

XXIV PÓŁMARATON 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	BŁASZCZYK Patryk	104	LKS JANTAR USTKA	M18-29	1	01:13:01.85		3:27	17.3 (100%)
2	CZERNIAK Robert	5	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M30-39	1	01:15:09.95	+00:02:08 (2.8%)	3:33	16.8 (97.1%)
3	PELO Artur	109	7 BRYGADA OBRONY WYBRZEŻA	M40-49	1	01:18:43.60	+00:05:41 (7.2%)	3:43	16.1 (93.1%)
4	JÓZEFczyk Grzegorz	22		M40-49	2	01:21:54.45	+00:08:52 (10.8%)	3:52	15.5 (89.6%)
5	MIELEWCZYK Łukasz	105	LKB BRACI PETK	M30-39	2	01:27:44.65	+00:14:42 (16.8%)	4:09	14.4 (83.2%)
6	WEGNER Stachu	86		M30-39	3	01:28:23.05	+00:15:21 (17.4%)	4:11	14.3 (82.7%)
7	KAMIENIECKI Rafał	23	TUPOT USTKA	M40-49	3	01:28:29.15	+00:15:27 (17.5%)	4:11	14.3 (82.7%)
8	TUSCHER Jakub	82	FOREST PLOTS FIGHTERS	M30-39	4	01:28:48.00	+00:15:46 (17.8%)	4:12	14.3 (82.7%)
9	MASŁOWSKI Mateusz	45	ROGELLI TEAM/MASŁO_BIEGA	M30-39	5	01:29:08.05	+00:16:06 (18.1%)	4:13	14.2 (82.1%)
10	PAJURA Robert	56		M30-39	6	01:30:06.00	+00:17:04 (18.9%)	4:16	14.1 (81.5%)
11	JEZIERSKI Łukasz	21		M30-39	7	01:30:20.05	+00:17:18 (19.2%)	4:16	14 (80.9%)
12	SZCZUPACZYŃSKI Arkadiusz	77	RUNGRYF GRYFICE	M50-59	1	01:30:56.70	+00:17:54 (19.7%)	4:18	13.9 (80.3%)
13	WEGNER Przemysław	85		M40-49	4	01:32:30.75	+00:19:28 (21.1%)	4:23	13.7 (79.2%)
14	HABIEDA Lucjan	108		M50-59	2	01:32:39.85	+00:19:38 (21.2%)	4:23	13.7 (79.2%)
15	RYGIELSKI Arkadiusz	69	MOWI	M30-39	8	01:33:12.35	+00:20:10 (21.6%)	4:25	13.6 (78.6%)
16	JABŁONOWSKI Wojciech	17		M40-49	5	01:34:29.75	+00:21:27 (22.7%)	4:28	13.4 (77.5%)
17	TUWALSKA Elżbieta	84	LKS ZANTYR SZTUM	K40-49	1	01:34:32.45	+00:21:30 (22.8%)	4:28	13.4 (77.5%)
18	TUWALSKA Małgorzata	83	LKS ZANTYR SZTUM	K40-49	2	01:34:38.45	+00:21:36 (22.8%)	4:29	13.4 (77.5%)
19	KRAWCZYK Grzegorz	32	POLSKA RUNNING TEAM	M40-49	6	01:35:05.45	+00:22:03 (23.2%)	4:30	13.3 (76.9%)
20	JANKOWSKI Grzegorz	19		M40-49	7	01:35:29.20	+00:22:27 (23.5%)	4:31	13.3 (76.9%)
21	LASKA Grzegorz	37		M30-39	9	01:35:43.45	+00:22:41 (23.7%)	4:32	13.2 (76.3%)
22	NAGÓREK Kamil	110	STOPA SŁUPSK	M30-39	10	01:35:51.15	+00:22:49 (23.8%)	4:32	13.2 (76.3%)
23	NAGÓREK Krzysztof	50	TUPOT USTKA	M60+	1	01:35:51.60	+00:22:49 (23.8%)	4:32	13.2 (76.3%)
