

# IX BIEG OLIWSKI - 10KM BIEG

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** IX Bieg Oliwski  
**Organizator:** Fundacja Silni Ciałem Niezlomni Duchem  
**Data:** 2021-11-28  
**Miejsce:** Gdańsk  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WYSŁOUCH Michał	191	TRI TALENT TEAM	M-30	1	00:37:34.75		3:45	16 (100%)
2	SAMSONOV Sergey	162		M-30	2	00:38:25.50	+00:00:50 (2.2%)	3:50	15.6 (97.5%)
3	TOCHA Andrzej	176	BIEGAJĄCY TCZEW	M-30	3	00:39:40.15	+00:02:05 (5.3%)	3:58	15.1 (94.4%)
4	TUSZYŃSKI Jarosław	179	FIGHTINGRUNNERS	M-40	1	00:40:07.25	+00:02:32 (6.3%)	4:00	15 (93.8%)
5	KWAŚNIK Jan	123	FIGHTING RUNNERS	M-30	4	00:41:25.70	+00:03:50 (9.3%)	4:08	14.5 (90.6%)
6	PĘDZISZEWSKI Piotr	150	VAI ALTO	M-30	5	00:41:57.40	+00:04:22 (10.4%)	4:11	14.3 (89.4%)
7	KOŚCIŃSKI Patryk	116	AKADEMIA MARYNARKI WOJENNEJ	M-18	1	00:42:01.25	+00:04:26 (10.6%)	4:12	14.3 (89.4%)
8	PIETRZAK Piotr	152		M-50	1	00:42:06.55	+00:04:31 (10.8%)	4:12	14.3 (89.4%)
9	HATŁAS Adam	341		M-40	2	00:42:40.80	+00:05:06 (12.0%)	4:16	14.1 (88.1%)
10	PEPLIŃSKI Grzegorz	149		M-40	3	00:42:54.60	+00:05:19 (12.4%)	4:17	14 (87.5%)
11	ZAWISZA Dariusz	193	BCT TEAM	M-50	2	00:43:08.40	+00:05:33 (12.9%)	4:18	13.9 (86.9%)
12	SUŁEK Grzegorz	169	FUNDACJA JEPPESENA	M-40	4	00:43:18.00	+00:05:43 (13.2%)	4:19	13.9 (86.9%)
13	DRZYCIMSKA Małgorzata	85	LKS ZANTYR SZTUM	K-40	1	00:43:33.30	+00:05:58 (13.7%)	4:21	13.8 (86.3%)
14	SARAK Artur	163	RYM TYM TYM Z **** DYM	M-30	6	00:43:51.25	+00:06:16 (14.3%)	4:23	13.7 (85.6%)
15	ROŻYK Krzysztof	159	OKNOBUR-BIEGAMYRAZEM.PL	M-50	3	00:44:17.25	+00:06:42 (15.1%)	4:25	13.5 (84.4%)
16	CZAJA Andrzej	333	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M-50	4	00:44:21.85	+00:06:47 (15.3%)	4:26	13.5 (84.4%)
17	KULESZA Mariusz	340		M-40	5	00:44:29.80	+00:06:55 (15.5%)	4:26	13.5 (84.4%)
18	WOJTKIEWICZ Artur	186		M-18	2	00:44:50.70	+00:07:15 (16.2%)	4:29	13.4 (83.8%)
19	ŻABCZYŃSKI Daniel	198	BIEGAMYRAZEM.PL	M-40	6	00:44:59.40	+00:07:24 (16.5%)	4:29	13.3 (83.1%)
20	GAŁUSZYŃSKI Paweł	95	ACTIVE FLOW	M-30	7	00:45:07.15	+00:07:32 (16.7%)	4:30	13.3 (83.1%)
21	BABEROWSKI Marek	72		M-50	5	00:45:23.00	+00:07:48 (17.2%)	4:32	13.2 (82.5%)
22	KOWALEWSKI Adam	117	7PBOT	M-18	3	00:45:29.30	+00:07:54 (17.4%)	4:32	13.2 (82.5%)
23	KOŁTUNIAK Zbigniew	112	EPAM TEAM	M-30	8	00:45:43.95	+00:08:09 (17.8%)	4:34	13.1 (81.9%)
