

# Pułtowski Festiwal Biegów

2017

## PFB 2017 :: BURSZTYNOWY BIEG PO PUSZCZY BIAŁEJ

B4SPORT

**Wydarzenie:** Pułtowski Festiwal Biegów 2017  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2017-05-07  
**Miejsce:** Pułtusk  
**Dystans:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MARYNICZ Vitalij	193		M30-49	1	00:00:01	00:32:58.70	00:32:59.75		3:17	18.2 (100%)
2	ŚWIECAK Robert	176	WILGA GARWOLIN	M30-49	2	00:00:02	00:35:44.85	00:35:46.90	+00:02:46 (7.7%)	3:34	16.8 (92.3%)
3	NOWOSIELSKI Michał	181	Z BIEGIEM NARWI	M30-49	3	00:00:01	00:35:56.95	00:35:58.60	+00:02:58 (8.3%)	3:35	16.7 (91.8%)
4	ŁASIŃSKI Michał	142	2111.PL	M30-49	4	00:00:02	00:37:00.25	00:37:02.70	+00:04:01 (10.9%)	3:42	16.2 (89.0%)
5	JEŻ Adam	125	DREAM RUN	M30-49	5	00:00:02	00:38:25.80	00:38:28.15	+00:05:27 (14.2%)	3:50	15.6 (85.7%)
6	ZAJĄC Paweł	172		M30-49	6	00:00:01	00:39:37.10	00:39:39.05	+00:06:38 (16.8%)	3:57	15.1 (83.0%)
7	BRYŚKIEWICZ Jacek	379	LIDER WINNICA	M30-49	7	00:00:03	00:40:32.50	00:40:35.90	+00:07:33 (18.7%)	4:03	14.8 (81.3%)
8	MALICKI Krzysztof	144		M30-49	8	00:00:08	00:43:18.15	00:43:26.90	+00:10:19 (23.8%)	4:19	13.9 (76.4%)
9	SOBOTA Krzysztof	174	LIDER WINNICA	M30-49	9	00:00:04	00:43:36.10	00:43:40.40	+00:10:37 (24.4%)	4:21	13.8 (75.8%)
10	ROZIŃSKI Arkadiusz	185	UKS '4 URSUS' WARSZAWA	M30-49	10	00:00:08	00:44:05.80	00:44:13.80	+00:11:07 (25.2%)	4:24	13.6 (74.7%)
11	SKRZYPCZYŃSKI Krzysztof	164	NASIELSK BASZTA TEAM	M30-49	11	00:00:03	00:44:24.20	00:44:27.90	+00:11:25 (25.7%)	4:26	13.5 (74.2%)
12	NAJMOŁA Piotr	150	ZABIEGANI PUŁTUSK	M30-49	12	00:00:05	00:45:09.55	00:45:14.70	+00:12:10 (27.0%)	4:30	13.3 (73.1%)
13	ROZE Paweł	394		M30-49	13	00:00:05	00:45:34.60	00:45:39.75	+00:12:35 (27.6%)	4:33	13.2 (72.5%)
14	KOZAK Mariusz	135		M30-49	14	00:00:06	00:46:19.80	00:46:25.95	+00:13:21 (28.8%)	4:37	13 (71.4%)
15	JANISZEWSKI Jarosław	122	KS MAKÓW BIEGA	M30-49	15	00:00:02	00:46:35.10	00:46:37.35	+00:13:36 (29.2%)	4:39	12.9 (70.9%)
16	JANKOWSKI Radek	124	NASIELSK BASZTA TEAM	M30-49	16	00:00:03	00:47:21.75	00:47:25.10	+00:14:23 (30.4%)	4:44	12.7 (69.8%)
17	RYDZEWSKI Andrzej	160		M30-49	17	00:00:05	00:47:37.65	00:47:43.30	+00:14:38 (30.8%)	4:45	12.6 (69.2%)
18	GROMELSK Marcin	390	KS MAKÓW BIEGA	M30-49	18	00:00:04	00:48:38.15	00:48:42.15	+00:15:39 (32.2%)	4:51	12.3 (67.6%)
19	KOPKA Artur	183	LIDER WINNICA	M30-49	19	00:00:08	00:48:55.50	00:49:03.65	+00:15:56 (32.6%)	4:53	12.3 (67.6%)
20	PIEKUTOWSKI Sławomir	153		M30-49	20	00:00:05	00:50:01.25	00:50:07.20	+00:17:02 (34.1%)	5:00	12 (65.9%)
21	PREWĘCKI Adam	154	ZABIEGANI PUŁTUSK	M30-49	21	00:00:04	00:50:09.50	00:50:14.40	+00:17:10 (34.3%)	5:01	12 (65.9%)
22	DZIEWULSKI Paweł	388		M30-49	22	00:00:03	00:50:46.40	00:50:50.15	+00:17:47 (35.0%)	5:04	11.8 (64.8%)
23	ŁASIŃSKI Paweł	143	2111.PL	M30-49	23	00:00:06	00:52:30.20	00:52:36.45	+00:19:31 (37.2%)	5:15	11.4 (62.6%)
24	GUTKOWSKI Janusz	120		M30-49	24	00:00:09	00:52:54.55	00:53:03.80	+00:19:55 (37.7%)	5:17	11.3 (62.1%)
25	ELSNER Artur	178		M30-49	25	00:00:07	00:53:09.35	00:53:16.75	+00:20:10 (38.0%)	5:18	11.3 (62.1%)
26	MALUCHNIK Marek	145	NASIELSK BASZTA TEAM	M30-49	26	00:00:06	00:53:21.15	00:53:27.80	+00:20:22 (38.2%)	5:20	11.2 (61.5%)
27	KOWALIŃSKI Maciej	134	MAZOVIA PROACTIV	M30-49	27	00:00:04	00:53:24.10	00:53:28.50	+00:20:25 (38.2%)	5:20	11.2 (61.5%)