24	ŻYLICZ Paweł	93	STOPA SŁUPSK / USB USTKA	M18-29	2	01:36:03.05	+00:23:01 (24.0%)	4:33	13.2 (76.3%)
25	POĆWIARDOWSKI Maciej	63		M18-29	3	01:36:10.35	+00:23:08 (24.1%)	4:33	13.2 (76.3%)
26	KOZA Kamil	98	USB USTKA	M30-39	11	01:36:46.90	+00:23:45 (24.5%)	4:35	13.1 (75.7%)
27	PAKUŁA Mateusz	57		M30-39	12	01:37:09.35	+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	KULBA Marek	36	KB SOBÓTKA	M18-29	4	01:37:21.30	+00:24:19 (25.0%)	4:36	13 (75.1%)
29	KOSINSKI Zbigniew	29		M40-49	8	01:38:07.80	+00:25:05 (25.6%)	4:39	12.9 (74.6%)
30	KMITA Krzysztof	102		M30-39	13	01:38:36.80	+00:25:34 (25.9%)	4:40	12.8 (74.0%)
31	PIASKOWSKI Robert	59		M40-49	9	01:38:56.45	+00:25:54 (26.2%)	4:41	12.8 (74.0%)
32	PIEKARSKI Jacek	60		M30-39	14	01:41:16.90	+00:28:15 (27.9%)	4:48	12.5 (72.3%)
33	WIŚNIEWSKI Maciej	87		M40-49	10	01:41:30.70	+00:28:28 (28.1%)	4:48	12.5 (72.3%)
34	KUBIAK Jagoda	35		K30-39	1	01:42:12.75	+00:29:10 (28.5%)	4:50	12.4 (71.7%)
35	TŁUSTEK Łukasz	80	KB BRYZA POSTOMINO	M30-39	15	01:42:40.60	+00:29:38 (28.9%)	4:51	12.3 (71.1%)
36	TOMCZAK Dominik	81	NIGHT RUNNERS SŁUPSK	M40-49	11	01:43:06.30	+00:30:04 (29.2%)	4:53	12.3 (71.1%)
37	HORBACZ Grzegorz	16		M40-49	12	01:44:17.45	+00:31:15 (30.0%)	4:56	12.1 (69.9%)
38	KOŁODZIEJCZYK Łukasz	27		M30-39	16	01:44:24.55	+00:31:22 (30.1%)	4:56	12.1 (69.9%)
39	MIKICIUK Piotr	97		M40-49	13	01:44:44.70	+00:31:42 (30.3%)	4:57	12.1 (69.9%)
40	PIERNIKOWSKI Sławomir	61		M40-49	14	01:45:11.10	+00:32:09 (30.6%)	4:59	12 (69.4%)
41	WIŚNIEWSKI Jacek	106	NOWA RUDA BIEGA	M40-49	15	01:45:25.20	+00:32:23 (30.7%)	4:59	12 (69.4%)
42	JAŁOWSKA Magdalena	18	MARATOŃCZYK POZNAŃ	K40-49	3	01:45:34.25	+00:32:32 (30.8%)	5:00	12 (69.4%)
43	KAZIUL Krystian	26		M30-39	17	01:45:41.95	+00:32:40 (30.9%)	5:00	12 (69.4%)
44	BONOWICZ Radosław	2		M40-49	16	01:46:19.25	+00:33:17 (31.3%)	5:02	11.9 (68.8%)
45	WŁAŚNIAK Łukasz	89	MOWI	M18-29	5	01:46:39.95	+00:33:38 (31.5%)	5:03	11.9 (68.8%)
46	PŁYTNIK Andrzej	62		M40-49	17	01:47:06.55	+00:34:04 (31.8%)	5:04	11.8 (68.2%)
47	ŻYSZKIEWICZ Piotr	94	USB USTKA	M40-49	18	01:48:28.30	+00:35:26 (32.7%)	5:08	11.7 (67.6%)
