X BIEG OLIWSKI - 10KM BIEG

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: X Bieg Oliwski
Organizator: Fundacja Silni Ciałem Niezłomni Duchem
Data: 2022-10-29
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**CZAPIŃSKI Michał**	**216**	LION BROKERS-BIKE U UP	M-40	1	**00:37:01.85**		3:42	16.2 (100%)
2	**WYSŁOUCH Michał**	**299**	TRI TALENT TEAM	M-30	1	**00:37:22.25**	+00:00:20 (0.9%)	3:44	16.1 (99.4%)
3	**WENT Jakub**	**303**		M-40	2	**00:37:55.60**	+00:00:53 (2.4%)	3:47	15.8 (97.5%)
4	**WĄSOWSKI Rafał**	**344**		M-30	2	**00:38:30.05**	+00:01:28 (3.8%)	3:51	15.6 (96.3%)
5	**GUŻ Andrzej**	**232**		M-40	3	**00:40:10.75**	+00:03:08 (7.8%)	4:01	14.9 (92.0%)
6	**GŁOWACKI Mariusz**	**225**		M-30	3	**00:41:22.60**	+00:04:20 (10.5%)	4:08	14.5 (89.5%)
7	**SCHUR Krzysztof**	**282**	USTAW SIE NA BIEGANIE W GDAŃSKU	M-30	4	**00:41:28.95**	+00:04:27 (10.7%)	4:08	14.5 (89.5%)
8	**KANKOWSKI Paweł**	**243**	KASZUBY LUZINO	M-40	4	**00:41:29.40**	+00:04:27 (10.7%)	4:08	14.5 (89.5%)
9	**SOBCZAK Marcin**	**285**	SMASHING PĄPKINS	M-40	5	**00:41:49.10**	+00:04:47 (11.4%)	4:10	14.3 (88.3%)
10	**RÓŻAK Marcin**	**279**	FUNDACJA JEPPESENA	M-40	6	**00:41:57.00**	+00:04:55 (11.7%)	4:11	14.3 (88.3%)
11	**PEPLIŃSKI Grzegorz**	**266**		M-40	7	**00:42:33.85**	+00:05:32 (13.0%)	4:15	14.1 (87.0%)
12	**SOBIERAJ Jakub**	**286**		M-18	1	**00:42:58.05**	+00:05:56 (13.8%)	4:17	14 (86.4%)
13	**FRĄCKOWIAK Bartłomiej**	**222**		M-40	8	**00:43:06.45**	+00:06:04 (14.1%)	4:18	13.9 (85.8%)
14	**KLAJNA Jakub**	**246**		M-30	5	**00:43:19.40**	+00:06:17 (14.5%)	4:19	13.9 (85.8%)
15	**POMIERSKI Karol**	**271**		M-40	9	**00:43:48.70**	+00:06:46 (15.5%)	4:22	13.7 (84.6%)
16	**DĘBOWSKI Michał**	**220**	PODATKI TO KRADZIEŻ	M-30	6	**00:44:06.60**	+00:07:04 (16.0%)	4:24	13.6 (84.0%)
17	**CIESIELSKI Witold**	**215**		M-40	10	**00:44:36.05**	+00:07:34 (17.0%)	4:27	13.5 (83.3%)
18	**ROŻYK Krzysztof**	**278**	OKNOBUR-BIEGAMYRAZEM.PL	M-50	1	**00:45:06.45**	+00:08:04 (17.9%)	4:30	13.3 (82.1%)
19	**POTYRAŁA Bartosz**	**273**		M-40	11	**00:45:09.25**	+00:08:07 (18.0%)	4:30	13.3 (82.1%)
20	**ŁATAS Paweł**	**256**	FIGHTING RUNNERS	M-30	7	**00:45:20.70**	+00:08:18 (18.3%)	4:32	13.2 (81.5%)
21	**NOWOPOLSKI Leszek**	**342**		M-40	12	**00:45:24.30**	+00:08:22 (18.4%)	4:32	13.2 (81.5%)
22	**KRAĆ Janusz**	**249**	CZITOS	M-40	13	**00:46:05.55**	+00:09:03 (19.7%)	4:36	13 (80.2%)
23	**LIPKOWSKI Paweł**	**254**		M-30	8	**00:46:23.00**	+00:09:21 (20.2%)	4:38	12.9 (79.6%)
24	**MURAWSKI Bartłomiej**	**261**	JEPPESEN TEAM	M-30	9	**00:46:28.05**	+00:09:26 (20.3%)	4:38	12.9 (79.6%)
