

# Pułtowski Festiwal Biegów

4-6 maja 2018

## PFB 2019 :: BURSZTYNOWY BIEG PO PUSZCZY BIAŁEJ

B4SPORT

**Wydarzenie:** Pułtowski Festiwal Biegów 2019  
**Organizator:** Stowarzyszenie Pultovia  
**Data:** 2019-05-05  
**Miejsce:** Pułtusk  
**Dystans:** 10 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>OBUCHOWSKI Oleksii</b>	<b>125</b>		M16-29	1	00:00:02	<b>00:31:29.20</b>	<b>00:31:31.30</b>		3:08	19.1 (100%)
2	<b>DĄBROWSKI Przemysław</b>	<b>166</b>	AGRO-METAL OSTROŁĘKA	M30-49	1	00:00:01	<b>00:33:27.30</b>	<b>00:33:28.70</b>	+00:01:58 (5.9%)	3:20	17.9 (93.7%)
3	<b>MARYNICZ Witalii</b>	<b>123</b>		M30-49	2	00:00:01	<b>00:34:13.95</b>	<b>00:34:15.65</b>	+00:02:44 (8.0%)	3:25	17.5 (91.6%)
4	<b>DZIĘGIELEWSKI Marek</b>	<b>147</b>	KB IM.P.SĘKOWSKIEGO W PŁOŃSKU	M50+	1	00:00:01	<b>00:34:14.60</b>	<b>00:34:16.25</b>	+00:02:45 (8.1%)	3:25	17.5 (91.6%)
5	<b>TABER Konrad</b>	<b>135</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M16-29	2	00:00:01	<b>00:34:30.30</b>	<b>00:34:31.85</b>	+00:03:01 (8.7%)	3:27	17.4 (91.1%)
6	<b>ZAKOWICZ Paweł</b>	<b>162</b>	PIECHOTĄ PO SCHODACH - ŁÓDŹ	M30-49	3	00:00:02	<b>00:36:04.75</b>	<b>00:36:07.65</b>	+00:04:35 (12.7%)	3:36	16.6 (86.9%)
7	<b>ŚWIERCZYŃSKI Norbert</b>	<b>134</b>	RACEFIGHTER GOSIR DĘBE WLK.	M16-29	3	00:00:01	<b>00:36:05.20</b>	<b>00:36:06.85</b>	+00:04:36 (12.7%)	3:36	16.6 (86.9%)
8	<b>KUCIEJCZYK Henryk</b>	<b>119</b>	TEMPO MŁAWA	M50+	2	00:00:01	<b>00:37:27.75</b>	<b>00:37:29.65</b>	+00:05:58 (16.0%)	3:44	16 (83.8%)
9	<b>CHRABAŁOWSKI Jarosław</b>	<b>351</b>	LENGOSHOP.PL	M30-49	4	00:00:02	<b>00:37:38.05</b>	<b>00:37:40.75</b>	+00:06:08 (16.3%)	3:45	15.9 (83.2%)
10	<b>TOMCZAK Marcin</b>	<b>174</b>	KOCI PAZUR	M30-49	5	00:00:02	<b>00:38:10.65</b>	<b>00:38:13.05</b>	+00:06:41 (17.5%)	3:49	15.7 (82.2%)
11	<b>WRÓBEL Marcin</b>	<b>140</b>		M30-49	6	00:00:02	<b>00:39:18.05</b>	<b>00:39:20.85</b>	+00:07:48 (19.9%)	3:55	15.3 (80.1%)
12	<b>KŁOSIŃSKI Rafał</b>	<b>152</b>	RACEFIGHTER GOSIR DĘBE WLK.	M30-49	7	00:00:04	<b>00:40:09.80</b>	<b>00:40:14.20</b>	+00:08:40 (21.6%)	4:01	14.9 (78.0%)
13	<b>MALINOWSKI Łukasz</b>	<b>122</b>	NASIELSK BASZTA TEAM	M16-29	4	00:00:02	<b>00:40:23.20</b>	<b>00:40:26.10</b>	+00:08:54 (22.0%)	4:02	14.9 (78.0%)
