



# XII MARATON SIERPNIOWY IM. LECHA WAŁĘSY - MARATON - MĘŻCZYŹNI

B4SPORT  
inteligentny sport dla każdego

**Wydarzenie:**  
**Organizator:**

XII Maraton Sierpniowy im. Lecha Wałęsy  
Stowarzyszenie Kultury Fizycznej Twister  
Trójmiasto (SKF Twister Trójmiasto)  
2022-08-27  
Gdańsk  
42.23 km

**Data:**  
**Miejsce:**  
**Dystans:**



Klasyfikacja: M-40

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	<b>BITENIEKS Lauris</b>	<b>11</b>	POWERSLIDE-LAIMITE	M-40	1		00:08:51	00:17:40	00:26:39	00:45:12	00:55:04	01:04:57	01:14:57	<b>01:15:56.66</b>		1:47	33.4 (100%)
2	<b>ROJ Janusz</b>	<b>128</b>	SILESIA SKATING TEMPISH TEAM	M-40	2	Tak	00:09:06	00:18:30	00:27:56	00:37:25	00:47:17	01:06:46	01:16:37	<b>01:17:24.00</b>	+00:01:27 (1.9%)	1:49	32.7 (97.9%)
3	<b>DUDA Marcin</b>	<b>426</b>		M-40	4	Tak	00:09:04	00:18:27	00:27:55	00:37:24	00:47:15	00:57:06	01:06:44	<b>01:17:25.00</b>	+00:01:28 (1.9%)	1:49	32.7 (97.9%)
4	<b>BINIEK Marcin</b>	<b>10</b>	NOKIA	M-40	3	Tak	00:09:05	00:18:28	00:27:55	00:37:25	00:47:15	00:57:07	01:06:45	<b>01:17:24.78</b>	+00:01:28 (1.9%)	1:49	32.7 (97.9%)
5	<b>CIBOROWSKI Damian</b>	<b>27</b>	KS SPEED JASŁO	M-40	5	Tak	00:09:03	00:18:27	00:27:56	00:37:23	00:47:16	00:57:07	01:06:44	<b>01:17:25.14</b>	+00:01:28 (1.9%)	1:49	32.7 (97.9%)
6	<b>PRONOBIS Mateusz</b>	<b>121</b>	SILESIA SKATING TEMPISH TEAM	M-40	7	Tak	00:09:05	00:18:29	00:27:56	00:47:17	00:57:07	01:06:45	01:16:38	<b>01:17:26.00</b>	+00:01:29 (1.9%)	1:50	32.7 (97.9%)
7	<b>WARCHOŁ Łukasz</b>	<b>159</b>	LEGIA WARSZAWA	M-40	6		00:09:24	00:18:43	00:27:55	00:37:24	00:47:14	00:57:06	01:06:43	<b>01:17:25.84</b>	+00:01:29 (1.9%)	1:49	32.7 (97.9%)
8	<b>KSENIAK Tomasz</b>	<b>78</b>	ROLL4ALL	M-40	8		00:09:05	00:18:29	00:37:22	00:47:17	00:57:08	01:16:38		<b>01:17:26.30</b>	+00:01:29 (1.9%)	1:50	32.7 (97.9%)
9	<b>JAKÓBCZYK Piotr</b>	<b>52</b>		M-40	9	Tak	00:10:30	00:21:02	00:31:21	00:43:18	00:55:04	01:08:33	01:23:42	<b>01:24:25.00</b>	+00:08:28 (10.0%)	1:59	30 (89.8%)
10	<b>ŁUKASIEWICZ Jacek</b>	<b>86</b>		M-40	10		00:10:14	00:20:10	00:30:46	00:41:19	00:52:23	01:03:17	01:14:26	<b>01:26:05.73</b>	+00:10:09 (11.8%)	2:02	29.4 (88.0%)
11	<b>WYPYCH Sebastian</b>	<b>170</b>	KKSW KRAK	M-40	11	Tak	00:10:30	00:21:02	00:31:19	00:41:40	00:52:30	01:03:17	01:14:26	<b>01:26:21.94</b>	+00:10:25 (12.1%)	2:02	29.3 (87.7%)
