

# MARATON ROWEROWY FRAJDA MTB

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** Fundacja Herkules All Sports  
**Data:** 2023-05-27  
**Miejsce:** Koszalin  
**Dystans:** 39 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	19.5km	Czas netto 39km	Różn	Tempo min/km	Tempo km/h
1	<b>ŻYWICKI Paweł</b>	<b>107</b>	FUNDACJA PLATYNOWA DRUŻYNA	M30	1	00:47:43	<b>01:27:01.60</b>		2:13	26.9 (100%)
2	<b>WRZESZCZ Bartosz</b>	<b>100</b>		M20	1	00:47:38	<b>01:27:19.65</b>	+00:00:18 (0.3%)	2:14	26.8 (99.6%)
3	<b>MIELEWCZYK Łukasz</b>	<b>124</b>	MTB START KARTUZY	M40	1	00:47:51	<b>01:27:25.85</b>	+00:00:24 (0.5%)	2:14	26.8 (99.6%)
4	<b>PYTEL Łukasz</b>	<b>69</b>	KONDYCJA.NET TEAM	M30	2	00:47:06	<b>01:27:39.60</b>	+00:00:38 (0.7%)	2:14	26.7 (99.3%)
5	<b>KUCHTA Jarek</b>	<b>43</b>	SRS SZCZECINEK	M30	3	00:47:44	<b>01:27:46.00</b>	+00:00:44 (0.8%)	2:15	26.7 (99.3%)
6	<b>TRZEBIATOWSKI Kamil</b>	<b>91</b>	MTB START KARTUZY	M30	4	00:43:34	<b>01:28:05.15</b>	+00:01:03 (1.2%)	2:15	26.6 (98.9%)
7	<b>HEMPEREK Marcin</b>	<b>123</b>	SRS SZCZECINEK	M50	1	00:40:13	<b>01:28:41.20</b>	+00:01:39 (1.9%)	2:16	26.4 (98.1%)
8	<b>SKIBA Marek</b>	<b>129</b>		M40	2	00:48:56	<b>01:32:27.00</b>	+00:05:25 (5.9%)	2:22	25.3 (94.1%)
9	<b>JARZEMBOWSKI Jarosław</b>	<b>21</b>		M50	2	00:49:15	<b>01:33:54.50</b>	+00:06:52 (7.3%)	2:24	24.9 (92.6%)
10	<b>LISSOWSKI Maciej</b>	<b>47</b>	ARBET TEAM	M30	5	00:51:50	<b>01:35:47.45</b>	+00:08:45 (9.1%)	2:27	24.4 (90.7%)
11	<b>KOZAR Krzysztof</b>	<b>37</b>	NORDGLASS TEAM	M40	3	00:44:09	<b>01:35:50.70</b>	+00:08:49 (9.2%)	2:27	24.4 (90.7%)
12	<b>MAZURKIEWICZ Cezary</b>	<b>53</b>		M40	4	00:47:45	<b>01:35:52.90</b>	+00:08:51 (9.2%)	2:27	24.4 (90.7%)
13	<b>KOLASZT Marcin</b>	<b>33</b>		M30	6	00:49:07	<b>01:35:56.60</b>	+00:08:55 (9.3%)	2:27	24.4 (90.7%)
14	<b>JASZKOWSKI Jarosław</b>	<b>24</b>	MOVISTAR KOSZALIN	M40	5	00:48:30	<b>01:36:05.45</b>	+00:09:03 (9.4%)	2:27	24.4 (90.7%)
15	<b>MIKA Przemysław</b>	<b>55</b>	FULCRUM SZCZECINEK	M30	7	00:50:20	<b>01:36:10.85</b>	+00:09:09 (9.5%)	2:27	24.3 (90.3%)
