

# USTECKA DZIESIĄTKA Z HAKIEM X BIEG LEŚNO - PLAŻOWY

B4SPORT

**Organizator:** Ośrodek Sportu i Rekreacji w Ustce, Stowarzyszenie Turystyczno - Sportowe „Ustka”, Lokalna Organizacja Turystyczna „Ustka i Ziemia Słupska”.  
**Data:** 2019-08-03  
**Miejsce:** Ustka  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>DRWAL Piotr</b>	<b>9</b>	USB USTKA	M-Open	1	<b>00:37:20.10</b>		3:44	16.1 (100%)
2	<b>WIRKUS Łukasz</b>	<b>57</b>	LKB IM. BRACI PETK W LĘBORKU	M-Open	2	<b>00:39:01.15</b>	+00:01:41 (4.3%)	3:54	15.4 (95.7%)
3	<b>RUDNIK Krzysztof</b>	<b>39</b>		M-Open	3	<b>00:41:17.35</b>	+00:03:57 (9.6%)	4:07	14.5 (90.1%)
4	<b>WIRKUS Antonina</b>	<b>56</b>	MKL SZCZECINEK	K-Open	1	<b>00:42:49.45</b>	+00:05:29 (12.8%)	4:16	14 (87.0%)
5	<b>WEGNER Przemysław</b>	<b>54</b>		M-Open	4	<b>00:44:23.40</b>	+00:07:03 (15.9%)	4:26	13.5 (83.9%)
6	<b>ŻYWICKI Janusz</b>	<b>64</b>	KB PIONIER SZCZECIN	M-Open	5	<b>00:44:38.95</b>	+00:07:18 (16.4%)	4:27	13.4 (83.2%)
7	<b>GRAFF Norbert</b>	<b>12</b>		M-Open	6	<b>00:44:46.90</b>	+00:07:26 (16.6%)	4:28	13.4 (83.2%)
8	<b>RYGIELSKI Arkadiusz</b>	<b>42</b>	KLUB BIEGACZA MOWI	M-Open	7	<b>00:44:53.25</b>	+00:07:33 (16.8%)	4:29	13.4 (83.2%)
9	<b>KORZEKWA Piotr</b>	<b>18</b>	DRUŻYNA POWIATU KALISKIEGO	M-Open	8	<b>00:45:02.35</b>	+00:07:42 (17.1%)	4:30	13.3 (82.6%)
10	<b>KULIK Jacek</b>	<b>69</b>	DOGOŃ GRODZISK MAZOWIECKI	M-Open	9	<b>00:45:15.00</b>	+00:07:54 (17.5%)	4:31	13.3 (82.6%)
11	<b>SOCHA Andrzej</b>	<b>70</b>	LUKS WILK	M-Open	10	<b>00:46:00.95</b>	+00:08:40 (18.9%)	4:36	13 (80.7%)
12	<b>PAWLIK Krystian</b>	<b>30</b>		M-Open	11	<b>00:47:07.85</b>	+00:09:47 (20.8%)	4:42	12.7 (78.9%)
13	<b>SKUMIAŁ Oskar</b>	<b>47</b>	USB USTKA	M-Open	12	<b>00:47:40.55</b>	+00:10:20 (21.7%)	4:46	12.6 (78.3%)
14	<b>DĘGA Ryszard</b>	<b>8</b>	TUPOT USTKA	M-Open	13	<b>00:48:00.00</b>	+00:10:39 (22.2%)	4:48	12.5 (77.6%)
15	<b>ANDRSKOWSKI Zdzisław</b>	<b>1</b>	KOLARZ-POL	M-Open	14	<b>00:48:33.00</b>	+00:11:12 (23.1%)	4:51	12.4 (77.0%)
16	<b>JAKUBIK Michał</b>	<b>15</b>		M-Open	15	<b>00:48:33.40</b>	+00:11:13 (23.1%)	4:51	12.4 (77.0%)
17	<b>GUZIK Piotr</b>	<b>13</b>	USB USTKA	M-Open	16	<b>00:48:42.20</b>	+00:11:22 (23.3%)	4:52	12.3 (76.4%)
