



XXX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

Event: XXX PÓŁMARATON LIPCOWY OKONEK
Organiser: Gmina Okonek
Date: 2017-07-15
Place: Okonek
Distance: 21.1 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Start_All 5.3km	Start_All 10.6km	Start_All 15.9km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	KUBIAK Piotr	317	PRECON POLSKA-JASTROWIE	M30-39	1	00:21:28	00:43:21	01:05:14	01:26:51.40		4:07	14.6 (100%)
2	KORAB Szymon	310	KORZYBSKIE REKINY	M30-39	2	00:22:00	00:44:20	01:07:26	01:30:39.50	+00:03:48 (4.2%)	4:17	14 (95.9%)
3	MROZIK Daniel	337		M30-39	3	00:21:44	00:44:27	01:07:51	01:32:15.60	+00:05:24 (5.9%)	4:22	13.7 (93.8%)
4	ROKOSZ Radosław	370	JW 1223 KOSZALIN	M30-39	4	00:22:31	00:45:27	01:08:51	01:33:06.50	+00:06:15 (6.7%)	4:24	13.6 (93.2%)
5	LESZCZYŃSKI Michał	324	SYBERIAN HUSKY TEAM	M30-39	5	00:22:48	00:46:23	01:10:05	01:33:39.95	+00:06:48 (7.3%)	4:26	13.5 (92.5%)
6	RETKA Bartosz	369		M30-39	6	00:23:00	00:46:06	01:09:23	01:33:45.15	+00:06:53 (7.4%)	4:26	13.5 (92.5%)
7	KULESZA Adam	321	CSWL POZNAŃ	M30-39	7	00:22:17	00:45:17	01:09:36	01:34:38.75	+00:07:47 (8.2%)	4:29	13.4 (91.8%)
8	PAWLAK Marcin	352		M30-39	8	00:23:01	00:46:59	01:11:41	01:36:35.95	+00:09:44 (10.1%)	4:34	13.1 (89.7%)
9	SŁONKA Sławomir	380	MKS DEBRZNO	M30-39	9	00:21:45	00:44:18	01:08:45	01:36:37.60	+00:09:46 (10.1%)	4:34	13.1 (89.7%)
10	KULPA Marcin	322		M30-39	10	00:22:58	00:46:10	01:11:06	01:36:38.30	+00:09:46 (10.1%)	4:34	13.1 (89.7%)
11	OKOŁOTOWICZ Sebastian	344		M30-39	11	00:20:40	00:43:32	01:08:52	01:37:57.35	+00:11:05 (11.3%)	4:38	12.9 (88.4%)
12	PROKOPOWICZ Marcin	363	3:33 TEAM JASTROWIE	M30-39	12	00:23:26	00:48:34	01:14:20	01:39:58.45	+00:13:07 (13.1%)	4:44	12.7 (87.0%)
13	PFAJFER Marek	355	SPÓJNIA BIAŁE BŁOTA	M30-39	13	00:25:36	00:50:57	01:15:57	01:40:07.50	+00:13:16 (13.3%)	4:44	12.6 (86.3%)

