

## V Kętrzyńskie Biegi z Wojciechem

## Kętrzyńskim - Półmaraton

Klasyfikacja: OPEN



| M-ce | Nr start. | Nazwisko i imię            | Miejscowość | Drużyna  | Rok urodz. | Kat. wiek. | M-ce w kat. | Kat. dod. | M-ce w kat. | Tempo min/km | Tempo km/h | 5,0 km | 10,0 km | 15,0 km  | 20,0 km  | Czas netto | Wynik (brutto) | K  | M |
|------|-----------|----------------------------|-------------|--|------------|------------|-------------|-----------|-------------|--------------|------------|--------|---------|----------|----------|------------|----------------|----|---|
| 1    | 209       | Kopeć Wojciech             | Olsztynek   | Team Kopeć                                     | 1986       | M +30      | 1           |           |             | 03:48        | 15.8       | 19:07  | 37:50   | 56:49    | 01:15:37 | 01:19:45   | 01:19:46       | 1  |   |
| 2    | 229       | Pupek Mariusz              | Mrażowo     | Klub Biegacza Mrażowo                          | 1983       | M +30      | 2           |           |             | 04:04        | 14.7       | 20:12  | 40:16   | 01:00:34 | 01:20:55 | 01:25:40   | 01:25:42       | 2  |   |
| 3    | 206       | Fieodorow Tomasz           | Barczewo    | BSB Barczewo Biega                             | 1984       | M +30      | 3           |           |             | 04:15        | 14.1       | 20:13  | 41:27   | 01:03:17 | 01:25:16 | 01:29:33   | 01:29:35       | 3  |   |
| 4    | 218       | Szewczyk Rafał             | Olsztyn     |  | 1974       | M +40      | 1           |           |             | 04:17        | 14.1       | 20:34  | 41:27   | 01:03:16 | 01:25:17 | 01:29:34   | 01:29:36       | 4  |   |
| 5    | 215       | Rymszewicz Tomasz          | Węgorzewo   | Kyokushin Węgorzewo/11 Mazurski Pułk Artylerii | 1980       | M +30      | 4           |           |             | 04:21        | 13.8       | 21:10  | 42:39   | 01:04:26 | 01:26:15 | 01:31:18   | 01:31:21       | 5  |   |
| 6    | 216       | Rynkiewicz Jędrzej         | Kętrzyn     |  | 1988       | M +30      | 5           |           |             | 04:29        | 13.3       | 21:11  | 43:26   | 01:05:52 | 01:28:45 | 01:34:26   | 01:34:28       | 6  |   |
| 7    | 212       | Lenart Miłosz              | Kętrzyn     | Runners Team Kętrzyn                           | 1965       | M +50      | 1           |           |             | 04:32        | 13.2       | 22:01  | 44:44   | 01:07:30 | 01:30:03 | 01:35:06   | 01:35:12       | 7  |   |
| 8    | 205       | Dylak Grzegorz             | Mrażowo     |  | 1973       | M +40      | 2           |           |             | 04:42        | 12.7       | 21:39  | 44:28   | 01:08:03 | 01:33:00 | 01:38:47   | 01:38:51       | 8  |   |
| 9    | 210       | Kuleszka Anna              | Węgorzewo   | Kyokushin Węgorzewo/11 Mazurski Pułk Artylerii | 1989       | K do 30    | 1           |           |             | 04:46        | 12.6       | 22:23  | 45:43   | 01:09:54 | 01:34:29 | 01:39:55   | 01:39:59       | 1  |   |
| 10   | 200       | Andrukajtis Arkadiusz      | Węgorzewo   | Kyokushin Węgorzewo/11 Mazurski Pułk Artylerii | 1976       | M +40      | 3           |           |             | 04:48        | 12.5       | 22:18  | 45:36   | 01:09:38 | 01:34:56 | 01:40:39   | 01:40:41       | 9  |   |
| 11   | 227       | Ożański Tomasz             | Wilkasy     |  | 1995       | M do 30    | 1           |           |             | 04:52        | 12.3       | 23:07  | 46:49   | 01:11:19 | 01:36:40 | 01:42:19   | 01:42:27       | 10 |   |
| 12   | 221       | Wiśniewski Jacek           | Kętrzyn     | Runners Team Kętrzyn                           | 1975       | M +40      | 4           |           |             | 04:54        | 12.2       | 23:57  | 48:23   | 01:12:59 | 01:37:47 | 01:43:08   | 01:43:14       | 11 |   |
