

Pułtuski Festiwal Biegów

4-6 maja 2018

PFB 2019 :: BIEG DWÓCH WYSP

B4SPORT

Wydarzenie: Pułtuski Festiwal Biegów 2019
Organizator: Stowarzyszenie Pultovia
Data: 2019-05-04
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 | OBUCHOWSKI Oleksii | 125 | | M16-29 | 1 | 00:00:01 | 00:15:23.65 | 00:15:25.10 | | 3:04 | 19.5 (100%) |
| 2 | DĄBROWSKI Przemysław | 166 | AGRO-METAL OSTROŁĘKA | M30-49 | 1 | 00:00:01 | 00:16:25.00 | 00:16:26.30 | +00:01:01 (6.2%) | 3:17 | 18.3 (93.8%) |
| 3 | MARYNICZ Witalii | 123 | | M30-49 | 2 | 00:00:01 | 00:16:58.45 | 00:16:59.60 | +00:01:34 (9.3%) | 3:23 | 17.7 (90.8%) |
| 4 | TABER Konrad | 135 | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | M16-29 | 2 | 00:00:00 | 00:17:05.45 | 00:17:06.25 | +00:01:41 (9.9%) | 3:25 | 17.5 (89.7%) |
| 5 | ŚWIERCZYŃSKI Norbert | 134 | RACEFIGHTER GOSIR DĘBE WLK. | M16-29 | 3 | 00:00:01 | 00:17:15.10 | 00:17:16.25 | +00:01:51 (10.8%) | 3:27 | 17.4 (89.2%) |
| 6 | DZIĘGIELEWSKI Marek | 147 | KB IM.P.SĘKOWSKIEGO W PŁOŃSKU | M50+ | 1 | 00:00:01 | 00:17:18.65 | 00:17:20.35 | +00:01:55 (11.1%) | 3:27 | 17.3 (88.7%) |
| 7 | CHRABAŁOWSKI Jarosław | 351 | LENGOSHOP.PL | M30-49 | 3 | 00:00:01 | 00:17:35.60 | 00:17:37.45 | +00:02:11 (12.5%) | 3:31 | 17 (87.2%) |
| 8 | ZAKOWICZ Paweł | 162 | PIECHOTĄ PO SCHODACH - ŁÓDŹ | M30-49 | 4 | 00:00:02 | 00:17:36.20 | 00:17:38.50 | +00:02:12 (12.5%) | 3:31 | 17 (87.2%) |
| 9 | KUCIEJCZYK Henryk | 119 | TEMPO MŁAWA | M50+ | 2 | 00:00:02 | 00:18:44.35 | 00:18:46.40 | +00:03:20 (17.9%) | 3:44 | 16 (82.1%) |
| 10 | TOMCZAK Marcin | 174 | KOCI PAZUR | M30-49 | 5 | 00:00:02 | 00:18:51.65 | 00:18:53.95 | +00:03:28 (18.4%) | 3:46 | 15.9 (81.5%) |
| 11 | WRÓBEL Marcin | 140 | | M30-49 | 6 | 00:00:01 | 00:19:12.30 | 00:19:14.00 | +00:03:48 (19.8%) | 3:50 | 15.6 (80.0%) |
| 12 | MALINOWSKI Łukasz | 122 | NASIELSK BASZTA TEAM | M16-29 | 4 | 00:00:02 | 00:19:33.50 | 00:19:36.10 | +00:04:09 (21.3%) | 3:54 | 15.3 (78.5%) |
| 13 | GOLLNIK Adam | 148 | ROZBIEGAMY NOWY DWÓR | M30-49 | 7 | 00:00:03 | 00:19:46.95 | 00:19:50.10 | +00:04:23 (22.2%) | 3:57 | 15.2 (77.9%) |
| 14 | KŁOSIŃSKI Rafał | 152 | RACEFIGHTER GOSIR DĘBE WLK. | M30-49 | 8 | 00:00:02 | 00:19:58.20 | 00:20:01.10 | +00:04:34 (22.9%) | 3:59 | 15 (76.9%) |