16	<b>STWORA Marcin</b>	<b>82</b>	ARBET TEAM	M30	8	00:49:53	<b>01:36:11.15</b>	+00:09:09 (9.5%)	2:27	24.3 (90.3%)
17	<b>KAJTOWSKI Piotr</b>	<b>27</b>	STOWARZYSZENIE ROWEROWY SZCZECINEK	M30	9	00:47:58	<b>01:36:11.90</b>	+00:09:10 (9.5%)	2:27	24.3 (90.3%)
18	<b>STAKUĆ Magdalena</b>	<b>80</b>	ROWERSI CYCLING TEAM	K30	1	00:49:41	<b>01:36:17.25</b>	+00:09:15 (9.6%)	2:28	24.3 (90.3%)
19	<b>MICHALAK Michał</b>	<b>7</b>	DZIKI KOSZALIN	M40	6	00:49:13	<b>01:36:19.75</b>	+00:09:18 (9.7%)	2:28	24.3 (90.3%)
20	<b>RYCHLEWSKA Iwona</b>	<b>73</b>		K40+	1	00:51:10	<b>01:36:25.50</b>	+00:09:23 (9.7%)	2:28	24.3 (90.3%)
21	<b>SROKA Tomasz</b>	<b>79</b>		M50	3	00:51:06	<b>01:36:34.80</b>	+00:09:33 (9.9%)	2:28	24.2 (90.0%)
22	<b>ZAWISZA Michał</b>	<b>103</b>		M30	10	00:52:12	<b>01:37:25.00</b>	+00:10:23 (10.7%)	2:29	24 (89.2%)
23	<b>BARTOLEWSKI Marcin</b>	<b>3</b>		M30	11	00:51:14	<b>01:37:54.20</b>	+00:10:52 (11.1%)	2:30	23.9 (88.8%)
24	<b>KUDELSKI Tomasz</b>	<b>122</b>		M30	12	00:48:36	<b>01:41:13.55</b>	+00:14:11 (14.0%)	2:35	23.1 (85.9%)
25	<b>POLENICA Piotr</b>	<b>64</b>		M30	13	00:53:50	<b>01:43:04.35</b>	+00:16:02 (15.6%)	2:38	22.7 (84.4%)
26	<b>FIGARSKI Leszek</b>	<b>13</b>		M40	7	00:54:56	<b>01:43:17.30</b>	+00:16:15 (15.7%)	2:38	22.7 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	19.5km	Czas		Tempo min/km	Tempo km/h
							netto 39km	Różn		
27	<b>TOKARSKI Szymon</b>	<b>89</b>		M40	8	00:54:31	<b>01:43:19.90</b>	+00:16:18 (15.8%)	2:38	22.6 (84.0%)
28	<b>RADZIUSZ Wojciech</b>	<b>70</b>	ESPERSEN	M40	9	00:53:46	<b>01:43:32.90</b>	+00:16:31 (16.0%)	2:39	22.6 (84.0%)
29	<b>BULIK Łukasz</b>	<b>8</b>	ARBET TEAM	M30	14	00:53:52	<b>01:43:38.00</b>	+00:16:36 (16.0%)	2:39	22.6 (84.0%)
30	<b>STEFAŃSKI Oskar</b>	<b>81</b>	SRS SZCZECINEK	M20	2	00:52:20	<b>01:43:38.25</b>	+00:16:36 (16.0%)	2:39	22.6 (84.0%)
31	<b>BARTCZAK Daniel</b>	<b>2</b>		M40	10	00:52:38	<b>01:44:13.00</b>	+00:17:11 (16.5%)	2:40	22.5 (83.6%)
32	<b>CZUJKO Tomasz</b>	<b>9</b>	ARBET TEAM	M30	15	00:53:57	<b>01:44:29.95</b>	+00:17:28 (16.7%)	2:40	22.4 (83.3%)
