

# Pułtowski Festiwal Biegów

4-6 maja 2018

## PFB 2019 :: BIEG NOCNY ŚLADAMI HISTORII PUŁTUSKA

B4SPORT

**Wydarzenie:** Pułtowski Festiwal Biegów 2019  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2019-05-03  
**Miejsce:** Pułtusk  
**Dystans:** 3.4 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

| Msc | Zawodnik              | Numer | Klub                                | Kategoria | Mkat | Czas startu | Czas netto<br>3.4km | Czas brutto<br>3.4km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|-------------------------------------|-----------|------|-------------|---------------------|----------------------|-------------------|-----------------|---------------|
| 1   | OBUCHOWSKI Oleksii    | 125   |                                     | M16-29    | 1    | 00:00:01    | 00:09:47.75         | 00:09:49.20          |                   | 2:52            | 20.8 (100%)   |
| 2   | DĄBROWSKI Przemysław  | 166   | AGRO-METAL OSTROŁĘKA                | M30-49    | 1    | 00:00:01    | 00:10:12.85         | 00:10:14.05          | +00:00:25 (4.1%)  | 3:00            | 20 (96.2%)    |
| 3   | MARYNICZ Witalii      | 123   |                                     | M30-49    | 2    | 00:00:01    | 00:10:49.20         | 00:10:50.50          | +00:01:01 (9.5%)  | 3:10            | 18.9 (90.9%)  |
| 4   | ŚWIERCZYŃSKI Norbert  | 134   | RACEFIGHTER GOSIR DĘBE WLK.         | M16-29    | 2    | 00:00:01    | 00:10:55.00         | 00:10:56.40          | +00:01:07 (10.3%) | 3:12            | 18.7 (89.9%)  |
| 5   | TABER Konrad          | 135   | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | M16-29    | 3    | 00:00:01    | 00:10:57.70         | 00:10:59.30          | +00:01:09 (10.6%) | 3:13            | 18.6 (89.4%)  |
| 6   | DZIĘGIELEWSKI Marek   | 147   | KB IM.P.SĘKOWSKIEGO W PŁOŃSKU       | M50+      | 1    | 00:00:01    | 00:11:15.80         | 00:11:17.50          | +00:01:28 (13.0%) | 3:18            | 18.1 (87.0%)  |
| 7   | CHRABAŁOWSKI Jarosław | 351   | LENGOSHOP.PL                        | M30-49    | 3    | 00:00:01    | 00:11:18.35         | 00:11:20.15          | +00:01:30 (13.4%) | 3:19            | 18 (86.5%)    |
| 8   | ZAKOWICZ Paweł        | 162   | PIECHOTĄ PO SCHODACH - ŁÓDŹ         | M30-49    | 4    | 00:00:02    | 00:11:28.60         | 00:11:30.65          | +00:01:40 (14.6%) | 3:22            | 17.8 (85.6%)  |
| 9   | WRÓBEL Marcin         | 140   |                                     | M30-49    | 5    | 00:00:01    | 00:12:01.55         | 00:12:03.35          | +00:02:13 (18.5%) | 3:32            | 17 (81.7%)    |
| 10  | TOMCZAK Marcin        | 174   | KOCI PAZUR                          | M30-49    | 6    | 00:00:02    | 00:12:10.95         | 00:12:13.00          | +00:02:23 (19.6%) | 3:35            | 16.7 (80.3%)  |
| 11  | MALINOWSKI Łukasz     | 122   | NASIELSK BASZTA TEAM                | M16-29    | 4    | 00:00:02    | 00:12:21.75         | 00:12:24.30          | +00:02:34 (20.8%) | 3:38            | 16.5 (79.3%)  |
| 12  | KUCIEJCZYK Henryk     | 119   | TEMPO MŁAWA                         | M50+      | 2    | 00:00:01    | 00:12:24.95         | 00:12:26.70          | +00:02:37 (21.1%) | 3:39            | 16.4 (78.8%)  |
