ŁUBIANKA	M60+	4	00:37:56	01:12:12	01:50:25	02:25:01	03:07:13	03:49:46	04:41:10	05:26:26.10	+02:11:58 (40.4%)	7:44	7.8 (60.0%)
32	GÓRNOWICZ Andrzej	46	FLORIAN CHOJNICE	M60+	5	00:34:38	01:07:06	01:45:08	02:21:54	03:16:15	04:08:14	05:02:00	05:46:59.25	+02:32:31 (44.0%)	8:13	7.3 (56.2%)
33	KOWALSKA Agnieszka	17	KOWALE TEAM	K30-39	3	00:38:33	01:16:21	02:02:10	02:47:21	03:40:41	04:25:56	05:15:29	05:54:01.80	+02:39:33 (45.1%)	8:23	7.2 (55.4%)
34	MUSIAŁOWSKI Kazimierz	5	KAMUS MARATON	M60+	6	00:39:04	01:15:48	02:03:23	02:47:26	03:45:24	04:33:08	05:17:43	05:55:30.40	+02:41:02 (45.3%)	8:25	7.1 (54.6%)
35	KASIERSKA Ewa Katarzyna	47	WKB META LUBLINIEC	K60+	2	00:40:14	01:18:19	02:04:24	02:46:47	03:39:36	04:28:06	05:16:24	05:57:43.95	+02:43:15 (45.6%)	8:28	7.1 (54.6%)
36	ROPIAK Ryszard	31	KURPIE MYSZYNIC	M60+	7	00:38:24	01:14:49	01:57:09	02:38:11	03:30:28	04:18:24	05:17:40	05:59:41.35	+02:45:13 (45.9%)	8:31	7 (53.8%)
37	SZYSZCZAK Marcin	40		M40-49	14	00:39:04	01:15:48	02:02:09	02:36:06	03:29:55	04:16:04	05:17:30	06:03:20.20	+02:48:52 (46.5%)	8:36	7 (53.8%)
38	WIELIŃSKI Michał	8	AKPB MARMEL	M30-39	4	00:34:04	01:05:27	01:41:14	02:13:11					+00:39:38	6:18	9.5 (73.1%)
39	ZAŁUCKI Maciej	7		M40-49	15	00:34:03	01:05:26	01:41:13	02:13:12					+00:39:40	6:18	9.5 (73.1%)
40	WIŚNIEWSKI Janusz	1	CARBON TEAM TORUN	M50-59	5	00:34:03	01:05:26	01:54:30	02:44:21					+01:10:48	7:47	7.7 (59.2%)
	GAPIŃSKI Dariusz	39	PROGDAR MARATHON TEAM	M40-49		00:41:13 DNF	01:24:28 DNF	02:23:16 DNF	03:24:12 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 5.3km	Start_All 10.6km	Spike_All 15.9km	Start_All 21.1km	Spike_All 26.4km	Start_All 31.7km	Spike_All 37km	Czas netto 42.2km	Różn	Tempo min/km	Tempo km/h
	GAPIŃSKA Aneta	51	PROGDAR MARATHON TEAM	K40-49		00:46:10 DNF	01:31:40 DNF	02:27:51 DNF	03:24:12 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 42 wynik(ów)