



XII MARATON SIERPNIOWY IM. LECHA WAŁĘSY - MARATON - MĘŻCZYŹNI

B4SPORT
INTELEKTUALNE SPORTE

Wydarzenie: XII Maraton Sierpniowy im. Lecha Wałęsy
Organizator: Stowarzyszenie Kultury Fizycznej Twister
Trójmiasto (SKF Twister Trójmiasto)
Data: 2022-08-27
Miejsce: Gdańsk
Dystans: 42.23 km



Klasyfikacja: M-30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Licencja | Laps | | | | | | | Czas | | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|------------------------------------|-----------|------|----------|----------|----------|----------|----------|----------|----------|----------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | 5.25km | 10.5km | 15.75km | 21km | 26.25km | 31.5km | 36.75km | 42.23km | Różn | | |
| 1 | CIĘŻKI Paweł | 29 | ROLLERBLADE PLICHWYSIG.PL | M-30 | 1 | Tak | 00:08:49 | 00:17:39 | 00:27:05 | 00:35:33 | 00:44:06 | 00:52:51 | 01:01:50 | 01:11:58.23 | | 1:42 | 35.2 (100%) |
| 2 | PAWELEC Mirosław | 113 | JABRA ROLLER TEAM | M-30 | 2 | Tak | 00:08:50 | 00:17:40 | 00:27:07 | 00:36:10 | 00:45:25 | 00:55:15 | 01:05:13 | 01:16:12.27 | +00:04:14 (5.6%) | 1:48 | 33.3 (94.6%) |
| 3 | MAZUREK Sebastian | 90 | JABRA ROLLER TEAM | M-30 | 3 | Tak | 00:08:50 | 00:17:40 | 00:27:08 | 00:47:15 | 00:57:06 | 01:06:41 | 01:16:00 | 01:16:49.38 | +00:04:51 (6.3%) | 1:49 | 33 (93.8%) |
| 4 | NOCUŃ Mateusz | 104 | KKSW KRAK | M-30 | 4 | Tak | 00:09:04 | 00:27:55 | 00:37:23 | 00:47:15 | 00:57:05 | 01:16:36 | | 01:17:23.43 | +00:05:25 (7.0%) | 1:49 | 32.7 (92.9%) |
| 5 | IGNASZAK Michał | 50 | | M-30 | 5 | | 00:09:04 | 00:18:28 | 00:27:55 | 00:37:24 | 00:47:14 | 00:57:05 | 01:06:43 | 01:17:24.95 | +00:05:26 (7.0%) | 1:49 | 32.7 (92.9%) |
| 6 | BUKOWSKI Maciej | 19 | ROLLA SPEED TEAM | M-30 | 6 | Tak | 00:09:06 | 00:18:30 | 00:27:58 | 00:37:26 | 00:47:17 | 01:06:48 | | 01:17:25.56 | +00:05:27 (7.0%) | 1:49 | 32.7 (92.9%) |
| 7 | SADOWSKI Marcin | 132 | | M-30 | 7 | | 00:27:55 | 00:37:24 | 00:47:13 | 00:57:06 | 01:06:44 | 01:16:38 | | 01:17:25.71 | +00:05:27 (7.0%) | 1:49 | 32.7 (92.9%) |
| 8 | MICHALSKI Mariusz | 92 | UKS 'ZWOLEŃ-TEAM' | M-30 | 8 | Tak | 00:09:04 | 00:18:27 | 00:27:54 | 00:37:22 | 00:47:14 | 00:57:05 | 01:06:45 | 01:17:25.90 | +00:05:27 (7.1%) | 1:49 | 32.7 (92.9%) |
| 9 | KLICH Karol | 64 | SILESIA SKATING TEMPISH TEAM | M-30 | 9 | Tak | 00:09:26 | 00:29:15 | 00:39:44 | 01:01:36 | 01:12:38 | 01:23:51 | | 01:24:58.48 | +00:13:00 (15.3%) | 2:00 | 29.8 (84.7%) |
| 10 | PARASZKA Łukasz | 111 | MINIONS SPEED TEAM | M-30 | 10 | Tak | 00:10:28 | 00:21:01 | 00:31:18 | 00:41:39 | 00:52:30 | 01:03:16 | 01:14:26 | 01:26:21.59 | +00:14:23 (16.7%) | 2:02 | 29.3 (83.2%) |
| 11 | TONIAK Filip | 157 | SILESIA SKATING TEMPISH TEAM | M-30 | 11 | | 00:09:25 | 00:20:06 | 00:31:20 | 00:41:40 | 01:03:17 | 01:14:27 | 01:25:28 | 01:26:26.16 | +00:14:27 (16.7%) | 2:02 | 29.3 (83.2%) |
| 12 | KWIATKOWSKI Łukasz | 81 | KLUB SPORTOWY JASTRZĘBIE BYDGOSZCZ | M-30 | 12 | | 00:09:26 | 00:19:09 | 00:30:15 | 00:41:41 | 00:52:30 | 01:03:16 | 01:14:26 | 01:26:34.95 | +00:14:36 (16.9%) | 2:02 | 29.3 (83.2%) |
| 13 | SZMECHTIG Dariusz | 149 | POWERSLIDE | M-30 | 13 | Tak | 00:10:31 | 00:21:03 | 00:31:19 | 00:41:32 | 00:52:30 | 01:03:16 | 01:14:27 | 01:26:58.45 | +00:15:00 (17.3%) | 2:03 | 29.1 (82.7%) |
