

# BIEG PRZEŁAJOWY ŁADUJ NA OSOWEJ

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** Bieg Ładuj na Osowej  
**Organizator:** Osowa  
**Data:** 2020-09-06  
**Miejsce:** Gdańsk  
**Dystans:** 7.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	5km	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KUNDO Rafał</b>	<b>25</b>		M_18-39	1	00:08:48	00:18:42	<b>00:27:59.50</b>		3:44	16.1 (100%)
2	<b>MAKOWSKI Paweł</b>	<b>31</b>	AWET PLUS	M_18-39	2	00:09:13	00:18:51	<b>00:28:13.25</b>	+00:00:13 (0.8%)	3:45	15.9 (98.8%)
3	<b>TRACZ Olgierd</b>	<b>68</b>	DOLINA NOTECI RACING TEAM	M_18-39	3	00:10:00	00:20:22	<b>00:30:28.20</b>	+00:02:28 (8.1%)	4:03	14.8 (91.9%)
4	<b>SUŁEK Grzegorz</b>	<b>58</b>		M_18-39	4	00:10:13	00:20:45	<b>00:30:51.45</b>	+00:02:51 (9.3%)	4:06	14.6 (90.7%)
5	<b>MYSZK Krzysztof</b>	<b>34</b>		M_18-39	5	00:10:18	00:21:07	<b>00:31:46.35</b>	+00:03:46 (11.9%)	4:14	14.2 (88.2%)
6	<b>LIDZBARSKI Marcin</b>	<b>26</b>	DRUZYNA ADASIA	M_18-39	6	00:10:37	00:21:31	<b>00:32:08.55</b>	+00:04:09 (12.9%)	4:17	14 (87.0%)
7	<b>WERNER Irek</b>	<b>74</b>	O-SOWA BIEGA	M_18-39	7	00:10:38	00:21:30	<b>00:32:12.05</b>	+00:04:12 (13.1%)	4:17	14 (87.0%)
8	<b>SZOZDA Marek</b>	<b>80</b>		M_18-39	8	00:10:42	00:21:46	<b>00:32:18.15</b>	+00:04:18 (13.3%)	4:18	13.9 (86.3%)
9	<b>CHUDY Błażej</b>	<b>6</b>		M_18-39	9	00:10:39	00:21:32	<b>00:32:25.10</b>	+00:04:25 (13.7%)	4:19	13.9 (86.3%)
10	<b>KOWALCZYK Jacek</b>	<b>79</b>		M_18-39	10	00:10:45	00:22:27	<b>00:33:54.40</b>	+00:05:54 (17.4%)	4:31	13.3 (82.6%)
11	<b>ROGOCZ Maciej</b>	<b>46</b>	ROGASIE Z DOLINY ROZTOKI	M_40-54	1	00:11:17	00:22:47	<b>00:34:08.60</b>	+00:06:09 (18.0%)	4:33	13.2 (82.0%)
12	<b>ROMPCA Marian</b>	<b>48</b>		M_18-39	11	00:10:56	00:22:48	<b>00:34:19.80</b>	+00:06:20 (18.5%)	4:34	13.1 (81.4%)
13	<b>HERZBERG Przemysław</b>	<b>14</b>	PROAMATORS	M_18-39	12	00:11:19	00:22:59	<b>00:34:39.25</b>	+00:06:39 (19.2%)	4:37	13 (80.7%)
14	<b>PIESZKO Magda</b>	<b>37</b>		K_40-54	1	00:11:34	00:23:15	<b>00:34:44.05</b>	+00:06:44 (19.4%)	4:37	13 (80.7%)
15	<b>HUBERT Jakub</b>	<b>16</b>		M_18-39	13	00:11:07	00:23:00	<b>00:34:49.05</b>	+00:06:49 (19.6%)	4:38	12.9 (80.1%)
16	<b>SEKUŁA Jacek</b>	<b>53</b>		M_40-54	2	00:11:53	00:23:36	<b>00:34:55.95</b>	+00:06:56 (19.9%)	4:39	12.9 (80.1%)
17	<b>SZYMAŃSKI Radek</b>	<b>63</b>		M_40-54	3	00:11:25	00:23:17	<b>00:35:21.50</b>	+00:07:22 (20.8%)	4:42	12.7 (78.9%)
18	<b>GAJEWSKI Krzysztof Teofor</b>	<b>10</b>	TAKA RYBA	M_40-54	4	00:11:22	00:23:20	<b>00:35:23.30</b>	+00:07:23 (20.9%)	4:43	12.7 (78.9%)
