

# Pułtuski Festiwal Biegów

4-6 maja 2018

## PFB 2018 :: BIEG DWÓCH WYSP

B4SPORT

**Wydarzenie:** Pułtuski Festiwal Biegów 2018  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2018-05-05  
**Miejsce:** Pułtusk  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	VERECKYI Pavel	170	LKB RUDNIK	M30-49	1	00:00:00	00:15:37.85	00:15:38.80		3:07	19.2 (100%)
2	DĄBROWSKI Przemysław	166	AGRO-METAL OSTROŁĘKA	M16-29	1	00:00:00	00:16:04.95	00:16:05.90	+00:00:27 (2.8%)	3:13	18.7 (97.4%)
3	MARYNYCZ Vitalii	172	SAPIK-TEAM	M30-49	2	00:00:00	00:16:24.75	00:16:25.70	+00:00:46 (4.8%)	3:17	18.3 (95.3%)
4	MAKOWSKI Michał	109	MAZOVIA PROACTIV, 2.OREL PRZASNYSZ	M30-49	3	00:00:01	00:16:27.60	00:16:28.65	+00:00:49 (5.0%)	3:17	18.2 (94.8%)
5	DZIĘGIELEWSKI Marek	159	KB IM.P.SĘKOWSKIEGO W PŁOŃSKU	M50+	1	00:00:01	00:16:29.60	00:16:31.15	+00:00:51 (5.2%)	3:18	18.2 (94.8%)
6	MIKIELSKI Daniel	143		M16-29	2	00:00:01	00:16:44.95	00:16:46.40	+00:01:07 (6.7%)	3:21	17.9 (93.2%)
7	TABER Konrad	150	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M16-29	3	00:00:00	00:17:21.25	00:17:21.25	+00:01:43 (9.9%)	3:28	17.3 (90.1%)
8	KUJAWA Krzysztof	157	WIĘCKOWSKI TEAM	M30-49	4	00:00:01	00:17:24.50	00:17:25.80	+00:01:46 (10.2%)	3:28	17.2 (89.6%)
9	ŁASIŃSKI Michał	154	2111.PL / BIEGAM BO LUBIĘ NOCĄ	M30-49	5	00:00:00	00:17:32.65	00:17:32.65	+00:01:54 (10.9%)	3:30	17.1 (89.1%)
10	KILIAVSKA Valentyna	171	LKB RUDNIK	K16-29	1	00:00:01	00:17:51.40	00:17:52.45	+00:02:13 (12.5%)	3:34	16.8 (87.5%)
11	POPOVA Olena	168		K30-49	1	00:00:01	00:17:54.20	00:17:55.75	+00:02:16 (12.7%)	3:34	16.8 (87.5%)
12	MEJER Jacek	100	DRUŻYNA SZPIKU	M30-49	6	00:00:01	00:18:08.95	00:18:10.80	+00:02:31 (13.9%)	3:37	16.5 (85.9%)
13	DIATLOVA Julia	163	KB RAWICZ	K16-29	2	00:00:01	00:18:12.70	00:18:13.95	+00:02:34 (14.2%)	3:38	16.5 (85.9%)
14	KUCIEJCZYK Henryk	104	TEMPO MŁAWA	M50+	2	00:00:02	00:18:22.15	00:18:24.20	+00:02:44 (14.9%)	3:40	16.3 (84.9%)
15	WIĘCKOWSKI Wojciech	180		M50+	3	00:00:01	00:18:48.30	00:18:50.05	+00:03:10 (16.9%)	3:45	15.9 (82.8%)
16	KUNOWSKI Bartosz	147	ZABIEGANY WOŁOMIN	M30-49	7	00:00:02	00:18:55.80	00:18:57.85	+00:03:17 (17.4%)	3:47	15.9 (82.8%)
17	ŚLIWIAK Justyna	138	KB TKKF PROMYK CIECHANÓW	K16-29	3	00:00:02	00:19:32.65	00:19:34.80	+00:03:54 (20.0%)	3:54	15.4 (80.2%)
18	WRÓBEL Marcin	118		M30-49	8	00:00:02	00:19:44.25	00:19:46.70	+00:04:06 (20.8%)	3:56	15.2 (79.2%)
19	MIELCZARSKI Bartosz	144	POMIJALNI	M30-49	9	00:00:03	00:19:49.45	00:19:52.85	+00:04:11 (21.2%)	3:57	15.1 (78.6%)
