

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

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** XII Maraton Sierpniowy im. Lecha Wałęsy  
**Organizator:** Stowarzyszenie Kultury Fizycznej Twister Trójmiasto (SKF Twister Trójmiasto)  
**Data:** 2022-08-27  
**Miejsce:** Gdańsk  
**Dystans:** 21.23 km



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_All 5.25km	Laps_All 10.5km	Laps_All 15.75km	Czas netto 21.23km	Różn	Tempo min/km	Tempo km/h
1	<b>FLEJSZER Łukasz</b>	<b>418</b>	UKS ZWOLEŃ-TEAM	M 30-39	1	00:09:52	00:19:21	00:29:43	<b>00:40:34.02</b>		1:54	31.4 (100%)
2	<b>PLICH Krzysztof</b>	<b>421</b>		M 40-49	1	00:09:53	00:19:22	00:29:43	<b>00:40:35.51</b>	+00:00:01 (0.1%)	1:54	31.4 (100%)
3	<b>PIŁECZKA Adam</b>	<b>6</b>	WARSZAWA LEGIA	M 30-39	2	00:09:51	00:19:21	00:29:44	<b>00:40:35.79</b>	+00:00:01 (0.1%)	1:54	31.4 (100%)
4	<b>WĘCŁAWEK Kryspin</b>	<b>290</b>	UKS SPARTA GRODZISK MAZOWIECKI	M-Open	1	00:19:22	00:29:43	00:39:48	<b>00:40:37.81</b>	+00:00:03 (0.2%)	1:54	31.4 (100%)
5	<b>BAHRII Serhii</b>	<b>182</b>	SAM ROLLER CLUB	M-Open	2	00:09:53	00:19:21	00:29:43	<b>00:40:38.06</b>	+00:00:04 (0.2%)	1:54	31.3 (99.7%)
6	<b>OBTUŁOWICZ Damian</b>	<b>244</b>	PLICHWYŚCIG.PL	M-Open	3	00:09:52	00:19:21	00:29:43	<b>00:40:45.40</b>	+00:00:11 (0.5%)	1:55	31.3 (99.7%)
7	<b>CHOJNACKI Krzysztof</b>	<b>189</b>	ENES ROLLER TEAM	M 40-49	2	00:09:53	00:19:23	00:29:44	<b>00:40:48.20</b>	+00:00:14 (0.6%)	1:55	31.2 (99.4%)
8	<b>MYDLARSKI Jarek</b>	<b>238</b>	ROLL4ALL	M 40-49	3	00:09:53	00:20:09	00:30:53	<b>00:42:34.84</b>	+00:02:00 (4.7%)	2:00	29.9 (95.2%)
9	<b>SZELAK Mirosław</b>	<b>278</b>		M 40-49	4	00:09:55	00:20:09	00:30:54	<b>00:42:37.00</b>	+00:02:02 (4.8%)	2:00	29.9 (95.2%)
10	<b>LUZAKOV Daniil</b>	<b>227</b>	WARSZAWA LEGIA	M-Open	4	00:10:00	00:20:54	00:31:40	<b>00:43:42.40</b>	+00:03:08 (7.2%)	2:03	29.1 (92.7%)
11	<b>SOCZOMSKI Mirosław</b>	<b>271</b>	EDI TEAM ZGORZELEC	M 50-59	1				<b>00:43:42.71</b>	+00:03:08 (7.2%)	2:03	29.1 (92.7%)
12	<b>KASPROWICZ Daniel</b>	<b>212</b>	PLICHWYSCIG.PL	M 40-49	5	00:09:55	00:20:45	00:31:41	<b>00:43:43.91</b>	+00:03:09 (7.2%)	2:03	29.1 (92.7%)
13	<b>MAZUREK Wiesław</b>	<b>232</b>	PROLUBE MASTERS	M 50-59	2	00:09:57	00:20:45	00:31:40	<b>00:43:45.69</b>	+00:03:11 (7.3%)	2:03	29.1 (92.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps			Czas	Różn	Tempo min/km	Tempo km/h
						All 5.25km	All 10.5km	All 15.75km	netto 21.23km			
14	<b>SOBIERAJ Wojciech</b>	<b>268</b>	KKSW KRAK	M 50-59	3	00:10:02	00:20:45	00:31:43	<b>00:44:33.32</b>	+00:03:59 (9.0%)	2:05	28.6 (91.1%)
