



# XXIV PÓLMARATON SŁOWIŃSKI ROWY-USTKA 2019

B4SPORT

**Organizator:** Ośrodek Sportu i Rekreacji w Ustce, Stowarzyszenie Turystyczno - Sportowe „USTKA”, Lokalna Organizacja Turystyczna „Ustka i Ziemia Słupska”.  
**Data:** 2019-09-14  
**Miejsce:** Ustka  
**Dystans:** 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>BŁASZCZYK Patryk</b>	<b>104</b>	LKS JANTAR USTKA	M18-29	1	<b>01:13:01.85</b>		3:27	17.3 (100%)
2	<b>CZERNIAK Robert</b>	<b>5</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M30-39	1	<b>01:15:09.95</b>	+00:02:08 (2.8%)	3:33	16.8 (97.1%)
3	<b>PELO Artur</b>	<b>109</b>	7 BRYGADA OBRONY WYBRZEŻA	M40-49	1	<b>01:18:43.60</b>	+00:05:41 (7.2%)	3:43	16.1 (93.1%)
4	<b>JÓZEFczyk Grzegorz</b>	<b>22</b>		M40-49	2	<b>01:21:54.45</b>	+00:08:52 (10.8%)	3:52	15.5 (89.6%)
5	<b>MIELEWCZYK Łukasz</b>	<b>105</b>	LKB BRACI PETK	M30-39	2	<b>01:27:44.65</b>	+00:14:42 (16.8%)	4:09	14.4 (83.2%)
6	<b>WEGNER Stachu</b>	<b>86</b>		M30-39	3	<b>01:28:23.05</b>	+00:15:21 (17.4%)	4:11	14.3 (82.7%)
7	<b>KAMIENIECKI Rafał</b>	<b>23</b>	TUPOT USTKA	M40-49	3	<b>01:28:29.15</b>	+00:15:27 (17.5%)	4:11	14.3 (82.7%)
8	<b>TUSCHER Jakub</b>	<b>82</b>	FOREST PLOTS FIGHTERS	M30-39	4	<b>01:28:48.00</b>	+00:15:46 (17.8%)	4:12	14.3 (82.7%)
9	<b>MASŁOWSKI Mateusz</b>	<b>45</b>	ROGELLI TEAM/MASŁO_BIEGA	M30-39	5	<b>01:29:08.05</b>	+00:16:06 (18.1%)	4:13	14.2 (82.1%)
10	<b>PAJURA Robert</b>	<b>56</b>		M30-39	6	<b>01:30:06.00</b>	+00:17:04 (18.9%)	4:16	14.1 (81.5%)
11	<b>JEZIERSKI Łukasz</b>	<b>21</b>		M30-39	7	<b>01:30:20.05</b>	+00:17:18 (19.2%)	4:16	14 (80.9%)
12	<b>SZCZUPACZYŃSKI Arkadiusz</b>	<b>77</b>	RUNGRYF GRYFICE	M50-59	1	<b>01:30:56.70</b>	+00:17:54 (19.7%)	4:18	13.9 (80.3%)
13	<b>WEGNER Przemysław</b>	<b>85</b>		M40-49	4	<b>01:32:30.75</b>	+00:19:28 (21.1%)	4:23	13.7 (79.2%)
14	<b>HABIEDA Lucjan</b>	<b>108</b>		M50-59	2	<b>01:32:39.85</b>	+00:19:38 (21.2%)	4:23	13.7 (79.2%)
15	<b>RYGIELSKI Arkadiusz</b>	<b>69</b>	MOWI	M30-39	8	<b>01:33:12.35</b>	+00:20:10 (21.6%)	4:25	13.6 (78.6%)
16	<b>JABŁONOWSKI Wojciech</b>	<b>17</b>		M40-49	5	<b>01:34:29.75</b>	+00:21:27 (22.7%)	4:28	13.4 (77.5%)
17	<b>TUWALSKA Elżbieta</b>	<b>84</b>	LKS ZANTYR SZTUM	K40-49	1	<b>01:34:32.45</b>	+00:21:30 (22.8%)	4:28	13.4 (77.5%)