| 15 | DĄBROWSKI Michał | 291 | | M30-49 | 9 | 00:00:02 | 00:19:59.60 | 00:20:02.05 | +00:04:35 (23.0%) | 4:00 | 15 (76.9%) |
| 16 | KOŁOMIEC Kristina | 153 | | K16-29 | 1 | 00:00:01 | 00:20:00.10 | 00:20:01.40 | +00:04:36 (23.0%) | 4:00 | 15 (76.9%) |
| 17 | ZALEWSKI Marcin | 142 | INOBE | M30-49 | 10 | 00:00:02 | 00:20:03.75 | 00:20:06.15 | +00:04:40 (23.3%) | 4:00 | 15 (76.9%) |
| 18 | RUCHLEWICZ Natalia | 127 | | K16-29 | 2 | 00:00:02 | 00:20:07.10 | 00:20:09.15 | +00:04:43 (23.5%) | 4:01 | 14.9 (76.4%) |
| 19 | SARZAŁA Dariusz | 160 | KOCI PAZUR | M50+ | 3 | 00:00:01 | 00:20:47.50 | 00:20:49.40 | +00:05:23 (26.0%) | 4:09 | 14.4 (73.8%) |
| 20 | BONISŁAWSKA Kamila | 146 | | K16-29 | 3 | 00:00:01 | 00:21:03.70 | 00:21:05.25 | +00:05:40 (26.9%) | 4:12 | 14.2 (72.8%) |
| 21 | KOMENDA Lech | 117 | KB TKKF PROMYK CIECHANÓW | M30-49 | 11 | 00:00:02 | 00:21:12.10 | 00:21:14.75 | +00:05:48 (27.4%) | 4:14 | 14.2 (72.8%) |
| 22 | KIELAN Damian | 116 | | M16-29 | 5 | 00:00:02 | 00:21:14.50 | 00:21:16.65 | +00:05:50 (27.5%) | 4:14 | 14.1 (72.3%) |
| 23 | STANISZ Wiktor | 303 | | M16-29 | 6 | 00:00:02 | 00:21:21.90 | 00:21:24.55 | +00:05:58 (27.9%) | 4:16 | 14 (71.8%) |
| 24 | KARASIEWICZ Paweł | 114 | LIDER WINNICA | M16-29 | 7 | 00:00:05 | 00:21:42.80 | 00:21:48.35 | +00:06:19 (29.1%) | 4:20 | 13.8 (70.8%) |
| 25 | ROSIŃSKA Barbara | 126 | STO-NOGI MILANÓWEK | K50+ | 1 | 00:00:02 | 00:21:43.90 | 00:21:46.25 | +00:06:20 (29.2%) | 4:20 | 13.8 (70.8%) |
| 26 | ŚWIERCZ Andrzej | 363 | KB IM. PIOTRA SĘKOWSKIEGO | M50+ | 4 | 00:00:02 | 00:21:48.65 | 00:21:51.30 | +00:06:25 (29.4%) | 4:21 | 13.8 (70.8%) |
| 27 | TABER Jerzy | 364 | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | M50+ | 5 | 00:00:02 | 00:22:00.45 | 00:22:02.75 | +00:06:36 (30.1%) | 4:24 | 13.6 (69.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|----------------------------|-----------|------|-------------|-------------|-------------|-------------------|--------------|--------------|
| | | | | | | | 5km | 5km | | | |
| 28 | KAMIŃSKI Wiesław | 113 | NASIELSK BASZTA TEAM | M50+ | 6 | 00:00:04 | 00:22:03.05 | 00:22:07.95 | +00:06:39 (30.2%) | 4:24 | 13.6 (69.7%) |
| 29 | KRAJEWSKA Klaudia | 296 | | K16-29 | 4 | 00:00:01 | 00:22:27.75 | 00:22:29.35 | +00:07:04 (31.5%) | 4:29 | 13.4 (68.7%) |
