

# Pułtowski Festiwal Biegów

2017

## PFB 2017 :: BIEG NOCNY ŚLADAMI HISTORII PUŁTUSKA

B4SPORT

**Wydarzenie:** Pułtowski Festiwal Biegów 2017  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2017-05-05  
**Miejsce:** Pułtusk  
**Dystans:** 3.4 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 3.4km	Czas brutto 3.4km	Różn	Tempo min/km	Tempo km/h
1	MARYNICZ Vitalij	193		M30-49	1	00:00:00	00:09:48.65	00:09:49.20		2:53	20.8 (100%)
2	ŚWIECAK Robert	176	WILGA GARWOLIN	M30-49	2	00:00:01	00:10:30.90	00:10:32.15	+00:00:42 (6.7%)	3:05	19.4 (93.3%)
3	FILIPOWICZ Tomek	332		M30-49	3	00:00:01	00:10:49.00	00:10:50.40	+00:01:00 (9.3%)	3:10	18.9 (90.9%)
4	ŁASIŃSKI Michał	142	2111.PL	M30-49	4	00:00:00	00:11:07.90	00:11:08.85	+00:01:19 (11.9%)	3:16	18.3 (88.0%)
5	NOWOSIELSKI Michał	181	Z BIEGIEM NARWI	M30-49	5	00:00:01	00:11:08.00	00:11:09.25	+00:01:19 (11.9%)	3:16	18.3 (88.0%)
6	JEŻ Adam	125	DREAM RUN	M30-49	6	00:00:01	00:11:35.30	00:11:36.35	+00:01:46 (15.3%)	3:24	17.6 (84.6%)
7	TOMCZAK Marcin	201		M30-49	7	00:00:01	00:11:39.95	00:11:41.05	+00:01:51 (15.9%)	3:25	17.5 (84.1%)
8	ZAJĄC Paweł	172		M30-49	8	00:00:00	00:12:18.30	00:12:19.25	+00:02:29 (20.3%)	3:37	16.6 (79.8%)
9	JANISZEWSKI Jarosław	122	KS MAKÓW BIEGA	M30-49	9	00:00:03	00:12:48.30	00:12:51.35	+00:02:59 (23.4%)	3:45	15.9 (76.4%)
10	SKRZYPCZYŃSKI Krzysztof	164	NASIELSK BASZTA TEAM	M30-49	10	00:00:03	00:13:03.30	00:13:06.35	+00:03:14 (24.8%)	3:50	15.6 (75.0%)
11	SOBOTA Krzysztof	174	LIDER WINNICA	M30-49	11	00:00:04	00:13:15.80	00:13:20.75	+00:03:27 (26.0%)	3:54	15.4 (74.0%)
12	ROZIŃSKI Arkadiusz	185	UKS '4 URSUS' WARSZAWA	M30-49	12	00:00:04	00:13:28.10	00:13:32.85	+00:03:39 (27.2%)	3:57	15.1 (72.6%)
13	MALICKI Krzysztof	144		M30-49	13	00:00:04	00:13:30.35	00:13:35.00	+00:03:41 (27.4%)	3:58	15.1 (72.6%)
14	KOPKA Artur	183	LIDER WINNICA	M30-49	14	00:00:04	00:13:46.70	00:13:51.15	+00:03:58 (28.8%)	4:03	14.8 (71.2%)
15	DARKOWSKI Rafał	328	LIDER WINNICA	M30-49	15	00:00:02	00:14:01.95	00:14:04.65	+00:04:13 (30.1%)	4:07	14.5 (69.7%)
16	JANKOWSKI Radek	124	NASIELSK BASZTA TEAM	M30-49	16	00:00:02	00:14:10.40	00:14:12.90	+00:04:21 (30.8%)	4:10	14.4 (69.2%)
17	KOZAK Mariusz	135		M30-49	17	00:00:04	00:14:13.85	00:14:17.95	+00:04:25 (31.1%)	4:10	14.3 (68.8%)
18	NAJMOŁA Piotr	150	ZABIEGANI PUŁTUSK	M30-49	18	00:00:04	00:14:36.45	00:14:41.35	+00:04:47 (32.8%)	4:17	14 (67.3%)
19	RYDZEWSKI Andrzej	160		M30-49	19	00:00:04	00:14:45.00	00:14:49.85	+00:04:56 (33.5%)	4:20	13.8 (66.3%)
19	PIEKUTOWSKI Sławomir	153		M30-49	20	00:00:06	00:14:45.00	00:14:51.00	+00:04:56 (33.5%)	4:20	13.8 (66.3%)