20	SUDZIŃSKA Mariola	129	AKM OLSZTYN	K30-49	2	00:00:01	00:20:25.80	00:20:27.75	+00:04:47 (23.5%)	4:05	14.7 (76.6%)
21	SOBOTA Krzysztof	167	BRAVE HEARTS	M30-49	10	00:00:03	00:20:39.70	00:20:42.95	+00:05:01 (24.3%)	4:07	14.5 (75.5%)
22	DUDA Tomasz	105		M30-49	11	00:00:03	00:20:41.55	00:20:44.70	+00:05:03 (24.5%)	4:08	14.5 (75.5%)
23	LEWANDOWSKA Karolina	160	DREAM RUN	K30-49	3	00:00:02	00:20:46.95	00:20:49.70	+00:05:09 (24.8%)	4:09	14.4 (75.0%)
24	SARZAŁA Dariusz	192	SARZALA RUN TEAM	M50+	4	00:00:02	00:20:56.85	00:20:59.75	+00:05:19 (25.4%)	4:11	14.3 (74.5%)
25	OLKOWSKA Wiktoria	141		K16-29	4	00:00:02	00:21:01.00	00:21:03.75	+00:05:23 (25.6%)	4:12	14.3 (74.5%)
26	RUCHLEWICZ Natalia	111		K16-29	5	00:00:02	00:21:05.70	00:21:08.15	+00:05:27 (25.9%)	4:13	14.2 (74.0%)
27	CISZEWSKA Danuta	173		K30-49	4	00:00:02	00:21:10.10	00:21:12.30	+00:05:32 (26.2%)	4:14	14.2 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
28	<b>KARASIEWICZ Dariusz</b>	<b>106</b>	LIDER WINNICA	M16-29	4	00:00:02	<b>00:21:29.35</b>	<b>00:21:32.00</b>	+00:05:51 (27.3%)	4:18	14 (72.9%)
29	<b>ROSIŃSKA Barbara</b>	<b>102</b>	STO-NOGI MILANÓWEK	K50+	1	00:00:02	<b>00:21:38.10</b>	<b>00:21:40.25</b>	+00:06:00 (27.8%)	4:19	13.9 (72.4%)
30	<b>TRZCIŃSKI Wiesław</b>	<b>162</b>	SARZALA RUN TEAM	M50+	5	00:00:03	<b>00:21:51.00</b>	<b>00:21:54.20</b>	+00:06:13 (28.5%)	4:22	13.7 (71.4%)
31	<b>WITKOWSKI Łukasz</b>	<b>133</b>	NASIELSK BASZTA TEAM	M30-49	12	00:00:02	<b>00:22:08.55</b>	<b>00:22:11.30</b>	+00:06:30 (29.4%)	4:25	13.5 (70.3%)
32	<b>KARASIEWICZ Paweł</b>	<b>101</b>	LIDER WINNICA	M16-29	5	00:00:07	<b>00:22:22.50</b>	<b>00:22:29.65</b>	+00:06:44 (30.1%)	4:28	13.4 (69.8%)
33	<b>JAKUBOWSKI Dariusz</b>	<b>122</b>		M30-49	13	00:00:06	<b>00:22:44.60</b>	<b>00:22:51.55</b>	+00:07:06 (31.3%)	4:33	13.2 (68.8%)
34	<b>ŚRUTKOWSKI Sylwester</b>	<b>292</b>		M16-29	6	00:00:04	<b>00:23:04.75</b>	<b>00:23:09.35</b>	+00:07:26 (32.3%)	4:37	13 (67.7%)
35	<b>ŻYŁA Arkadiusz</b>	<b>190</b>	NASIELSK BASZTA TEAM	M16-29	7	00:00:02	<b>00:23:06.10</b>	<b>00:23:08.25</b>	+00:07:28 (32.3%)	4:37	13 (67.7%)
36	<b>KRAWCZYK Paweł</b>	<b>151</b>	LIDER WINNICA	M30-49	14	00:00:06	<b>00:23:30.55</b>	<b>00:23:37.05</b>	+00:07:52 (33.5%)	4:42	12.8 (66.7%)
37	<b>ROSIŃSKI Eugeniusz</b>	<b>103</b>	STO-NOGI MILANÓWEK	M50+	6	00:00:06	<b>00:23:41.75</b>	<b>00:23:47.90</b>	+00:08:03 (34.0%)	4:44	12.7 (66.1%)