18	<b>TUWALSKA Małgorzata</b>	<b>83</b>	LKS ZANTYR SZTUM	K40-49	2	<b>01:34:38.45</b>	+00:21:36 (22.8%)	4:29	13.4 (77.5%)
19	<b>KRAWCZYK Grzegorz</b>	<b>32</b>	POLSKA RUNNING TEAM	M40-49	6	<b>01:35:05.45</b>	+00:22:03 (23.2%)	4:30	13.3 (76.9%)
20	<b>JANKOWSKI Grzegorz</b>	<b>19</b>		M40-49	7	<b>01:35:29.20</b>	+00:22:27 (23.5%)	4:31	13.3 (76.9%)
21	<b>LASKA Grzegorz</b>	<b>37</b>		M30-39	9	<b>01:35:43.45</b>	+00:22:41 (23.7%)	4:32	13.2 (76.3%)
22	<b>NAGÓREK Kamil</b>	<b>110</b>	STOPA SŁUPSK	M30-39	10	<b>01:35:51.15</b>	+00:22:49 (23.8%)	4:32	13.2 (76.3%)
23	<b>NAGÓREK Krzysztof</b>	<b>50</b>	TUPOT USTKA	M60+	1	<b>01:35:51.60</b>	+00:22:49 (23.8%)	4:32	13.2 (76.3%)
24	<b>ŻYLICZ Paweł</b>	<b>93</b>	STOPA SŁUPSK / USB USTKA	M18-29	2	<b>01:36:03.05</b>	+00:23:01 (24.0%)	4:33	13.2 (76.3%)
25	<b>POĆWIARDOWSKI Maciej</b>	<b>63</b>		M18-29	3	<b>01:36:10.35</b>	+00:23:08 (24.1%)	4:33	13.2 (76.3%)
26	<b>KOZA Kamil</b>	<b>98</b>	USB USTKA	M30-39	11	<b>01:36:46.90</b>	+00:23:45 (24.5%)	4:35	13.1 (75.7%)
27	<b>PAKUŁA Mateusz</b>	<b>57</b>		M30-39	12	<b>01:37:09.35</b>	+00:24:07 (24.8%)	4:36	13 (75.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						21.1km	Różn		
28	<b>KULBA Marek</b>	<b>36</b>	KB SOBÓTKA	M18-29	4	<b>01:37:21.30</b>	+00:24:19 (25.0%)	4:36	13 (75.1%)
29	<b>KOSINSKI Zbigniew</b>	<b>29</b>		M40-49	8	<b>01:38:07.80</b>	+00:25:05 (25.6%)	4:39	12.9 (74.6%)
30	<b>KMITA Krzysztof</b>	<b>102</b>		M30-39	13	<b>01:38:36.80</b>	+00:25:34 (25.9%)	4:40	12.8 (74.0%)
31	<b>PIASKOWSKI Robert</b>	<b>59</b>		M40-49	9	<b>01:38:56.45</b>	+00:25:54 (26.2%)	4:41	12.8 (74.0%)
32	<b>PIEKARSKI Jacek</b>	<b>60</b>		M30-39	14	<b>01:41:16.90</b>	+00:28:15 (27.9%)	4:48	12.5 (72.3%)
33	<b>WIŚNIEWSKI Maciej</b>	<b>87</b>		M40-49	10	<b>01:41:30.70</b>	+00:28:28 (28.1%)	4:48	12.5 (72.3%)
34	<b>KUBIAK Jagoda</b>	<b>35</b>		K30-39	1	<b>01:42:12.75</b>	+00:29:10 (28.5%)	4:50	12.4 (71.7%)
35	<b>TŁUSTEK Łukasz</b>	<b>80</b>	KB BRYZA POSTOMINO	M30-39	15	<b>01:42:40.60</b>	+00:29:38 (28.9%)	4:51	12.3 (71.1%)
36	<b>TOMCZAK Dominik</b>	<b>81</b>	NIGHT RUNNERS SŁUPSK	M40-49	11	<b>01:43:06.30</b>	+00:30:04 (29.2%)	4:53	12.3 (71.1%)