12	<b>MENET Krystian</b>	<b>91</b>	SKATE2CITY	M-40	12		00:09:25	00:29:15	00:39:45	00:51:16	01:03:16	01:14:27	01:25:28	<b>01:26:29.74</b>	+00:10:33 (12.2%)	2:02	29.3 (87.7%)
13	<b>FELIKS Piotr</b>	<b>35</b>	PLICHWYSCIG.PL	M-40	13		00:10:29	00:21:03	00:31:20	00:43:04	01:07:15	01:19:14	01:30:57	<b>01:31:57.45</b>	+00:16:00 (17.4%)	2:10	27.6 (82.6%)
14	<b>KRAJEWSKI Grzegorz</b>	<b>77</b>	ROLKIGROJEC.PL	M-40	14		00:10:29	00:21:01	00:31:30	00:43:18	00:54:56	01:07:14	01:19:14	<b>01:32:01.26</b>	+00:16:04 (17.5%)	2:10	27.5 (82.3%)
15	<b>BLICHARSKI Łukasz</b>	<b>12</b>		M-40	15		00:11:36	00:22:20	00:33:15	00:44:21	00:56:01	01:07:50	01:19:35	<b>01:32:21.41</b>	+00:16:24 (17.8%)	2:11	27.4 (82.0%)
16	<b>KOWALSKI Damian</b>	<b>75</b>	OBIEGUWKA UNIWERSYTET WARSZAWSKI	M-40	16	Tak	00:10:30	00:21:02	00:31:30	00:43:18	00:54:56	01:08:27	01:21:37	<b>01:37:37.91</b>	+00:21:41 (22.2%)	2:18	26 (77.8%)
17	<b>KOWALSKI Krzysztof</b>	<b>73</b>	UKS ZRYW	M-40	17	Tak	00:11:19	00:22:21	00:33:19	00:45:51	00:58:31	01:11:14	01:24:18	<b>01:38:15.59</b>	+00:22:18 (22.7%)	2:19	25.8 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Licencja	Laps_All	Laps_All	Laps_All	Laps_All	Laps_All	Laps_All	Laps_All	Czas	Różn	Tempo min/km	Tempo km/h
							5.25km	10.5km	15.75km	21km	26.25km	31.5km	36.75km	42.23km			
18	<b>DZIEDZICKI Tomasz</b>	<b>34</b>		M-40	18		00:11:22	00:34:36	00:46:02	00:58:32	01:11:14	01:24:18	01:37:04	<b>01:38:20.26</b>	+00:22:23 (22.8%)	2:19	25.8 (77.2%)
19	<b>WINIARZ Krzysztof</b>	<b>161</b>		M-40	19		00:13:37	00:26:53	00:40:25	00:54:59	01:10:32	01:26:39	01:43:45	<b>01:45:28.29</b>	+00:29:31 (28.0%)	2:29	24 (71.9%)
20	<b>GRASZKA Bartosz</b>	<b>47</b>	ROLL4ALL	M-40	20		00:11:36	00:25:32	00:39:22	00:52:54	01:06:38	01:20:13	01:46:23	<b>01:47:34.03</b>	+00:31:37 (29.4%)	2:32	23.6 (70.7%)
21	<b>OKUNIEWSKI Marcin</b>	<b>107</b>	WWW.POMAGAMYNATALII.PL	M-40	21		00:12:13	00:23:37	00:35:45	00:49:37	01:04:12	01:18:26	01:32:06	<b>01:47:48.66</b>	+00:31:52 (29.6%)	2:33	23.5 (70.4%)
22	<b>RUTA Robert</b>	<b>131</b>	UKS SPARTA GRODZISK MAZOWIECKI	M-40	22		00:12:12	00:24:48	00:37:45	00:51:33	01:06:05	01:19:59	01:33:40	<b>01:49:36.78</b>	+00:33:40 (30.7%)	2:35	23.1 (69.2%)