18	<b>SZYMAŃSKI Marian</b>	<b>78</b>	BUKOWSKI KLUB BIEGACZA	M-Open	17	<b>00:49:09.45</b>	+00:11:49 (24.1%)	4:54	12.2 (75.8%)
19	<b>MIKICIUK Piotr</b>	<b>76</b>		M-Open	18	<b>00:49:27.95</b>	+00:12:07 (24.5%)	4:56	12.1 (75.2%)
20	<b>WRZACHOL Piotr</b>	<b>58</b>		M-Open	19	<b>00:49:42.10</b>	+00:12:22 (24.9%)	4:58	12.1 (75.2%)
21	<b>PAKUŁA Mateusz</b>	<b>28</b>		M-Open	20	<b>00:49:59.45</b>	+00:12:39 (25.3%)	4:59	12 (74.5%)
22	<b>PANEK Ireneusz</b>	<b>29</b>		M-Open	21	<b>00:50:15.15</b>	+00:12:55 (25.7%)	5:01	11.9 (73.9%)
23	<b>TOMCZAK Dominik</b>	<b>51</b>	NIGHT RUNNERS SŁUPSK	M-Open	22	<b>00:51:39.60</b>	+00:14:19 (27.7%)	5:09	11.6 (72.0%)
24	<b>KRUKOWSKI Łukasz</b>	<b>20</b>	MKS SIECHNICE	M-Open	23	<b>00:52:05.25</b>	+00:14:45 (28.3%)	5:12	11.5 (71.4%)
25	<b>SKOMOROWSKI Michał</b>	<b>46</b>	KLUB BIEGACZA MOWI	M-Open	24	<b>00:52:10.15</b>	+00:14:50 (28.4%)	5:13	11.5 (71.4%)
26	<b>PUDELSKI Krzysztof</b>	<b>36</b>	ZIMOWISKA	M-Open	25	<b>00:52:18.40</b>	+00:14:58 (28.6%)	5:13	11.5 (71.4%)
27	<b>SKOCZYŃSKA Renata</b>	<b>45</b>	USB USTKA	K-Open	2	<b>00:52:28.00</b>	+00:15:07 (28.8%)	5:14	11.4 (70.8%)

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						netto 10km	Różn		
28	<b>RYBA Paweł</b>	<b>40</b>	USB USTKA	M-Open	26	<b>00:52:28.20</b>	+00:15:08 (28.8%)	5:14	11.4 (70.8%)
29	<b>JAROS Adam</b>	<b>16</b>		M-Open	27	<b>00:52:39.30</b>	+00:15:19 (29.1%)	5:15	11.4 (70.8%)
30	<b>SIEDLOK Damian</b>	<b>43</b>	MKS ŻORY	M-Open	28	<b>00:52:55.05</b>	+00:15:34 (29.4%)	5:17	11.3 (70.2%)
31	<b>SZLACHETKA Piotr</b>	<b>50</b>	USB USTKA	M-Open	29	<b>00:53:07.55</b>	+00:15:47 (29.7%)	5:18	11.3 (70.2%)
32	<b>SIESS Jarosław</b>	<b>44</b>		M-Open	30	<b>00:53:09.30</b>	+00:15:49 (29.8%)	5:18	11.3 (70.2%)
33	<b>OGŁAZA Marek</b>	<b>27</b>		M-Open	31	<b>00:54:09.55</b>	+00:16:49 (31.1%)	5:24	11.1 (68.9%)
34	<b>PRZEWROCKI Andrzej</b>	<b>34</b>		M-Open	32	<b>00:54:16.25</b>	+00:16:56 (31.2%)	5:25	11.1 (68.9%)
35	<b>REMBALSKI Piotr</b>	<b>38</b>		M-Open	33	<b>00:54:20.90</b>	+00:17:00 (31.3%)	5:26	11 (68.3%)
36	<b>NIWIŃSKI Grzegorz</b>	<b>84</b>	TUPOT USTKA	M-Open	34	<b>00:54:32.95</b>	+00:17:12 (31.6%)	5:27	11 (68.3%)