37	<b>HORBACZ Grzegorz</b>	<b>16</b>		M40-49	12	<b>01:44:17.45</b>	+00:31:15 (30.0%)	4:56	12.1 (69.9%)
38	<b>KOŁODZIEJCZYK Łukasz</b>	<b>27</b>		M30-39	16	<b>01:44:24.55</b>	+00:31:22 (30.1%)	4:56	12.1 (69.9%)
39	<b>MIKICIUK Piotr</b>	<b>97</b>		M40-49	13	<b>01:44:44.70</b>	+00:31:42 (30.3%)	4:57	12.1 (69.9%)
40	<b>PIERNIKOWSKI Sławomir</b>	<b>61</b>		M40-49	14	<b>01:45:11.10</b>	+00:32:09 (30.6%)	4:59	12 (69.4%)
41	<b>WIŚNIEWSKI Jacek</b>	<b>106</b>	NOWA RUDA BIEGA	M40-49	15	<b>01:45:25.20</b>	+00:32:23 (30.7%)	4:59	12 (69.4%)
42	<b>JAŁOWSKA Magdalena</b>	<b>18</b>	MARATOŃCZYK POZNAŃ	K40-49	3	<b>01:45:34.25</b>	+00:32:32 (30.8%)	5:00	12 (69.4%)
43	<b>KAZIUL Krystian</b>	<b>26</b>		M30-39	17	<b>01:45:41.95</b>	+00:32:40 (30.9%)	5:00	12 (69.4%)
44	<b>BONOWICZ Radosław</b>	<b>2</b>		M40-49	16	<b>01:46:19.25</b>	+00:33:17 (31.3%)	5:02	11.9 (68.8%)
45	<b>WŁAŚNIAK Łukasz</b>	<b>89</b>	MOWI	M18-29	5	<b>01:46:39.95</b>	+00:33:38 (31.5%)	5:03	11.9 (68.8%)
46	<b>PŁYTNIK Andrzej</b>	<b>62</b>		M40-49	17	<b>01:47:06.55</b>	+00:34:04 (31.8%)	5:04	11.8 (68.2%)
47	<b>ŻYSZKIEWICZ Piotr</b>	<b>94</b>	USB USTKA	M40-49	18	<b>01:48:28.30</b>	+00:35:26 (32.7%)	5:08	11.7 (67.6%)
48	<b>KANIEWSKI Jacek</b>	<b>24</b>	W.P.K SŁOŃ TEAM USTKA	M40-49	19	<b>01:48:50.30</b>	+00:35:48 (32.9%)	5:09	11.6 (67.1%)
49	<b>ŚWIETLIK Tomasz</b>	<b>79</b>	LEO TEAM	M50-59	3	<b>01:48:54.95</b>	+00:35:53 (32.9%)	5:09	11.6 (67.1%)
50	<b>KARAŚ Radosław</b>	<b>25</b>	NIGHT RUNNERS SŁUPSK	M30-39	18	<b>01:49:04.30</b>	+00:36:02 (33.0%)	5:10	11.6 (67.1%)
51	<b>SZAŁKOWSKI Wojtek</b>	<b>99</b>	TUPOT USTKA	M40-49	20	<b>01:49:41.15</b>	+00:36:39 (33.4%)	5:11	11.5 (66.5%)
52	<b>NADOLNY Piotr</b>	<b>49</b>	USB USTKA	M40-49	21	<b>01:49:52.30</b>	+00:36:50 (33.5%)	5:12	11.5 (66.5%)
53	<b>JAROS Adam</b>	<b>20</b>		M40-49	22	<b>01:50:26.30</b>	+00:37:24 (33.9%)	5:14	11.5 (66.5%)
54	<b>MALESZKA-BAGIŃSKA Kinga</b>	<b>43</b>	GRUPA BIEGOWA KL/AN	K30-39	2	<b>01:50:32.35</b>	+00:37:30 (33.9%)	5:14	11.5 (66.5%)
55	<b>DUDA Grzegorz</b>	<b>6</b>	BEST BEASTS	M40-49	23	<b>01:50:54.90</b>	+00:37:53 (34.2%)	5:15	11.4 (65.9%)
56	<b>KROTOWSKI Grzegorz</b>	<b>34</b>	TUPOT USTKA	M50-59	4	<b>01:51:20.65</b>	+00:38:18 (34.4%)	5:16	11.4 (65.9%)