19	<b>JABŁOŃSKI Marcin</b>	<b>17</b>		M_18-39	14	00:11:47	00:23:33	<b>00:35:58.65</b>	+00:07:59 (22.2%)	4:47	12.5 (77.6%)
20	<b>REMISZKA Damian</b>	<b>44</b>		M_18-39	15	00:11:36	00:24:06	<b>00:36:08.20</b>	+00:08:08 (22.5%)	4:49	12.5 (77.6%)
21	<b>ZDROJEWSKA Katarzyna</b>	<b>77</b>		K_18-39	1	00:11:41	00:24:06	<b>00:36:16.65</b>	+00:08:17 (22.8%)	4:50	12.4 (77.0%)
22	<b>KAŁAN Klaudia</b>	<b>18</b>		K_18-39	2	00:12:07	00:24:23	<b>00:36:20.65</b>	+00:08:21 (23.0%)	4:50	12.4 (77.0%)
23	<b>MAJ Wiktor</b>	<b>29</b>		M_18-39	16	00:11:08	00:23:48	<b>00:36:53.80</b>	+00:08:54 (24.1%)	4:55	12.2 (75.8%)
24	<b>SIEKANOWICZ Paweł</b>	<b>54</b>		M_40-54	5	00:12:07	00:24:40	<b>00:37:02.85</b>	+00:09:03 (24.4%)	4:56	12.1 (75.2%)
25	<b>BIAŁA Beata</b>	<b>3</b>		K_55+	1	00:11:54	00:24:14	<b>00:37:30.80</b>	+00:09:31 (25.4%)	5:00	12 (74.5%)
26	<b>MORAWEK Arkadiusz</b>	<b>33</b>		M_40-54	6	00:12:09	00:24:40	<b>00:37:35.55</b>	+00:09:36 (25.5%)	5:00	12 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	5km	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
27	<b>SZYMAŃSKI Marek</b>	<b>64</b>		M_40-54	7	00:12:24	00:25:11	<b>00:37:40.50</b>	+00:09:41 (25.7%)	5:01	11.9 (73.9%)
28	<b>ANISOWICZ Norbert</b>	<b>1</b>		M_18-39	17	00:12:08	00:25:07	<b>00:38:14.70</b>	+00:10:15 (26.8%)	5:06	11.8 (73.3%)
29	<b>PODJASKI Andrzej</b>	<b>41</b>		M_18-39	18	00:10:20	00:26:07	<b>00:39:50.05</b>	+00:11:50 (29.7%)	5:18	11.3 (70.2%)
30	<b>ŁĘCKI Krzysztof</b>	<b>27</b>	K(R)OPKA TEAM	M_18-39	19	00:12:48	00:26:20	<b>00:40:06.10</b>	+00:12:06 (30.2%)	5:20	11.2 (69.6%)
31	<b>PODJASKI Krzysztof</b>	<b>40</b>		M_40-54	8	00:12:40	00:26:20	<b>00:40:14.70</b>	+00:12:15 (30.4%)	5:22	11.2 (69.6%)
32	<b>OSOWSKI Maciej</b>	<b>35</b>		M_40-54	9	00:13:00	00:26:51	<b>00:40:20.75</b>	+00:12:21 (30.6%)	5:22	11.2 (69.6%)
33	<b>RUTKOWSKA Sabina</b>	<b>50</b>		K_18-39	3	00:13:19	00:26:47	<b>00:40:25.20</b>	+00:12:25 (30.7%)	5:23	11.1 (68.9%)
34	<b>KOTUŁA-GIBAS Dominika</b>	<b>21</b>	BLUE MEDIA TEAM	K_18-39	4	00:13:36	00:27:13	<b>00:40:28.75</b>	+00:12:29 (30.8%)	5:23	11.1 (68.9%)
35	<b>HARBASZEWSKA Katarzyna</b>	<b>13</b>		K_18-39	5	00:13:39	00:27:45	<b>00:40:31.25</b>	+00:12:31 (30.9%)	5:24	11.1 (68.9%)
36	<b>BROWARCZYK Łukasz</b>	<b>4</b>		M_18-39	20	00:13:39	00:27:45	<b>00:40:31.55</b>	+00:12:32 (30.9%)	5:24	11.1 (68.9%)
37	<b>SZYMAŃSKA Monika</b>	<b>62</b>		K_40-54	2	00:13:11	00:26:55	<b>00:40:32.00</b>	+00:12:32 (30.9%)	5:24	11.1 (68.9%)
38	<b>SZYCHTA Ania</b>	<b>60</b>		K_18-39	6	00:12:45	00:26:33	<b>00:40:52.65</b>	+00:12:53 (31.5%)	5:26	11 (68.3%)
