

# Pułtuski Festiwal Biegów

4-6 maja 2018

## PFB 2018 :: PUŁTUSKI PÓŁMARATON LEŚNIKA

B4SPORT

**Event:** Pułtuski Festiwal Biegów 2018  
**Organiser:** Stowarzyszenie Pultovia  
**Date:** 2018-05-05  
**Place:** Pułtusk  
**Distance:** 21.097 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Leśnik	Start time	Split 14km	Net time 21.097km	Czas brutto 21.097km	Gap	Pace min/km	Pace km/h
1	WASIEWICZ Adam	384	TRENERBIEGANIA.PL	M30-49	1		00:00:03	00:56:55	<b>01:25:55.40</b>	<b>01:25:58.75</b>		4:04	14.7 (100%)
2	NOWAK Paweł	365	ROCH JASZENICA	M16-29	1		00:00:04	00:56:55	<b>01:26:15.05</b>	<b>01:26:19.85</b>	+00:00:19 (0.4%)	4:05	14.7 (100%)
3	ORLIŃSKI Tomasz	377	BHP ORLIŃSCY	M30-49	2		00:00:03	00:56:56	<b>01:26:35.75</b>	<b>01:26:38.75</b>	+00:00:40 (0.8%)	4:06	14.6 (99.3%)
4	BANASZKIEWICZ Marcin	382	LIDER WINNICA	M30-49	3		00:00:03	00:56:56	<b>01:27:00.75</b>	<b>01:27:04.05</b>	+00:01:05 (1.3%)	4:07	14.5 (98.6%)
5	JEŻ Adam	375		M30-49	4		00:00:02	00:57:41	<b>01:29:07.25</b>	<b>01:29:09.60</b>	+00:03:11 (3.6%)	4:13	14.2 (96.6%)
6	ZALEWSKI Marcin	362	INOBE	M30-49	5		00:00:03	00:58:50	<b>01:29:59.10</b>	<b>01:30:02.50</b>	+00:04:03 (4.5%)	4:15	14.1 (95.9%)
7	KUKLA Marcin	376	RYSIK RUNNERS	M30-49	6		00:00:03	00:59:35	<b>01:30:09.90</b>	<b>01:30:13.65</b>	+00:04:14 (4.7%)	4:16	14 (95.2%)
8	MALINOWSKI Łukasz	401		M16-29	2		00:00:02	00:58:23	<b>01:31:01.00</b>	<b>01:31:03.65</b>	+00:05:05 (5.6%)	4:18	13.9 (94.6%)
9	MULIK Piotr	403		M30-49	7		00:00:03	01:00:19	<b>01:31:13.25</b>	<b>01:31:17.20</b>	+00:05:17 (5.8%)	4:19	13.9 (94.6%)
10	KOWALCZYK Krystian	406		M16-29	3	Tak	00:00:05	00:59:08	<b>01:31:55.10</b>	<b>01:32:00.35</b>	+00:05:59 (6.5%)	4:21	13.8 (93.9%)
11	RZEWNICKI Marek	357	NADLEŚNICTWO OSTROŁĘKA	M30-49	8	Tak	00:00:05	01:00:49	<b>01:32:13.75</b>	<b>01:32:18.95</b>	+00:06:18 (6.8%)	4:22	13.7 (93.2%)
12	CHRABAŁOWSKI Jarosław	388	WARSZAWIACY	M30-49	9		00:00:03	01:00:51	<b>01:32:43.75</b>	<b>01:32:47.65</b>	+00:06:48 (7.3%)	4:23	13.7 (93.2%)