38	<b>ŁASIŃSKI Paweł</b>	<b>156</b>	2111.PL	M30-49	15	00:00:03	<b>00:23:42.45</b>	<b>00:23:46.20</b>	+00:08:04 (34.1%)	4:44	12.6 (65.6%)
39	<b>GŁOWACKI Andrzej</b>	<b>165</b>	DOWÓDZTWO WOT	M30-49	16	00:00:06	<b>00:23:46.60</b>	<b>00:23:53.40</b>	+00:08:08 (34.3%)	4:45	12.6 (65.6%)
40	<b>SARZAŁA Bartłomiej</b>	<b>161</b>	SARZALA RUN TEAM	M16-29	8	00:00:02	<b>00:23:53.60</b>	<b>00:23:56.05</b>	+00:08:15 (34.6%)	4:46	12.6 (65.6%)
41	<b>PASZKOWSKA Renata</b>	<b>130</b>		K30-49	5	00:00:05	<b>00:23:55.05</b>	<b>00:24:00.75</b>	+00:08:17 (34.6%)	4:47	12.5 (65.1%)
42	<b>TABER Jerzy</b>	<b>183</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M50+	7	00:00:01	<b>00:24:01.35</b>	<b>00:24:03.30</b>	+00:08:23 (34.9%)	4:48	12.5 (65.1%)
43	<b>MUZYKA Marek</b>	<b>142</b>	WIELISZEW HERON TEAM	M30-49	17	00:00:03	<b>00:24:04.15</b>	<b>00:24:07.90</b>	+00:08:26 (35.1%)	4:48	12.5 (65.1%)
44	<b>BRACH Agnieszka</b>	<b>146</b>		K16-29	6	00:00:04	<b>00:24:04.60</b>	<b>00:24:08.70</b>	+00:08:26 (35.1%)	4:48	12.5 (65.1%)
45	<b>KONCA Aleksander</b>	<b>177</b>	KB OŻARÓW MAZ.	M16-29	9	00:00:04	<b>00:24:30.45</b>	<b>00:24:34.75</b>	+00:08:52 (36.2%)	4:54	12.2 (63.5%)
46	<b>BANASIAK Artur</b>	<b>112</b>		M16-29	10	00:00:06	<b>00:24:41.20</b>	<b>00:24:47.30</b>	+00:09:03 (36.7%)	4:56	12.2 (63.5%)
47	<b>KONCA Mariusz</b>	<b>176</b>	KB OŻARÓW MAZ.	M30-49	18	00:00:06	<b>00:24:45.15</b>	<b>00:24:51.15</b>	+00:09:07 (36.9%)	4:57	12.1 (63.0%)
48	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>128</b>	NASIELSK BASZTA TEAM	M30-49	19	00:00:08	<b>00:25:07.20</b>	<b>00:25:16.10</b>	+00:09:29 (37.8%)	5:01	11.9 (62.0%)
49	<b>DOBROSIELSKI Kazimierz</b>	<b>125</b>		M50+	8	00:00:04	<b>00:25:09.60</b>	<b>00:25:14.40</b>	+00:09:31 (37.9%)	5:02	11.9 (62.0%)
50	<b>KOZŁOWSKI Witold</b>	<b>113</b>	WARSZAWA-BEMOWO	M30-49	20	00:00:08	<b>00:25:10.80</b>	<b>00:25:19.45</b>	+00:09:32 (37.9%)	5:02	11.9 (62.0%)
51	<b>SZADKOWSKI Piotr</b>	<b>295</b>		M16-29	11	00:00:01	<b>00:25:30.55</b>	<b>00:25:32.30</b>	+00:09:52 (38.7%)	5:06	11.8 (61.5%)
52	<b>DZIĘGIELEWSKA Małgorzata</b>	<b>158</b>	KB IM.P.SĘKOWSKIEGO W PŁOŃSKU	K50+	2	00:00:03	<b>00:26:25.05</b>	<b>00:26:28.50</b>	+00:10:47 (40.8%)	5:17	11.4 (59.4%)
53	<b>KIELAN Damian</b>	<b>140</b>		M16-29	12	00:00:05	<b>00:26:41.45</b>	<b>00:26:47.00</b>	+00:11:03 (41.4%)	5:20	11.2 (58.3%)
54	<b>CHOJNACKI Kamil</b>	<b>189</b>	LIDER WINNICA	M16-29	13	00:00:05	<b>00:26:48.20</b>	<b>00:26:53.80</b>	+00:11:10 (41.7%)	5:21	11.2 (58.3%)