Place	Participant	Number	Club	Category	MCat	Start_All	Start_All	Start_All	Net	Gap	Pace	Pace
						5.3km	10.6km	15.9km	time			
14	GRABOWSKI Rafał	284	KORZYBSKIE REKINY	M30-39	14	00:22:22	00:46:10	01:11:32	01:40:32.45	+00:13:41 (13.6%)	4:45	12.6 (86.3%)
15	WILKOWSKI Krzysztof	398		M30-39	15	00:24:42	00:50:00	01:16:21	01:41:06.20	+00:14:14 (14.1%)	4:47	12.5 (85.6%)
16	WYGRALAK Piotr	418	DRUŻYNA SZPIKU	M30-39	16	00:24:02	00:49:21	01:15:04	01:41:18.80	+00:14:27 (14.3%)	4:48	12.5 (85.6%)
17	SNIEGOCKI Paweł	382	STADO PĘDZĄCYCH ŚLIMAKÓW/WUEF CLUB DECATHLON	M30-39	17	00:25:45	00:51:02	01:17:18	01:43:27.05	+00:16:35 (16.0%)	4:54	12.2 (83.6%)
18	PIETRZAK Kamil	358	ACTIVE MALBORK	M30-39	18	00:24:31	00:49:47	01:16:02	01:43:36.95	+00:16:45 (16.2%)	4:54	12.2 (83.6%)
19	CZACHOROWSKI Karol	267		M30-39	19	00:26:22	00:52:52	01:18:38	01:43:38.40	+00:16:47 (16.2%)	4:54	12.2 (83.6%)
20	MILACHOWSKI Sebastian	335		M30-39	20	00:26:23	00:52:52	01:18:38	01:43:38.65	+00:16:47 (16.2%)	4:54	12.2 (83.6%)
21	KACZMAREK Robert	300	NIGHT RUNNERS	M30-39	21	00:26:19	00:52:47	01:18:33	01:44:57.50	+00:18:06 (17.2%)	4:58	12.1 (82.9%)
22	JONATOWSKI Grzegorz	297		M30-39	22	00:26:22	00:52:52	01:19:25	01:45:38.80	+00:18:47 (17.8%)	5:00	12 (82.2%)
23	RYBSKI Mariusz	373		M30-39	23	00:25:22	00:51:53	01:19:19	01:46:58.90	+00:20:07 (18.8%)	5:04	11.8 (80.8%)
24	PAŁKA Zenon	351	AMAZON	M30-39	24	00:23:51	00:50:30	01:19:01	01:47:46.65	+00:20:55 (19.4%)	5:06	11.7 (80.1%)
25	KOCLEJDA Grzegorz	307		M30-39	25	00:27:42	00:55:24	01:22:18	01:48:05.25	+00:21:13 (19.6%)	5:07	11.7 (80.1%)
26	BRALSKI Andrzej	259	#ZABIEGANINOCA	M30-39	26	00:26:22	00:53:09	01:20:40	01:48:22.65	+00:21:31 (19.9%)	5:08	11.7 (80.1%)
27	SŁONKA Mariusz	381		M30-39	27	00:22:04	00:48:09	01:17:12	01:49:36.30	+00:22:44 (20.8%)	5:11	11.5 (78.8%)
28	SAWICKI Leszek	377	UZALEŻNIENIA MNIE TYKO SPORT	M30-39	28	00:29:45	00:57:18	01:23:43	01:49:54.45	+00:23:03 (21.0%)	5:12	11.5 (78.8%)
29	BORUCKI Krystian	258	BORKO.PL	M30-39	29	00:26:41	00:53:14	01:21:55	01:51:19.40	+00:24:28 (22.0%)	5:16	11.4 (78.1%)
30	FORTUNA Damian	278		M30-39	30	00:29:42	00:58:04	01:26:45	01:55:23.25	+00:28:31 (24.7%)	5:28	11 (75.3%)
31	ŻUKOWSKI Cezary	408	ROZBIEGANY KOSZALIN	M30-39	31	00:29:14	00:59:07	01:30:25	02:02:34.60	+00:35:43 (29.1%)	5:48	10.3 (70.5%)
32	SAWCZUK Rafał	376		M30-39	32	00:26:59	00:56:52	01:28:24	02:03:27.90	+00:36:36 (29.7%)	5:51	10.3 (70.5%)
33	WOJCIECHOWSKI Andrzej	403		M30-39	33	00:29:57	01:01:19	01:34:53	02:09:54.65	+00:43:03 (33.1%)	6:09	9.7 (66.4%)
34	ZAREMBA Maciej	406		M30-39	34	00:29:42	01:01:02	01:36:19	02:13:48.55	+00:46:57 (35.1%)	6:20	9.5 (65.1%)
35	STURMOWSKI Adam	384	PIWO TO MOJE PALIWO	M30-39	35	00:28:44	01:01:44	01:38:07	02:19:03.90	+00:52:12 (37.5%)	6:35	9.1 (62.3%)
36	NIKOLAJUK Robert	342		M30-39	36	00:28:19	01:01:29	01:37:13		+00:31:59	6:06	9.8 (67.1%)

Total 36 results.