33	<b>KRZYŻANOWSKI Marek</b>	<b>41</b>		M40	11	00:55:03	<b>01:44:35.85</b>	+00:17:34 (16.8%)	2:40	22.4 (83.3%)
34	<b>ŻYWICKI Tomasz</b>	<b>108</b>	BEZ KLUBU:)	M30	16	00:52:49	<b>01:44:38.95</b>	+00:17:37 (16.8%)	2:40	22.4 (83.3%)
35	<b>SIUDOWSKI Marcin</b>	<b>75</b>	ARBET TEAM	M40	12	00:56:08	<b>01:46:01.95</b>	+00:19:00 (17.9%)	2:43	22.1 (82.2%)
36	<b>JĘDRUSZCZAK Adrian</b>	<b>25</b>		M30	17	00:54:56	<b>01:46:08.10</b>	+00:19:06 (18.0%)	2:43	22 (81.8%)
37	<b>PSTRĄGOWSKI Marcin</b>	<b>67</b>	NORDGLASS TEAM	M40	13	00:56:03	<b>01:46:36.75</b>	+00:19:35 (18.4%)	2:44	22 (81.8%)
38	<b>JARZEMBOWSKI Patryk</b>	<b>22</b>		M30	18	00:53:51	<b>01:46:40.45</b>	+00:19:38 (18.4%)	2:44	21.9 (81.4%)
39	<b>SZATKOWSKI Ryszard</b>	<b>83</b>		M60+	1	00:55:48	<b>01:47:46.15</b>	+00:20:44 (19.2%)	2:45	21.7 (80.7%)
40	<b>RADZIWON Marcin</b>	<b>71</b>	ARBET TEAM	M40	14	01:00:58	<b>01:51:33.40</b>	+00:24:31 (22.0%)	2:51	21 (78.1%)
41	<b>WIĘCEK Krzysztof</b>	<b>97</b>		M30	19	01:00:55	<b>01:51:44.40</b>	+00:24:42 (22.1%)	2:51	20.9 (77.7%)
42	<b>MAJEWSKI Tytus</b>	<b>51</b>	KLUB KOLARSKI ZIEMIA KOŁOBRZESKA	M12	1	01:03:01	<b>01:51:51.85</b>	+00:24:50 (22.2%)	2:52	20.9 (77.7%)
43	<b>POŁOCZAŃSKI Tadeusz</b>	<b>66</b>		M60+	2	00:58:36	<b>01:51:56.00</b>	+00:24:54 (22.3%)	2:52	20.9 (77.7%)
44	<b>JONIK Marcin</b>	<b>26</b>	ARBET TEAM	M40	15	00:59:30	<b>01:52:34.45</b>	+00:25:32 (22.7%)	2:53	20.8 (77.3%)
45	<b>WIDAK Mateusz</b>	<b>96</b>	ESPERSEN	M30	20	01:03:16	<b>01:53:02.20</b>	+00:26:00 (23.0%)	2:53	20.7 (77.0%)
46	<b>WOJNOWSKI Tomasz</b>	<b>98</b>	SRS	M40	16	01:00:18	<b>01:53:30.50</b>	+00:26:28 (23.3%)	2:54	20.6 (76.6%)
47	<b>LEWANDOWSKI Piotr</b>	<b>45</b>	SAABTEAM	M40	17		<b>01:56:00.95</b>	+00:28:59 (25.0%)	2:58	20.2 (75.1%)
48	<b>MACHAŁA Arek</b>	<b>50</b>		M40	18	01:03:15	<b>01:58:38.55</b>	+00:31:36 (26.6%)	3:02	19.7 (73.2%)
49	<b>MISZKER Marek</b>	<b>56</b>	ARBET TEAM	M50	4	01:00:46	<b>01:58:39.60</b>	+00:31:38 (26.7%)	3:02	19.7 (73.2%)
50	<b>ZUBEL Agnieszka</b>	<b>106</b>	KITESURFING DĄBIE	K30	2	00:57:33	<b>01:58:43.25</b>	+00:31:41 (26.7%)	3:02	19.7 (73.2%)