37	<b>DADACZ Rafał</b>	<b>6</b>		M-Open	35	<b>00:54:51.80</b>	+00:17:31 (31.9%)	5:29	10.9 (67.7%)
38	<b>GAWIN Rafał</b>	<b>75</b>		M-Open	36	<b>00:55:05.95</b>	+00:17:45 (32.2%)	5:30	10.9 (67.7%)
39	<b>GOŁĘBIEWSKA-PIOTROWSKA Małgorzata</b>	<b>11</b>		K-Open	3	<b>00:55:24.85</b>	+00:18:04 (32.6%)	5:32	10.8 (67.1%)
40	<b>RUTECKA Sylwia</b>	<b>66</b>	TUPOT USTKA	K-Open	4	<b>00:55:26.75</b>	+00:18:06 (32.7%)	5:32	10.8 (67.1%)
41	<b>KROTOWSKI Grzegorz</b>	<b>19</b>	TUPOT USTKA	M-Open	37	<b>00:55:53.50</b>	+00:18:33 (33.2%)	5:35	10.7 (66.5%)
42	<b>GAŁEK Aleksander</b>	<b>74</b>	PRAGMATIQ.PL	M-Open	38	<b>00:56:30.90</b>	+00:19:10 (33.9%)	5:39	10.6 (65.8%)
43	<b>GIERCZAK Piotr</b>	<b>10</b>		M-Open	39	<b>00:56:33.55</b>	+00:19:13 (34.0%)	5:39	10.6 (65.8%)
43	<b>DADACZ Malwina</b>	<b>7</b>		K-Open	5	<b>00:56:33.55</b>	+00:19:13 (34.0%)	5:39	10.6 (65.8%)
45	<b>BERENT Robert</b>	<b>2</b>	TUPOT USTKA	M-Open	40	<b>00:56:42.25</b>	+00:19:22 (34.2%)	5:40	10.6 (65.8%)
46	<b>WALESZCZYŃSKI Witold</b>	<b>53</b>		M-Open	41	<b>00:56:50.90</b>	+00:19:30 (34.3%)	5:41	10.6 (65.8%)
47	<b>POKORNY Przemysław</b>	<b>68</b>		M-Open	42	<b>00:57:28.40</b>	+00:20:08 (35.0%)	5:44	10.4 (64.6%)
48	<b>PODLAK Piotr</b>	<b>31</b>		M-Open	43	<b>00:57:37.45</b>	+00:20:17 (35.2%)	5:45	10.4 (64.6%)
49	<b>ZIELIŃSKA Danuta</b>	<b>62</b>	USB USTKA	K-Open	6	<b>00:57:59.20</b>	+00:20:39 (35.6%)	5:47	10.3 (64.0%)
50	<b>STANIASZEK Bogusław</b>	<b>48</b>	TUPOT USTKA	M-Open	44	<b>00:58:36.95</b>	+00:21:16 (36.3%)	5:51	10.2 (63.4%)
51	<b>KOSIAK Mateusz</b>	<b>82</b>	EDUSON.PL	M-Open	45	<b>00:58:44.30</b>	+00:21:24 (36.4%)	5:52	10.2 (63.4%)
52	<b>PTASZYŃSKI Jan</b>	<b>77</b>	OSIEDLE ROZALIN W ŁUSÓWKU	M-Open	46	<b>00:58:49.05</b>	+00:21:28 (36.5%)	5:52	10.2 (63.4%)
53	<b>WRZEŚNIAK Ewa</b>	<b>59</b>		K-Open	7	<b>00:58:49.80</b>	+00:21:29 (36.5%)	5:52	10.2 (63.4%)
54	<b>STODOŁA Monika</b>	<b>49</b>	USB USTKA	K-Open	8	<b>00:58:53.05</b>	+00:21:32 (36.6%)	5:53	10.2 (63.4%)
55	<b>GRABOWICZ Jerzy</b>	<b>67</b>	TUPOT USTKA	M-Open	47	<b>00:58:54.25</b>	+00:21:34 (36.6%)	5:53	10.2 (63.4%)
56	<b>RATAJCZYK Monika</b>	<b>37</b>		K-Open	9	<b>00:59:16.75</b>	+00:21:56 (37.0%)	5:55	10.1 (62.7%)
57	<b>BODYLSKI Grzegorz</b>	<b>3</b>		M-Open	48	<b>00:59:41.55</b>	+00:22:21 (37.5%)	5:58	10.1 (62.7%)