14	<b>KUKLA Marcin</b>	<b>355</b>	RYSIK RUNNERS	M50+	3	00:00:02	<b>00:40:24.35</b>	<b>00:40:26.60</b>	+00:08:55 (22.1%)	4:02	14.9 (78.0%)
15	<b>KOLOMIEC Kristina</b>	<b>153</b>		K16-29	1	00:00:01	<b>00:40:28.25</b>	<b>00:40:29.90</b>	+00:08:59 (22.2%)	4:02	14.8 (77.5%)
16	<b>RUCHLEWICZ Natalia</b>	<b>127</b>		K16-29	2	00:00:02	<b>00:40:42.15</b>	<b>00:40:44.40</b>	+00:09:12 (22.6%)	4:04	14.7 (77.0%)
17	<b>SMUGA Łukasz</b>	<b>344</b>		M30-49	8	00:00:03	<b>00:41:27.40</b>	<b>00:41:30.50</b>	+00:09:58 (24.0%)	4:08	14.5 (75.9%)
18	<b>SARZAŁA Dariusz</b>	<b>160</b>	KOCI PAZUR	M50+	4	00:00:01	<b>00:41:53.20</b>	<b>00:41:54.90</b>	+00:10:24 (24.8%)	4:11	14.3 (74.9%)
19	<b>ZALEWSKI Marcin</b>	<b>142</b>	INOBE	M30-49	9	00:00:03	<b>00:41:59.45</b>	<b>00:42:02.55</b>	+00:10:30 (25.0%)	4:11	14.3 (74.9%)
20	<b>BONISŁAWSKA Kamila</b>	<b>146</b>		K16-29	3	00:00:01	<b>00:42:09.80</b>	<b>00:42:11.60</b>	+00:10:40 (25.3%)	4:13	14.2 (74.3%)
21	<b>KOMENDA Lech</b>	<b>117</b>	KB TKKF PROMYK CIECHANÓW	M30-49	10	00:00:03	<b>00:43:05.10</b>	<b>00:43:08.10</b>	+00:11:35 (26.9%)	4:18	13.9 (72.8%)
22	<b>ŚWIERCZ Andrzej</b>	<b>363</b>	KB IM. PIOTRA SĘKOWSKIEGO	M50+	5	00:00:03	<b>00:43:24.10</b>	<b>00:43:27.50</b>	+00:11:54 (27.5%)	4:20	13.8 (72.3%)
23	<b>GOLLNIK Adam</b>	<b>148</b>	ROZBIEGAMY NOWY DWÓR	M30-49	11	00:00:04	<b>00:43:39.65</b>	<b>00:43:43.70</b>	+00:12:10 (27.9%)	4:21	13.7 (71.7%)
24	<b>TABER Jerzy</b>	<b>364</b>	ACTIVE PROSPERIA/STO-NOGI MILANÓWEK	M50+	6	00:00:01	<b>00:43:40.15</b>	<b>00:43:41.95</b>	+00:12:10 (27.9%)	4:22	13.7 (71.7%)
25	<b>ROSIŃSKA Barbara</b>	<b>126</b>	STO-NOGI MILANÓWEK	K50+	1	00:00:02	<b>00:43:47.35</b>	<b>00:43:49.85</b>	+00:12:18 (28.1%)	4:22	13.7 (71.7%)
26	<b>DARKOWSKI Rafał</b>	<b>348</b>		M30-49	12	00:00:04	<b>00:44:03.85</b>	<b>00:44:08.25</b>	+00:12:34 (28.5%)	4:24	13.6 (71.2%)
27	<b>JAKUBOWSKI Dariusz</b>	<b>349</b>		M30-49	13	00:00:04	<b>00:44:07.20</b>	<b>00:44:11.30</b>	+00:12:38 (28.6%)	4:24	13.6 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	KARASIEWICZ Paweł	114	LIDER WINNICA	M16-29	5	00:00:06	00:44:19.65	00:44:25.65	+00:12:50 (29.0%)	4:25	13.5 (70.7%)
29	KWIATKOWSKI Adam	346		M30-49	14	00:00:05	00:44:32.35	00:44:37.80	+00:13:03 (29.3%)	4:27	13.5 (70.7%)
