

# Pułtowski Festiwal Biegów

2017

## PFB 2017 :: BIEG DWÓCH WYSP

B4SPORT

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Pułtowski Festiwal Biegów 2017  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2017-05-06  
**Miejsce:** Pułtusk  
**Dystans:** 5 km

Klasyfikacja: M30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MARYNICZ Vitalij	193		M30-49	1	00:00:00	00:15:37.85	00:15:38.50		3:07	19.2 (100%)
2	ŚWIECAK Robert	176	WILGA GARWOLIN	M30-49	2	00:00:01	00:16:57.50	00:16:58.50	+00:01:19 (7.8%)	3:23	17.7 (92.2%)
3	NOWOSIELSKI Michał	181	Z BIEGIEM NARWI	M30-49	3	00:00:01	00:17:18.80	00:17:20.30	+00:01:40 (9.7%)	3:27	17.3 (90.1%)
4	ŁASIŃSKI Michał	142	2111.PL	M30-49	4	00:00:01	00:17:22.85	00:17:24.00	+00:01:45 (10.1%)	3:28	17.3 (90.1%)
5	JEŻ Adam	125	DREAM RUN	M30-49	5	00:00:01	00:18:11.25	00:18:12.75	+00:02:33 (14.1%)	3:38	16.5 (85.9%)
6	ZAJĄC Paweł	172		M30-49	6	00:00:01	00:18:52.80	00:18:53.90	+00:03:14 (17.2%)	3:46	15.9 (82.8%)
7	JANISZEWSKI Jarosław	122	KS MAKÓW BIEGA	M30-49	7	00:00:01	00:20:16.05	00:20:17.70	+00:04:38 (22.9%)	4:03	14.8 (77.1%)
8	SKRZYPCZYŃSKI Krzysztof	164	NASIELSK BASZTA TEAM	M30-49	8	00:00:02	00:20:27.50	00:20:30.10	+00:04:49 (23.6%)	4:05	14.7 (76.6%)
9	ROZIŃSKI Arkadiusz	185	UKS '4 URSUS' WARSZAWA	M30-49	9	00:00:08	00:20:47.25	00:20:55.35	+00:05:09 (24.8%)	4:09	14.4 (75.0%)
10	MALICKI Krzysztof	144		M30-49	10	00:00:02	00:20:55.20	00:20:57.80	+00:05:17 (25.3%)	4:11	14.3 (74.5%)
11	SOBOTA Krzysztof	174	LIDER WINNICA	M30-49	11	00:00:04	00:21:08.45	00:21:13.05	+00:05:30 (26.1%)	4:13	14.2 (74.0%)
12	NAJMOŁA Piotr	150	ZABIEGANI PUŁTUSK	M30-49	12	00:00:03	00:21:39.20	00:21:42.70	+00:06:01 (27.8%)	4:19	13.9 (72.4%)
13	MALUCHNIK Marek	145	NASIELSK BASZTA TEAM	M30-49	13	00:00:04	00:21:52.55	00:21:57.30	+00:06:14 (28.5%)	4:22	13.7 (71.4%)
14	JANKOWSKI Radek	124	NASIELSK BASZTA TEAM	M30-49	14	00:00:02	00:22:06.60	00:22:08.70	+00:06:28 (29.3%)	4:25	13.6 (70.8%)
15	KOPKA Artur	183	LIDER WINNICA	M30-49	15	00:00:03	00:22:15.50	00:22:18.80	+00:06:37 (29.8%)	4:27	13.5 (70.3%)
16	KOZAK Mariusz	135		M30-49	16	00:00:02	00:22:19.65	00:22:22.55	+00:06:41 (30.0%)	4:28	13.4 (69.8%)
17	GŁOWACKI Andrzej	354	WIELISZEW HERON TEAM	M30-49	17	00:00:01	00:23:04.55	00:23:06.45	+00:07:26 (32.3%)	4:37	13 (67.7%)
18	RYDZEWSKI Andrzej	160		M30-49	18	00:00:05	00:23:04.75	00:23:10.50	+00:07:26 (32.3%)	4:37	13 (67.7%)
19	CICHOCKI Szymon	203	AKTYWNIE ZAKRĘCENI	M30-49	19	00:00:02	00:24:32.50	00:24:34.50	+00:08:54 (36.3%)	4:54	12.2 (63.5%)
20	GUTKOWSKI Janusz	120		M30-49	20	00:00:09	00:25:00.85	00:25:10.40	+00:09:23 (37.5%)	5:00	12 (62.5%)
21	KONCA Mariusz	131		M30-49	21	00:00:07	00:25:05.60	00:25:13.40	+00:09:27 (37.7%)	5:01	12 (62.5%)
22	ŁASIŃSKI Paweł	143	2111.PL	M30-49	22	00:00:05	00:25:17.80	00:25:23.10	+00:09:39 (38.2%)	5:03	11.9 (62.0%)
23	MISIURSKI Grzegorz	358		M30-49	23	00:00:06	00:25:40.85	00:25:47.70	+00:10:03 (39.1%)	5:08	11.7 (60.9%)
24	KOZŁOWSKI Witold	136	LRC	M30-49	24	00:00:06	00:25:42.10	00:25:48.80	+00:10:04 (39.2%)	5:08	11.7 (60.9%)
25	BORKOWSKI Jacek	106		M30-49	25	00:00:05	00:26:54.20	00:27:00.00	+00:11:16 (41.9%)	5:23	11.1 (57.8%)
26	GRZYBOWSKI Mikołaj	119		M30-49	26	00:00:06	00:27:28.35	00:27:34.85	+00:11:50 (43.1%)	5:29	10.9 (56.8%)
27	KOŁODZIEJCZYK Krzysztof	130	NASIELSK BASZTA TEAM	M30-49	27	00:00:10	00:27:35.20	00:27:45.60	+00:11:57 (43.3%)	5:31	10.9 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>PRZYBYSZ Marcin</b>	<b>155</b>		M30-49	28	00:00:04	<b>00:28:39.55</b>	<b>00:28:43.75</b>	+00:13:01 (45.5%)	5:43	10.5 (54.7%)
29	<b>BALCERZAK Paweł</b>	<b>103</b>		M30-49	29	00:00:07	<b>00:28:44.10</b>	<b>00:28:51.20</b>	+00:13:06 (45.6%)	5:44	10.4 (54.2%)
30	<b>RUCIŃSKI Jarosław</b>	<b>157</b>	NASIELSK BASZTA TEAM	M30-49	30	00:00:08	<b>00:28:49.10</b>	<b>00:28:57.95</b>	+00:13:11 (45.8%)	5:45	10.4 (54.2%)
31	<b>WRÓBLEWSKI Robert</b>	<b>171</b>	LIDER WINICA	M30-49	31	00:00:06	<b>00:28:53.30</b>	<b>00:28:59.65</b>	+00:13:15 (45.9%)	5:46	10.4 (54.2%)
32	<b>BAJOREK Jacek</b>	<b>102</b>		M30-49	32	00:00:05	<b>00:30:12.10</b>	<b>00:30:17.35</b>	+00:14:34 (48.2%)	6:02	9.9 (51.6%)
33	<b>SPIEWAK Maciej</b>	<b>165</b>		M30-49	33	00:00:07	<b>00:31:46.70</b>	<b>00:31:53.80</b>	+00:16:08 (50.8%)	6:21	9.4 (49.0%)

Znaleziono 33 wynik(ów)