

# Pułtuski Festiwal Biegów

4-6 maja 2018

## PFB 2019 :: BIEG DWÓCH WYSP

B4SPORT

**Event:** Pułtuski Festiwal Biegów 2019  
**Organiser:** Stowarzyszenie Pultovia  
**Date:** 2019-05-04  
**Place:** Pułtusk  
**Distance:** 5 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Classification: M30-49

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	DĄBROWSKI Przemysław	166	AGRO-METAL OSTROŁĘKA	M30-49	1	00:00:01	00:16:25.00	00:16:26.30		3:17	18.3 (100%)
2	MARYNICZ Witalii	123		M30-49	2	00:00:01	00:16:58.45	00:16:59.60	+00:00:33 (3.3%)	3:23	17.7 (96.7%)
3	CHRABAŁOWSKI Jarosław	351	LENGOSHOP.PL	M30-49	3	00:00:01	00:17:35.60	00:17:37.45	+00:01:10 (6.7%)	3:31	17 (92.9%)
4	ZAKOWICZ Paweł	162	PIECHOTĄ PO SCHODACH - ŁÓDŹ	M30-49	4	00:00:02	00:17:36.20	00:17:38.50	+00:01:11 (6.7%)	3:31	17 (92.9%)
5	TOMCZAK Marcin	174	KOCI PAZUR	M30-49	5	00:00:02	00:18:51.65	00:18:53.95	+00:02:26 (13.0%)	3:46	15.9 (86.9%)
6	WRÓBEL Marcin	140		M30-49	6	00:00:01	00:19:12.30	00:19:14.00	+00:02:47 (14.5%)	3:50	15.6 (85.2%)
7	GOLLNIK Adam	148	ROZBIEGAMY NOWY DWÓR	M30-49	7	00:00:03	00:19:46.95	00:19:50.10	+00:03:21 (17.0%)	3:57	15.2 (83.1%)
8	KŁOSIŃSKI Rafał	152	RACEFIGHTER GOSIR DĘBE WLK.	M30-49	8	00:00:02	00:19:58.20	00:20:01.10	+00:03:33 (17.8%)	3:59	15 (82.0%)
9	DĄBROWSKI Michał	291		M30-49	9	00:00:02	00:19:59.60	00:20:02.05	+00:03:34 (17.9%)	4:00	15 (82.0%)
10	ZALEWSKI Marcin	142	INOBE	M30-49	10	00:00:02	00:20:03.75	00:20:06.15	+00:03:38 (18.2%)	4:00	15 (82.0%)
11	KOMENDA Lech	117	KB TKKF PROMYK CIECHANÓW	M30-49	11	00:00:02	00:21:12.10	00:21:14.75	+00:04:47 (22.6%)	4:14	14.2 (77.6%)
12	PIOTROWSKI Artur	157	NASIELSK BASZTATEAM	M30-49	12	00:00:04	00:22:30.80	00:22:34.85	+00:06:05 (27.1%)	4:30	13.3 (72.7%)
13	GŁOWACKI Andrzej	107	MŁODY VS STARY	M30-49	13	00:00:03	00:23:31.40	00:23:34.75	+00:07:06 (30.2%)	4:42	12.8 (69.9%)
14	SAVA Oleksandr	132		M30-49	14	00:00:03	00:23:51.05	00:23:54.90	+00:07:26 (31.2%)	4:46	12.6 (68.9%)
15	OLEKSII Pohrebniak	156		M30-49	15	00:00:04	00:23:51.20	00:23:55.20	+00:07:26 (31.2%)	4:46	12.6 (68.9%)
16	GAJEWSKI Mariusz	105		M30-49	16	00:00:06	00:24:15.25	00:24:21.55	+00:07:50 (32.3%)	4:51	12.4 (67.8%)
17	MUZYKA Marek	357	WIELISZEW HERON TEAM	M30-49	17	00:00:05	00:24:23.75	00:24:29.45	+00:07:58 (32.7%)	4:52	12.3 (67.2%)
18	KOŁODZIEJCZYK Krzysztof	178		M30-49	18	00:00:05	00:24:25.65	00:24:31.40	+00:08:00 (32.8%)	4:53	12.3 (67.2%)
19	BALCERZAK Paweł	100		M30-49	19	00:00:07	00:25:34.95	00:25:42.20	+00:09:09 (35.8%)	5:07	11.7 (63.9%)
20	CZYŻ Dominik	103	GRUPA BIEGOWA CHTMO	M30-49	20	00:00:06	00:26:02.65	00:26:09.55	+00:09:37 (37.0%)	5:12	11.5 (62.8%)
21	MACIOŁEK Szymon	121	YULO RUN TEAM SIEDLCE	M30-49	21	00:00:08	00:26:42.10	00:26:50.35	+00:10:17 (38.5%)	5:20	11.2 (61.2%)
22	GREGAJTYS Jacek	108		M30-49	22	00:00:07	00:27:03.75	00:27:10.80	+00:10:38 (39.3%)	5:24	11.1 (60.7%)
23	BORKOWSKI Jacek	101		M30-49	23	00:00:04	00:27:18.75	00:27:23.65	+00:10:53 (39.9%)	5:27	11 (60.1%)
24	CHRZANOWSKI Marcin	294	ÓSEMKA	M30-49	24	00:00:05	00:30:19.05	00:30:24.80	+00:13:54 (45.9%)	6:03	9.9 (54.1%)
25	KRĘŻOŁEK Paweł	292		M30-49	25	00:00:06	00:30:49.95	00:30:56.40	+00:14:24 (46.8%)	6:10	9.7 (53.0%)
26	RUCIŃSKI Jarosław	129	NASIELSK BASZTA TEAM	M30-49	26	00:00:07	00:31:48.65	00:31:56.60	+00:15:23 (48.4%)	6:21	9.4 (51.4%)

Total 26 results.