



## 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: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	PELO Artur	109	7 BRYGADA OBRONY WYBRZEŻA	M40-49	1	01:18:43.60		3:43	16.1 (100%)
2	JÓZEFczyk Grzegorz	22		M40-49	2	01:21:54.45	+00:03:10 (3.9%)	3:52	15.5 (96.3%)
3	KAMIENIECKI Rafał	23	TUPOT USTKA	M40-49	3	01:28:29.15	+00:09:45 (11.0%)	4:11	14.3 (88.8%)
4	WEGNER Przemysław	85		M40-49	4	01:32:30.75	+00:13:47 (14.9%)	4:23	13.7 (85.1%)
5	JABŁONOWSKI Wojciech	17		M40-49	5	01:34:29.75	+00:15:46 (16.7%)	4:28	13.4 (83.2%)
6	KRAWCZYK Grzegorz	32	POLSKA RUNNING TEAM	M40-49	6	01:35:05.45	+00:16:21 (17.2%)	4:30	13.3 (82.6%)
7	JANKOWSKI Grzegorz	19		M40-49	7	01:35:29.20	+00:16:45 (17.6%)	4:31	13.3 (82.6%)
8	KOSINSKI Zbigniew	29		M40-49	8	01:38:07.80	+00:19:24 (19.8%)	4:39	12.9 (80.1%)
9	PIASKOWSKI Robert	59		M40-49	9	01:38:56.45	+00:20:12 (20.4%)	4:41	12.8 (79.5%)
10	WIŚNIEWSKI Maciej	87		M40-49	10	01:41:30.70	+00:22:47 (22.4%)	4:48	12.5 (77.6%)
11	TOMCZAK Dominik	81	NIGHT RUNNERS SŁUPSK	M40-49	11	01:43:06.30	+00:24:22 (23.6%)	4:53	12.3 (76.4%)
12	HORBACZ Grzegorz	16		M40-49	12	01:44:17.45	+00:25:33 (24.5%)	4:56	12.1 (75.2%)
13	MIKICIUK Piotr	97		M40-49	13	01:44:44.70	+00:26:01 (24.8%)	4:57	12.1 (75.2%)
14	PIERNIKOWSKI Sławomir	61		M40-49	14	01:45:11.10	+00:26:27 (25.2%)	4:59	12 (74.5%)
15	WIŚNIEWSKI Jacek	106	NOWA RUDA BIEGA	M40-49	15	01:45:25.20	+00:26:41 (25.3%)	4:59	12 (74.5%)
16	BONOWICZ Radosław	2		M40-49	16	01:46:19.25	+00:27:35 (26.0%)	5:02	11.9 (73.9%)
17	PŁYTYNIK Andrzej	62		M40-49	17	01:47:06.55	+00:28:22 (26.5%)	5:04	11.8 (73.3%)
18	ŻYSZKIEWICZ Piotr	94	USB USTKA	M40-49	18	01:48:28.30	+00:29:44 (27.4%)	5:08	11.7 (72.7%)
19	KANIOWSKI Jacek	24	W.P.K SŁOŃ TEAM USTKA	M40-49	19	01:48:50.30	+00:30:06 (27.7%)	5:09	11.6 (72.0%)
20	SZAŁKOWSKI Wojtek	99	TUPOT USTKA	M40-49	20	01:49:41.15	+00:30:57 (28.2%)	5:11	11.5 (71.4%)
21	NADOLNY Piotr	49	USB USTKA	M40-49	21	01:49:52.30	+00:31:08 (28.3%)	5:12	11.5 (71.4%)
22	JAROS Adam	20		M40-49	22	01:50:26.30	+00:31:42 (28.7%)	5:14	11.5 (71.4%)
23	DUDA Grzegorz	6	BEST BEASTS	M40-49	23	01:50:54.90	+00:32:11 (29.0%)	5:15	11.4 (70.8%)
24	MALINOWSKI Sławek	44	HEAVY METAL TEAM	M40-49	24	01:54:13.90	+00:35:30 (31.1%)	5:24	11.1 (68.9%)
25	NACHYŁA Piotr	48	STOPA SŁUPSK	M40-49	25	01:54:50.90	+00:36:07 (31.5%)	5:26	11 (68.3%)
26	ROSIĄK Jacek	68		M40-49	26	01:56:34.75	+00:37:51 (32.5%)	5:31	10.9 (67.7%)
27	HASIUK Jarek	13	HAEVY METAL TEAM	M40-49	27	01:57:34.20	+00:38:50 (33.0%)	5:34	10.8 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
28	<b>ZARĘBSKI Maciej</b>	<b>92</b>		M40-49	28	<b>01:57:37.50</b>	+00:38:53 (33.1%)	5:34	10.8 (67.1%)
29	<b>HAŁKA Arkadiusz</b>	<b>12</b>	TRUCHT ŁOBEZ	M40-49	29	<b>01:59:25.05</b>	+00:40:41 (34.1%)	5:39	10.6 (65.8%)
30	<b>BARSZCZEWSKI Sebastian</b>	<b>1</b>	BŁĘKITNY PATROL WWF	M40-49	30	<b>02:00:34.20</b>	+00:41:50 (34.7%)	5:42	10.5 (65.2%)
31	<b>TOMCZAK Sebastian</b>	<b>100</b>		M40-49	31	<b>02:03:45.45</b>	+00:45:01 (36.4%)	5:51	10.2 (63.4%)
32	<b>KOT Daniel</b>	<b>31</b>	KOT TEAM	M40-49	32	<b>02:21:45.45</b>	+01:03:01 (44.5%)	6:43	8.9 (55.3%)

Znaleziono 32 wynik(ów)