25	**KACPRZAK Marcin**	**240**	NEWPORT KNUR CREW	M-30	10	**00:46:49.60**	+00:09:47 (20.9%)	4:40	12.8 (79.0%)
26	**MUCOWSKI Jaromir**	**259**	EMERYCI I RENCISCI	M-40	14	**00:47:06.40**	+00:10:04 (21.4%)	4:42	12.7 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	**MAŁKOWSKI Tomasz**	**258**	GRUPA BIEGOWA 65	M-50	2	**00:47:15.30**	+00:10:13 (21.6%)	4:43	12.7 (78.4%)
28	**BABEROWSKI Marek**	**205**	TREC TEAM	M-50	3	**00:47:41.05**	+00:10:39 (22.3%)	4:46	12.6 (77.8%)
29	**KLEWEK Andrzej**	**247**	FIGHTING RUNNERS	M-40	15	**00:47:48.45**	+00:10:46 (22.5%)	4:46	12.6 (77.8%)
30	**WOJNAROWSKA Weronika**	**298**		K-30	1	**00:47:53.30**	+00:10:51 (22.7%)	4:47	12.5 (77.2%)
31	**URBANIAK Marek**	**296**	SP 35 W GDAŃSKU OLIWIE	M-40	16	**00:48:11.15**	+00:11:09 (23.1%)	4:49	12.5 (77.2%)
32	**NISIEWICZ Grzegorz**	**263**		M-30	11	**00:48:16.10**	+00:11:14 (23.3%)	4:49	12.4 (76.5%)
33	**ŻYDOK Bartosz**	**302**	LAMUSY	M-40	17	**00:48:23.65**	+00:11:21 (23.5%)	4:50	12.4 (76.5%)
34	**TARKOWSKI Dawid**	**294**	CROSSELITE	M-30	12	**00:48:32.80**	+00:11:30 (23.7%)	4:51	12.4 (76.5%)
35	**CHMIELEWSKI Andrzej**	**214**	JAK DZIK W KARTOFLE	M-40	18	**00:48:34.80**	+00:11:32 (23.8%)	4:51	12.4 (76.5%)
36	**JABŁOŃSKI Marcin**	**237**		M-40	19	**00:48:43.70**	+00:11:41 (24.0%)	4:52	12.3 (75.9%)
37	**PRZEGENDZA Artur**	**274**		M-40	20	**00:49:43.05**	+00:12:41 (25.5%)	4:58	12.1 (74.7%)
38	**HAŁABIS Krzysztof**	**233**	KLUB ZIAJA	M-30	13	**00:50:14.40**	+00:13:12 (26.3%)	5:01	11.9 (73.5%)
39	**TUSZYŃSKA Barbara**	**308**		K-30	2	**00:50:40.20**	+00:13:38 (26.9%)	5:04	11.8 (72.8%)
40	**HIBNER Kamil**	**235**	KLUB ZIAJA	M-40	21	**00:50:45.45**	+00:13:43 (27.0%)	5:04	11.8 (72.8%)
41	**DEMBEK Marek**	**217**	ACTIVE LIFE	M-30	14	**00:50:54.10**	+00:13:52 (27.3%)	5:05	11.8 (72.8%)
42	**SWIETANOWSKI Blazej**	**289**		M-30	15	**00:50:54.35**	+00:13:52 (27.3%)	5:05	11.8 (72.8%)
43	**DEPTULA Robert**	**219**		M-50	4	**00:51:31.35**	+00:14:29 (28.1%)	5:09	11.6 (71.6%)
44	**ROZTORHUIEV Yurii**	**277**		M-30	16	**00:51:47.40**	+00:14:45 (28.5%)	5:10	11.6 (71.6%)
45	**KARULSKI Kamil**	**244**		M-30	17	**00:52:00.30**	+00:14:58 (28.8%)	5:12	11.5 (71.0%)
46	**ŁACHWICZ Bartek**	**306**		M-30	18	**00:52:18.35**	+00:15:16 (29.2%)	5:13	11.5 (71.0%)
47	**PAWLAK Dezyderia**	**265**	CTS	K-40	1	**00:52:25.55**	+00:15:23 (29.4%)	5:14	11.4 (70.4%)
48	**MALANOWSKI Dawid**	**257**		M-40	22	**00:52:34.85**	+00:15:33 (29.6%)	5:15	11.4 (70.4%)
49	**SADOWSKI Piotr**	**281**	MŁODE DZIKI RUNEDA	M-40	23	**00:52:43.50**	+00:15:41 (29.8%)	5:16	11.4 (70.4%)