| 30 | PIOTROWSKI Artur | 157 | NASIELSK BASZTATEAM | M30-49 | 12 | 00:00:04 | 00:22:30.80 | 00:22:34.85 | +00:07:07 (31.6%) | 4:30 | 13.3 (68.2%) |
| 31 | TRUSZKOWSKA Marta | 136 | | K30-49 | 1 | 00:00:02 | 00:22:40.65 | 00:22:42.75 | +00:07:17 (32.1%) | 4:32 | 13.2 (67.7%) |
| 32 | STANISZ Adrian | 304 | | M16-29 | 8 | 00:00:03 | 00:22:42.25 | 00:22:45.55 | +00:07:18 (32.2%) | 4:32 | 13.2 (67.7%) |
| 33 | KWIATKOWSKA Renata | 120 | KB OŻARÓW MAZOWIECKI BIEGA | K50+ | 2 | 00:00:02 | 00:22:43.25 | 00:22:46.15 | +00:07:19 (32.2%) | 4:32 | 13.2 (67.7%) |
| 34 | ŚRUTKOWSKI Sylwester | 133 | | M16-29 | 9 | 00:00:03 | 00:23:00.65 | 00:23:03.95 | +00:07:37 (33.1%) | 4:36 | 13 (66.7%) |
| 35 | MIĘTEK Jarosław | 124 | | M50+ | 7 | 00:00:04 | 00:23:01.20 | 00:23:05.50 | +00:07:37 (33.1%) | 4:36 | 13 (66.7%) |
| 36 | SALWIN Sławomir | 131 | WIELISZEW HERON TEAM | M50+ | 8 | 00:00:04 | 00:23:01.85 | 00:23:06.60 | +00:07:38 (33.2%) | 4:36 | 13 (66.7%) |
| 37 | SADOWSKI Krzysztof | 130 | | M50+ | 9 | 00:00:04 | 00:23:02.05 | 00:23:06.50 | +00:07:38 (33.2%) | 4:36 | 13 (66.7%) |
| 38 | GŁOWACKI Andrzej | 107 | MŁODY VS STARY | M30-49 | 13 | 00:00:03 | 00:23:31.40 | 00:23:34.75 | +00:08:07 (34.6%) | 4:42 | 12.8 (65.6%) |
| 39 | GRZĄDZIEL Paweł | 150 | | M50+ | 10 | 00:00:04 | 00:23:36.85 | 00:23:41.60 | +00:08:13 (34.8%) | 4:43 | 12.7 (65.1%) |
| 40 | SAVA Oleksandr | 132 | | M30-49 | 14 | 00:00:03 | 00:23:51.05 | 00:23:54.90 | +00:08:27 (35.5%) | 4:46 | 12.6 (64.6%) |
| 41 | OLEKSII Pohrebniak | 156 | | M30-49 | 15 | 00:00:04 | 00:23:51.20 | 00:23:55.20 | +00:08:27 (35.5%) | 4:46 | 12.6 (64.6%) |
| 42 | WRÓBEL Natalia | 139 | | K30-49 | 2 | 00:00:03 | 00:23:58.80 | 00:24:02.05 | +00:08:35 (35.8%) | 4:47 | 12.5 (64.1%) |
| 43 | ŚWIERCZYŃSKI Jakub | 177 | | M16-29 | 10 | 00:00:05 | 00:24:08.45 | 00:24:13.65 | +00:08:44 (36.2%) | 4:49 | 12.4 (63.6%) |
| 44 | GAJEWSKI Mariusz | 105 | | M30-49 | 16 | 00:00:06 | 00:24:15.25 | 00:24:21.55 | +00:08:51 (36.5%) | 4:51 | 12.4 (63.6%) |
| 45 | TOPOLSKA Sylwia | 299 | WARBUD RUNNING TEAM | K30-49 | 3 | 00:00:04 | 00:24:15.80 | 00:24:20.35 | +00:08:52 (36.6%) | 4:51 | 12.4 (63.6%) |
| 46 | MUZYKA Marek | 357 | WIELISZEW HERON TEAM | M30-49 | 17 | 00:00:05 | 00:24:23.75 | 00:24:29.45 | +00:09:00 (36.9%) | 4:52 | 12.3 (63.1%) |