23	<b>ZIOMEK Daniel</b>	<b>429</b>		M-40	23		00:13:19	00:26:52	00:40:08	00:54:26	01:09:02	01:23:41	01:39:58	<b>01:57:56.24</b>	+00:41:59 (35.6%)	2:47	21.5 (64.4%)
24	<b>DERYNGIER Artur</b>	<b>30</b>		M-40	24		00:13:54	00:28:06	00:41:59	00:57:06	01:11:49	01:26:54	01:42:23	<b>01:58:49.92</b>	+00:42:53 (36.1%)	2:48	21.3 (63.8%)
25	<b>TOMICZAK Krzysztof</b>	<b>156</b>	UKS SPARTA GRODZISK MAZOWIECKI	M-40	25		00:13:40	00:26:58	00:40:33	00:54:51	01:09:59	01:26:38	01:45:26	<b>02:01:21.77</b>	+00:45:25 (37.4%)	2:52	20.9 (62.6%)
26	<b>DOMZAŁA Paweł</b>	<b>32</b>	BIGYELLOWFOOT ADVENTURE TEAM	M-40	26		00:14:24	00:28:39	00:43:38	00:59:03	01:14:31	01:30:01	01:45:11	<b>02:02:16.02</b>	+00:46:19 (37.9%)	2:53	20.7 (62.0%)
27	<b>ĆWIKLIŃSKI Marcin</b>	<b>425</b>	SPARTA GRODZISK MAZ.	M-40	27		00:13:40	00:27:22	00:41:44	00:57:06	01:12:01	01:28:40	01:45:00	<b>02:03:02.12</b>	+00:47:05 (38.3%)	2:54	20.6 (61.7%)
28	<b>STANISZEWSKI Jakub</b>	<b>437</b>		M-40	28		00:13:54	00:28:03	00:42:38	00:57:19	01:12:26	01:27:51	01:45:22	<b>02:05:13.30</b>	+00:49:16 (39.4%)	2:57	20.2 (60.5%)
29	<b>STRZAŁKOWSKI Sławomir</b>	<b>145</b>		M-40	29		00:14:16	00:29:22	00:44:55	01:01:34	01:18:47	01:35:28	01:51:43	<b>02:11:40.07</b>	+00:55:43 (42.3%)	3:07	19.2 (57.5%)
30	<b>KOWALIK Adam</b>	<b>72</b>		M-40	30		00:15:00	00:30:26	00:47:07	01:05:09	01:23:12	01:42:11	02:00:29	<b>02:21:01.53</b>	+01:05:04 (46.1%)	3:20	18 (53.9%)
31	<b>DARIUSZ Mazur</b>	<b>351</b>		M-40	31		00:18:13	00:34:21	00:50:53	01:09:40	01:30:04	01:50:17	02:11:20	<b>02:34:31.20</b>	+01:18:34 (50.9%)	3:39	16.4 (49.1%)
DNC	<b>HAMPEL Rafał</b>	<b>48</b>	UKS SPARTA MASTERS GRODZISK MAZOWIECKI	M-40			00:12:13	00:26:36						<b>00:28:12.02</b>		0:00	89.9 (269.2%)
DNC	<b>JANOWICZ Tomasz</b>	<b>436</b>	PROLUBE	M-40			00:15:22	00:27:49						<b>00:28:49.90</b>		0:00	87.9 (263.2%)
DNC	<b>ROSENKIEWICZ Łukasz</b>	<b>129</b>		M-40			00:17:52	00:44:11						<b>00:47:07.20</b>		0:00	53.8 (161.1%)
DNC	<b>KOTZIAN Daniel</b>	<b>71</b>	LEGIA WARSZAWA MASTERS	M-40		Tak	00:09:24	00:18:43	00:27:56	00:37:26	00:47:16	00:57:26					(0.0%)
DNC	<b>SZUMLAS Jacek</b>	<b>150</b>		M-40		Tak	00:09:06	00:27:56	00:37:25	00:47:17	00:57:08						(0.0%)

Znaleziono 36 wynik(ów)