

IX BIEG OLIWSKI - 5KM BIEG

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: IX Bieg Oliwski
Organizator: Fundacja Silni Ciałem Niezlomni Duchem
Data: 2021-11-28
Miejsce: Gdańsk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	DAMENTKA Kamil	216	CTS	M-18	1	00:17:14.80		43:05	1.4 (100%)
2	DZIWOSZ Paweł	324		M-30	1	00:18:43.90	+00:01:29 (7.9%)	3:44	16 (1,142.9%)
3	BŁOCH Szymon	328	ENATA BRAND	M-30	2	00:19:05.70	+00:01:50 (9.7%)	47:42	1.3 (92.9%)
4	NAWROCKI Dariusz	248	GRUPA BIEGOWA 65	M-30	3	00:19:24.90	+00:02:10 (11.2%)	48:30	1.2 (85.7%)
5	KRÓL Dominik	237		M-16	1	00:19:28.85	+00:02:14 (11.5%)	48:40	1.2 (85.7%)
6	SENIUŚ Marcin	269		M-40	1	00:19:29.50	+00:02:14 (11.5%)	48:42	1.2 (85.7%)
7	RIABUKHA Oleksandr	265	AIC TEAM	M-30	4	00:19:42.55	+00:02:27 (12.5%)	49:15	1.2 (85.7%)
8	KIERNOZEK Tomasz	318	MORSY RESET SZCZYTNO	M-30	5	00:19:43.75	+00:02:28 (12.6%)	49:17	1.2 (85.7%)
9	HOLK-ŁEBIŃSKI Mateusz	223	KUJAWSKY RUNNERS	M-30	6	00:19:46.20	+00:02:31 (12.8%)	49:25	1.2 (85.7%)
10	SUDZIŃSKA Mariola	317	AZS UMW OLSZTYN	K-40	1	00:19:48.95	+00:02:34 (13.0%)	49:30	1.2 (85.7%)
11	LANG Paweł	329	KUJAWSKI RUNNERS	M-18	2	00:19:49.70	+00:02:34 (13.0%)	49:32	1.2 (85.7%)
12	HEWELT Maciej	314	PKO HARPAGAN GDAŃSK	M-30	7	00:20:18.05	+00:03:03 (15.0%)	50:45	1.2 (85.7%)
13	WÓJCIK Max	339		M-30	8	00:20:39.90	+00:03:25 (16.5%)	51:37	1.2 (85.7%)
14	TRACZ Olgierd	278	DOLINA NOTECI RACING TEAM/OSOWABIEGA	M-30	9	00:20:54.60	+00:03:39 (17.5%)	52:15	1.1 (78.6%)
15	KLAHS Katarzyna	232		K-18	1	00:20:58.60	+00:03:43 (17.8%)	52:25	1.1 (78.6%)
16	MATKOWIAK Patryk	321		M-18	3	00:21:13.85	+00:03:59 (18.8%)	53:02	1.1 (78.6%)
17	TORBICZ Piotr	277	THALES	M-40	2	00:21:41.30	+00:04:26 (20.5%)	54:12	1.1 (78.6%)
18	JEKA Rafał	226		M-18	4	00:21:54.10	+00:04:39 (21.3%)	54:45	1.1 (78.6%)
19	HOJKA Tomasz	222	ZAKWAS TEAM	M-40	3	00:22:07.10	+00:04:52 (22.0%)	55:17	1.1 (78.6%)
20	ŁATAS Paweł	241	FIGHTINGRUNNERS	M-30	10	00:22:10.35	+00:04:55 (22.2%)	55:25	1.1 (78.6%)
21	CZAJKA Marcin	215		M-40	4	00:22:11.85	+00:04:57 (22.3%)	55:27	1.1 (78.6%)
22	TUWALSKA Elżbieta	280	LKS ZANTYR SZTUM	K-40	2	00:22:35.80	+00:05:21 (23.7%)	56:27	1.1 (78.6%)
23	SKRZECZOWSKI Bartosz	270	JAGUAR GDAŃSK	M-30	11	00:22:46.50	+00:05:31 (24.3%)	56:55	1.1 (78.6%)
24	KALINOWSKA Paulina	227		K-30	1	00:23:19.30	+00:06:04 (26.0%)	4:39	12.9 (921.4%)
25	MAZUR Krzysztof	245	LOTOS RUNNING TEAM	M-40	5	00:24:02.10	+00:06:47 (28.2%)	4:48	12.5 (892.9%)
26	BARAN Seweryn	202	ŚWIAT PŁYTEK U KRYSPIŃNA	M-18	5	00:24:42.20	+00:07:27 (30.2%)	4:56	12.1 (864.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
27	MATYSZEWSKI Jarostaw	244		M-50	1	00:24:49.95	+00:07:35 (30.5%)	4:57	12.1 (864.3%)
28	BITOWT Grzegorz	205	LOTOS RUNNING TEAM	M-30	12	00:25:03.00	+00:07:48 (31.2%)	5:00	12 (857.1%)
