



# OLEJARSKA DYCHA

B4SPORT

**Organizator:** Polskie Stowarzyszenie Producentów Oleju  
**Data:** 2023-05-14  
**Miejsce:** Nielisz  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M3 50+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KOŁODZIEJ Mariusz</b>	<b>129</b>	LW BOGDANKA	M3 50+	1		<b>00:42:30.20</b>	<b>00:42:30.20</b>		4:15	14.1 (100%)
2	<b>STASIAK Piotr</b>	<b>251</b>		M3 50+	2		<b>00:43:24.25</b>	<b>00:43:24.25</b>	+00:00:54 (2.1%)	4:20	13.8 (97.9%)
3	<b>WIDOMSKI Wojciech</b>	<b>280</b>		M3 50+	3	Tak	<b>00:44:24.10</b>	<b>00:44:24.10</b>	+00:01:53 (4.3%)	4:26	13.5 (95.7%)
4	<b>MAZGA Janusz</b>	<b>188</b>	ZAMOŚĆ BIEGA	M3 50+	4		<b>00:45:02.05</b>	<b>00:45:02.05</b>	+00:02:31 (5.6%)	4:30	13.3 (94.3%)
5	<b>OSTROWSKI Sławomir</b>	<b>205</b>	BIEGAJĄCY ŚWIDNIK	M3 50+	5		<b>00:45:23.45</b>	<b>00:45:23.45</b>	+00:02:53 (6.4%)	4:32	13.2 (93.6%)
6	<b>PŁECHA Grzegorz</b>	<b>215</b>		M3 50+	6		<b>00:45:45.70</b>	<b>00:45:45.70</b>	+00:03:15 (7.1%)	4:34	13.1 (92.9%)
7	<b>KUŚMIERZ Kazimierz</b>	<b>154</b>		M3 50+	7		<b>00:46:03.00</b>	<b>00:46:03.00</b>	+00:03:32 (7.7%)	4:36	13 (92.2%)
8	<b>REPECKI Marcin</b>	<b>229</b>	ZAMOŚĆ BIEGA	M3 50+	8		<b>00:46:06.60</b>	<b>00:46:06.60</b>	+00:03:36 (7.8%)	4:36	13 (92.2%)
9	<b>WÓJCIK Józef</b>	<b>294</b>	CHEŁM BIEGA	M3 50+	9		<b>00:46:06.65</b>	<b>00:46:06.65</b>	+00:03:36 (7.8%)	4:36	13 (92.2%)
10	<b>MIROŚLAW Albert</b>	<b>318</b>	WW TEAM	M3 50+	10		<b>00:46:50.50</b>	<b>00:46:50.50</b>	+00:04:20 (9.3%)	4:41	12.8 (90.8%)
11	<b>ANTOSZ Bogdan</b>	<b>16</b>		M3 50+	11		<b>00:46:55.75</b>	<b>00:46:55.75</b>	+00:04:25 (9.4%)	4:41	12.8 (90.8%)
12	<b>WOŹNIAK Marek</b>	<b>291</b>		M3 50+	12		<b>00:47:42.15</b>	<b>00:47:42.15</b>	+00:05:11 (10.9%)	4:46	12.6 (89.4%)
13	<b>SOKALSKI Sławomir</b>	<b>249</b>	ZAMOŚĆ BIEGA	M3 50+	13		<b>00:48:24.95</b>	<b>00:48:24.95</b>	+00:05:54 (12.2%)	4:50	12.4 (87.9%)
14	<b>ADAMCZYK Mariusz</b>	<b>13</b>		M3 50+	14		<b>00:50:08.75</b>	<b>00:50:08.75</b>	+00:07:38 (15.2%)	5:00	12 (85.1%)
15	<b>KURZYNA Krzysztof</b>	<b>153</b>		M3 50+	15		<b>00:50:11.80</b>	<b>00:50:11.80</b>	+00:07:41 (15.3%)	5:01	12 (85.1%)
16	<b>RYCAK Andrzej</b>	<b>233</b>		M3 50+	16		<b>00:50:31.85</b>	<b>00:50:31.85</b>	+00:08:01 (15.9%)	5:03	11.9 (84.4%)
17	<b>FLIS Jan</b>	<b>323</b>		M3 50+	17		<b>00:51:03.95</b>	<b>00:51:03.95</b>	+00:08:33 (16.8%)	5:06	11.8 (83.7%)
18	<b>BUŁAWSKI Krzysztof</b>	<b>34</b>		M3 50+	18		<b>00:51:45.20</b>	<b>00:51:45.20</b>	+00:09:15 (17.9%)	5:10	11.6 (82.3%)
