

Pułtowski Festiwal Biegów

2017

PFB 2017 :: BIEG DWÓCH WYSP

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: Pułtowski Festiwal Biegów 2017
Organiser: Stowarzyszenie Pultovia
Date: 2017-05-06
Place: Pułtusk
Distance: 5 km

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	ŻEBROWSKI Krzyszek	173	FENIKS SIEDLCE	M16-29	1	00:00:00	00:15:13.25	00:15:14.20		3:02	19.7 (100%)
2	DĄBROWSKI Przemysław	186	DECATHLON	M16-29	2	00:00:00	00:15:27.35	00:15:28.30	+00:00:14 (1.5%)	3:05	19.4 (98.5%)
3	MARYNICZ Vitalij	193		M30-49	1	00:00:00	00:15:37.85	00:15:38.50	+00:00:24 (2.6%)	3:07	19.2 (97.5%)
4	ŚWIECAK Robert	176	WILGA GARWOLIN	M30-49	2	00:00:01	00:16:57.50	00:16:58.50	+00:01:44 (10.2%)	3:23	17.7 (89.8%)
5	DZIĘGIELEWSKI Marek	112	KB IM. P.SĘKOWSKIEGO W PŁOŃSKU	M50+	1	00:00:01	00:16:59.50	00:17:00.60	+00:01:46 (10.4%)	3:23	17.7 (89.8%)
6	NOWOSIELSKI Michał	181	Z BIEGIEM NARWI	M30-49	3	00:00:01	00:17:18.80	00:17:20.30	+00:02:05 (12.1%)	3:27	17.3 (87.8%)
7	ŁASIŃSKI Michał	142	Z111.PL	M30-49	4	00:00:01	00:17:22.85	00:17:24.00	+00:02:09 (12.4%)	3:28	17.3 (87.8%)
8	JEŻ Adam	125	DREAM RUN	M30-49	5	00:00:01	00:18:11.25	00:18:12.75	+00:02:58 (16.3%)	3:38	16.5 (83.8%)
9	ZYCH Tomasz	187	12TRI.PL	M16-29	3	00:00:01	00:18:25.70	00:18:26.85	+00:03:12 (17.4%)	3:41	16.3 (82.7%)
10	JAGIELSKA Ewa	184	LKS OSTROWIANKA	K30-49	1	00:00:00	00:18:29.90	00:18:30.40	+00:03:16 (17.7%)	3:42	16.2 (82.2%)
11	OLIJNYK Swietlana	194		K30-49	2	00:00:00	00:18:31.20	00:18:31.85	+00:03:17 (17.8%)	3:42	16.2 (82.2%)
12	DIATLOVA Yulia	192		K16-29	1	00:00:00	00:18:31.65	00:18:32.30	+00:03:18 (17.8%)	3:42	16.2 (82.2%)
13	KUCIEJCZYK Henryk	138	TEMPO MLAWA	M50+	2	00:00:01	00:18:34.75	00:18:35.90	+00:03:21 (18.1%)	3:42	16.2 (82.2%)
14	ZAJĄC Paweł	172		M30-49	6	00:00:01	00:18:52.80	00:18:53.90	+00:03:39 (19.4%)	3:46	15.9 (80.7%)
15	SUDZIŃSKA Mariola	195		K30-49	3	00:00:01	00:19:08.30	00:19:10.00	+00:03:55 (20.5%)	3:49	15.7 (79.7%)
16	JANISZEWSKI Jarosław	122	KS MAKÓW BIEGA	M30-49	7	00:00:01	00:20:16.05	00:20:17.70	+00:05:02 (24.9%)	4:03	14.8 (75.1%)
17	SKRZYPCZYŃSKI Krzysztof	164	NASIELSK BASZTA TEAM	M30-49	8	00:00:02	00:20:27.50	00:20:30.10	+00:05:14 (25.6%)	4:05	14.7 (74.6%)