50	**GRUBICH Marcin**	**229**	APATOR METRIX S.A.	M-40	24	**00:52:51.15**	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
51	**POTRYKUS Paweł**	**272**		M-40	25	**00:52:51.20**	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
52	**GUMIELA Piotr**	**230**	STW BAŁTYK GDYNIA	M-40	26	**00:52:51.30**	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
53	**PĘŚKO Michał**	**268**		M-40	27	**00:52:57.85**	+00:15:56 (30.1%)	5:17	11.3 (69.8%)
54	**GAŁKA Grzegorz**	**224**		M-50	5	**00:53:02.80**	+00:16:00 (30.2%)	5:18	11.3 (69.8%)
55	**BUSZMANN Tomasz¸**	**213**	RUNEDA MŁODE DZIKI	M-40	28	**00:53:03.25**	+00:16:01 (30.2%)	5:18	11.3 (69.8%)
56	**GUMIELA Katarzyna**	**231**	STW BAŁTYK GDYNIA	K-30	3	**00:53:12.10**	+00:16:10 (30.4%)	5:19	11.3 (69.8%)
57	**FELCHNER Agnieszka**	**221**		K-18	1	**00:53:26.95**	+00:16:25 (30.7%)	5:20	11.2 (69.1%)
58	**GÓRSKA-KOBYLSKA Aneta**	**227**	RUNEDA	K-40	2	**00:53:32.05**	+00:16:30 (30.8%)	5:21	11.2 (69.1%)
59	**KANKOWSKA Justyna**	**241**	KASZUBI LUZINO	K-40	3	**00:53:52.80**	+00:16:50 (31.3%)	5:23	11.1 (68.5%)
60	**LIPSHEIEVA Liudmyla**	**255**	SZTAFETA WSZECHCZASÓW	K-30	4	**00:54:20.55**	+00:17:18 (31.9%)	5:26	11 (67.9%)
61	**KANKOWSKA Dominika**	**242**	KASZUBI LUZINO	K-18	2	**00:55:01.10**	+00:17:59 (32.7%)	5:30	10.9 (67.3%)
62	**LESZCZYSZYN Jacek**	**252**		M-30	19	**00:55:02.15**	+00:18:00 (32.7%)	5:30	10.9 (67.3%)
63	**LEWANDOWSKA Justyna**	**253**	FIGHTING RUNNERS	K-50	1	**00:55:16.60**	+00:18:14 (33.0%)	5:31	10.9 (67.3%)
64	**JÓŹWIAK Patryk**	**239**	JEPPESEN TEAM	M-30	20	**00:55:16.85**	+00:18:15 (33.0%)	5:31	10.9 (67.3%)
65	**FRYCZKE Maciej**	**223**		M-40	29	**00:55:22.80**	+00:18:20 (33.1%)	5:32	10.8 (66.7%)
66	**KOŁACIŃSKI Damian**	**348**		M-18	2	**00:55:41.35**	+00:18:39 (33.5%)	5:34	10.8 (66.7%)
67	**ADAMUS Jarosław**	**201**		M-60	1	**00:55:47.65**	+00:18:45 (33.6%)	5:34	10.8 (66.7%)
68	**BOROWIK Krzysztof**	**212**		M-18	3	**00:55:55.90**	+00:18:54 (33.8%)	5:35	10.7 (66.0%)
69	**SZYCA Dariusz**	**290**		M-30	21	**00:56:00.90**	+00:18:59 (33.9%)	5:36	10.7 (66.0%)
70	**TOMCZYK Marcin**	**305**		M-40	30	**00:56:10.70**	+00:19:08 (34.1%)	5:37	10.7 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	**JARZĄBEK Magdalena**	**309**		K-30	5	**00:56:26.35**	+00:19:24 (34.4%)	5:38	10.6 (65.4%)
72	**JÓŹWIAK Piotr**	**238**		M-30	22	**00:56:43.30**	+00:19:41 (34.7%)	5:40	10.6 (65.4%)
73	**KROPLEWSKI Blazej**	**250**	TRIPLE SIXX	M-40	31	**00:57:22.65**	+00:20:20 (35.5%)	5:44	10.5 (64.8%)
74	**PIECZYK Tomasz**	**269**	SKP ŚLUSAREK KUBIAK PIECZYK	M-30	23	**00:57:23.75**	+00:20:21 (35.5%)	5:44	10.5 (64.8%)