13	ORŁOWSKI Michał	395		M30-49	10	Tak	00:00:05	01:02:08	<b>01:34:18.65</b>	<b>01:34:23.95</b>	+00:08:23 (8.9%)	4:28	13.4 (91.2%)
14	ONISK Kamil	360	MKB DREPTAK	M16-29	4	Yes	00:00:02	00:59:45	<b>01:34:26.70</b>	<b>01:34:29.45</b>	+00:08:31 (9.0%)	4:28	13.4 (91.2%)
15	TRZCIŃSKI Kamil	390	FMW RUNNERS	M30-49	11		00:00:02	01:02:39	<b>01:36:09.60</b>	<b>01:36:12.45</b>	+00:10:14 (10.6%)	4:33	13.2 (89.8%)
16	NASKRĘT Bartłomiej	402		M30-49	12		00:00:02	01:01:57	<b>01:36:21.20</b>	<b>01:36:23.95</b>	+00:10:25 (10.8%)	4:33	13.1 (89.1%)
17	PYŚKIEWICZ Jan	378		M16-29	5		00:00:10	01:02:59	<b>01:36:43.45</b>	<b>01:36:53.45</b>	+00:10:48 (11.2%)	4:35	13.1 (89.1%)
18	KLIMKOWSKI Michał	355		M30-49	13		00:00:05	01:01:49	<b>01:37:25.70</b>	<b>01:37:31.40</b>	+00:11:30 (11.8%)	4:37	13 (88.4%)
19	TUREK Łukasz	389	LATAJĄCE HO(L)ENDRY	M30-49	14		00:00:03	01:04:59	<b>01:38:44.25</b>	<b>01:38:47.35</b>	+00:12:48 (13.0%)	4:40	12.8 (87.1%)
20	KOŁODZIEJCZYK Darek	383	ADIDAS RUNNERS WARSAW	M30-49	15		00:00:04	01:04:29	<b>01:38:52.30</b>	<b>01:38:56.50</b>	+00:12:56 (13.1%)	4:41	12.8 (87.1%)
21	WIELEBA Karol	398		M16-29	6		00:00:07	01:04:36	<b>01:40:41.90</b>	<b>01:40:49.25</b>	+00:14:46 (14.7%)	4:46	12.6 (85.7%)
22	LEWANDOWSKI Klaudiusz	399		M30-49	16		00:00:06	01:04:36	<b>01:40:42.25</b>	<b>01:40:49.10</b>	+00:14:46 (14.7%)	4:46	12.6 (85.7%)
23	OLBRYŚ Stanisław Adam	372	KB LEGIONOWO	M50+	1		00:00:04	01:07:37	<b>01:42:20.25</b>	<b>01:42:24.65</b>	+00:16:24 (16.0%)	4:50	12.4 (84.4%)
24	ISASI Gorka	391	BILBAO	M30-49	17		00:00:07	01:07:59	<b>01:44:52.50</b>	<b>01:44:59.90</b>	+00:18:57 (18.1%)	4:58	12.1 (82.3%)
25	ORYL Wiesław	374		M50+	2		00:00:04	01:09:31	<b>01:45:15.70</b>	<b>01:45:20.55</b>	+00:19:20 (18.4%)	4:59	12 (81.6%)
26	WRONKA Artur	392	RADZYMIN RUN TEAM	M30-49	18		00:00:03	01:10:19	<b>01:46:11.25</b>	<b>01:46:14.85</b>	+00:20:15 (19.1%)	5:01	11.9 (81.0%)
27	ŻMUDZKI Rafał	353	PHOTOMAT.PL	M30-49	19	Да	00:00:08	01:07:53	<b>01:47:19.90</b>	<b>01:47:28.05</b>	+00:21:24 (19.9%)	5:05	11.8 (80.3%)