| 47 | KOŁODZIEJCZYK Krzysztof | 178 | | M30-49 | 18 | 00:00:05 | 00:24:25.65 | 00:24:31.40 | +00:09:02 (37.0%) | 4:53 | 12.3 (63.1%) |
| 48 | KLOS Barbara | 151 | | K50+ | 3 | 00:00:03 | 00:24:27.85 | 00:24:31.70 | +00:09:04 (37.1%) | 4:53 | 12.3 (63.1%) |
| 49 | ROSA Elżbieta | 159 | BÓBR TŁUSZCZ | K50+ | 4 | 00:00:03 | 00:24:37.70 | 00:24:40.85 | +00:09:14 (37.5%) | 4:55 | 12.2 (62.6%) |
| 50 | SMOLIŃSKA Dominika | 297 | | K16-29 | 5 | 00:00:05 | 00:24:55.05 | 00:25:00.45 | +00:09:31 (38.2%) | 4:59 | 12 (61.5%) |
| 51 | GOLLNIK Daria | 149 | ROZBIEGAMY NOWY DWÓR | K30-49 | 4 | 00:00:02 | 00:25:31.25 | 00:25:33.95 | +00:10:07 (39.7%) | 5:06 | 11.8 (60.5%) |
| 52 | WYSMYK Ada | 141 | | K16-29 | 6 | 00:00:03 | 00:25:33.35 | 00:25:37.00 | +00:10:09 (39.8%) | 5:06 | 11.7 (60.0%) |
| 53 | BALCERZAK Paweł | 100 | | M30-49 | 19 | 00:00:07 | 00:25:34.95 | 00:25:42.20 | +00:10:11 (39.8%) | 5:07 | 11.7 (60.0%) |
| 54 | JAKUBCZYK Edyta | 305 | | K30-49 | 5 | 00:00:03 | 00:25:48.90 | 00:25:52.25 | +00:10:25 (40.4%) | 5:09 | 11.6 (59.5%) |
| 55 | JANKOWSKA Agnieszka | 111 | NASIELSK BASZTA TEAM | K30-49 | 6 | 00:00:05 | 00:25:57.80 | 00:26:03.30 | +00:10:34 (40.7%) | 5:11 | 11.6 (59.5%) |
| 56 | CZARNOTA Dorota | 102 | BRAVEHEARTS LEGIONOWO | K30-49 | 7 | 00:00:03 | 00:25:59.05 | 00:26:02.95 | +00:10:35 (40.8%) | 5:11 | 11.5 (59.0%) |
| 57 | CZYŻ Dominik | 103 | GRUPA BIEGOWA CHTMO | M30-49 | 20 | 00:00:06 | 00:26:02.65 | 00:26:09.55 | +00:10:39 (40.9%) | 5:12 | 11.5 (59.0%) |
| 58 | MACIOŁEK Szymon | 121 | YULO RUN TEAM SIEDLCE | M30-49 | 21 | 00:00:08 | 00:26:42.10 | 00:26:50.35 | +00:11:18 (42.3%) | 5:20 | 11.2 (57.4%) |
| 59 | GREGAJTYS Jacek | 108 | | M30-49 | 22 | 00:00:07 | 00:27:03.75 | 00:27:10.80 | +00:11:40 (43.1%) | 5:24 | 11.1 (56.9%) |
| 60 | GRZYBOWSKI Mikołaj | 110 | | M50+ | 11 | 00:00:06 | 00:27:04.10 | 00:27:10.85 | +00:11:40 (43.1%) | 5:24 | 11.1 (56.9%) |
| 61 | ROSA Leszek | 158 | BÓBR TŁUSZCZ | M50+ | 12 | 00:00:04 | 00:27:14.30 | 00:27:18.45 | +00:11:50 (43.5%) | 5:26 | 11 (56.4%) |
| 62 | BORKOWSKI Jacek | 101 | | M30-49 | 23 | 00:00:04 | 00:27:18.75 | 00:27:23.65 | +00:11:55 (43.6%) | 5:27 | 11 (56.4%) |