57	<b>PRZEWROCKI Andrzej</b>	<b>66</b>		M30-39	19	<b>01:51:52.25</b>	+00:38:50 (34.7%)	5:18	11.3 (65.3%)
58	<b>SZOPA Zbigniew</b>	<b>101</b>		M60+	2	<b>01:52:33.50</b>	+00:39:31 (35.1%)	5:20	11.2 (64.7%)
59	<b>LUŚCIŃSKI Konrad</b>	<b>40</b>		M50-59	5	<b>01:52:49.15</b>	+00:39:47 (35.3%)	5:20	11.2 (64.7%)
60	<b>SZEWCZUK Piotr</b>	<b>78</b>		M30-39	20	<b>01:52:49.95</b>	+00:39:48 (35.3%)	5:20	11.2 (64.7%)
61	<b>MALINOWSKI Sławek</b>	<b>44</b>	HEAVY METAL TEAM	M40-49	24	<b>01:54:13.90</b>	+00:41:12 (36.1%)	5:24	11.1 (64.2%)
62	<b>NACHYŁA Piotr</b>	<b>48</b>	STOPA SŁUPSK	M40-49	25	<b>01:54:50.90</b>	+00:41:49 (36.4%)	5:26	11 (63.6%)
63	<b>MIZERA Agnieszka</b>	<b>47</b>		K50-59	1	<b>01:55:14.90</b>	+00:42:13 (36.6%)	5:27	11 (63.6%)
64	<b>NIWIŃSKI Grzegorz</b>	<b>51</b>	TUPOT USTKA	M60+	3	<b>01:55:45.80</b>	+00:42:43 (36.9%)	5:29	10.9 (63.0%)
65	<b>ROSIAK Jacek</b>	<b>68</b>		M40-49	26	<b>01:56:34.75</b>	+00:43:32 (37.4%)	5:31	10.9 (63.0%)
66	<b>STROJNOWSKI Jerzy</b>	<b>76</b>		Lek-M60-69	1	<b>01:56:57.25</b>	+00:43:55 (37.6%)	5:32	10.8 (62.4%)
67	<b>LISKE Dorota</b>	<b>39</b>		K40-49	4	<b>01:57:16.45</b>	+00:44:14 (37.7%)	5:33	10.8 (62.4%)
68	<b>HASIUK Jarek</b>	<b>13</b>	HAEVY METAL TEAM	M40-49	27	<b>01:57:34.20</b>	+00:44:32 (37.9%)	5:34	10.8 (62.4%)
69	<b>ZARĘBSKI Maciej</b>	<b>92</b>		M40-49	28	<b>01:57:37.50</b>	+00:44:35 (37.9%)	5:34	10.8 (62.4%)
70	<b>SKOCZYŃSKA Renata</b>	<b>103</b>	USB USTKA	K30-39	3	<b>01:57:55.25</b>	+00:44:53 (38.1%)	5:35	10.7 (61.8%)
71	<b>LASKA Agnieszka</b>	<b>38</b>	MKS ŚWIĘC SŁAWNO	K40-49	5	<b>01:58:08.45</b>	+00:45:06 (38.2%)	5:35	10.7 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						21.1km	Różn		
72	<b>RZĄDKOWSKA Maria</b>	<b>70</b>		K40-49	6	<b>01:58:20.15</b>	+00:45:18 (38.3%)	5:36	10.7 (61.8%)
73	<b>MARUSZAK Przem</b>	<b>95</b>		M30-39	21	<b>01:59:18.90</b>	+00:46:17 (38.8%)	5:39	10.6 (61.3%)
74	<b>GŁÓWKA Alfred</b>	<b>9</b>	KARCZMA U FREDA	M50-59	6	<b>01:59:21.50</b>	+00:46:19 (38.8%)	5:39	10.6 (61.3%)
75	<b>HAŁKA Arkadiusz</b>	<b>12</b>	TRUCHT ŁOBEZ	M40-49	29	<b>01:59:25.05</b>	+00:46:23 (38.8%)	5:39	10.6 (61.3%)
76	<b>KRAWIEC Krzysztof</b>	<b>96</b>		M50-59	7	<b>02:00:19.00</b>	+00:47:17 (39.3%)	5:42	10.5 (60.7%)