51	<b>GNIECH Monika</b>	<b>16</b>	VO2MAX MTB TEAM	K40+	2	00:57:40	<b>01:58:49.70</b>	+00:31:48 (26.8%)	3:02	19.7 (73.2%)
52	<b>SOBOTA Monika</b>	<b>78</b>	ARBET TEAM	K40+	3	01:01:48	<b>01:59:20.65</b>	+00:32:19 (27.1%)	3:03	19.6 (72.9%)
53	<b>MARCINKOWSKI Jacek</b>	<b>52</b>	SSK ORZEŁ ŚWIESZYNO	M50	5	01:03:51	<b>02:02:36.30</b>	+00:35:34 (29.0%)	3:08	19.1 (71.0%)
54	<b>OSOBNIAK Ryszard</b>	<b>62</b>		M60+	3	01:04:13	<b>02:03:44.05</b>	+00:36:42 (29.7%)	3:10	18.9 (70.3%)
55	<b>LIS Grzegorz</b>	<b>46</b>	ESPERSEN	M50	6	01:04:47	<b>02:04:31.75</b>	+00:37:30 (30.1%)	3:11	18.8 (69.9%)
56	<b>NAWROCKA Anna</b>	<b>57</b>		K30	3	01:04:16	<b>02:04:35.95</b>	+00:37:34 (30.2%)	3:11	18.8 (69.9%)
57	<b>PUSZ Jacek</b>	<b>68</b>	ARBET	M50	7	01:04:51	<b>02:06:16.70</b>	+00:39:15 (31.1%)	3:14	18.5 (68.8%)
58	<b>ZAWISZA Agnieszka</b>	<b>104</b>	KSW	K30	4	01:06:23	<b>02:06:34.00</b>	+00:39:32 (31.2%)	3:14	18.5 (68.8%)
59	<b>BIEZAK Małgorzata</b>	<b>60</b>		K30	5	01:05:44	<b>02:07:11.45</b>	+00:40:09 (31.6%)	3:15	18.4 (68.4%)
60	<b>SKROBIŃSKI Paweł</b>	<b>76</b>	BRISK MTB SZCZECIN	M50	8	01:04:11	<b>02:07:12.05</b>	+00:40:10 (31.6%)	3:15	18.4 (68.4%)
61	<b>NURZYŃSKI Wojciech</b>	<b>58</b>		M40	19	01:06:34	<b>02:07:24.25</b>	+00:40:22 (31.7%)	3:16	18.4 (68.4%)
62	<b>SZMYT Marcin</b>	<b>86</b>		M40	20	01:03:59	<b>02:08:51.75</b>	+00:41:50 (32.5%)	3:18	18.2 (67.7%)
63	<b>WALASEK Robert</b>	<b>93</b>		M30	21	00:59:28	<b>02:08:58.25</b>	+00:41:56 (32.5%)	3:18	18.1 (67.3%)
64	<b>ROMANOWSKI Piotr</b>	<b>72</b>	NORDGLASS TEAM	M30	22		<b>02:09:07.55</b>	+00:42:05 (32.6%)	3:18	18.1 (67.3%)
65	<b>PICK Tomasz</b>	<b>125</b>		M50	9	01:03:17	<b>02:09:14.00</b>	+00:42:12 (32.7%)	3:18	18.1 (67.3%)
66	<b>OKUROWSKI Przemysław</b>	<b>59</b>		M40	21	01:06:21	<b>02:09:35.45</b>	+00:42:33 (32.8%)	3:19	18.1 (67.3%)
67	<b>GOŁUŃSKI Paweł</b>	<b>19</b>	NORDGLASS TEAM	M30	23	01:03:17	<b>02:09:42.50</b>	+00:42:40 (32.9%)	3:19	18 (66.9%)
68	<b>KOTALA Grzegorz</b>	<b>34</b>	NIEZRZESZONY	M50	10	01:07:03	<b>02:12:57.35</b>	+00:45:55 (34.5%)	3:24	17.6 (65.4%)