58	<b>WOŹNIAK Grzegorz</b>	<b>83</b>	W.P.K.SŁOŃ TEAM USTKA	M-Open	49	<b>00:59:57.50</b>	+00:22:37 (37.7%)	5:59	10 (62.1%)
59	<b>POTĘPA Dawid</b>	<b>33</b>		M-Open	50	<b>01:01:40.75</b>	+00:24:20 (39.5%)	6:10	9.7 (60.2%)
60	<b>KOZIMOR Mariusz</b>	<b>79</b>		M-Open	51	<b>01:02:19.10</b>	+00:24:59 (40.1%)	6:13	9.6 (59.6%)
61	<b>WSZÓLKOWSKA Aleksandra</b>	<b>60</b>		K-Open	10	<b>01:02:34.20</b>	+00:25:14 (40.3%)	6:15	9.6 (59.6%)
62	<b>LIPUT Dawid</b>	<b>65</b>	OPEL ACTIVE TEAM	M-Open	52	<b>01:02:35.05</b>	+00:25:14 (40.3%)	6:15	9.6 (59.6%)
63	<b>POKORNY Edward</b>	<b>32</b>	TUPOT USTKA	M-Open	53	<b>01:02:46.30</b>	+00:25:26 (40.5%)	6:16	9.6 (59.6%)
64	<b>KAPELEWSKI Marcin</b>	<b>71</b>	CYSTERSI	M-Open	54	<b>01:03:18.55</b>	+00:25:58 (41.0%)	6:19	9.5 (59.0%)
65	<b>LESNER-MĄCZYŃSKA Monika</b>	<b>24</b>	USB USTKA	K-Open	11	<b>01:03:43.15</b>	+00:26:23 (41.4%)	6:22	9.4 (58.4%)
66	<b>ZALEWSKI Grzegorz</b>	<b>61</b>	W.P.K.SŁOŃ TEAM USTKA	M-Open	55	<b>01:04:11.95</b>	+00:26:51 (41.8%)	6:25	9.3 (57.8%)
67	<b>TÓRZ Andrzej</b>	<b>52</b>	USTKA	M-Open	56	<b>01:04:14.05</b>	+00:26:53 (41.9%)	6:25	9.3 (57.8%)
68	<b>KONKEL Joanna</b>	<b>17</b>		K-Open	12	<b>01:05:35.40</b>	+00:28:15 (43.1%)	6:33	9.1 (56.5%)
69	<b>WIATRZYK Krzysztof</b>	<b>55</b>	DARŁOWO	M-Open	57	<b>01:05:35.80</b>	+00:28:15 (43.1%)	6:33	9.1 (56.5%)
70	<b>KRYGIER Ireneusz</b>	<b>21</b>	W.P.K.SŁOŃ TEAM USTKA	M-Open	58	<b>01:06:37.05</b>	+00:29:16 (44.0%)	6:39	9 (55.9%)
71	<b>SŁOMCZEWSKI Adam</b>	<b>81</b>		M-Open	59	<b>01:07:27.40</b>	+00:30:07 (44.7%)	6:44	8.9 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>RYBA Anna</b>	<b>41</b>	USB USTKA	K-Open	13	<b>01:07:44.35</b>	+00:30:24 (44.9%)	6:46	8.9 (55.3%)
73	<b>MORDAL Eliza</b>	<b>25</b>	USB USTKA	K-Open	14	<b>01:08:12.75</b>	+00:30:52 (45.3%)	6:49	8.8 (54.7%)
74	<b>FAJFR Natalia</b>	<b>80</b>		K-Open	15	<b>01:08:57.05</b>	+00:31:36 (45.9%)	6:53	8.7 (54.0%)
75	<b>GZIK Radosław</b>	<b>14</b>	W.P.K.SŁOŃ TEAM USTKA	M-Open	60	<b>01:09:28.80</b>	+00:32:08 (46.3%)	6:56	8.6 (53.4%)
76	<b>SULEWSKA Monika</b>	<b>73</b>		K-Open	16	<b>01:17:37.10</b>	+00:40:17 (51.9%)	7:45	7.7 (47.8%)

Znaleziono 76 wynik(ów)