30	BUCZYŃSKI Rafał	342		M30-49	15	00:00:01	00:44:48.45	00:44:50.40	+00:13:19 (29.7%)	4:28	13.4 (70.2%)
31	GLINKA Karol	321		M30-49	16	00:00:03	00:44:57.90	00:45:01.40	+00:13:28 (30.0%)	4:29	13.3 (69.6%)
32	DELUGA Magdalena	328	KB WYSZKÓW	K30-49	1	00:00:02	00:45:00.60	00:45:03.00	+00:13:31 (30.0%)	4:30	13.3 (69.6%)
33	TRUSZKOWSKA Marta	136		K30-49	2	00:00:02	00:45:13.45	00:45:16.00	+00:13:44 (30.4%)	4:31	13.3 (69.6%)
34	KWIATKOWSKA Renata	120	KB OŻARÓW MAZOWIECKI BIEGA	K50+	2	00:00:02	00:45:34.10	00:45:36.40	+00:14:04 (30.9%)	4:33	13.2 (69.1%)
35	ŚRUTKOWSKI Sylwester	133		M16-29	6	00:00:05	00:45:38.40	00:45:44.15	+00:14:09 (31.0%)	4:33	13.1 (68.6%)
36	KIELAN Damian	116		M16-29	7	00:00:04	00:46:00.65	00:46:05.60	+00:14:31 (31.6%)	4:36	13 (68.1%)
37	KAMIŃSKI Wiesław	113	NASIELSK BASZTA TEAM	M50+	7	00:00:09	00:46:12.25	00:46:21.90	+00:14:43 (31.9%)	4:37	13 (68.1%)
38	OLEKSII Pohrebniak	156		M30-49	17	00:00:05	00:46:42.60	00:46:47.70	+00:15:13 (32.6%)	4:40	12.8 (67.0%)
39	BRALEWSKI Tomasz	347		M30-49	18	00:00:02	00:46:59.60	00:47:02.30	+00:15:30 (33.0%)	4:42	12.8 (67.0%)
40	WRONIAK Paweł	327	AGD WRONIAK	M30-49	19	00:00:05	00:47:04.75	00:47:10.15	+00:15:35 (33.1%)	4:42	12.7 (66.5%)
41	KRAJEWSKA Klaudia	377		K16-29	4	00:00:02	00:47:05.70	00:47:08.20	+00:15:36 (33.1%)	4:42	12.7 (66.5%)
42	SAVA Oleksandr	132		M30-49	20	00:00:03	00:47:13.30	00:47:16.60	+00:15:44 (33.3%)	4:43	12.7 (66.5%)
43	ROSA Elżbieta	159	BÓBR TŁUSZCZ	K50+	3	00:00:03	00:47:14.15	00:47:18.00	+00:15:44 (33.3%)	4:43	12.7 (66.5%)
44	JANCAK Adrian	329		M30-49	21	00:00:06	00:47:38.35	00:47:44.35	+00:16:09 (33.9%)	4:45	12.6 (66.0%)
45	SADOWSKI Krzysztof	130		M50+	8	00:00:05	00:47:40.65	00:47:46.40	+00:16:11 (34.0%)	4:46	12.6 (66.0%)
46	GŁOWACKI Andrzej	107	MŁODY VS STARY	M30-49	22	00:00:07	00:47:42.80	00:47:50.40	+00:16:13 (34.0%)	4:46	12.6 (66.0%)
47	WRÓBEL Natalia	139		K30-49	3	00:00:05	00:48:09.85	00:48:14.85	+00:16:40 (34.6%)	4:48	12.5 (65.4%)
48	PIOTROWSKI Artur	157	NASIELSK BASZTATEAM	M30-49	23	00:00:10	00:48:10.60	00:48:21.35	+00:16:41 (34.6%)	4:49	12.5 (65.4%)
49	ŚWIDERSKI Mateusz	326		M16-29	8	00:00:07	00:48:24.75	00:48:31.95	+00:16:55 (35.0%)	4:50	12.4 (64.9%)