18	ROZIŃSKI Arkadiusz	185	UKS '4 URSUS' WARSZAWA	M30-49	9	00:00:08	00:20:47.25	00:20:55.35	+00:05:34 (26.8%)	4:09	14.4 (73.1%)
19	MALICKI Krzysztof	144		M30-49	10	00:00:02	00:20:55.20	00:20:57.80	+00:05:41 (27.2%)	4:11	14.3 (72.6%)
20	FAŁĘCKI Dominik	113	LIDER WINNICA	M16-29	4	00:00:01	00:20:56.35	00:20:57.60	+00:05:43 (27.3%)	4:11	14.3 (72.6%)
21	SOBOTA Krzysztof	174	LIDER WINNICA	M30-49	11	00:00:04	00:21:08.45	00:21:13.05	+00:05:55 (28.0%)	4:13	14.2 (72.1%)
22	KARASIEWICZ Dariusz	128	LIDER WINNICA	M16-29	5	00:00:02	00:21:12.30	00:21:14.40	+00:05:59 (28.2%)	4:14	14.2 (72.1%)
23	KAMIŃSKI Mateusz	126	LIDER WINNICA	M16-29	6	00:00:01	00:21:12.45	00:21:14.25	+00:05:59 (28.2%)	4:14	14.1 (71.6%)
24	FAŁĘCKI Dawid	114	LIDER WINNICA	M16-29	7	00:00:02	00:21:22.05	00:21:24.05	+00:06:08 (28.8%)	4:16	14 (71.1%)
25	NAJMOŁA Piotr	150	ZABIEGANI PUŁTUSK	M30-49	12	00:00:03	00:21:39.20	00:21:42.70	+00:06:25 (29.7%)	4:19	13.9 (70.6%)
26	SWATOWSKA Michalina	166		K30-49	4	00:00:03	00:21:49.15	00:21:53.10	+00:06:35 (30.2%)	4:22	13.7 (69.5%)
27	MALUCHNIK Marek	145	NASIELSK BASZTA TEAM	M30-49	13	00:00:04	00:21:52.55	00:21:57.30	+00:06:39 (30.4%)	4:22	13.7 (69.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
28	JANKOWSKI Radek	124	NASIELSK BASZTA TEAM	M30-49	14	00:00:02	00:22:06.60	00:22:08.70	+00:06:53 (31.2%)	4:25	13.6 (69.0%)
29	OLKOWSKA Wiktoria	196	KS MAKÓW BIEGA	K16-29	2	00:00:01	00:22:08.65	00:22:10.15	+00:06:55 (31.3%)	4:25	13.5 (68.5%)
30	KOPKA Artur	183	LIDER WINNICA	M30-49	15	00:00:03	00:22:15.50	00:22:18.80	+00:07:02 (31.6%)	4:27	13.5 (68.5%)
31	KOZAK Mariusz	135		M30-49	16	00:00:02	00:22:19.65	00:22:22.55	+00:07:06 (31.8%)	4:28	13.4 (68.0%)
32	RUSZCZYŃSKA Marta	159	KS MAKÓW BIEGA	K30-49	5	00:00:01	00:22:34.05	00:22:35.95	+00:07:20 (32.6%)	4:30	13.3 (67.5%)
33	NOWOSIELSKA T Iwona	152	ZABIEGANI PUŁTUSK	K30-49	6	00:00:02	00:22:47.50	00:22:49.95	+00:07:34 (33.2%)	4:33	13.2 (67.0%)
34	CISZEWSKA Danuta	180		K30-49	7	00:00:01	00:22:51.95	00:22:53.75	+00:07:38 (33.4%)	4:34	13.1 (66.5%)
35	CHABIERA Michał	107		M16-29	8	00:00:03	00:22:59.65	00:23:03.00	+00:07:46 (33.8%)	4:36	13 (66.0%)
36	GŁOWACKI Andrzej	354	WIELISZEW HERON TEAM	M30-49	17	00:00:01	00:23:04.55	00:23:06.45	+00:07:51 (34.0%)	4:37	13 (66.0%)
