



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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
28	RYBA Paweł	40	USB USTKA	M-Open	26	00:52:28.20	+00:15:08 (28.8%)	5:14	11.4 (70.8%)
29	JAROS Adam	16		M-Open	27	00:52:39.30	+00:15:19 (29.1%)	5:15	11.4 (70.8%)
30	SIEDLOK Damian	43	MKS ŻORY	M-Open	28	00:52:55.05	+00:15:34 (29.4%)	5:17	11.3 (70.2%)
31	SZLACHETKA Piotr	50	USB USTKA	M-Open	29	00:53:07.55	+00:15:47 (29.7%)	5:18	11.3 (70.2%)
32	SIESS Jarosław	44		M-Open	30	00:53:09.30	+00:15:49 (29.8%)	5:18	11.3 (70.2%)
33	OGŁAZA Marek	27		M-Open	31	00:54:09.55	+00:16:49 (31.1%)	5:24	11.1 (68.9%)
34	PRZEWROCKI Andrzej	34		M-Open	32	00:54:16.25	+00:16:56 (31.2%)	5:25	11.1 (68.9%)
35	REMBALSKI Piotr	38		M-Open	33	00:54:20.90	+00:17:00 (31.3%)	5:26	11 (68.3%)
36	NIWIŃSKI Grzegorz	84	TUPOT USTKA	M-Open	34	00:54:32.95	+00:17:12 (31.6%)	5:27	11 (68.3%)
37	DADACZ Rafał	6		M-Open	35	00:54:51.80	+00:17:31 (31.9%)	5:29	10.9 (67.7%)
38	GAWIN Rafał	75		M-Open	36	00:55:05.95	+00:17:45 (32.2%)	5:30	10.9 (67.7%)
39	GOŁĘBIEWSKA-PIOTROWSKA Małgorzata	11		K-Open	3	00:55:24.85	+00:18:04 (32.6%)	5:32	10.8 (67.1%)
40	RUTECKA Sylwia	66	TUPOT USTKA	K-Open	4	00:55:26.75	+00:18:06 (32.7%)	5:32	10.8 (67.1%)
41	KROTOWSKI Grzegorz	19	TUPOT USTKA	M-Open	37	00:55:53.50	+00:18:33 (33.2%)	5:35	10.7 (66.5%)
42	GAŁEK Aleksander	74	PRAGMATIQ.PL	M-Open	38	00:56:30.90	+00:19:10 (33.9%)	5:39	10.6 (65.8%)
43	GIERCZAK Piotr	10		M-Open	39	00:56:33.55	+00:19:13 (34.0%)	5:39	10.6 (65.8%)
43	DADACZ Malwina	7		K-Open	5	00:56:33.55	+00:19:13 (34.0%)	5:39	10.6 (65.8%)
45	BERENT Robert	2	TUPOT USTKA	M-Open	40	00:56:42.25	+00:19:22 (34.2%)	5:40	10.6 (65.8%)
46	WALESZCZYŃSKI Witold	53		M-Open	41	00:56:50.90	+00:19:30 (34.3%)	5:41	10.6 (65.8%)
47	POKORNY Przemysław	68		M-Open	42	00:57:28.40	+00:20:08 (35.0%)	5:44	10.4 (64.6%)
48	PODLAK Piotr	31		M-Open	43	00:57:37.45	+00:20:17 (35.2%)	5:45	10.4 (64.6%)
49	ZIELIŃSKA Danuta	62	USB USTKA	K-Open	6	00:57:59.20	+00:20:39 (35.6%)	5:47	10.3 (64.0%)
50	STANIASZEK Bogusław	48	TUPOT USTKA	M-Open	44	00:58:36.95	+00:21:16 (36.3%)	5:51	10.2 (63.4%)
51	KOSIAK Mateusz	82	EDUSON.PL	M-Open	45	00:58:44.30	+00:21:24 (36.4%)	5:52	10.2 (63.4%)