24	ŻMUDA-TRZEBIATOWSKA Dorota	199		K-30	1	00:45:49.20	+00:08:14 (18.0%)	4:34	13.1 (81.9%)
25	DYDYMSKI Krzysztof	87		M-40	7	00:45:57.05	+00:08:22 (18.2%)	4:35	13.1 (81.9%)
26	ZACHARUK Marcin	192	GRUPA BIEGOWA 65	M-40	8	00:46:12.15	+00:08:37 (18.7%)	4:37	13 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	<b>GADAJ Tomasz</b>	<b>92</b>		M-18	4	<b>00:46:31.75</b>	+00:08:57 (19.2%)	4:39	12.9 (80.6%)
28	<b>CIESIELSKI Witold</b>	<b>80</b>		M-40	9	<b>00:46:56.00</b>	+00:09:21 (19.9%)	4:41	12.8 (80.0%)
29	<b>JACHIMOWICZ Bartosz</b>	<b>104</b>		M-30	9	<b>00:46:57.00</b>	+00:09:22 (20.0%)	4:41	12.8 (80.0%)
30	<b>GRABOWSKI Grzegorz</b>	<b>100</b>	ASTMA GDANSK/INTEL RUNNERS	M-40	10	<b>00:47:09.90</b>	+00:09:35 (20.3%)	4:42	12.7 (79.4%)
31	<b>LAŚKIEWICZ Dariusz</b>	<b>326</b>		M-50	6	<b>00:47:27.25</b>	+00:09:52 (20.8%)	4:44	12.6 (78.8%)
32	<b>KOPCZYŃSKI Piotr</b>	<b>113</b>		M-18	5	<b>00:47:36.10</b>	+00:10:01 (21.1%)	4:45	12.6 (78.8%)
33	<b>LIPKOWSKI Paweł</b>	<b>132</b>		M-30	10	<b>00:47:54.65</b>	+00:10:19 (21.6%)	4:47	12.5 (78.1%)
34	<b>FELD Maciej</b>	<b>89</b>	SANTANDER RUNNERS TEAM, SPORTEVO	M-60	1	<b>00:48:21.15</b>	+00:10:46 (22.3%)	4:50	12.4 (77.5%)
35	<b>KOWALSKI Maciej</b>	<b>118</b>	LOTOS RUNNING TEAM	M-40	11	<b>00:48:33.35</b>	+00:10:58 (22.6%)	4:51	12.4 (77.5%)
36	<b>WYRZYKOWSKI Andrzej</b>	<b>189</b>	GRUPA BIEGOWA 65	M-50	7	<b>00:49:19.75</b>	+00:11:45 (23.8%)	4:55	12.2 (76.3%)
37	<b>LEHMANN Dawid</b>	<b>126</b>		M-30	11	<b>00:49:32.55</b>	+00:11:57 (24.1%)	4:57	12.1 (75.6%)
38	<b>BACHÓRZ Agata</b>	<b>73</b>		K-40	2	<b>00:49:45.80</b>	+00:12:11 (24.5%)	4:58	12.1 (75.6%)
39	<b>KAMINSKA-OLCZAK Marta</b>	<b>107</b>		K-40	3	<b>00:49:50.00</b>	+00:12:15 (24.6%)	4:59	12 (75.0%)
40	<b>RYCHARSKI Konrad</b>	<b>161</b>	USTAW SIĘ NA BIEGANIE W GDAŃSKU	M-30	12	<b>00:49:53.25</b>	+00:12:18 (24.7%)	4:59	12 (75.0%)
41	<b>ŻYDOK Bartosz</b>	<b>70</b>	LAMUSY	M-40	12	<b>00:49:55.65</b>	+00:12:20 (24.7%)	4:59	12 (75.0%)
42	<b>WODYŃSKI Jan</b>	<b>185</b>		M-30	13	<b>00:49:57.95</b>	+00:12:23 (24.8%)	4:59	12 (75.0%)
43	<b>UZDOWSKI Tomek</b>	<b>182</b>		M-30	14	<b>00:50:36.85</b>	+00:13:02 (25.8%)	5:03	11.9 (74.4%)
44	<b>GAŁKA Grzegorz</b>	<b>93</b>		M-50	8	<b>00:50:40.45</b>	+00:13:05 (25.8%)	5:04	11.8 (73.8%)
45	<b>GAŁUSZYŃSKA Katarzyna</b>	<b>94</b>	ACTIVE FLOW	K-30	2	<b>00:50:42.80</b>	+00:13:08 (25.9%)	5:04	11.8 (73.8%)