19	<b>LIS Zbigniew</b>	<b>160</b>		M3 50+	19		<b>00:51:50.05</b>	<b>00:51:50.05</b>	+00:09:19 (18.0%)	5:11	11.6 (82.3%)
20	<b>LASKOWSKI Andrzej</b>	<b>157</b>	OSP DRAGANY	M3 50+	20		<b>00:51:51.65</b>	<b>00:51:51.65</b>	+00:09:21 (18.0%)	5:11	11.6 (82.3%)
21	<b>ŻUROWSKI Jacek</b>	<b>313</b>	HEŃTEAM	M3 50+	21		<b>00:51:55.55</b>	<b>00:51:55.55</b>	+00:09:25 (18.1%)	5:11	11.6 (82.3%)
22	<b>NOWAK Jan</b>	<b>200</b>	CHEŁM	M3 50+	22		<b>00:51:57.50</b>	<b>00:51:57.50</b>	+00:09:27 (18.2%)	5:11	11.5 (81.6%)
23	<b>PUDŁO Marian</b>	<b>224</b>	MGD TEAM	M3 50+	23		<b>00:52:31.05</b>	<b>00:52:31.05</b>	+00:10:00 (19.1%)	5:15	11.4 (80.9%)
24	<b>ZBICIAK Adam</b>	<b>307</b>		M3 50+	24		<b>00:52:35.70</b>	<b>00:52:35.70</b>	+00:10:05 (19.2%)	5:15	11.4 (80.9%)
25	<b>CHATAŁA Marek</b>	<b>39</b>	SZEROKIE BIEGA	M3 50+	25		<b>00:52:44.25</b>	<b>00:52:44.25</b>	+00:10:14 (19.4%)	5:16	11.4 (80.9%)
26	<b>BOCIAN Piotr</b>	<b>28</b>	NIE	M3 50+	26		<b>00:53:35.05</b>	<b>00:53:35.05</b>	+00:11:04 (20.7%)	5:21	11.2 (79.4%)
27	<b>KARWAN Zbigniew</b>	<b>119</b>	BBL	M3 50+	27		<b>00:54:12.85</b>	<b>00:54:12.85</b>	+00:11:42 (21.6%)	5:25	11.1 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>JACEK Andrzej</b>	<b>99</b>	ZAMOŚĆ BIEGA	M3 50+	28		<b>00:54:49.35</b>	<b>00:54:49.35</b>	+00:12:19 (22.5%)	5:28	10.9 (77.3%)
29	<b>PRZYCZYNA Marek</b>	<b>222</b>		M3 50+	29		<b>00:55:21.25</b>	<b>00:55:21.25</b>	+00:12:51 (23.2%)	5:32	10.8 (76.6%)
30	<b>KAPROŃ Czesław</b>	<b>114</b>	FORTACO TEAM	M3 50+	30		<b>00:55:37.05</b>	<b>00:55:37.05</b>	+00:13:06 (23.6%)	5:33	10.8 (76.6%)
31	<b>SOWIŃSKI Marek</b>	<b>250</b>		M3 50+	31		<b>00:55:37.35</b>	<b>00:55:37.35</b>	+00:13:07 (23.6%)	5:33	10.8 (76.6%)
32	<b>BELOWSKI Leszek</b>	<b>22</b>	EXPLORE RUN TEAM	M3 50+	32		<b>00:56:08.95</b>	<b>00:56:08.95</b>	+00:13:38 (24.3%)	5:36	10.7 (75.9%)
33	<b>WESOŁOWSKI Piotr</b>	<b>279</b>		M3 50+	33		<b>00:56:25.00</b>	<b>00:56:25.00</b>	+00:13:54 (24.7%)	5:38	10.6 (75.2%)
34	<b>ŁUKASIK Zbigniew</b>	<b>163</b>	RAPY MASTERS	M3 50+	34		<b>00:56:37.40</b>	<b>00:56:37.40</b>	+00:14:07 (24.9%)	5:39	10.6 (75.2%)
35	<b>BARTNIK Wojciech</b>	<b>21</b>	UNIA HRUBIESZÓW	M3 50+	35		<b>00:56:40.95</b>	<b>00:56:40.95</b>	+00:14:10 (25.0%)	5:40	10.6 (75.2%)
36	<b>KOT Leszek</b>	<b>322</b>		M3 50+	36		<b>00:57:07.70</b>	<b>00:57:07.70</b>	+00:14:37 (25.6%)	5:42	10.5 (74.5%)