15	<b>SZYSZKA Hubert</b>	<b>285</b>	ZICORACINGSPEEDTEAM	M 40-49	6	00:10:02	00:21:36	00:33:00	<b>00:45:05.67</b>	+00:04:31 (10.0%)	2:07	28.3 (90.1%)
16	<b>KONKEL Mateusz</b>	<b>215</b>		M 40-49	7	00:10:51	00:21:50	00:32:47	<b>00:45:09.03</b>	+00:04:35 (10.2%)	2:07	28.2 (89.8%)
17	<b>FILIPIAK Ernest</b>	<b>195</b>	SKATE2CITY	M 50-59	4	00:10:45	00:21:59	00:33:06	<b>00:45:12.05</b>	+00:04:38 (10.3%)	2:07	28.2 (89.8%)
18	<b>GOSZCZYŃSKI Wojciech</b>	<b>203</b>	ROLLA SPEED TEAM	M 30-39	3	00:10:36	00:21:51	00:32:59	<b>00:45:14.28</b>	+00:04:40 (10.3%)	2:07	28.2 (89.8%)
19	<b>GLUGLA Mariusz</b>	<b>200</b>	THE RUNNERS ŚWIECIE	M 40-49	8	00:11:37	00:22:51	00:33:57	<b>00:45:40.00</b>	+00:05:05 (11.2%)	2:09	27.9 (88.9%)
20	<b>SYLWESTRZAK Mateusz</b>	<b>275</b>	UKS GIŻYCKO	M-Open	5	00:10:50	00:21:49	00:32:59	<b>00:45:40.62</b>	+00:05:06 (11.2%)	2:09	27.9 (88.9%)
21	<b>BURZYŃSKI Mariusz</b>	<b>187</b>	BSR	M 40-49	9	00:10:52	00:21:52	00:32:47	<b>00:46:04.43</b>	+00:05:30 (12.0%)	2:10	27.7 (88.2%)
22	<b>ZIÓŁKOWSKI Julian</b>	<b>294</b>	STOWARZYSZENIE WROTKARSKIE GDAŃSKIE LWY	M 50-59	5	00:10:57	00:22:30	00:33:56	<b>00:46:16.01</b>	+00:05:41 (12.3%)	2:10	27.5 (87.6%)
23	<b>KRAJNIK Jacek</b>	<b>220</b>	SZYBKA ROLKA TEAM	M 50-59	6	00:10:57	00:22:31	00:33:58	<b>00:46:16.56</b>	+00:05:42 (12.3%)	2:10	27.5 (87.6%)
24	<b>SOBCZYŃSKI Bartosz</b>	<b>266</b>		M 30-39	4	00:10:54	00:22:30	00:33:56	<b>00:46:21.64</b>	+00:05:47 (12.5%)	2:10	27.5 (87.6%)
25	<b>SIERPOWSKI Zbigniew</b>	<b>264</b>	PLICHWYSCIG.PL	M 40-49	10	00:10:45	00:22:30	00:33:57	<b>00:46:23.23</b>	+00:05:49 (12.5%)	2:11	27.5 (87.6%)
26	<b>PUŁAWSKI Jakub</b>	<b>255</b>	UKS SPARTA GRODZISK MAZOWIECKI	M-Open	6	00:10:01	00:20:44	00:33:07	<b>00:47:54.58</b>	+00:07:20 (15.3%)	2:15	26.6 (84.7%)
27	<b>PRIEBE Jacek</b>	<b>254</b>		M 50-59	7	00:12:01	00:23:44	00:35:57	<b>00:49:20.00</b>	+00:08:45 (17.8%)	2:19	25.8 (82.2%)
28	<b>PAWELEC Zbigniew</b>	<b>247</b>	JABRA RT FRIENDS	M 60-69	1	00:10:20	00:21:54	00:33:29	<b>00:49:29.00</b>	+00:08:54 (18.0%)	2:19	25.7 (81.8%)
29	<b>KOCAN Przemysław</b>	<b>213</b>	UKS SPARTA GRODZISK MAZOWIECKI	M-Open	7	00:10:22	00:21:56	00:33:29	<b>00:49:31.74</b>	+00:08:57 (18.1%)	2:19	25.7 (81.8%)
30	<b>SZOMBARA Michał</b>	<b>280</b>	LEGIA WARSZAWA MASTERS	M 50-59	8				<b>00:49:35.00</b>	+00:09:00 (18.2%)	2:20	25.7 (81.8%)
31	<b>KOKOWSKI Piotr</b>	<b>214</b>	PLICHWYŚCIG.PL	M 50-59	9	00:11:31	00:36:28	00:49:11	<b>00:50:29.88</b>	+00:09:55 (19.7%)	2:22	25.2 (80.3%)