55	<b>MARCZAK Grażyna</b>	<b>114</b>	LECZO TEAM	K50+	3	00:00:04	<b>00:26:55.15</b>	<b>00:26:59.30</b>	+00:11:17 (41.9%)	5:23	11.1 (57.8%)
56	<b>GRZYBOWSKI Mikołaj</b>	<b>132</b>		M30-49	21	00:00:05	<b>00:27:21.60</b>	<b>00:27:27.10</b>	+00:11:43 (42.9%)	5:28	11 (57.3%)
57	<b>PIWOWARCZYK Marcin</b>	<b>187</b>	BRAVE HEARTS LEGIONOWO	M30-49	22	00:00:09	<b>00:27:54.90</b>	<b>00:28:04.40</b>	+00:12:17 (44.0%)	5:35	10.7 (55.7%)
58	<b>BALCERZAK Paweł</b>	<b>116</b>		M30-49	23	00:00:08	<b>00:27:57.55</b>	<b>00:28:06.00</b>	+00:12:19 (44.1%)	5:35	10.7 (55.7%)
59	<b>PAWEŁAS Marta</b>	<b>145</b>	POMIJALNI	K30-49	6	00:00:03	<b>00:28:20.60</b>	<b>00:28:23.80</b>	+00:12:42 (44.9%)	5:40	10.6 (55.2%)
60	<b>BARANOWSKA Marta</b>	<b>117</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	K16-29	7	00:01:45	<b>00:28:35.95</b>	<b>00:30:20.95</b>	+00:12:58 (45.3%)	5:43	10.5 (54.7%)
61	<b>FEDERCZYK Zbigniew</b>	<b>294</b>		M30-49	24	00:00:05	<b>00:28:36.85</b>	<b>00:28:41.95</b>	+00:12:59 (45.4%)	5:43	10.5 (54.7%)
62	<b>KONCA Beata</b>	<b>175</b>	KB OŻARÓW MAZ.	K30-49	7	00:00:05	<b>00:28:54.60</b>	<b>00:29:00.25</b>	+00:13:16 (45.9%)	5:47	10.4 (54.2%)
63	<b>WALCZYNA Dariusz</b>	<b>179</b>	INOS TOWARZYSZE	M30-49	25	00:00:04	<b>00:28:57.90</b>	<b>00:29:02.40</b>	+00:13:20 (46.0%)	5:47	10.4 (54.2%)
64	<b>CHMURSKA Aneta</b>	<b>148</b>	NASIELSK BASZTA TEAM	K30-49	8	00:00:10	<b>00:28:58.90</b>	<b>00:29:09.15</b>	+00:13:21 (46.1%)	5:47	10.4 (54.2%)
65	<b>BAŁABAS Adam</b>	<b>194</b>	MAZOVIA PROACTIV CIECHANÓW	M30-49	26	00:00:09	<b>00:29:07.95</b>	<b>00:29:17.15</b>	+00:13:30 (46.3%)	5:49	10.3 (53.6%)
66	<b>KRASKOWSKA Ewelina</b>	<b>188</b>	MAZOVIA PROACTIV	K30-49	9	00:00:08	<b>00:29:08.35</b>	<b>00:29:17.25</b>	+00:13:30 (46.4%)	5:49	10.3 (53.6%)
67	<b>STRZELECKI Michał</b>	<b>120</b>		M30-49	27	00:00:06	<b>00:29:14.80</b>	<b>00:29:21.65</b>	+00:13:36 (46.6%)	5:51	10.3 (53.6%)
68	<b>SZMYT Barbara</b>	<b>178</b>	INOS TOWARZYSZE	K30-49	10	00:00:04	<b>00:29:30.05</b>	<b>00:29:34.20</b>	+00:13:52 (47.0%)	5:54	10.2 (53.1%)
69	<b>WOJCIECHOWSKA Wioletta</b>	<b>136</b>		K50+	4	00:00:03	<b>00:29:59.35</b>	<b>00:30:02.75</b>	+00:14:21 (47.9%)	5:59	10 (52.1%)
70	<b>STRZELECKA Marta</b>	<b>119</b>		K30-49	11	00:00:06	<b>00:30:03.45</b>	<b>00:30:10.25</b>	+00:14:25 (48.0%)	6:00	10 (52.1%)