| 13   | 213       | Niedźwiecki Zbigniew       | Węgorzewo   | ŚWIAT DZIECKA WĘGORZEWO                        | 1974       | M +40      | 5           |           |             | 04:56        | 12.2       | 24:12  | 48:46   | 01:13:27 | 01:37:47 | 01:43:19   | 01:43:29       | 12 |   |
| 14   | 223       | Chodara Roman              | Kętrzyn     | Runers Team Kętrzyn                            | 1954       | M +60      | 1           |           |             | 04:56        | 12.1       | 24:15  | 48:48   | 01:13:23 | 01:38:08 | 01:43:47   | 01:43:49       | 13 |   |
| 15   | 224       | Moroz Andrzej              | Kętrzyn     |  | 1977       | M +40      | 6           |           |             | 05:00        | 12         | 25:18  | 50:07   | 01:14:55 | 01:39:29 | 01:44:58   | 01:45:07       | 14 |   |
| 16   | 201       | Arnister Roman             | Barciany    |  | 1966       | M +50      | 2           |           |             | 05:13        | 11.5       | 25:39  | 51:47   | 01:17:35 | 01:43:47 | 01:49:32   | 01:49:38       | 15 |   |
| 17   | 226       | Witkowska Agnieszka        | Kętrzyn     | Kętrzyn/Runners Team Kętrzyn                   | 1978       | K +40      | 1           |           |             | 05:15        | 11.4       | 25:20  | 50:59   | 01:16:51 | 01:43:55 | 01:50:23   | 01:50:30       | 2  |   |
| 18   | 222       | Sławecki Jerzy             | Kętrzyn     | Runners Team Kętrzyn                           | 1953       | M +60      | 2           |           |             | 05:20        | 11.3       | 26:26  | 52:44   | 01:18:34 | 01:45:29 | 01:51:42   | 01:51:43       | 16 |   |
| 19   | 207       | Foks Marcin                | Barczewo    | Dzikie Życie RunTeam/ BSB Barczewo Biega       | 1995       | M do 30    | 2           |           |             | 05:38        | 10.7       | 26:29  | 53:37   | 01:21:58 | 01:51:22 | 01:57:55   | 01:58:08       | 17 |   |
| 20   | 220       | Wieliczko Kazimierz        | Drogosze    |  | 1961       | M +50      | 3           |           |             | 05:39        | 10.6       | 28:18  | 55:51   | 01:24:00 | 01:52:26 | 01:58:36   | 01:58:44       | 18 |   |
| 21   | 203       | Czubak Mariusz             | Węgorzewo   |  | 1991       | M do 30    | 3           |           |             | 05:40        | 10.6       | 28:19  | 55:55   | 01:24:04 | 01:53:33 | 01:59:00   | 01:59:04       | 19 |   |
| 22   | 219       | Tomaszewski Bartosz        | Toruń       |  | 1984       | M +30      | 6           |           |             | 05:42        | 10.5       | 27:00  | 54:57   | 01:23:23 | 01:53:05 | 01:59:43   | 01:59:52       | 20 |   |
| 23   | 225       | Moroz Elżbieta             | Kętrzyn     |  | 1972       | K +40      | 2           |           |             | 05:46        | 10.4       | 27:15  | 54:52   | 01:23:38 | 01:54:04 | 02:00:51   | 02:01:01       | 3  |   |
| 24   | 214       | Rawinis-Tomaszewska Alicja | Toruń       |  | 1991       | K do 30    | 2           |           |             | 06:08        | 9.8        | 28:08  | 58:32   | 01:29:33 | 02:01:25 | 02:08:57   | 02:09:06       | 4  |   |
| 25   | 202       | Chomontowski Grzegorz      | Kętrzyn     |  | 1974       | M +40      | 7           |           |             | 06:17        | 9.6        | 28:29  | 57:50   | 01:29:28 | 02:03:59 | 02:11:32   | 02:11:38       | 21 |   |
| DNF  | 228       | Świdarska Agata            | Giżycko     | 11 MPA   | 1988       | K +30      |             |           |             |              | 0          | 25:14  | 54:35   |          |          |            |                |    |   |