46	<b>IEFYMENKO Oleksandr</b>	<b>103</b>	CENTAUR	M-40	13	<b>00:50:53.20</b>	+00:13:18 (26.2%)	5:05	11.8 (73.8%)
47	<b>PRZYBYŚ Agnieszka</b>	<b>154</b>	STRASZYN ULTRA TEAM	K-30	3	<b>00:50:54.90</b>	+00:13:20 (26.2%)	5:05	11.8 (73.8%)
48	<b>ZDROJEWSKA Katarzyna</b>	<b>195</b>		K-30	4	<b>00:50:55.20</b>	+00:13:20 (26.2%)	5:05	11.8 (73.8%)
49	<b>ROBLES José</b>	<b>156</b>		M-30	15	<b>00:51:00.80</b>	+00:13:26 (26.3%)	5:06	11.8 (73.8%)
50	<b>FIERKA Tomasz</b>	<b>90</b>	BIEGAM BO LUBIĘ :)	M-30	16	<b>00:51:08.65</b>	+00:13:33 (26.5%)	5:06	11.7 (73.1%)
51	<b>ORLIKOWSKI Tadeusz</b>	<b>141</b>	BIEGAJĄCA GDYNIA	M70+	1	<b>00:51:27.60</b>	+00:13:52 (27.0%)	5:08	11.7 (73.1%)
52	<b>SIATKOWSKI Łukasz</b>	<b>164</b>	GDAŃSKIE AUTOBUSY I TRAMWAJE	M-30	17	<b>00:51:53.55</b>	+00:14:18 (27.6%)	5:11	11.6 (72.5%)
53	<b>KUZBORSKI Krzysztof</b>	<b>122</b>		M-30	18	<b>00:52:00.70</b>	+00:14:25 (27.7%)	5:12	11.5 (71.9%)
54	<b>LEWANDOWSKA Karolina</b>	<b>129</b>		K-40	4	<b>00:52:01.90</b>	+00:14:27 (27.8%)	5:12	11.5 (71.9%)
55	<b>NOWAKOWSKA Edyta</b>	<b>140</b>	SMOCZA AURA	K-18	1	<b>00:52:04.15</b>	+00:14:29 (27.8%)	5:12	11.5 (71.9%)
56	<b>PAWLAK Dezyderia</b>	<b>148</b>	CTS	K-40	5	<b>00:52:18.70</b>	+00:14:43 (28.2%)	5:13	11.5 (71.9%)
57	<b>MATEJA Bożena</b>	<b>135</b>		K-60	1	<b>00:52:48.00</b>	+00:15:13 (28.8%)	5:16	11.4 (71.3%)
58	<b>BRZÓSKA Szymon</b>	<b>78</b>	HELL SQUAD	M-30	19	<b>00:54:02.55</b>	+00:16:27 (30.5%)	5:24	11.1 (69.4%)
59	<b>WYRZYKOWSKI Łukasz</b>	<b>190</b>	OCEAN NETWORK EXPRESS	M-18	6	<b>00:54:06.60</b>	+00:16:31 (30.6%)	5:24	11.1 (69.4%)
60	<b>GUMIELA Piotr</b>	<b>101</b>	GUMISIOLANDIA	M-40	14	<b>00:54:07.40</b>	+00:16:32 (30.6%)	5:24	11.1 (69.4%)
61	<b>STEFAŃSKA Elżbieta</b>	<b>167</b>	GRUPA BIEGOWA 65	K-30	5	<b>00:54:07.65</b>	+00:16:32 (30.6%)	5:24	11.1 (69.4%)
62	<b>KALETA Aleksandra</b>	<b>106</b>		K-40	6	<b>00:54:20.45</b>	+00:16:45 (30.8%)	5:26	11 (68.8%)
63	<b>DEPTULA Robert</b>	<b>82</b>		M-50	9	<b>00:55:15.60</b>	+00:17:40 (32.0%)	5:31	10.9 (68.1%)
64	<b>GUMIELA Katarzyna</b>	<b>102</b>	GUMISIOLANDIA	K-30	6	<b>00:55:15.80</b>	+00:17:41 (32.0%)	5:31	10.9 (68.1%)
65	<b>LIEDTKE Dariusz</b>	<b>131</b>		M-40	15	<b>00:55:16.95</b>	+00:17:42 (32.0%)	5:31	10.9 (68.1%)
66	<b>WARA-WĄSOWSKI Maciej</b>	<b>184</b>		M-50	10	<b>00:55:22.70</b>	+00:17:47 (32.1%)	5:32	10.8 (67.5%)