52	PTASZYŃSKI Jan	77	OSIEDLE ROZALIN W ŁUSÓWKU	M-Open	46	00:58:49.05	+00:21:28 (36.5%)	5:52	10.2 (63.4%)
53	WRZEŚNIAK Ewa	59		K-Open	7	00:58:49.80	+00:21:29 (36.5%)	5:52	10.2 (63.4%)
54	STODOŁA Monika	49	USB USTKA	K-Open	8	00:58:53.05	+00:21:32 (36.6%)	5:53	10.2 (63.4%)
55	GRABOWICZ Jerzy	67	TUPOT USTKA	M-Open	47	00:58:54.25	+00:21:34 (36.6%)	5:53	10.2 (63.4%)
56	RATAJCZYK Monika	37		K-Open	9	00:59:16.75	+00:21:56 (37.0%)	5:55	10.1 (62.7%)
57	BODYLSKI Grzegorz	3		M-Open	48	00:59:41.55	+00:22:21 (37.5%)	5:58	10.1 (62.7%)
58	WOŹNIAK Grzegorz	83	W.P.K.SŁOŃ TEAM USTKA	M-Open	49	00:59:57.50	+00:22:37 (37.7%)	5:59	10 (62.1%)
59	POTĘPA Dawid	33		M-Open	50	01:01:40.75	+00:24:20 (39.5%)	6:10	9.7 (60.2%)
60	KOZIMOR Mariusz	79		M-Open	51	01:02:19.10	+00:24:59 (40.1%)	6:13	9.6 (59.6%)
61	WSZÓLKOWSKA Aleksandra	60		K-Open	10	01:02:34.20	+00:25:14 (40.3%)	6:15	9.6 (59.6%)
62	LIPUT Dawid	65	OPEL ACTIVE TEAM	M-Open	52	01:02:35.05	+00:25:14 (40.3%)	6:15	9.6 (59.6%)
63	POKORNY Edward	32	TUPOT USTKA	M-Open	53	01:02:46.30	+00:25:26 (40.5%)	6:16	9.6 (59.6%)
64	KAPELEWSKI Marcin	71	CYSTERSI	M-Open	54	01:03:18.55	+00:25:58 (41.0%)	6:19	9.5 (59.0%)
65	LESNER-MĄCZYŃSKA Monika	24	USB USTKA	K-Open	11	01:03:43.15	+00:26:23 (41.4%)	6:22	9.4 (58.4%)
66	ZALEWSKI Grzegorz	61	W.P.K.SŁOŃ TEAM USTKA	M-Open	55	01:04:11.95	+00:26:51 (41.8%)	6:25	9.3 (57.8%)
67	TÓRZ Andrzej	52	USTKA	M-Open	56	01:04:14.05	+00:26:53 (41.9%)	6:25	9.3 (57.8%)
68	KONKEL Joanna	17		K-Open	12	01:05:35.40	+00:28:15 (43.1%)	6:33	9.1 (56.5%)
69	WIATRZYK Krzysztof	55	DARŁOWO	M-Open	57	01:05:35.80	+00:28:15 (43.1%)	6:33	9.1 (56.5%)
70	KRYGIER Ireneusz	21	W.P.K.SŁOŃ TEAM USTKA	M-Open	58	01:06:37.05	+00:29:16 (44.0%)	6:39	9 (55.9%)
71	SŁOMCZEWSKI Adam	81		M-Open	59	01:07:27.40	+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	RYBA Anna	41	USB USTKA	K-Open	13	01:07:44.35	+00:30:24 (44.9%)	6:46	8.9 (55.3%)
73	MORDAL Eliza	25	USB USTKA	K-Open	14	01:08:12.75	+00:30:52 (45.3%)	6:49	8.8 (54.7%)
74	FAJFR Natalia	80		K-Open	15	01:08:57.05	+00:31:36 (45.9%)	6:53	8.7 (54.0%)
75	GZIK Radosław	14	W.P.K.SŁOŃ TEAM USTKA	M-Open	60	01:09:28.80	+00:32:08 (46.3%)	6:56	8.6 (53.4%)
76	SULEWSKA Monika	73		K-Open	16	01:17:37.10	+00:40:17 (51.9%)	7:45	7.7 (47.8%)

Znaleziono 76 wynik(ów)