| 14 | PRZYCHODNIAK Robert | 122 | GATTA SPEED SKATING | M-30 | 14 | Tak | 00:10:29 | 00:21:00 | 00:31:20 | 00:41:56 | 00:55:33 | 01:07:50 | 01:20:25 | 01:34:42.79 | +00:22:44 (24.0%) | 2:14 | 26.8 (76.1%) |
| 15 | PIETRZAK Adrian | 116 | UKS ALTUS PODKOWA LEŚNA | M-30 | 15 | Tak | 00:09:27 | 00:20:50 | 00:32:43 | 00:44:25 | 00:56:30 | 01:09:05 | 01:21:37 | 01:35:21.50 | +00:23:23 (24.5%) | 2:15 | 26.6 (75.6%) |
| 16 | BUDEK Tomasz | 18 | | M-30 | 16 | | 00:09:25 | 00:19:09 | 00:30:15 | 00:41:41 | 00:54:06 | 01:07:14 | 01:20:08 | 01:35:32.14 | +00:23:33 (24.7%) | 2:15 | 26.5 (75.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Licencja | Laps | | | | | | | Czas | | Tempo min/km | Tempo km/h |
|-----|---------------------------|------------|--------------------------------|-----------|------|----------|----------|----------|----------|----------|----------|----------|----------|--------------------|----------------------|--------------|-----------------|
| | | | | | | | 5.25km | 10.5km | 15.75km | 21km | 26.25km | 31.5km | 36.75km | 42.23km | Różn | | |
| 17 | BUCZKOWSKI Szymon | 17 | URBAN DINGOES | M-30 | 17 | | 00:11:28 | 00:22:29 | 00:33:19 | 00:45:03 | 00:57:11 | 01:09:04 | 01:21:37 | 01:35:35.95 | +00:23:37 (24.7%) | 2:15 | 26.5 (75.3%) |
| 18 | WITKOWSKI Wojciech | 163 | URBAN DINGOES | M-30 | 18 | | 00:11:28 | 00:22:29 | 00:33:48 | 00:47:41 | 01:01:08 | 01:14:50 | 01:30:21 | 01:45:40.15 | +00:33:41 (31.9%) | 2:30 | 24 (68.2%) |
| 19 | LEWANDOWSKI Paweł | 83 | | M-30 | 19 | | 00:12:13 | 00:23:34 | 00:34:45 | 00:46:23 | 01:01:24 | 01:18:18 | 01:35:06 | 01:51:10.45 | +00:39:12 (35.3%) | 2:37 | 22.8 (64.8%) |
| 20 | SPODAR Rafał | 138 | | M-30 | 20 | | 00:13:40 | 00:26:52 | 00:40:45 | 00:54:57 | 01:09:01 | 01:23:41 | 01:38:14 | 01:53:55.30 | +00:41:57 (36.8%) | 2:41 | 22.2 (63.1%) |
| 21 | PUŁAWSKI Sebastian | 124 | UKS SPARTA GRODZISK MAZOWIECKI | M-30 | 21 | | 00:12:12 | 00:25:19 | 00:38:29 | 00:52:11 | 01:07:04 | 01:22:39 | 01:38:29 | 01:56:15.14 | +00:44:16 (38.1%) | 2:45 | 21.8 (61.9%) |
| 22 | SOCHA Maciej | 137 | | M-30 | 22 | | 00:14:11 | 00:28:28 | 00:42:43 | 00:57:37 | 01:12:28 | 01:27:44 | 01:43:37 | 02:00:39.28 | +00:48:41 (40.3%) | 2:51 | 21 (59.7%) |
| 23 | KORASIEWICZ Rafał | 69 | | M-30 | 23 | | 00:14:35 | 00:44:04 | 01:30:56 | 01:47:58 | 02:06:36 | | | 02:08:26.44 | +00:56:28 (44.0%) | 3:02 | 19.7 (56.0%) |
| 24 | KARAS Tomasz | 61 | LEGIA WARSZAWA MASTERS | M-30 | 24 | | 00:12:08 | 00:23:46 | 00:38:27 | 00:54:58 | 01:10:55 | 01:29:15 | 01:47:27 | 02:08:34.21 | +00:56:35 (44.0%) | 3:02 | 19.7 (56.0%) |
| 25 | GRABOWSKI Mariusz | 45 | | M-30 | 25 | | 00:14:15 | 00:28:04 | 00:43:17 | 00:59:04 | 01:15:50 | 01:32:53 | 01:49:58 | 02:08:50.23 | +00:56:52 (44.1%) | 3:03 | 19.7 (56.0%) |
| 26 | GRALA Bartosz | 46 | | M-30 | 26 | | 00:13:53 | 00:28:06 | 00:43:42 | 01:01:12 | 01:18:58 | 01:36:04 | 01:53:43 | 02:12:38.14 | +01:00:39 (45.7%) | 3:08 | 19.1 (54.3%) |
| 27 | PASZKIEWICZ Karol | 112 | | M-30 | 27 | | 00:16:54 | 00:33:58 | 00:51:25 | 01:10:07 | 01:29:46 | 01:49:09 | 02:09:56 | 02:32:58.99 | +01:21:00 (53.0%) | 3:37 | 16.6 (47.2%) |
| 28 | ZAGÓRSKI Bartosz | 172 | | M-30 | 28 | | 00:16:58 | 00:35:07 | 00:54:30 | 01:14:52 | 01:37:37 | 02:00:47 | 02:22:41 | 02:47:25.81 | +01:35:27 (57.0%) | 3:57 | 15.1 (42.9%) |

Znaleziono 28 wynik(ów)