67	<b>SZREDER Tomasz</b>	<b>172</b>		M-30	20	<b>00:55:26.55</b>	+00:17:51 (32.2%)	5:32	10.8 (67.5%)
68	<b>LEWANDOWSKA Justyna</b>	<b>128</b>	FIGHTING RUNNERS	K-50	1	<b>00:55:35.35</b>	+00:18:00 (32.4%)	5:33	10.8 (67.5%)
69	<b>GOŁEMBOWSKI Mariusz</b>	<b>98</b>	GDAŃSKIE AUTOBUSY I TRAMWAJE- NIE MARNUJ TLENU	M-50	11	<b>00:56:00.85</b>	+00:18:26 (32.9%)	5:36	10.7 (66.9%)
70	<b>SZOPA Marek</b>	<b>171</b>	RUNEDA	M-40	16	<b>00:56:26.30</b>	+00:18:51 (33.4%)	5:38	10.6 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	<b>ROSZYK Paweł</b>	<b>158</b>	JP BIEGAĆ Z PASJĄ	M-50	12	<b>00:56:34.50</b>	+00:18:59 (33.6%)	5:39	10.6 (66.3%)
72	<b>GĄSKA Maciej</b>	<b>97</b>	PĘDZĄCE ŚLIMAKI	M-40	17	<b>00:56:36.85</b>	+00:19:02 (33.6%)	5:39	10.6 (66.3%)
73	<b>WAŃSKI Witold</b>	<b>183</b>		M-30	21	<b>00:56:48.10</b>	+00:19:13 (33.8%)	5:40	10.6 (66.3%)
74	<b>PASZTALENIEC Władysław</b>	<b>147</b>		M-40	18	<b>00:56:50.30</b>	+00:19:15 (33.9%)	5:41	10.6 (66.3%)
75	<b>DYDYMSKA Monika</b>	<b>86</b>		K-40	7	<b>00:56:50.40</b>	+00:19:15 (33.9%)	5:41	10.6 (66.3%)
76	<b>BARTUŚ Alan</b>	<b>74</b>		M-18	7	<b>00:56:53.10</b>	+00:19:18 (33.9%)	5:41	10.5 (65.6%)
77	<b>CWALINA Magdalena</b>	<b>81</b>		K-30	7	<b>00:57:22.40</b>	+00:19:47 (34.5%)	5:44	10.5 (65.6%)
78	<b>MARZEC Przemysław</b>	<b>134</b>	GRUPA BIEGOWA 65	M-40	19	<b>00:57:29.15</b>	+00:19:54 (34.6%)	5:44	10.4 (65.0%)
79	<b>PRZYKŁOTA Ewa</b>	<b>155</b>	GRUPA BIEGOWA 65	K-40	8	<b>00:57:30.35</b>	+00:19:55 (34.7%)	5:45	10.4 (65.0%)
80	<b>BARTUŚ Adriana</b>	<b>75</b>		K-40	9	<b>00:57:53.75</b>	+00:20:19 (35.1%)	5:47	10.4 (65.0%)
81	<b>BRODA Michał</b>	<b>77</b>		M-30	22	<b>00:58:08.85</b>	+00:20:34 (35.4%)	5:48	10.3 (64.4%)
82	<b>KAMIŃSKI Arkadiusz</b>	<b>108</b>		M-50	13	<b>00:58:49.85</b>	+00:21:15 (36.1%)	5:52	10.2 (63.8%)
83	<b>ZWATYKANICZ Martyna</b>	<b>197</b>	DZIKI Z TRÓJMIASTA	K-40	10	<b>00:59:10.35</b>	+00:21:35 (36.5%)	5:55	10.1 (63.1%)
84	<b>PAPROCKA Anna</b>	<b>145</b>		K-40	11	<b>00:59:10.85</b>	+00:21:36 (36.5%)	5:55	10.1 (63.1%)
85	<b>PAPROCKI Marcin</b>	<b>146</b>		M-40	20	<b>00:59:11.60</b>	+00:21:36 (36.5%)	5:55	10.1 (63.1%)
86	<b>TYMIŃSKI Jarosław</b>	<b>180</b>	FOX	M-30	23	<b>01:01:17.00</b>	+00:23:42 (38.7%)	6:07	9.8 (61.3%)
87	<b>KOGUT Joanna</b>	<b>111</b>	GRUPA BIEGOWA 65	K-40	12	<b>01:01:22.00</b>	+00:23:47 (38.8%)	6:08	9.8 (61.3%)