Place	Participant	Number	Club	Category	MCat	Leśnik	Start time	Split 14km	Net time 21.097km	Czas brutto 21.097km	Gap	Pace min/km	Pace km/h
28	<b>PIEKUTOWSKI Sławomir</b>	<b>358</b>		M30-49	20		00:00:04	01:09:39	<b>01:47:39.05</b>	<b>01:47:43.25</b>	+00:21:43 (20.2%)	5:06	11.8 (80.3%)
29	<b>MUCHA Sebastian</b>	<b>363</b>		M30-49	21		00:00:08	01:11:21	<b>01:48:06.55</b>	<b>01:48:15.35</b>	+00:22:11 (20.5%)	5:07	11.7 (79.6%)
30	<b>SIKORSKI Paweł</b>	<b>397</b>		M30-49	22		00:00:04	01:11:30	<b>01:48:51.60</b>	<b>01:48:55.95</b>	+00:22:56 (21.1%)	5:09	11.6 (78.9%)
31	<b>SAMORAJ Paweł</b>	<b>369</b>	-	M30-49	23		00:00:07	01:11:01	<b>01:49:53.35</b>	<b>01:50:01.30</b>	+00:23:57 (21.8%)	5:12	11.5 (78.2%)
32	<b>STĘPIEŃ Radosław</b>	<b>387</b>	BANK OCHRONY ŚRODOWISKA	M30-49	24		00:00:03	01:11:36	<b>01:50:55.95</b>	<b>01:50:59.55</b>	+00:25:00 (22.5%)	5:15	11.4 (77.6%)
33	<b>JĘDRYKA Grzegorz</b>	<b>351</b>		M50+	3		00:00:07	01:14:14	<b>01:51:51.30</b>	<b>01:51:58.85</b>	+00:25:55 (23.2%)	5:18	11.3 (76.9%)
34	<b>SALWIN Sławomir</b>	<b>396</b>		M50+	4		00:00:06	01:12:09	<b>01:51:56.30</b>	<b>01:52:02.65</b>	+00:26:00 (23.2%)	5:18	11.3 (76.9%)
35	<b>RAU Maciej</b>	<b>359</b>		M30-49	25		00:00:07	01:14:48	<b>01:52:30.15</b>	<b>01:52:37.30</b>	+00:26:34 (23.6%)	5:19	11.3 (76.9%)
36	<b>PRĘDKI Marcin</b>	<b>381</b>	BRYGADA PORAJOW	M30-49	26		00:00:02	01:12:21	<b>01:54:15.90</b>	<b>01:54:18.65</b>	+00:28:20 (24.8%)	5:24	11.1 (75.5%)
37	<b>POPIELSKI Marek</b>	<b>400</b>		M16-29	7		00:00:06	01:17:32	<b>01:57:03.50</b>	<b>01:57:10.25</b>	+00:31:08 (26.6%)	5:32	10.8 (73.5%)
38	<b>RAU Marek</b>	<b>361</b>		M30-49	27		00:00:06	01:15:16	<b>01:57:12.95</b>	<b>01:57:19.90</b>	+00:31:17 (26.7%)	5:33	10.8 (73.5%)
39	<b>SZTYMELSKI Zbigniew</b>	<b>373</b>		M30-49	28		00:00:07	01:14:32	<b>01:57:23.55</b>	<b>01:57:31.20</b>	+00:31:28 (26.8%)	5:33	10.8 (73.5%)
40	<b>CZYŻ Dominik</b>	<b>354</b>	GRUPA BIEGOWA CHTMO	M30-49	29		00:00:08	01:18:52	<b>01:57:38.45</b>	<b>01:57:46.80</b>	+00:31:43 (27.0%)	5:34	10.8 (73.5%)
41	<b>HUBA Mirosław</b>	<b>405</b>		M30-49	30		00:00:05	01:19:03	<b>02:01:53.05</b>	<b>02:01:58.95</b>	+00:35:57 (29.5%)	5:46	10.4 (70.7%)
42	<b>GREGAJTYS Jacek</b>	<b>356</b>		M30-49	31		00:00:05	01:18:52	<b>02:07:17.00</b>	<b>02:07:22.45</b>	+00:41:21 (32.5%)	6:01	9.9 (67.3%)
43	<b>BORKOWSKI Jacek</b>	<b>370</b>		M30-49	32		00:00:06	01:25:02	<b>02:16:54.65</b>	<b>02:17:01.30</b>	+00:50:59 (37.2%)	6:29	9.2 (62.6%)
44	<b>WÓJCIK Robert</b>	<b>371</b>		M30-49	33		00:00:08	01:26:26	<b>02:19:42.90</b>	<b>02:19:51.05</b>	+00:53:47 (38.5%)	6:37	9.1 (61.9%)
45	<b>KOWARSKI Mariusz</b>	<b>364</b>	MONAR	M50+	5		00:00:06	01:26:28	<b>02:19:44.30</b>	<b>02:19:51.05</b>	+00:53:48 (38.5%)	6:37	9.1 (61.9%)

Total 45 results.