| 13  | GOLLNIK Adam          | 148   | ROZBIEGAMY NOWY DWÓR                | M30-49    | 7    | 00:00:02    | 00:12:41.55         | 00:12:44.10          | +00:02:53 (22.8%) | 3:44            | 16.1 (77.4%)  |
| 14  | KŁOSIŃSKI Rafał       | 152   | RACEFIGHTER GOSIR DĘBE WLK.         | M30-49    | 8    | 00:00:02    | 00:12:45.80         | 00:12:48.65          | +00:02:58 (23.3%) | 3:45            | 16 (76.9%)    |
| 15  | ZAŁEWSKI Marcin       | 142   | INOBE                               | M30-49    | 9    | 00:00:02    | 00:12:57.10         | 00:12:59.80          | +00:03:09 (24.4%) | 3:48            | 15.8 (76.0%)  |
| 16  | KOMENDA Lech          | 117   | KB TKKF PROMYK CIECHANÓW            | M30-49    | 10   | 00:00:02    | 00:13:23.15         | 00:13:25.25          | +00:03:35 (26.8%) | 3:56            | 15.2 (73.1%)  |
| 17  | KAMIŃSKI Wiesław      | 113   | NASIELSK BASZTA TEAM                | M50+      | 3    | 00:00:04    | 00:13:47.35         | 00:13:52.00          | +00:03:59 (29.0%) | 4:03            | 14.8 (71.2%)  |
| 18  | SARZAŁA Dariusz       | 160   | KOCI PAZUR                          | M50+      | 4    | 00:00:03    | 00:13:51.15         | 00:13:54.20          | +00:04:03 (29.3%) | 4:04            | 14.7 (70.7%)  |
| 19  | KARASIEWICZ Paweł     | 114   | LIDER WINNICA                       | M16-29    | 5    | 00:00:05    | 00:14:06.55         | 00:14:12.45          | +00:04:18 (30.6%) | 4:09            | 14.5 (69.7%)  |
| 20  | TABER Jerzy           | 364   | ACTIVE PROSPERIA/STO-NOGI MILANÓWEK | M50+      | 5    | 00:00:02    | 00:14:09.65         | 00:14:12.05          | +00:04:21 (30.8%) | 4:10            | 14.4 (69.2%)  |
| 21  | SADOWSKI Krzysztof    | 130   |                                     | M50+      | 6    | 00:00:03    | 00:14:13.25         | 00:14:16.70          | +00:04:25 (31.1%) | 4:10            | 14.3 (68.8%)  |
| 22  | PIOTROWSKI Artur      | 157   | NASIELSK BASZTATEAM                 | M30-49    | 11   | 00:00:08    | 00:14:18.00         | 00:14:26.40          | +00:04:30 (31.5%) | 4:12            | 14.3 (68.8%)  |
| 23  | ŚRUTKOWSKI Sylwester  | 133   |                                     | M16-29    | 6    | 00:00:03    | 00:14:22.60         | 00:14:26.10          | +00:04:34 (31.9%) | 4:13            | 14.2 (68.3%)  |
| 24  | SZARSZEWSKI Marcin    | 252   | NASIELSK BASZTA TEAM                | M30-49    | 12   | 00:00:03    | 00:14:22.70         | 00:14:26.45          | +00:04:34 (31.9%) | 4:13            | 14.2 (68.3%)  |
| 25  | ŚWIERCZ Andrzej       | 363   | KB IM. PIOTRA SĘKOWSKIEGO           | M50+      | 7    | 00:00:02    | 00:14:35.35         | 00:14:38.20          | +00:04:47 (32.9%) | 4:17            | 14 (67.3%)    |
| 26  | KIELAN Damian         | 116   |                                     | M16-29    | 7    | 00:00:03    | 00:14:52.60         | 00:14:55.75          | +00:05:04 (34.2%) | 4:22            | 13.7 (65.9%)  |
| 27  | SALWIN Sławomir       | 131   | WIELISZEW HERON TEAM                | M50+      | 8    | 00:00:04    | 00:14:54.15         | 00:14:58.40          | +00:05:06 (34.3%) | 4:22            | 13.7 (65.9%)  |