21	MALUCHNIK Marek	145	NASIELSK BASZTA TEAM	M30-49	21	00:00:08	00:15:06.15	00:15:14.75	+00:05:17 (35.0%)	4:26	13.5 (64.9%)
22	KONCA Mariusz	131		M30-49	22	00:00:05	00:15:43.85	00:15:49.20	+00:05:55 (37.6%)	4:37	13 (62.5%)
23	GREGAJTYS Jacek	118		M30-49	23	00:00:06	00:15:45.50	00:15:51.60	+00:05:56 (37.7%)	4:37	13 (62.5%)
24	PREWĘCKI Adam	154	ZABIEGANI PUŁTUSK	M30-49	24	00:00:08	00:15:51.05	00:15:59.05	+00:06:02 (38.1%)	4:39	12.9 (62.0%)
25	ŁASIŃSKI Paweł	143	2111.PL	M30-49	25	00:00:03	00:15:51.60	00:15:55.50	+00:06:02 (38.1%)	4:40	12.9 (62.0%)
26	GUTKOWSKI Janusz	120		M30-49	26	00:00:04	00:15:57.95	00:16:02.70	+00:06:09 (38.6%)	4:41	12.8 (61.5%)
27	CICHOCKI Szymon	203	AKTYWNIIE ZAKRĘCENI	M30-49	27	00:00:03	00:16:05.60	00:16:08.75	+00:06:16 (39.0%)	4:43	12.7 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 3.4km	Czas brutto 3.4km	Różn	Tempo min/km	Tempo km/h
28	<b>KOZŁOWSKI Witold</b>	<b>136</b>	LRC	M30-49	28	00:00:09	<b>00:16:38.60</b>	<b>00:16:47.70</b>	+00:06:49 (41.1%)	4:53	12.3 (59.1%)
29	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>130</b>	NASIELSK BASZTA TEAM	M30-49	29	00:00:06	<b>00:16:39.65</b>	<b>00:16:45.70</b>	+00:06:51 (41.1%)	4:53	12.3 (59.1%)
30	<b>PRZYBYSZ Marcin</b>	<b>155</b>		M30-49	30	00:00:02	<b>00:17:27.00</b>	<b>00:17:29.95</b>	+00:07:38 (43.8%)	5:07	11.7 (56.3%)
31	<b>BORKOWSKI Jacek</b>	<b>106</b>		M30-49	31	00:00:07	<b>00:17:32.30</b>	<b>00:17:39.35</b>	+00:07:43 (44.1%)	5:09	11.6 (55.8%)
32	<b>WRÓBLEWSKI Robert</b>	<b>171</b>	LIDER WINICA	M30-49	32	00:00:06	<b>00:17:54.85</b>	<b>00:18:01.70</b>	+00:08:06 (45.2%)	5:16	11.4 (54.8%)
33	<b>RUCIŃSKI Jarosław</b>	<b>157</b>	NASIELSK BASZTA TEAM	M30-49	33	00:00:09	<b>00:18:05.55</b>	<b>00:18:14.60</b>	+00:08:16 (45.8%)	5:19	11.3 (54.3%)
34	<b>AMPULSKI Mariusz</b>	<b>101</b>	NASIELSK BASZTA TEAM	M30-49	34	00:00:09	<b>00:18:16.70</b>	<b>00:18:26.45</b>	+00:08:28 (46.3%)	5:22	11.2 (53.8%)
35	<b>GRZYBOWSKI Mikołaj</b>	<b>119</b>		M30-49	35	00:00:04	<b>00:18:27.65</b>	<b>00:18:32.50</b>	+00:08:39 (46.9%)	5:25	11 (52.9%)
36	<b>BALCERZAK Paweł</b>	<b>103</b>		M30-49	36	00:00:09	<b>00:18:51.70</b>	<b>00:19:01.15</b>	+00:09:03 (48.0%)	5:32	10.8 (51.9%)
37	<b>ELSNER Artur</b>	<b>178</b>		M30-49	37	00:00:07	<b>00:19:23.95</b>	<b>00:19:31.90</b>	+00:09:35 (49.4%)	5:42	10.5 (50.5%)
38	<b>BAJOREK Jacek</b>	<b>102</b>		M30-49	38	00:00:08	<b>00:19:41.80</b>	<b>00:19:50.50</b>	+00:09:53 (50.2%)	5:47	10.4 (50.0%)
39	<b>SPIEWAK Maciej</b>	<b>165</b>		M30-49	39	00:00:06	<b>00:20:15.50</b>	<b>00:20:22.20</b>	+00:10:26 (51.6%)	5:57	10.1 (48.6%)

Znaleziono 39 wynik(ów)