69	<b>GAWEŁ Dariusz</b>	<b>130</b>		M20	3	01:25:08	<b>02:22:40.30</b>	+00:55:38 (39.0%)	3:39	16.4 (61.0%)
70	<b>SZYMCZAK Artur</b>	<b>87</b>	ARBETTEAM	M50	11	01:10:49	<b>02:22:56.15</b>	+00:55:54 (39.1%)	3:39	16.4 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	19.5km	Czas netto 39km	Różn	Tempo min/km	Tempo km/h
71	<b>KAŻMIERCZAK Krzysztof</b>	<b>29</b>		M40	22	01:10:46	<b>02:23:05.50</b>	+00:56:03 (39.2%)	3:40	16.4 (61.0%)
72	<b>POŁOCZAŃSKI Piotr</b>	<b>65</b>	SZWAGRY BIEGAJA	M30	24	01:02:52	<b>02:23:07.60</b>	+00:56:06 (39.2%)	3:40	16.4 (61.0%)
73	<b>DAMEK Przemek</b>	<b>121</b>		M30	25	01:11:46	<b>02:26:39.50</b>	+00:59:37 (40.7%)	3:45	16 (59.5%)
74	<b>GAWIECKI Piotr</b>	<b>15</b>	ESPERSEN	M50	12	01:11:59	<b>02:26:50.55</b>	+00:59:48 (40.7%)	3:45	15.9 (59.1%)
75	<b>IZRAELSKI Grzegorz</b>	<b>20</b>	ESPERSEN	M30	26	01:15:43	<b>02:27:27.65</b>	+01:00:26 (41.0%)	3:46	15.9 (59.1%)
76	<b>BISKUP Paulina</b>	<b>6</b>		K30	6	01:11:50	<b>02:27:45.50</b>	+01:00:43 (41.1%)	3:47	15.8 (58.7%)
77	<b>TOMASZEWSKI Robert</b>	<b>17</b>		M30	27	01:23:45	<b>02:39:28.35</b>	+01:12:26 (45.4%)	4:05	14.7 (54.6%)
78	<b>TOMASZEWSKI Karol</b>	<b>90</b>	ESPERSEN	M30	28	01:25:48	<b>02:46:24.70</b>	+01:19:23 (47.7%)	4:16	14.1 (52.4%)
79	<b>WOŹNIAK Rafał</b>	<b>99</b>	ESPERSEN	M40	23	01:25:49	<b>02:46:37.80</b>	+01:19:36 (47.8%)	4:16	14 (52.0%)
80	<b>ZDZIŃSKI Marcin</b>	<b>105</b>	BRAK	M30	29	01:28:44	<b>02:47:01.10</b>	+01:19:59 (47.9%)	4:16	14 (52.0%)
81	<b>SKWIERAWSKI Bartłomiej</b>	<b>77</b>		M30	30	01:26:11	<b>02:47:05.95</b>	+01:20:04 (47.9%)	4:17	14 (52.0%)
82	<b>DĄBROWSKI Jarosław</b>	<b>10</b>	ARBET TEAM	M40	24	01:03:46	<b>02:48:09.50</b>	+01:21:07 (48.2%)	4:18	13.9 (51.7%)
83	<b>ŁUCZAK Marlena</b>	<b>49</b>		K40+	4	01:26:27	<b>02:49:28.40</b>	+01:22:26 (48.6%)	4:20	13.8 (51.3%)
84	<b>URBANEK Adrian</b>	<b>92</b>		M20	4	01:22:06	<b>02:49:40.45</b>	+01:22:38 (48.7%)	4:21	13.8 (51.3%)
85	<b>WESOŁOWSKI Dawid</b>	<b>95</b>		M20	5	01:26:02	<b>02:49:44.70</b>	+01:22:43 (48.7%)	4:21	13.8 (51.3%)
86	<b>KOTERWA Maciej</b>	<b>36</b>		M20	6	01:09:27	<b>02:54:45.45</b>	+01:27:43 (50.2%)	4:28	13.4 (49.8%)