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|-----|-------------------------|-------|-----------------------|-----------|------|-------------|---------------------|----------------------|-------------------|-----------------|---------------|
| 28  | OLEKSII Pohrebniak      | 156   |                       | M30-49    | 13   | 00:00:04    | 00:15:00.40         | 00:15:05.20          | +00:05:12 (34.7%) | 4:25            | 13.6 (65.4%)  |
| 29  | MIĘTEK Jarosław         | 124   |                       | M50+      | 9    | 00:00:04    | 00:15:02.90         | 00:15:07.05          | +00:05:15 (34.9%) | 4:25            | 13.6 (65.4%)  |
| 30  | KOŁODZIEJCZYK Krzysztof | 178   |                       | M30-49    | 14   | 00:00:08    | 00:15:27.10         | 00:15:35.35          | +00:05:39 (36.6%) | 4:32            | 13.2 (63.5%)  |
| 31  | SAVA Oleksandr          | 132   |                       | M30-49    | 15   | 00:00:03    | 00:15:27.90         | 00:15:30.90          | +00:05:40 (36.7%) | 4:32            | 13.2 (63.5%)  |
| 32  | GAJEWSKI Mariusz        | 105   |                       | M30-49    | 16   | 00:00:05    | 00:15:44.55         | 00:15:50.45          | +00:05:56 (37.8%) | 4:37            | 13 (62.5%)    |
| 33  | GŁOWACKI Andrzej        | 107   | MŁODY VS STARY        | M30-49    | 17   | 00:00:03    | 00:15:50.55         | 00:15:54.30          | +00:06:02 (38.2%) | 4:39            | 12.9 (62.0%)  |
| 34  | ŚWIERCZYŃSKI Jakub      | 177   |                       | M16-29    | 8    | 00:00:03    | 00:16:01.10         | 00:16:04.30          | +00:06:13 (38.8%) | 4:42            | 12.7 (61.1%)  |
| 35  | MUZYKA Marek            | 357   | WIELISZEW HERON TEAM  | M30-49    | 18   | 00:00:02    | 00:16:13.75         | 00:16:16.15          | +00:06:26 (39.6%) | 4:46            | 12.6 (60.6%)  |
| 36  | BALCERZAK Paweł         | 100   |                       | M30-49    | 19   | 00:00:06    | 00:16:14.40         | 00:16:21.20          | +00:06:26 (39.7%) | 4:46            | 12.6 (60.6%)  |
| 37  | WITKOWSKI Łukasz        | 138   | NASIELSK BASZTA TEAM  | M30-49    | 20   | 00:00:07    | 00:16:26.15         | 00:16:33.30          | +00:06:38 (40.4%) | 4:50            | 12.4 (59.6%)  |
| 38  | CZYŻ Dominik            | 103   | GRUPA BIEGOWA CHTMO   | M30-49    | 21   | 00:00:07    | 00:17:03.00         | 00:17:10.00          | +00:07:15 (42.5%) | 5:00            | 12 (57.7%)    |
| 39  | BORKOWSKI Jacek         | 101   |                       | M30-49    | 22   | 00:00:05    | 00:17:18.15         | 00:17:23.45          | +00:07:30 (43.4%) | 5:05            | 11.8 (56.7%)  |
| 40  | GREGAJTYS Jacek         | 108   |                       | M30-49    | 23   | 00:00:04    | 00:17:33.35         | 00:17:38.20          | +00:07:45 (44.2%) | 5:10            | 11.6 (55.8%)  |
| 41  | ROSA Leszek             | 158   | BÓBR TŁUSZCZ          | M50+      | 10   | 00:00:06    | 00:17:34.80         | 00:17:41.30          | +00:07:47 (44.3%) | 5:10            | 11.6 (55.8%)  |
| 42  | SZULGA Jakub            | 275   |                       | M30-49    | 24   | 00:00:06    | 00:17:46.10         | 00:17:52.80          | +00:07:58 (44.9%) | 5:13            | 11.5 (55.3%)  |
| 43  | GRZYBOWSKI Mikołaj      | 110   |                       | M50+      | 11   | 00:00:05    | 00:17:58.55         | 00:18:04.05          | +00:08:10 (45.5%) | 5:17            | 11.3 (54.3%)  |
| 44  | MACIOŁEK Szymon         | 121   | YULO RUN TEAM SIEDLCE | M30-49    | 25   | 00:00:07    | 00:18:21.00         | 00:18:28.45          | +00:08:33 (46.6%) | 5:23            | 11.1 (53.4%)  |
| 45  | JAROS Arkadiusz         | 112   | RUN VEGAN             | M50+      | 12   | 00:00:04    | 00:18:46.90         | 00:18:51.40          | +00:08:59 (47.8%) | 5:31            | 10.9 (52.4%)  |
| 46  | RUCIŃSKI Jarosław       | 129   | NASIELSK BASZTA TEAM  | M30-49    | 26   | 00:00:07    | 00:20:45.20         | 00:20:53.10          | +00:10:57 (52.8%) | 6:06            | 9.8 (47.1%)   |
| 47  | CZARNOTA Paweł          | 251   |                       | M30-49    | 27   | 00:00:07    | 00:21:56.60         | 00:22:03.75          | +00:12:08 (55.4%) | 6:27            | 9.3 (44.7%)   |

Znaleziono 47 wynik(ów)