39	<b>WAŻNY Karol</b>	<b>73</b>	OLIMPIA OSOWA	M_18-39	21	00:13:18	00:27:03	<b>00:40:53.75</b>	+00:12:54 (31.6%)	5:27	11 (68.3%)
40	<b>DALKE Jowita</b>	<b>7</b>	ZABIEGANE DWIE	K_18-39	7	00:13:38	00:27:32	<b>00:41:31.85</b>	+00:13:32 (32.6%)	5:32	10.8 (67.1%)
41	<b>WALENTYNOWICZ Aneta</b>	<b>71</b>	LOTOS RUNNING TEAM/ PRUSZCZ BIEGA	K_40-54	3	00:13:36	00:27:46	<b>00:41:46.10</b>	+00:13:46 (33.0%)	5:34	10.8 (67.1%)
42	<b>TOBOŁA Michał</b>	<b>65</b>	AMBIENT SYSTEM RUNNING TEAM	M_40-54	10	00:13:22	00:27:58	<b>00:42:39.60</b>	+00:14:40 (34.4%)	5:41	10.6 (65.8%)
43	<b>PASIERB Radosław</b>	<b>36</b>	AMBIENT SYSTEM RUNNING TEAM	M_18-39	22	00:12:49	00:27:40	<b>00:43:08.55</b>	+00:15:09 (35.1%)	5:45	10.4 (64.6%)
44	<b>STOLTMANN Paulina</b>	<b>57</b>		K_18-39	8	00:14:38	00:29:00	<b>00:43:24.75</b>	+00:15:25 (35.5%)	5:47	10.4 (64.6%)
45	<b>WIŚNIEWSKA Kornelia</b>	<b>75</b>	ZABIEGANE DWIE	K_40-54	4	00:13:48	00:28:33	<b>00:43:25.05</b>	+00:15:25 (35.5%)	5:47	10.4 (64.6%)
46	<b>BEATA PIRSKA Beata</b>	<b>2</b>	O-SOWA BIEGA	K_18-39	9	00:13:31	00:28:34	<b>00:43:40.40</b>	+00:15:40 (35.9%)	5:49	10.3 (64.0%)
47	<b>SZYMAK Ewelina</b>	<b>61</b>		K_40-54	5	00:14:12	00:29:14	<b>00:44:12.40</b>	+00:16:12 (36.7%)	5:53	10.2 (63.4%)
48	<b>RADOMSKI Wojciech</b>	<b>43</b>		M_40-54	11	00:13:57	00:29:11	<b>00:44:33.85</b>	+00:16:34 (37.2%)	5:56	10.1 (62.7%)
49	<b>SIKORSKA Aga</b>	<b>55</b>		K_40-54	6	00:14:28	00:29:53	<b>00:44:50.35</b>	+00:16:50 (37.6%)	5:58	10 (62.1%)
50	<b>RUTKOWSKA Joanna</b>	<b>51</b>		K_40-54	7	00:14:14	00:29:44	<b>00:45:32.25</b>	+00:17:32 (38.5%)	6:04	9.9 (61.5%)
51	<b>WASILEWSKI Marcin</b>	<b>72</b>	BIGYELLOWFOOT ADVENTURE TEAM	M_40-54	12	00:14:25	00:30:11	<b>00:46:22.10</b>	+00:18:22 (39.6%)	6:10	9.7 (60.2%)
52	<b>GADOMSKA Asia</b>	<b>9</b>		K_18-39	10	00:14:59	00:31:14	<b>00:47:33.70</b>	+00:19:34 (41.1%)	6:20	9.5 (59.0%)
53	<b>KRAWCEWICZ Joanna</b>	<b>22</b>		K_18-39	11	00:14:59	00:31:14	<b>00:47:33.95</b>	+00:19:34 (41.2%)	6:20	9.5 (59.0%)
54	<b>SŁO Kamila</b>	<b>56</b>	SŁODKOWSKI_ARR	K_40-54	8	00:15:19	00:31:49	<b>00:48:29.10</b>	+00:20:29 (42.3%)	6:27	9.3 (57.8%)
55	<b>LATOSIŃSKA Kamila</b>	<b>81</b>		K_18-39	12	00:14:20	00:31:15	<b>00:48:35.70</b>	+00:20:36 (42.4%)	6:28	9.3 (57.8%)
56	<b>RESKE Daniel</b>	<b>45</b>	SWAROVSKI	M_18-39	23	00:15:24	00:33:28	<b>00:52:57.90</b>	+00:24:58 (47.2%)	7:03	8.5 (52.8%)
57	<b>ZACHORODNA Karolina</b>	<b>76</b>		K_18-39	13	00:17:37	00:36:51	<b>00:55:40.15</b>	+00:27:40 (49.7%)	7:25	8.1 (50.3%)

Znaleziono 57 wynik(ów)