32	<b>CIECIWA Szymon</b>	<b>190</b>		M 40-49	11	00:12:03	00:24:23	00:37:21	<b>00:51:39.14</b>	+00:11:05 (21.5%)	2:25	24.7 (78.7%)
33	<b>SZULC Marek</b>	<b>282</b>		M 60-69	2	00:12:03	00:23:44	00:36:54	<b>00:51:52.33</b>	+00:11:18 (21.8%)	2:26	24.6 (78.3%)
34	<b>SZYPUŁA Tomasz</b>	<b>284</b>		M 30-39	5	00:12:56	00:26:03	00:39:01	<b>00:53:54.64</b>	+00:13:20 (24.8%)	2:32	23.6 (75.2%)
35	<b>CHMAL Damian</b>	<b>188</b>	AKADEMIA SPORTOWEGO ROZWOJU NATALII CZERWONKI	M 40-49	12	00:12:41	00:25:42	00:39:07	<b>00:54:12.36</b>	+00:13:38 (25.2%)	2:33	23.5 (74.8%)
36	<b>SANIUK Edward</b>	<b>258</b>		M 70+	1	00:13:43	00:26:55	00:39:52	<b>00:54:53.42</b>	+00:14:19 (26.1%)	2:35	23.2 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps			Czas netto	Różn	Tempo min/km	Tempo km/h
						5.25km	10.5km	15.75km	21.23km			
37	MARKIEWICZ Waldemar	231	FORGE YOUR FUTURE	M 60-69	3	00:13:11	00:26:51	00:40:23	<b>00:55:15.00</b>	+00:14:40 (26.6%)	2:36	23.1 (73.6%)
38	DĘBICKI Henryk	31		M 60-69	4	00:12:56	00:26:39	00:40:04	<b>00:55:22.44</b>	+00:14:48 (26.7%)	2:36	23 (73.2%)
39	SIĘDA Tomasz	265		M 40-49	13	00:12:58	00:26:51	00:41:56	<b>00:57:22.13</b>	+00:16:48 (29.3%)	2:42	22.2 (70.7%)
40	KOPYT Jan	216	WLASNY	M 70+	2	00:13:44	00:27:47	00:41:54	<b>00:57:24.07</b>	+00:16:50 (29.3%)	2:42	22.2 (70.7%)
41	BOŻĘCKI Przemek	185	AMATOR	M 50-59	10	00:13:58	00:27:56	00:41:51	<b>00:57:27.69</b>	+00:16:53 (29.4%)	2:42	22.2 (70.7%)
42	PIOTROWICZ Marcin	250		M 40-49	14	00:13:43	00:27:47	00:41:56	<b>00:57:35.39</b>	+00:17:01 (29.6%)	2:42	22.1 (70.4%)
43	NIEWĘGŁOWSKI Ryszard	240		M 40-49	15	00:13:43	00:27:36	00:41:56	<b>00:58:25.14</b>	+00:17:51 (30.6%)	2:45	21.8 (69.4%)
44	MELNIKAU Aliksandr	233	STOWARZYSZENIE WROTKARSKIE 'GDAŃSKIE LWY'	M 50-59	11	00:13:10	00:27:39	00:42:08	<b>00:59:06.91</b>	+00:18:32 (31.4%)	2:47	21.6 (68.8%)
45	STRZAŁKOWSKI Andrzej	274		M 50-59	12	00:13:52	00:28:02	00:42:42	<b>00:59:30.09</b>	+00:18:56 (31.8%)	2:48	21.4 (68.2%)
46	OSZCZYK Grzegorz	109	AMATOR	M 60-69	5	00:28:02	00:42:41	00:58:00	<b>00:59:31.38</b>	+00:18:57 (31.8%)	2:48	21.4 (68.2%)
47	MIELCZAREK Przemysław	234		M 40-49	16	00:14:33	00:28:48	00:44:21	<b>01:00:23.43</b>	+00:19:49 (32.8%)	2:50	21.1 (67.2%)
48	ENGELBERG Łukasz	194	INVICTA POWER TEAM	M 30-39	6	00:13:24	00:28:28	00:44:19	<b>01:01:59.19</b>	+00:21:25 (34.6%)	2:55	20.6 (65.6%)
49	OLEKSIEWICZ Jurek	245	TWISTER TRÓJMIASTA	M 70+	3	00:14:30	00:29:12	00:44:52	<b>01:02:25.39</b>	+00:21:51 (35.0%)	2:56	20.4 (65.0%)
50	GBURZYŃSKI Rafał	199	UKS 6	M 40-49	17	00:13:52	00:28:02	00:44:17	<b>01:03:11.53</b>	+00:22:37 (35.8%)	2:58	20.2 (64.3%)