37	RYDZEWSKI Andrzej	160		M30-49	18	00:00:05	00:23:04.75	00:23:10.50	+00:07:51 (34.0%)	4:37	13 (66.0%)
38	LEWANDOWSKI Mariusz	191	ZABIEGANI PUŁTUSK	M16-29	9	00:00:02	00:23:07.90	00:23:10.75	+00:07:54 (34.2%)	4:37	13 (66.0%)
39	KARAŚKIEWICZ Paweł	198		M16-29	10	00:00:03	00:23:15.65	00:23:18.80	+00:08:02 (34.6%)	4:39	12.9 (65.5%)
40	KIPKEMOI Terer	188		M50+	3	00:00:02	00:23:26.80	00:23:29.05	+00:08:13 (35.1%)	4:41	12.8 (65.0%)
41	KAMIŃSKI Wiesław	127		M50+	4	00:00:01	00:23:32.45	00:23:34.10	+00:08:19 (35.3%)	4:42	12.7 (64.5%)
42	ROZBICKI Tomek	156		M16-29	11	00:00:04	00:23:33.20	00:23:38.15	+00:08:19 (35.4%)	4:42	12.7 (64.5%)
43	DŁUGOŁĘCKA Angelika	110	WOSK NA WŁOS BIEGA	K16-29	3	00:00:03	00:23:39.00	00:23:42.35	+00:08:25 (35.6%)	4:43	12.7 (64.5%)
44	SKOMAROWSKA Barbara	360		K30-49	8	00:00:03	00:23:59.10	00:24:02.15	+00:08:45 (36.5%)	4:47	12.5 (63.5%)
45	KUROWSKI Kamil	357		M16-29	12	00:00:04	00:24:12.10	00:24:16.25	+00:08:58 (37.1%)	4:50	12.4 (62.9%)
46	MICHALSKI Grzegorz	461		M16-29	13	00:00:03	00:24:14.65	00:24:18.30	+00:09:01 (37.2%)	4:51	12.4 (62.9%)
47	KUCKA Monika	359	BBL MŁAWA	K30-49	9	00:00:04	00:24:20.35	00:24:25.15	+00:09:07 (37.5%)	4:52	12.3 (62.4%)
48	JADACKI Mateusz	121		M16-29	14	00:00:02	00:24:24.95	00:24:27.50	+00:09:11 (37.7%)	4:53	12.3 (62.4%)
49	TYMIŃSKI Konrad	169		M16-29	15	00:00:02	00:24:25.45	00:24:27.95	+00:09:12 (37.7%)	4:53	12.3 (62.4%)
50	CICHOCKI Szymon	203	AKTYWNIE ZAKRĘCENI	M30-49	19	00:00:02	00:24:32.50	00:24:34.50	+00:09:19 (38.0%)	4:54	12.2 (61.9%)
51	MIECZNIKOWSKI Rafał	148		M16-29	16	00:00:04	00:24:52.65	00:24:57.05	+00:09:39 (38.8%)	4:58	12.1 (61.4%)
52	GUTKOWSKI Janusz	120		M30-49	20	00:00:09	00:25:00.85	00:25:10.40	+00:09:47 (39.2%)	5:00	12 (60.9%)
53	KONCA Mariusz	131		M30-49	21	00:00:07	00:25:05.60	00:25:13.40	+00:09:52 (39.3%)	5:01	12 (60.9%)
54	RUDNICKA Anna	158	AMBASADOR FESTIWALU BIEGÓW	K30-49	10	00:00:05	00:25:08.95	00:25:14.40	+00:09:55 (39.5%)	5:01	11.9 (60.4%)
55	ŁASIŃSKI Paweł	143	2111.PL	M30-49	22	00:00:05	00:25:17.80	00:25:23.10	+00:10:04 (39.8%)	5:03	11.9 (60.4%)
56	MISIURSKI Grzegorz	358		M30-49	23	00:00:06	00:25:40.85	00:25:47.70	+00:10:27 (40.7%)	5:08	11.7 (59.4%)