48	KANIEWSKI Jacek	24	W.P.K SŁOŃ TEAM USTKA	M40-49	19	01:48:50.30	+00:35:48 (32.9%)	5:09	11.6 (67.1%)
49	ŚWIETLIK Tomasz	79	LEO TEAM	M50-59	3	01:48:54.95	+00:35:53 (32.9%)	5:09	11.6 (67.1%)
50	KARAŚ Radosław	25	NIGHT RUNNERS SŁUPSK	M30-39	18	01:49:04.30	+00:36:02 (33.0%)	5:10	11.6 (67.1%)
51	SZAŁKOWSKI Wojtek	99	TUPOT USTKA	M40-49	20	01:49:41.15	+00:36:39 (33.4%)	5:11	11.5 (66.5%)
52	NADOLNY Piotr	49	USB USTKA	M40-49	21	01:49:52.30	+00:36:50 (33.5%)	5:12	11.5 (66.5%)
53	JAROS Adam	20		M40-49	22	01:50:26.30	+00:37:24 (33.9%)	5:14	11.5 (66.5%)
54	MALESZKA-BAGIŃSKA Kinga	43	GRUPA BIEGOWA KL/AN	K30-39	2	01:50:32.35	+00:37:30 (33.9%)	5:14	11.5 (66.5%)
55	DUDA Grzegorz	6	BEST BEASTS	M40-49	23	01:50:54.90	+00:37:53 (34.2%)	5:15	11.4 (65.9%)
56	KROTOWSKI Grzegorz	34	TUPOT USTKA	M50-59	4	01:51:20.65	+00:38:18 (34.4%)	5:16	11.4 (65.9%)
57	PRZEWROCKI Andrzej	66		M30-39	19	01:51:52.25	+00:38:50 (34.7%)	5:18	11.3 (65.3%)
58	SZOPA Zbigniew	101		M60+	2	01:52:33.50	+00:39:31 (35.1%)	5:20	11.2 (64.7%)
59	LUŚCIŃSKI Konrad	40		M50-59	5	01:52:49.15	+00:39:47 (35.3%)	5:20	11.2 (64.7%)
60	SZEWCUK Piotr	78		M30-39	20	01:52:49.95	+00:39:48 (35.3%)	5:20	11.2 (64.7%)
61	MALINOWSKI Sławek	44	HEAVY METAL TEAM	M40-49	24	01:54:13.90	+00:41:12 (36.1%)	5:24	11.1 (64.2%)
62	NACHYŁA Piotr	48	STOPA SŁUPSK	M40-49	25	01:54:50.90	+00:41:49 (36.4%)	5:26	11 (63.6%)
63	MIZERA Agnieszka	47		K50-59	1	01:55:14.90	+00:42:13 (36.6%)	5:27	11 (63.6%)
64	NIWIŃSKI Grzegorz	51	TUPOT USTKA	M60+	3	01:55:45.80	+00:42:43 (36.9%)	5:29	10.9 (63.0%)
65	ROSIAK Jacek	68		M40-49	26	01:56:34.75	+00:43:32 (37.4%)	5:31	10.9 (63.0%)
66	STROJNOWSKI Jerzy	76		Lek-M60-69	1	01:56:57.25	+00:43:55 (37.6%)	5:32	10.8 (62.4%)
67	LISKE Dorota	39		K40-49	4	01:57:16.45	+00:44:14 (37.7%)	5:33	10.8 (62.4%)
68	HASIUK Jarek	13	HAEVY METAL TEAM	M40-49	27	01:57:34.20	+00:44:32 (37.9%)	5:34	10.8 (62.4%)
69	ZARĘBSKI Maciej	92		M40-49	28	01:57:37.50	+00:44:35 (37.9%)	5:34	10.8 (62.4%)
70	SKOCZYŃSKA Renata	103	USB USTKA	K30-39	3	01:57:55.25	+00:44:53 (38.1%)	5:35	10.7 (61.8%)
71	LASKA Agnieszka	38	MKS ŚWIĘC SŁAWNO	K40-49	5	01:58:08.45	+00:45:06 (38.2%)	5:35	10.7 (61.8%)

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

Znaleziono 96 wynik(ów)