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28	<b>CICHOCKI Szymon</b>	<b>203</b>	AKTYWNIIE ZAKRĘCENI	M30-49	28	00:00:04	<b>00:53:49.20</b>	<b>00:53:53.70</b>	+00:20:50 (38.7%)	5:22	11.1 (61.0%)
29	<b>KOZŁOWSKI Witold</b>	<b>136</b>	LRC	M30-49	29	00:00:07	<b>00:53:54.30</b>	<b>00:54:02.20</b>	+00:20:55 (38.8%)	5:23	11.1 (61.0%)
30	<b>KONCA Mariusz</b>	<b>131</b>		M30-49	30	00:00:10	<b>00:56:28.30</b>	<b>00:56:38.40</b>	+00:23:29 (41.6%)	5:38	10.6 (58.2%)
31	<b>BORKOWSKI Jacek</b>	<b>106</b>		M30-49	31	00:00:07	<b>00:57:17.80</b>	<b>00:57:25.15</b>	+00:24:19 (42.4%)	5:43	10.5 (57.7%)
32	<b>BALCERZAK Paweł</b>	<b>103</b>		M30-49	32	00:00:08	<b>00:57:26.30</b>	<b>00:57:34.50</b>	+00:24:27 (42.6%)	5:44	10.4 (57.1%)
33	<b>GRZYBOWSKI Mikołaj</b>	<b>119</b>		M30-49	33	00:00:07	<b>00:57:37.90</b>	<b>00:57:45.80</b>	+00:24:39 (42.8%)	5:45	10.4 (57.1%)
34	<b>KOŚKA Aleksandra</b>	<b>385</b>		M30-49	34	00:00:05	<b>00:57:56.95</b>	<b>00:58:02.75</b>	+00:24:58 (43.1%)	5:47	10.4 (57.1%)
35	<b>PRZYBYSZ Marcin</b>	<b>155</b>		M30-49	35	00:00:03	<b>00:58:46.00</b>	<b>00:58:49.65</b>	+00:25:47 (43.9%)	5:52	10.2 (56.0%)
36	<b>AMPULSKI Mariusz</b>	<b>101</b>	NASIELSK BASZTA TEAM	M30-49	36	00:00:07	<b>00:59:20.50</b>	<b>00:59:28.00</b>	+00:26:21 (44.4%)	5:56	10.1 (55.5%)
37	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>130</b>	NASIELSK BASZTA TEAM	M30-49	37	00:00:04	<b>01:00:09.65</b>	<b>01:00:14.00</b>	+00:27:10 (45.2%)	6:01	10 (54.9%)
38	<b>RUCIŃSKI Jarosław</b>	<b>157</b>	NASIELSK BASZTA TEAM	M30-49	38	00:00:07	<b>01:03:20.35</b>	<b>01:03:27.40</b>	+00:30:21 (47.9%)	6:20	9.5 (52.2%)
39	<b>BAJOREK Jacek</b>	<b>102</b>		M30-49	39	00:00:10	<b>01:12:07.60</b>	<b>01:12:17.70</b>	+00:39:08 (54.3%)	7:12	8.3 (45.6%)

Znaleziono 39 wynik(ów)