57	KOZŁOWSKI Witold	136	LRC	M30-49	24	00:00:06	00:25:42.10	00:25:48.80	+00:10:28 (40.8%)	5:08	11.7 (59.4%)
58	DZIĘGIELEWSKA Małgorzata	111	KB IM.P.SĘKOWSKIEGO W PŁOŃSKU	K50+	1	00:00:04	00:25:42.20	00:25:46.80	+00:10:28 (40.8%)	5:08	11.7 (59.4%)
59	MARCZAK Grażyna	146	LECZO TEAM	K50+	2	00:00:05	00:26:06.70	00:26:12.00	+00:10:53 (41.7%)	5:13	11.5 (58.4%)
60	DOBROSIELSKI Kazimierz	301	-	M50+	5	00:00:00	00:26:10.95	00:26:10.95	+00:10:57 (41.9%)	5:14	11.5 (58.4%)
61	BIENIEK Krystian	356		M16-29	17	00:00:03	00:26:12.95	00:26:16.50	+00:10:59 (41.9%)	5:14	11.4 (57.9%)
62	BEFINGER Sylwia	104	ZABIEGANI PUŁTUSK	K30-49	11	00:00:04	00:26:25.20	00:26:30.00	+00:11:11 (42.4%)	5:17	11.3 (57.4%)
63	MROCZEK Agnieszka	189	ZABIEGANI PUŁTUSK	K30-49	12	00:00:02	00:26:31.70	00:26:34.00	+00:11:18 (42.6%)	5:18	11.3 (57.4%)
64	KONCA Aleksander	179		M16-29	18	00:00:07	00:26:34.45	00:26:42.15	+00:11:21 (42.7%)	5:19	11.3 (57.4%)
65	BORKOWSKA Zuzanna	105	MAMY RUSZAMY	K30-49	13	00:00:05	00:26:37.50	00:26:42.95	+00:11:24 (42.8%)	5:19	11.3 (57.4%)
66	BORKOWSKI Jacek	106		M30-49	25	00:00:05	00:26:54.20	00:27:00.00	+00:11:40 (43.4%)	5:23	11.1 (56.3%)
67	GRZYBOWSKI Mikołaj	119		M30-49	26	00:00:06	00:27:28.35	00:27:34.85	+00:12:15 (44.6%)	5:29	10.9 (55.3%)
68	KOŁODZIEJCZYK Krzysztof	130	NASIELSK BASZTA TEAM	M30-49	27	00:00:10	00:27:35.20	00:27:45.60	+00:12:21 (44.8%)	5:31	10.9 (55.3%)
69	JANKOWSKA Agnieszka	123	NASIELSK BASZTA TEAM	K30-49	14	00:00:05	00:27:41.50	00:27:46.80	+00:12:28 (45.0%)	5:32	10.8 (54.8%)
70	KOZŁOWSKI Sebastian	137	LIDER WINNICA	M16-29	19	00:00:03	00:27:54.70	00:27:58.45	+00:12:41 (45.5%)	5:35	10.7 (54.3%)
71	GÓRSKI Paweł	117	LIDER WINNICA	M16-29	20	00:00:03	00:27:55.05	00:27:58.40	+00:12:41 (45.5%)	5:35	10.7 (54.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
72	CIEMERYCH Adrian	109	LIDER WINNICA	M16-29	21	00:00:03	00:27:55.80	00:27:59.70	+00:12:42 (45.5%)	5:35	10.7 (54.3%)
73	KOWALCZYK Jola	133		K16-29	4	00:00:03	00:28:39.25	00:28:43.00	+00:13:26 (46.9%)	5:44	10.5 (53.3%)
74	PRZYBYSZ Marcin	155		M30-49	28	00:00:04	00:28:39.55	00:28:43.75	+00:13:26 (46.9%)	5:43	10.5 (53.3%)