51	KUZIA Waldemar	225		M 50-59	13	00:15:22	00:30:27	00:46:07	<b>01:04:27.51</b>	+00:23:53 (37.1%)	3:02	19.8 (63.1%)
52	GRZANKA Jakub	207		M 30-39	7	00:15:51	00:31:40	00:47:54	<b>01:04:50.00</b>	+00:24:15 (37.4%)	3:03	19.6 (62.4%)
53	SENDROWSKI Krzysztof	260		M 30-39	8	00:16:06	00:31:35	00:47:27	<b>01:05:17.06</b>	+00:24:43 (37.9%)	3:04	19.5 (62.1%)
54	NUREK Radosław	243		M 40-49	18	00:16:34	00:32:26	00:48:47	<b>01:06:45.37</b>	+00:26:11 (39.2%)	3:08	19.1 (60.8%)
55	SOCHACKI Dariusz	270	AMATOR	M 50-59	14	00:16:30	00:32:24	00:48:46	<b>01:06:46.69</b>	+00:26:12 (39.3%)	3:08	19.1 (60.8%)
56	BABICZ Wojciech	181		M 30-39	9	00:14:29	00:30:15	00:47:32	<b>01:07:36.64</b>	+00:27:02 (40.0%)	3:11	18.8 (59.9%)
57	RZADKIEWA Zenon	256		M 60-69	6	00:14:24	00:29:59	00:47:56	<b>01:10:03.03</b>	+00:29:29 (42.1%)	3:17	18.2 (58.0%)
58	PICH Pawel	248		M 30-39	10	00:20:19	00:38:06	00:56:10	<b>01:15:48.76</b>	+00:35:14 (46.5%)	3:34	16.8 (53.5%)
59	URBANIAK Jacek	288	OSOBA PRYWATNA	M 40-49	19	00:17:43	00:36:19	00:55:34	<b>01:16:05.82</b>	+00:35:31 (46.7%)	3:35	16.7 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps_All			Czas netto	Różn	Tempo min/km	Tempo km/h
						5.25km	10.5km	15.75km	21.23km			
60	<b>SZABŁOWSKI Jan</b>	<b>277</b>		M 30-39	11	00:20:35	00:39:07	00:57:20	<b>01:16:26.14</b>	+00:35:52 (46.9%)	3:36	16.7 (53.2%)
61	<b>STOLARSKI Andrzej</b>	<b>273</b>		M 50-59	15	00:34:58	00:54:09	01:14:41	<b>01:16:38.01</b>	+00:36:03 (47.1%)	3:36	16.6 (52.9%)
62	<b>DOPIERAŁA Jarosław</b>	<b>193</b>		M 40-49	20	00:18:23	00:37:34	00:58:59	<b>01:23:20.95</b>	+00:42:46 (51.3%)	3:55	15.3 (48.7%)
63	<b>ZYMIERA Łukasz</b>	<b>428</b>		M 30-39	12	00:25:34	00:44:23	01:03:48	<b>01:24:53.59</b>	+00:44:19 (52.2%)	3:59	15 (47.8%)
64	<b>KOSIACKI Paweł</b>	<b>350</b>		M 50-59	16	00:12:08	00:27:17	00:44:05	<b>01:25:53.00</b>	+00:45:18 (52.8%)	4:02	14.8 (47.1%)
65	<b>GRUSZKA Jakub</b>	<b>204</b>		M 30-39	13	00:20:26	00:39:58	01:01:42	<b>01:27:15.55</b>	+00:46:41 (53.5%)	4:06	14.6 (46.5%)
66	<b>DARIUSZ Mazur</b>	<b>351</b>		M 40-49	21	00:16:38	00:32:46	00:49:18	<b>01:29:30.00</b>	+00:48:55 (54.7%)	4:12	14.2 (45.2%)
67	<b>BEREŚNIEWICZ Karol</b>	<b>440</b>		M-Open	8	00:12:45	00:28:00	00:44:06	<b>01:37:58.00</b>	+00:57:23 (58.6%)	4:36	13 (41.4%)
68	<b>RADZIEWICZ Dawid</b>	<b>336</b>		M-Open	9	00:13:51	00:30:17	00:47:32	<b>01:45:06.00</b>	+01:04:31 (61.4%)	4:57	12.1 (38.5%)
69	<b>MAKOWSKI Andrzej</b>	<b>230</b>		M 60-69	7	00:13:32	00:27:28			+00:08:06	2:36	22.9 (72.9%)

Znaleziono 69 wynik(ów)