77	<b>BARSZCZEWSKI Sebastian</b>	<b>1</b>	BŁĘKITNY PATROL WWF	M40-49	30	<b>02:00:34.20</b>	+00:47:32 (39.4%)	5:42	10.5 (60.7%)
78	<b>RATAJCZYK Monika</b>	<b>67</b>	MOWI	K30-39	4	<b>02:00:40.55</b>	+00:47:38 (39.5%)	5:43	10.5 (60.7%)
79	<b>ZAGRODZKI Ireneusz</b>	<b>91</b>	TUPOT USTKA	M60+	4	<b>02:02:22.75</b>	+00:49:20 (40.3%)	5:47	10.3 (59.5%)
80	<b>TOMCZAK Sebastian</b>	<b>100</b>		M40-49	31	<b>02:03:45.45</b>	+00:50:43 (41.0%)	5:51	10.2 (59.0%)
81	<b>MIKINKA Magdalena</b>	<b>46</b>		K30-39	5	<b>02:03:48.50</b>	+00:50:46 (41.0%)	5:52	10.2 (59.0%)
82	<b>HEJZA Leszek</b>	<b>15</b>		M18-29	6	<b>02:04:38.20</b>	+00:51:36 (41.4%)	5:54	10.2 (59.0%)
83	<b>STANIASZEK Bogusław</b>	<b>75</b>	TUPOT USTKA	M60+	5	<b>02:05:19.30</b>	+00:52:17 (41.7%)	5:56	10.1 (58.4%)
84	<b>FOLTYN Agnieszka</b>	<b>107</b>		K40-49	7	<b>02:06:58.05</b>	+00:53:56 (42.5%)	6:01	10 (57.8%)
85	<b>POKORNY Edward</b>	<b>64</b>	TUPOT USTKA	Lek-M70+	1	<b>02:08:49.30</b>	+00:55:47 (43.3%)	6:06	9.8 (56.6%)
86	<b>WŁODARCZYK Marta</b>	<b>90</b>	STOPA SŁUPSK	K30-39	6	<b>02:10:53.05</b>	+00:57:51 (44.2%)	6:12	9.7 (56.1%)
87	<b>SALITA Lech</b>	<b>71</b>	ALTOM GNIEZNO	M50-59	8	<b>02:12:50.95</b>	+00:59:49 (45.0%)	6:17	9.5 (54.9%)
88	<b>GOONTEK Łukasz</b>	<b>10</b>	BATORY	M30-39	22	<b>02:17:04.60</b>	+01:04:02 (46.7%)	6:29	9.2 (53.2%)
89	<b>MADOŃ-WIŚNIEWSKA Magdalena</b>	<b>42</b>	BRAK	K30-39	7	<b>02:18:13.15</b>	+01:05:11 (47.2%)	6:33	9.2 (53.2%)
90	<b>GRABOWICZ Jerzy</b>	<b>11</b>	TUPOT USTKA	M60+	6	<b>02:18:27.90</b>	+01:05:26 (47.3%)	6:33	9.1 (52.6%)
91	<b>SEWERYN Tomasz</b>	<b>72</b>	BEST BEASTS	M30-39	23	<b>02:20:16.15</b>	+01:07:14 (47.9%)	6:38	9 (52.0%)
92	<b>DUDA Róża</b>	<b>7</b>	BEST BEASTS	K30-39	8	<b>02:20:21.25</b>	+01:07:19 (48.0%)	6:39	9 (52.0%)
93	<b>KOT Daniel</b>	<b>31</b>	KOT TEAM	M40-49	32	<b>02:21:45.45</b>	+01:08:43 (48.5%)	6:43	8.9 (51.4%)
94	<b>ŁĄCKI Wojciech</b>	<b>41</b>	ALTOM GNIEZNO	Lek-M60-69	2	<b>02:23:41.85</b>	+01:10:40 (49.2%)	6:48	8.8 (50.9%)
95	<b>KOŚCIŃSKI Tomasz</b>	<b>30</b>		Lek-M60-69	3	<b>02:24:15.90</b>	+01:11:14 (49.4%)	6:50	8.8 (50.9%)
96	<b>OBSTARCZYK Andrzej</b>	<b>54</b>	ZADYSZKA OŚWIĘCIM	M60+	7	<b>02:26:48.20</b>	+01:13:46 (50.3%)	6:57	8.6 (49.7%)

Znaleziono 96 wynik(ów)