71	<b>PIWOWARCZYK Agata</b>	<b>186</b>	BRAVE HEARTS LEGIONOWO	K30-49	12	00:00:08	<b>00:30:15.65</b>	<b>00:30:23.75</b>	+00:14:37 (48.3%)	6:03	9.9 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>JAKUBCZYK Edyta</b>	<b>293</b>		K30-49	13	00:00:03	<b>00:30:15.90</b>	<b>00:30:19.15</b>	+00:14:38 (48.4%)	6:03	9.9 (51.6%)
73	<b>FILIPOWICZ Ewa</b>	<b>126</b>		K16-29	8	00:00:05	<b>00:30:30.70</b>	<b>00:30:36.00</b>	+00:14:52 (48.8%)	6:06	9.8 (51.0%)
74	<b>FILIPOWIVZ Tomek</b>	<b>124</b>		M30-49	28	00:00:05	<b>00:30:30.75</b>	<b>00:30:35.95</b>	+00:14:52 (48.8%)	6:06	9.8 (51.0%)
75	<b>SIENIKOWSKA Izabela</b>	<b>174</b>	LIDER WINNICA	K16-29	9	00:00:05	<b>00:31:11.40</b>	<b>00:31:17.25</b>	+00:15:33 (49.9%)	6:14	9.6 (50.0%)
76	<b>KAŻMIERCZAK Joanna</b>	<b>182</b>		K30-49	14	00:00:07	<b>00:31:13.20</b>	<b>00:31:21.15</b>	+00:15:35 (49.9%)	6:14	9.6 (50.0%)
77	<b>ZAWARTKA Zofia</b>	<b>181</b>	TDM SPORT TEAM	K50+	5	00:00:07	<b>00:31:13.55</b>	<b>00:31:21.00</b>	+00:15:35 (49.9%)	6:14	9.6 (50.0%)
78	<b>RUCIŃSKI Jarosław</b>	<b>134</b>	NASIELSK BASZTA TEAM	M30-49	29	00:00:11	<b>00:31:24.55</b>	<b>00:31:36.15</b>	+00:15:46 (50.2%)	6:17	9.5 (49.5%)
79	<b>TOMASIŃSKI Paweł</b>	<b>127</b>		M30-49	30	00:00:10	<b>00:31:25.80</b>	<b>00:31:36.20</b>	+00:15:47 (50.3%)	6:17	9.5 (49.5%)
80	<b>ŁASIŃSKA Marzena</b>	<b>155</b>	2111.PL	K50+	6	00:00:06	<b>00:31:27.65</b>	<b>00:31:33.85</b>	+00:15:49 (50.3%)	6:17	9.5 (49.5%)
81	<b>RUCIŃSKA Jolanta</b>	<b>135</b>	NASIELSK BASZTA TEAM	K30-49	15	00:00:11	<b>00:31:28.80</b>	<b>00:31:40.15</b>	+00:15:50 (50.3%)	6:17	9.5 (49.5%)
82	<b>TOMASIŃSKA Katarzyna</b>	<b>123</b>	NASIELSK BASZTA TEAM	K30-49	16	00:00:10	<b>00:31:29.60</b>	<b>00:31:39.85</b>	+00:15:51 (50.4%)	6:17	9.5 (49.5%)
83	<b>SKRZYPEK Roman J.</b>	<b>115</b>		M50+	9	00:00:07	<b>00:32:51.90</b>	<b>00:32:59.45</b>	+00:17:14 (52.4%)	6:34	9.1 (47.4%)
84	<b>GŁOWACKA Aleksandra</b>	<b>164</b>		K30-49	17	00:00:09	<b>00:35:04.15</b>	<b>00:35:13.35</b>	+00:19:26 (55.4%)	7:00	8.6 (44.8%)
85	<b>KILIAN Monika</b>	<b>137</b>	ELEKTRYKWARSZAWA.PL	K30-49	18	00:00:04	<b>00:35:21.05</b>	<b>00:35:25.70</b>	+00:19:43 (55.8%)	7:04	8.5 (44.3%)
86	<b>MALUCHNIK Marek</b>	<b>110</b>	NASIELSK BASZTA TEAM	M30-49	31	00:00:09	<b>00:35:46.25</b>	<b>00:35:55.95</b>	+00:20:08 (56.3%)	7:09	8.4 (43.8%)
87	<b>KULASZEWSKI Piotr</b>	<b>185</b>		M16-29	14	00:00:06	<b>00:36:38.90</b>	<b>00:36:45.55</b>	+00:21:01 (57.3%)	7:19	8.2 (42.7%)
88	<b>ROZHNIATOWSKA Ksenia</b>	<b>296</b>		K16-29	10	00:00:03	<b>00:36:42.60</b>	<b>00:36:45.65</b>	+00:21:04 (57.4%)	7:20	8.2 (42.7%)

Znaleziono 88 wynik(ów)