87	<b>ADAMCZYK Tomasz</b>	<b>1</b>		M40	25	01:08:38	<b>03:00:47.30</b>	+01:33:45 (51.9%)	4:38	12.9 (48.0%)
88	<b>WRZESZCZ Natalia</b>	<b>101</b>	UCZABUCZATEAM	K40+	5	01:29:44	<b>03:09:41.50</b>	+01:42:39 (54.1%)	4:51	12.3 (45.7%)
89	<b>KOZŁOWIECKI Waldemar</b>	<b>38</b>		M60+	4	01:43:32	<b>03:10:58.80</b>	+01:43:57 (54.4%)	4:53	12.3 (45.7%)
90	<b>LUBOWSKI Mariusz</b>	<b>48</b>		M40	26	02:03:37	<b>03:23:11.20</b>	+01:56:09 (57.2%)	5:12	11.5 (42.8%)
91	<b>JASZCZUK Irek</b>	<b>23</b>		M30	31	01:46:37	<b>03:27:09.15</b>	+02:00:07 (58.0%)	5:18	11.3 (42.0%)
92	<b>KAŻMIEROWICZ Monika</b>	<b>30</b>		K40+	6	01:59:49	<b>03:27:17.05</b>	+02:00:15 (58.0%)	5:18	11.3 (42.0%)
93	<b>KAŻMIEROWICZ Krzysztof</b>	<b>31</b>		M40	27	02:01:19	<b>03:27:27.15</b>	+02:00:25 (58.0%)	5:19	11.3 (42.0%)
94	<b>MICHALSKI Hubert</b>	<b>54</b>		M12	2	01:53:21	<b>03:27:52.00</b>	+02:00:50 (58.1%)	5:19	11.3 (42.0%)
95	<b>ORAŃSKI Mateusz</b>	<b>61</b>		M30	32	01:53:08	<b>03:29:12.80</b>	+02:02:11 (58.4%)	5:21	11.2 (41.6%)
96	<b>MORAWSKI Tomasz</b>	<b>131</b>	ROWERIA KOSZALIN	M60+	5	01:48:46	<b>03:31:01.30</b>	+02:03:59 (58.8%)	5:24	11.1 (41.3%)
97	<b>BEDNARZ Zuzanna</b>	<b>5</b>		M12	3	01:52:25	<b>03:31:34.60</b>	+02:04:33 (58.9%)	5:25	11.1 (41.3%)
98	<b>BEDNARZ Sebastian</b>	<b>4</b>		M40	28	01:52:29	<b>03:31:37.25</b>	+02:04:35 (58.9%)	5:25	11.1 (41.3%)
99	<b>LACH-KUBAT Renata</b>	<b>44</b>	DYMANOSQUAD	K40+	7	02:04:04	<b>04:08:09.05</b>	+02:41:07 (64.9%)	6:21	9.4 (34.9%)
100	<b>KUBAT Marek</b>	<b>42</b>	DYMANOSQUAD	M40	29	02:03:50	<b>04:08:13.20</b>	+02:41:11 (64.9%)	6:21	9.4 (34.9%)
	<b>KOTERWA Adam</b>	<b>35</b>		M12		DNF	<b>DNF</b>		-	- (0.0%)
	<b>SADOWSKA Karolina</b>	<b>74</b>		K40+		00:29:47 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KOZŁOWSKI Tomasz</b>	<b>39</b>	ROWERY MAŁGOŚKA	M40		00:50:23 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KAMIŃSKI Robert</b>	<b>28</b>		M40		01:47:42 DNF	<b>DNF</b>		-	- (0.0%)
	<b>DUDA Antoni</b>	<b>11</b>		M12		DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 105 wynik(ów)