50	UCHROŃSKA Marzena	332		K30-49	4	00:00:03	00:48:26.30	00:48:29.30	+00:16:57 (35.0%)	4:50	12.4 (64.9%)
51	LEONARSKA Małgorzata	343		K30-49	5	00:00:07	00:48:29.50	00:48:36.70	+00:17:00 (35.1%)	4:50	12.4 (64.9%)
52	KLOS Barbara	151		K50+	4	00:00:04	00:48:36.70	00:48:41.15	+00:17:07 (35.2%)	4:51	12.3 (64.4%)
53	SALWIN Sławomir	131	WIELISZEW HERON TEAM	M50+	9	00:00:07	00:49:04.00	00:49:11.30	+00:17:34 (35.8%)	4:54	12.2 (63.9%)
54	UCHROŃSKI Grzegorz	333		M30-49	24	00:00:03	00:49:08.90	00:49:12.45	+00:17:39 (35.9%)	4:54	12.2 (63.9%)
55	GRZĄDZIEL Paweł	150		M50+	10	00:00:04	00:49:23.05	00:49:27.10	+00:17:53 (36.2%)	4:56	12.1 (63.4%)
56	GAJEWSKI Mariusz	105		M30-49	25	00:00:08	00:50:13.10	00:50:21.10	+00:18:43 (37.3%)	5:01	11.9 (62.3%)
57	TURCZYŃSKA Monika	341	LECZO TEAM	K30-49	6	00:00:03	00:50:28.40	00:50:32.10	+00:18:59 (37.6%)	5:02	11.9 (62.3%)
58	KRAJEWSKI Przemysław	350		M30-49	26	00:00:03	00:50:28.80	00:50:32.40	+00:18:59 (37.6%)	5:02	11.9 (62.3%)
59	PRZYBYLSKI Wojciech	339		M30-49	27	00:00:03	00:50:50.20	00:50:53.60	+00:19:21 (38.1%)	5:05	11.8 (61.8%)
60	KARCZEWSKA Iwona	323		K30-49	7	00:00:02	00:51:08.70	00:51:11.65	+00:19:39 (38.4%)	5:06	11.7 (61.3%)
61	KWIATKOWSKA Ilona	345		K30-49	8	00:00:05	00:51:19.40	00:51:24.40	+00:19:50 (38.7%)	5:07	11.7 (61.3%)
62	CZARNOTA Dorota	102	BRAVEHEARTS LEGIONOWO	K30-49	9	00:00:04	00:51:31.30	00:51:35.80	+00:20:02 (38.9%)	5:09	11.6 (60.7%)
63	ŚWIERCZYŃSKI Jakub	177		M16-29	9	00:00:07	00:51:36.15	00:51:43.30	+00:20:06 (39.0%)	5:09	11.6 (60.7%)
64	JAKUBCZYK Edyta	322		K30-49	10	00:00:07	00:51:41.40	00:51:48.80	+00:20:12 (39.1%)	5:10	11.6 (60.7%)
65	BALCERZAK Paweł	100		M30-49	28	00:00:05	00:52:23.25	00:52:28.55	+00:20:54 (39.9%)	5:14	11.5 (60.2%)
66	JANKOWSKA Agnieszka	111	NASIELSK BASZTA TEAM	K30-49	11	00:00:08	00:52:34.05	00:52:42.20	+00:21:04 (40.1%)	5:15	11.4 (59.7%)
67	SOCHA Dominika	331		K30-49	12	00:00:04	00:52:41.15	00:52:45.50	+00:21:11 (40.2%)	5:16	11.4 (59.7%)
68	HULANICKI Andrzej	337	GOGGLE TEAM	M50+	11	00:00:05	00:52:47.75	00:52:53.60	+00:21:18 (40.4%)	5:16	11.4 (59.7%)
69	GOLLNIK Daria	149	ROZBIEGAMY NOWY DWÓR	K30-49	13	00:00:04	00:52:49.00	00:52:53.75	+00:21:19 (40.4%)	5:16	11.4 (59.7%)
70	WYSMYK Ada	141		K16-29	5	00:00:05	00:52:55.40	00:53:00.95	+00:21:26 (40.5%)	5:17	11.3 (59.2%)