29	PAWLAK Piotr	254		M-40	6	00:25:15.30	+00:08:00 (31.7%)	5:03	11.9 (850.0%)
30	KOSAŁA Krzysztof	234		M-18	6	00:25:20.10	+00:08:05 (31.9%)	5:04	11.8 (842.9%)
31	POKOJSKI Wojciech	261	SPIE SPORT TEAM	M-30	13	00:25:24.60	+00:08:09 (32.1%)	5:04	11.8 (842.9%)
32	CHROBAK Tomasz	210		M-40	7	00:25:30.00	+00:08:15 (32.4%)	5:06	11.8 (842.9%)
33	KARPIŃSKA Barbara	231		K-40	3	00:25:42.00	+00:08:27 (32.9%)	5:08	11.7 (835.7%)
34	JARMOŁOWICZ Beata	224	CTS	K-50	1	00:26:06.05	+00:08:51 (33.9%)	5:13	11.5 (821.4%)
35	WILEWSKI Dawid	283		M-30	14	00:26:14.70	+00:08:59 (34.3%)	5:14	11.4 (814.3%)
36	RINC Małgorzata	266		K-30	2	00:26:19.85	+00:09:05 (34.5%)	5:15	11.4 (814.3%)
37	GAŁUSZYŃSKI Łukasz	337		M-30	15	00:26:19.95	+00:09:05 (34.5%)	5:15	11.4 (814.3%)
38	KUROWSKI Wojciech	334	WATAHA - ŁĄCZY NAS BIEGANIE	M-40	8	00:26:20.20	+00:09:05 (34.5%)	5:16	11.4 (814.3%)
39	POCHOPIEŃ Mira	259	WATAHA-ŁĄCZY NAS BIEGANIE	K-30	3	00:26:41.15	+00:09:26 (35.4%)	5:20	11.2 (800.0%)
40	KARPENKO Liliana	230	LILI	K-50	2	00:27:04.75	+00:09:49 (36.3%)	5:24	11.1 (792.9%)
41	KOPCZYŃSKA Monika	338	MINIONKI	K-40	4	00:27:10.45	+00:09:55 (36.5%)	5:26	11 (785.7%)
42	CHRÓSCIELEWSKA Monika	211		K-30	4	00:27:14.55	+00:09:59 (36.7%)	5:26	11 (785.7%)
43	PIOTROWSKI Krzysztof	257	GRUPA BIEGOWA 65	M-50	2	00:27:53.20	+00:10:38 (38.2%)	5:34	10.8 (771.4%)
44	GAWRYLCZYK Maciej	221		M-60	1	00:27:55.55	+00:10:40 (38.2%)	5:35	10.7 (764.3%)
45	SZYDŁOWSKI Gawel	315		M-18	7	00:27:59.45	+00:10:44 (38.4%)	5:35	10.7 (764.3%)
46	PODCIBORSKA Joanna	260		K-30	5	00:28:14.00	+00:10:59 (38.9%)	5:38	10.6 (757.1%)
47	WEILAND Karina	282		K-40	5	00:28:19.40	+00:11:04 (39.1%)	5:39	10.6 (757.1%)
48	ALEKSIEJUK Aleksandra	201	ACTIV FLOW	K-18	2	00:28:20.75	+00:11:05 (39.2%)	5:40	10.6 (757.1%)
49	DUDANIEC-TARKOWSKA Agnieszka	220	AMTK GDAŃSK	K-30	6	00:28:28.05	+00:11:13 (39.4%)	5:41	10.5 (750.0%)
50	MARTYŃSKA Dorota	243		K-40	6	00:28:30.70	+00:11:15 (39.5%)	5:42	10.5 (750.0%)
51	SCIEPURO Karolina	268		K-30	7	00:28:54.85	+00:11:40 (40.4%)	5:46	10.4 (742.9%)
52	KORPAS Ewa	233	KUNDY PORTOWE	K-30	8	00:29:11.55	+00:11:56 (40.9%)	5:50	10.3 (735.7%)
53	JACHOWICZ Julia	331		K-30	9	00:29:16.00	+00:12:01 (41.1%)	5:51	10.3 (735.7%)
54	PEŁSZYŃSKI Jacek	330		M-40	9	00:29:27.30	+00:12:12 (41.4%)	5:53	10.2 (728.6%)
55	SZYCA Elżbieta	275		K-50	3	00:29:46.45	+00:12:31 (42.1%)	5:57	10.1 (721.4%)
56	BENERT Jan	204		M-60	2	00:29:50.45	+00:12:35 (42.2%)	5:58	10.1 (721.4%)
57	BARTSCH Aleksandra	203	BIGYELLOWFOOT ADVENTURE TEAM	K-30	10	00:30:00.25	+00:12:45 (42.5%)	6:00	10 (714.3%)
58	BŁAWAT Michał	206		M-40	10	00:30:07.10	+00:12:52 (42.7%)	6:01	10 (714.3%)
59	KAMROWSKA Natalia	229		K-30	11	00:30:14.80	+00:13:00 (43.0%)	6:02	9.9 (707.1%)
60	JACHOWICZ Dariusz	332		M-50	3	00:30:29.75	+00:13:14 (43.4%)	6:05	9.8 (700.0%)