75	KAŻMIERCZAK Joanna	182		K30-49	15	00:00:07	00:28:43.80	00:28:51.10	+00:13:30 (47.0%)	5:44	10.4 (52.8%)
76	BALCERZAK Paweł	103		M30-49	29	00:00:07	00:28:44.10	00:28:51.20	+00:13:30 (47.0%)	5:44	10.4 (52.8%)
77	RUCIŃSKI Jarosław	157	NASIELSK BASZTA TEAM	M30-49	30	00:00:08	00:28:49.10	00:28:57.95	+00:13:35 (47.2%)	5:45	10.4 (52.8%)
78	WRÓBLEWSKA Ewelina	170	LIDER WINNICA	K16-29	5	00:00:06	00:28:53.15	00:28:59.55	+00:13:39 (47.3%)	5:46	10.4 (52.8%)
79	WRÓBLEWSKI Robert	171	LIDER WINICA	M30-49	31	00:00:06	00:28:53.30	00:28:59.65	+00:13:40 (47.3%)	5:46	10.4 (52.8%)
80	NOWOSIELSKA Ewelina	151	ZABIEGANI PUŁTUSK	K16-29	6	00:00:06	00:29:45.85	00:29:52.25	+00:14:32 (48.9%)	5:57	10.1 (51.3%)
81	BRZĘCKA Ewelina	177	KS MAKÓW BIEGA	K16-29	7	00:00:04	00:29:49.00	00:29:53.10	+00:14:35 (49.0%)	5:57	10.1 (51.3%)
82	KONCA Beata	132	KB OŻARÓW MAZOWIECKI BIEGA	K30-49	16	00:00:08	00:29:49.90	00:29:57.90	+00:14:36 (49.0%)	5:57	10.1 (51.3%)
83	KLUSEK Jolanta	351	YOLA YOLANDA	K30-49	17	00:00:01	00:30:08.95	00:30:09.95	+00:14:55 (49.5%)	6:01	10 (50.8%)
84	RŻANY Monika	161	ZABIEGANI MIELEC	K30-49	18	00:00:07	00:30:09.00	00:30:16.45	+00:14:55 (49.5%)	6:01	10 (50.8%)
85	BAJOREK Jacek	102		M30-49	32	00:00:05	00:30:12.10	00:30:17.35	+00:14:58 (49.6%)	6:02	9.9 (50.3%)
86	KULASZEWSKI Piotr	139		M16-29	22	00:00:08	00:30:16.65	00:30:25.60	+00:15:03 (49.7%)	6:03	9.9 (50.3%)
87	LISOWSKI Stanisław	197		M50+	6	00:00:06	00:30:32.20	00:30:38.25	+00:15:18 (50.2%)	6:06	9.8 (49.7%)
88	GŁOWACKA Aleksandra	355	WIELISZEW HERON TEAM	K30-49	19	00:00:02	00:31:14.50	00:31:16.80	+00:16:01 (51.3%)	6:14	9.6 (48.7%)
89	SPIEWAK Maciej	165		M30-49	33	00:00:07	00:31:46.70	00:31:53.80	+00:16:33 (52.1%)	6:21	9.4 (47.7%)
90	ŁASIŃSKA Marzena	141	2111.PL	K50+	3	00:00:08	00:33:13.65	00:33:21.95	+00:18:00 (54.2%)	6:38	9 (45.7%)
91	SADŁOWSKA Justyna	162	ZABIEGANI PUŁTUSK	K30-49	20	00:00:06	00:37:51.50	00:37:57.55	+00:22:38 (59.8%)	7:34	7.9 (40.1%)
92	FIOŁKA Julia	190		K30-49	21	00:00:10	00:43:47.80	00:43:57.95	+00:28:34 (65.2%)	8:45	6.9 (35.0%)
93	KILIAN Monika	129	ELEKTRYKWARSZAWA.PL	K30-49	22	00:00:10	00:43:47.90	00:43:58.50	+00:28:34 (65.2%)	8:45	6.8 (34.5%)
DQ	MAZUREK Marek	175	WILGA MIASTKÓW	M50+		DQ	00:22:18.55 DQ	DQ	-	-	(0.0%)

Total 94 results.