| 63 | WITKOWSKA Eliza | 137 | NASIELSK BASZTA TEAM | K30-49 | 8 | 00:00:05 | 00:27:49.35 | 00:27:55.15 | +00:12:25 (44.7%) | 5:34 | 10.8 (55.4%) |
| 64 | KARŁOWICZ Aleksandra | 115 | | K16-29 | 7 | 00:00:05 | 00:28:16.25 | 00:28:21.30 | +00:12:52 (45.5%) | 5:39 | 10.6 (54.4%) |
| 65 | MASTALERZ Karolina | 155 | 1980 | K30-49 | 9 | 00:00:00 | 00:28:54.00 | 00:28:54.00 | +00:13:30 (46.7%) | 5:46 | 10.4 (53.3%) |
| 66 | KOWALCZYK Ewelina | 154 | LIDER WINNICA | K16-29 | 8 | 00:00:04 | 00:29:09.85 | 00:29:14.50 | +00:13:46 (47.2%) | 5:50 | 10.3 (52.8%) |
| 67 | ZIELIŃSKA Dorota | 143 | | K16-29 | 9 | 00:00:04 | 00:29:10.45 | 00:29:15.05 | +00:13:46 (47.2%) | 5:50 | 10.3 (52.8%) |
| 68 | KARWOWSKA Marta | 295 | AGD WRONIAK | K30-49 | 10 | 00:00:05 | 00:29:15.95 | 00:29:21.35 | +00:13:52 (47.4%) | 5:51 | 10.3 (52.8%) |
| 69 | JAROS Arkadiusz | 112 | RUN VEGAN | M50+ | 13 | 00:00:06 | 00:29:18.30 | 00:29:24.50 | +00:13:54 (47.5%) | 5:51 | 10.2 (52.3%) |
| 70 | BARANOWSKA Marta | 145 | | K30-49 | 11 | 00:00:07 | 00:29:53.90 | 00:30:01.40 | +00:14:30 (48.5%) | 5:58 | 10 (51.3%) |
| 71 | CHRZANOWSKI Marcin | 294 | ÓSEMKA | M30-49 | 24 | 00:00:05 | 00:30:19.05 | 00:30:24.80 | +00:14:55 (49.2%) | 6:03 | 9.9 (50.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|-----------------|---------------|
| 72 | RUCIŃSKA Jolanta | 128 | NASIELSK BASZTA TEAM | K30-49 | 12 | 00:00:07 | 00:30:37.35 | 00:30:45.20 | +00:15:13 (49.7%) | 6:07 | 9.8 (50.3%) |
| 73 | KRZYCZKOWSKA Sylwia | 176 | | K30-49 | 13 | 00:00:06 | 00:30:43.95 | 00:30:49.95 | +00:15:20 (49.9%) | 6:08 | 9.8 (50.3%) |
| 74 | KRĘŻOŁEK Paweł | 292 | | M30-49 | 25 | 00:00:06 | 00:30:49.95 | 00:30:56.40 | +00:15:26 (50.1%) | 6:10 | 9.7 (49.7%) |
| 75 | KAŻMIERCZAK Joanna | 293 | | K30-49 | 14 | 00:00:07 | 00:30:55.20 | 00:31:02.55 | +00:15:31 (50.2%) | 6:11 | 9.7 (49.7%) |
| 76 | ŚWIERCZ Małgorzata | 298 | KB IM. PIOTRA SĘKOWSKIEGO | K30-49 | 15 | 00:00:07 | 00:30:58.20 | 00:31:05.85 | +00:15:34 (50.3%) | 6:11 | 9.7 (49.7%) |
| 77 | RUCIŃSKI Jarosław | 129 | NASIELSK BASZTA TEAM | M30-49 | 26 | 00:00:07 | 00:31:48.65 | 00:31:56.60 | +00:16:25 (51.6%) | 6:21 | 9.4 (48.2%) |
| 78 | GŁOWACKA Aleksandra | 106 | MŁODY VS STARY | K30-49 | 16 | 00:00:04 | 00:31:55.55 | 00:31:59.55 | +00:16:31 (51.8%) | 6:23 | 9.4 (48.2%) |

Znaleziono 78 wynik(ów)