61	SZYCA Dariusz	274		M-30	16	00:30:36.75	+00:13:21 (43.7%)	6:07	9.8 (700.0%)
62	OKOŃSKA Ewelina	249	RYM TYM TYM Z **** DYM	K-30	12	00:30:40.70	+00:13:25 (43.8%)	6:08	9.8 (700.0%)
63	BURDA Robert	208	SPORTEVO	M-50	4	00:31:40.15	+00:14:25 (45.5%)	6:20	9.5 (678.6%)
64	MICHALCZYK Mirka	246	PRUSZCZ BIEGA KOBIETA W BIEGU	K-40	7	00:32:03.65	+00:14:48 (46.2%)	6:24	9.4 (671.4%)
65	SKWIERAWSKI Wojciech	271	PAPAJ	M-18	8	00:32:13.20	+00:14:58 (46.5%)	6:26	9.3 (664.3%)
66	DELEKTA Marzena	218		K-40	8	00:32:17.05	+00:15:02 (46.6%)	6:27	9.3 (664.3%)
67	WOŹNIAK Sandra	313	ŚLĘZAK TEAM	K-30	13	00:32:48.40	+00:15:33 (47.4%)	6:33	9.1 (650.0%)
68	KIEŁBASA Wojciech	110	GO AUTO	M-50	5	00:32:54.85	+00:15:40 (47.6%)	6:34	9.1 (650.0%)
69	CHYLIŃSKA Dorota	214		K-50	4	00:32:55.10	+00:15:40 (47.6%)	6:35	9.1 (650.0%)
70	MLECZEK Aleksandra	247	MAMUŚKA:)	K-30	14	00:33:10.75	+00:15:55 (48.0%)	6:38	9 (642.9%)

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71	PRZYBYLSKA Aleksandra	264	TEAM ELITE	K-50	5	00:33:12.95	+00:15:58 (48.1%)	6:38	9 (642.9%)
72	SIKORA Rafał	316		M-40	11	00:33:13.50	+00:15:58 (48.1%)	6:38	9 (642.9%)
73	BENERT-BRANICKA Agnieszka	335		K-30	15	00:33:19.35	+00:16:04 (48.2%)	6:39	9 (642.9%)
74	STUŻYŃSKI Tomasz	273	SPIE SPORT TEAM	M-40	12	00:34:22.75	+00:17:07 (49.8%)	6:52	8.7 (621.4%)
75	KUSIAK Włodzimierz	240		M70+	1	00:34:40.50	+00:17:25 (50.3%)	6:56	8.7 (621.4%)
76	PAW Magdalena	253		K-40	9	00:34:59.80	+00:17:45 (50.7%)	6:59	8.6 (614.3%)
77	DRAZKIEWICZ Ela	219		K-40	10	00:35:24.60	+00:18:09 (51.3%)	7:04	8.5 (607.1%)
78	CHWALISZ Leszek	213	PARKRUN RUMIA	M70+	2	00:36:02.05	+00:18:47 (52.1%)	7:12	8.3 (592.9%)
79	TYMIŃSKI Krzysztof	181		M70+	3	00:36:16.90	+00:19:02 (52.5%)	7:15	8.3 (592.9%)
80	TROJANOWSKA Bogumiła	279		K-50	6	00:36:18.85	+00:19:04 (52.5%)	7:15	8.3 (592.9%)
81	ŁUBKOWSKA Grażyna	242		K-60	1	00:36:43.95	+00:19:29 (53.0%)	7:20	8.2 (585.7%)
82	STORMA Aleksandra	272		K-30	16	00:37:04.35	+00:19:49 (53.5%)	7:24	8.1 (578.6%)
83	TYMIŃSKA Ewa	281		K-60	2	00:37:30.10	+00:20:15 (54.0%)	7:30	8 (571.4%)
84	PRZESŁAWSKA Hanna	263	BABA BIEGNIE	K-30	17	00:38:37.35	+00:21:22 (55.3%)	7:43	7.8 (557.1%)
85	DEIK Elżbieta	217		K70+	1	00:38:59.15	+00:21:44 (55.8%)	7:47	7.7 (550.0%)
86	ŚMIGAJ Mirosław	276		M-60	3	00:39:58.10	+00:22:43 (56.8%)	7:59	7.5 (535.7%)
87	CHOJNICKA Zofia	209		K70+	2	00:44:13.05	+00:26:58 (61.0%)	8:50	6.8 (485.7%)
88	KURAJK Ewa	239		K-60	3	00:45:14.70	+00:27:59 (61.9%)	9:02	6.6 (471.4%)
89	NABAKOWSKA Barbara	319		K-60	4	00:45:20.35	+00:28:05 (62.0%)	9:04	6.6 (471.4%)
90	KULCZYCKI Jan	238		M70+	4	00:47:11.55	+00:29:56 (63.5%)	9:26	6.4 (457.1%)
91	PAŁASZ Edmund	252		M70+	5	00:51:16.40	+00:34:01 (66.4%)	10:15	5.9 (421.4%)

Znaleziono 91 wynik(ów)