88	<b>KUROWSKA Marzena</b>	<b>120</b>		K-40	13	<b>01:01:44.40</b>	+00:24:09 (39.1%)	6:10	9.7 (60.6%)
89	<b>LEIBSCHANG Jacek</b>	<b>127</b>	GRUPA BIEGOWA 65	M-40	21	<b>01:02:34.70</b>	+00:24:59 (39.9%)	6:15	9.6 (60.0%)
90	<b>GAZARKIEWICZ Antoni</b>	<b>96</b>	BHMW_GDYNIA	M-60	2	<b>01:02:41.40</b>	+00:25:06 (40.1%)	6:16	9.6 (60.0%)
91	<b>LEWANDOWSKI Adam</b>	<b>130</b>		M-30	24	<b>01:02:52.70</b>	+00:25:17 (40.2%)	6:17	9.5 (59.4%)
92	<b>ROGACKA Mariola</b>	<b>157</b>	ZROBIENI W BAMBINO	K-40	14	<b>01:03:04.05</b>	+00:25:29 (40.4%)	6:18	9.5 (59.4%)
93	<b>SIWEK Anna</b>	<b>166</b>		K-40	15	<b>01:04:07.45</b>	+00:26:32 (41.4%)	6:24	9.4 (58.8%)
94	<b>SZTYLKO Michał</b>	<b>173</b>		M-40	22	<b>01:04:07.90</b>	+00:26:33 (41.4%)	6:24	9.4 (58.8%)
95	<b>SIEMIŃSKI Jerzy</b>	<b>165</b>	ARCON	M-60	3	<b>01:05:31.75</b>	+00:27:57 (42.7%)	6:33	9.2 (57.5%)
96	<b>BABEROWSKA Jolanta</b>	<b>71</b>	TREC TEAM	K-50	2	<b>01:05:44.10</b>	+00:28:09 (42.8%)	6:34	9.1 (56.9%)
97	<b>ŻYCKI Grzegorz</b>	<b>200</b>		M-30	25	<b>01:06:03.45</b>	+00:28:28 (43.1%)	6:36	9.1 (56.9%)
98	<b>MIŁOWICKA Justyna</b>	<b>137</b>	7PBOT	K-30	8	<b>01:06:56.10</b>	+00:29:21 (43.9%)	6:41	9 (56.3%)
99	<b>TREDER Daniel</b>	<b>177</b>	FOX	M-30	26	<b>01:07:31.35</b>	+00:29:56 (44.3%)	6:45	8.9 (55.6%)
100	<b>SZOPA Małgorzata</b>	<b>170</b>	RUNEDA	K-40	16	<b>01:07:36.95</b>	+00:30:02 (44.4%)	6:45	8.9 (55.6%)
101	<b>DEPTULA Bernadeta</b>	<b>83</b>		K-50	3	<b>01:08:29.35</b>	+00:30:54 (45.1%)	6:50	8.8 (55.0%)
102	<b>CHWALISZ Sabina</b>	<b>79</b>	PARKRUN RUMIA	K70+	1	<b>01:10:48.60</b>	+00:33:13 (46.9%)	7:04	8.5 (53.1%)
103	<b>TREDER Małgorzata</b>	<b>343</b>	FOX	K-30	9	<b>01:10:54.90</b>	+00:33:20 (47.0%)	7:05	8.5 (53.1%)
104	<b>MICHALAK Karolina</b>	<b>342</b>		K-18	2	<b>01:12:04.15</b>	+00:34:29 (47.9%)	7:12	8.3 (51.9%)
105	<b>PIETRZAK Teresa</b>	<b>153</b>	GRUPA BIEGOWA 65	K-40	17	<b>01:12:47.00</b>	+00:35:12 (48.4%)	7:16	8.2 (51.3%)
106	<b>LAMCHA Ania</b>	<b>125</b>	GRUPA BIEGOWA 65	K-40	18	<b>01:12:47.25</b>	+00:35:12 (48.4%)	7:16	8.2 (51.3%)
107	<b>STOPNICKI Ignacy</b>	<b>168</b>	TUPOT USTKA	M70+	2	<b>01:15:26.20</b>	+00:37:51 (50.2%)	7:32	8 (50.0%)
108	<b>KURAJK Marian</b>	<b>119</b>		M-60	4	<b>01:18:03.15</b>	+00:40:28 (51.9%)	7:48	7.7 (48.1%)
109	<b>NALEPA Sławomir</b>	<b>138</b>		M-50	14	<b>01:21:07.50</b>	+00:43:32 (53.7%)	8:06	7.4 (46.3%)

Znaleziono 109 wynik(ów)