71	CZYŻ Dominik	103	GRUPA BIEGOWA CHTMO	M30-49	29	00:00:08	00:53:39.35	00:53:48.05	+00:22:10 (41.3%)	5:22	11.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>GRZYBOWSKI Mikołaj</b>	<b>110</b>		M50+	12	00:00:06	<b>00:54:05.60</b>	<b>00:54:12.50</b>	+00:22:36 (41.8%)	5:24	11.1 (58.1%)
73	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>178</b>		M30-49	30	00:00:09	<b>00:54:28.30</b>	<b>00:54:37.70</b>	+00:22:59 (42.2%)	5:26	11 (57.6%)
74	<b>WITKOWSKA Eliza</b>	<b>137</b>	NASIELSK BASZTA TEAM	K30-49	14	00:00:08	<b>00:54:29.10</b>	<b>00:54:37.25</b>	+00:22:59 (42.2%)	5:26	11 (57.6%)
75	<b>BORKOWSKI Jacek</b>	<b>101</b>		M30-49	31	00:00:06	<b>00:55:19.30</b>	<b>00:55:25.85</b>	+00:23:50 (43.1%)	5:31	10.8 (56.5%)
76	<b>MARSZAŁ Iwona</b>	<b>325</b>	BESTIE OCR LEGIONOWO	K30-49	15	00:00:04	<b>00:57:00.35</b>	<b>00:57:05.30</b>	+00:25:31 (44.8%)	5:42	10.5 (55.0%)
77	<b>HULANICKA Irina</b>	<b>335</b>	GOGGLE TEAM	K50+	5	00:00:05	<b>00:57:04.60</b>	<b>00:57:10.15</b>	+00:25:35 (44.8%)	5:42	10.5 (55.0%)
78	<b>KARŁOWICZ Aleksandra</b>	<b>115</b>		K16-29	6	00:00:08	<b>00:57:19.40</b>	<b>00:57:27.50</b>	+00:25:50 (45.1%)	5:43	10.5 (55.0%)
79	<b>JAROS Arkadiusz</b>	<b>112</b>	RUN VEGAN	M50+	13	00:00:06	<b>00:58:34.20</b>	<b>00:58:40.70</b>	+00:27:05 (46.2%)	5:51	10.2 (53.4%)
80	<b>ROSA Leszek</b>	<b>158</b>	BÓBR TŁUSZCZ	M50+	14	00:00:07	<b>00:58:57.40</b>	<b>00:59:04.80</b>	+00:27:28 (46.6%)	5:53	10.2 (53.4%)
81	<b>BARANOWSKA Marta</b>	<b>145</b>		K30-49	16	00:00:06	<b>00:59:57.75</b>	<b>01:00:04.40</b>	+00:28:28 (47.5%)	5:59	10 (52.4%)
82	<b>GŁOWACKA Aleksandra</b>	<b>106</b>	MŁODY VS STARY	K30-49	17	00:00:06	<b>01:01:49.25</b>	<b>01:01:55.45</b>	+00:30:20 (49.1%)	6:10	9.7 (50.8%)
83	<b>KRĘŻOŁEK Paweł</b>	<b>324</b>		M30-49	32	00:00:07	<b>01:05:03.50</b>	<b>01:05:10.90</b>	+00:33:34 (51.6%)	6:30	9.2 (48.2%)
84	<b>RUCIŃSKA Jolanta</b>	<b>128</b>	NASIELSK BASZTA TEAM	K30-49	18	00:00:09	<b>01:09:10.00</b>	<b>01:09:19.25</b>	+00:37:40 (54.5%)	6:55	8.7 (45.5%)
85	<b>RUCIŃSKI Jarosław</b>	<b>129</b>	NASIELSK BASZTA TEAM	M30-49	33	00:00:09	<b>01:09:10.40</b>	<b>01:09:19.40</b>	+00:37:41 (54.5%)	6:55	8.7 (45.5%)

Znaleziono 85 wynik(ów)