

BIEG PRZEŁAJOWY ŁADUJ NA OSOWEJ

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: Bieg Ładuj na Osowej
Organiser: Osowa
Date: 2020-09-06
Place: Gdańsk
Distance: 7.5 km



Classification: All

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

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

Total 57 results.