

# Pułtuski Festiwal Biegów

4-6 maja 2018

## PFB 2018 :: BIEG DWÓCH WYSP

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**Wydarzenie:** Pułtuski Festiwal Biegów 2018  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2018-05-05  
**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	<b>VERECKYI Pavel</b>	<b>170</b>	LKB RUDNIK	M30-49	1	00:00:00	<b>00:15:37.85</b>	<b>00:15:38.80</b>		3:07	19.2 (100%)
2	<b>MARYNYCZ Vitalii</b>	<b>172</b>	SAPIK-TEAM	M30-49	2	00:00:00	<b>00:16:24.75</b>	<b>00:16:25.70</b>	+00:00:46 (4.8%)	3:17	18.3 (95.3%)
3	<b>MAKOWSKI Michał</b>	<b>109</b>	MAZOVIA PROACTIV, 2.OREL PRZASNYSZ	M30-49	3	00:00:01	<b>00:16:27.60</b>	<b>00:16:28.65</b>	+00:00:49 (5.0%)	3:17	18.2 (94.8%)
4	<b>KUJAWA Krzysztof</b>	<b>157</b>	WIĘCKOWSKI TEAM	M30-49	4	00:00:01	<b>00:17:24.50</b>	<b>00:17:25.80</b>	+00:01:46 (10.2%)	3:28	17.2 (89.6%)
5	<b>ŁASIŃSKI Michał</b>	<b>154</b>	21I1.PL / BIEGAM BO LUBIĘ NOCĄ	M30-49	5	00:00:00	<b>00:17:32.65</b>	<b>00:17:32.65</b>	+00:01:54 (10.9%)	3:30	17.1 (89.1%)
6	<b>MEJER Jacek</b>	<b>100</b>	DRUŻYNA SZPIKU	M30-49	6	00:00:01	<b>00:18:08.95</b>	<b>00:18:10.80</b>	+00:02:31 (13.9%)	3:37	16.5 (85.9%)
7	<b>KUNOWSKI Bartosz</b>	<b>147</b>	ZABIEGANY WOŁOMIN	M30-49	7	00:00:02	<b>00:18:55.80</b>	<b>00:18:57.85</b>	+00:03:17 (17.4%)	3:47	15.9 (82.8%)
8	<b>WRÓBEL Marcin</b>	<b>118</b>		M30-49	8	00:00:02	<b>00:19:44.25</b>	<b>00:19:46.70</b>	+00:04:06 (20.8%)	3:56	15.2 (79.2%)
9	<b>MIELCZARSKI Bartosz</b>	<b>144</b>	POMIJAŁNI	M30-49	9	00:00:03	<b>00:19:49.45</b>	<b>00:19:52.85</b>	+00:04:11 (21.2%)	3:57	15.1 (78.6%)
10	<b>SOBOTA Krzysztof</b>	<b>167</b>	BRAVE HEARTS	M30-49	10	00:00:03	<b>00:20:39.70</b>	<b>00:20:42.95</b>	+00:05:01 (24.3%)	4:07	14.5 (75.5%)
11	<b>DUDA Tomasz</b>	<b>105</b>		M30-49	11	00:00:03	<b>00:20:41.55</b>	<b>00:20:44.70</b>	+00:05:03 (24.5%)	4:08	14.5 (75.5%)
12	<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%)
13	<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%)
14	<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%)
15	<b>ŁASIŃSKI Paweł</b>	<b>156</b>	21I1.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%)
16	<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%)
17	<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%)
18	<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%)
19	<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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	<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%)
29	<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%)
30	<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%)
31	<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%)

Znaleziono 31 wynik(ów)