75	**SZYDŁOWSKI Gaweł**	**292**	ŁÓDŹ RATUNKOWA	M-18	4	**00:57:35.70**	+00:20:33 (35.7%)	5:45	10.4 (64.2%)
76	**GÓRSKA Ilona**	**226**		K-50	2	**00:57:37.05**	+00:20:35 (35.7%)	5:45	10.4 (64.2%)
77	**GRUDZIEŃ Bartosz**	**307**		M-30	24	**00:58:02.30**	+00:21:00 (36.2%)	5:48	10.3 (63.6%)
78	**BARTUŚ Alan**	**207**		M-18	5	**00:58:11.80**	+00:21:09 (36.4%)	5:49	10.3 (63.6%)
79	**BARTUŚ Adriana**	**206**		K-40	4	**00:58:12.65**	+00:21:10 (36.4%)	5:49	10.3 (63.6%)
80	**RELUGA Joanna**	**276**		K-30	6	**00:58:20.70**	+00:21:18 (36.5%)	5:50	10.3 (63.6%)
81	**KOZŁOWSKI Jan**	**248**		M-30	25	**00:59:08.90**	+00:22:07 (37.4%)	5:54	10.1 (62.3%)
82	**ZLOTOWSKU Piotr**	**301**	SPORTEVO	M70+	1	**00:59:38.20**	+00:22:36 (37.9%)	5:57	10.1 (62.3%)
83	**UNTERSCHUETZ Łukasz**	**295**		M-30	26	**00:59:53.85**	+00:22:52 (38.2%)	5:59	10 (61.7%)
84	**GRABOWSKA Agnieszka**	**228**	MŁODE DZIKIRUNEDA	K-40	5	**01:00:05.25**	+00:23:03 (38.4%)	6:00	10 (61.7%)
85	**SZYCA Elzbieta**	**291**		K-60	1	**01:00:43.70**	+00:23:41 (39.0%)	6:04	9.9 (61.1%)
86	**BELSKI Pavel**	**208**		M-30	27	**01:02:36.60**	+00:25:34 (40.9%)	6:15	9.6 (59.3%)
87	**SOBISZ Joanna**	**287**	FUNDACJA JEPPESENA	K-30	7	**01:03:48.60**	+00:26:46 (42.0%)	6:22	9.4 (58.0%)
88	**GDANIEC Anna**	**319**		K-40	6	**01:03:56.80**	+00:26:54 (42.1%)	6:23	9.4 (58.0%)
89	**PŁOCHOCKA Emilia**	**270**	JEPPESEN TEAM	K-30	8	**01:04:25.00**	+00:27:23 (42.5%)	6:26	9.3 (57.4%)
90	**ANTONOWICZ Alicja**	**202**	SANBAO CROSSFIGHTING TEAM	K-40	7	**01:04:45.10**	+00:27:43 (42.8%)	6:28	9.3 (57.4%)
91	**ANTONOWICZ Paweł**	**203**	SANBAO CROSSFIGHTING TEAM	M-40	32	**01:04:45.50**	+00:27:43 (42.8%)	6:28	9.3 (57.4%)
92	**HORNIK Basia**	**236**		K-18	3	**01:05:49.35**	+00:28:47 (43.7%)	6:34	9.1 (56.2%)
93	**MURASOVS Misha**	**260**		M-30	28	**01:05:49.50**	+00:28:47 (43.7%)	6:34	9.1 (56.2%)
94	**SOSZYŃSKA Joanna**	**288**		K-40	8	**01:06:40.00**	+00:29:38 (44.5%)	6:40	9 (55.6%)
95	**SIEMIŃSKI Jerzy**	**284**	ARCON	M-60	2	**01:06:53.20**	+00:29:51 (44.6%)	6:41	9 (55.6%)
96	**RYBAK Patryk**	**280**		M-30	29	**01:06:54.75**	+00:29:52 (44.7%)	6:41	9 (55.6%)
97	**PUZIO Roksana**	**275**		K-30	9	**01:06:54.80**	+00:29:52 (44.7%)	6:41	9 (55.6%)
98	**BABEROWSKA Jolanta**	**204**	TREC TEAM	K-50	3	**01:07:18.40**	+00:30:16 (45.0%)	6:43	8.9 (54.9%)
99	**OSTOJSKI Bartosz**	**264**		M-30	30	**01:07:29.70**	+00:30:27 (45.1%)	6:44	8.9 (54.9%)
100	**DEPTULA Bernadeta**	**218**		K-50	4	**01:07:49.25**	+00:30:47 (45.4%)	6:46	8.8 (54.3%)
101	**BOGUSZEWSKA Ela**	**210**		K-40	9	**01:15:42.10**	+00:38:40 (51.1%)	7:34	7.9 (48.8%)

Znaleziono 101 wynik(ów)