37	<b>KOLASA Andrzej</b>	<b>126</b>	KLUB J.SŁOWACKIEGO	M3 50+	37		<b>00:57:28.15</b>	<b>00:57:28.15</b>	+00:14:57 (26.0%)	5:44	10.4 (73.8%)
38	<b>NIEMIERSKI Artur</b>	<b>198</b>		M3 50+	38		<b>00:57:43.05</b>	<b>00:57:43.05</b>	+00:15:12 (26.4%)	5:46	10.4 (73.8%)
39	<b>KAWALEC Andrzej</b>	<b>122</b>	KAWALECWĘDKI	M3 50+	39		<b>00:57:44.60</b>	<b>00:57:44.60</b>	+00:15:14 (26.4%)	5:46	10.4 (73.8%)
40	<b>GODULA Ryszard</b>	<b>81</b>	BIEGNIJ FORREST BIEGNIJ	M3 50+	40		<b>00:58:13.15</b>	<b>00:58:13.15</b>	+00:15:42 (27.0%)	5:49	10.3 (73.0%)
41	<b>MARKOWICZ Grzegorz</b>	<b>175</b>	MGD TEAM	M3 50+	41		<b>00:58:15.95</b>	<b>00:58:15.95</b>	+00:15:45 (27.1%)	5:49	10.3 (73.0%)
42	<b>ZYGARLICKI Stanisław</b>	<b>311</b>	KRESOWIANIE	M3 50+	42		<b>00:58:22.60</b>	<b>00:58:22.60</b>	+00:15:52 (27.2%)	5:50	10.3 (73.0%)
43	<b>LATAŁA Andrzej</b>	<b>158</b>	POLBRUK RUN TEAM, BIEGAJĄCY ŚWIDNIK	M3 50+	43		<b>00:58:35.70</b>	<b>00:58:35.70</b>	+00:16:05 (27.5%)	5:51	10.2 (72.3%)
44	<b>KUŚPIT Jerzy</b>	<b>155</b>		M3 50+	44		<b>00:58:40.20</b>	<b>00:58:40.20</b>	+00:16:10 (27.6%)	5:52	10.2 (72.3%)
45	<b>KARCZEWSKI Zenon</b>	<b>116</b>		M3 50+	45		<b>00:58:46.60</b>	<b>00:58:46.60</b>	+00:16:16 (27.7%)	5:52	10.2 (72.3%)
46	<b>BRAKOWIECKI Wojciech</b>	<b>31</b>		M3 50+	46		<b>00:59:02.25</b>	<b>00:59:02.25</b>	+00:16:32 (28.0%)	5:54	10.2 (72.3%)
47	<b>WNUK Przemysław</b>	<b>286</b>	BOSCOTEAM	M3 50+	47		<b>00:59:07.25</b>	<b>00:59:07.25</b>	+00:16:37 (28.1%)	5:54	10.1 (71.6%)
48	<b>ŚWIDERSKI Darek</b>	<b>266</b>	POLYPHARM	M3 50+	48		<b>00:59:43.80</b>	<b>00:59:43.80</b>	+00:17:13 (28.8%)	5:58	10 (70.9%)
49	<b>MASZKOWSKI Rafał</b>	<b>178</b>		M3 50+	49		<b>01:03:29.60</b>	<b>01:03:29.60</b>	+00:20:59 (33.1%)	6:20	9.5 (67.4%)
50	<b>PYTKA Andrzej</b>	<b>226</b>	ZAMOŚĆ BIEGA	M3 50+	50		<b>01:03:29.85</b>	<b>01:03:29.85</b>	+00:20:59 (33.1%)	6:20	9.5 (67.4%)
51	<b>SIERPIŃSKI Radosław</b>	<b>244</b>	WOLNO ALE DO PRZODU !!!	M3 50+	51		<b>01:05:37.05</b>	<b>01:05:37.05</b>	+00:23:06 (35.2%)	6:33	9.1 (64.5%)
52	<b>CICHAWA Mirosław</b>	<b>42</b>	POLYPHARM	M3 50+	52		<b>01:06:18.20</b>	<b>01:06:18.20</b>	+00:23:48 (35.9%)	6:37	9 (63.8%)
53	<b>SYSA Kazimierz</b>	<b>254</b>	RUCH IZBICA	M3 50+	53		<b>01:07:48.40</b>	<b>01:07:48.40</b>	+00:25:18 (37.3%)	6:46	8.8 (62.4%)
54	<b>ŁUKASZEK Artur</b>	<b>165</b>	ULTRASY	M3 50+	54		<b>01:10:17.85</b>	<b>01:10:17.85</b>	+00:27:47 (39.5%)	7:01	8.5 (60.3%)
55	<b>MICHOŃ Artur</b>	<b>190</b>	JESTEM W RUCHU	M3 50+	55		<b>01:11:47.05</b>	<b>01:11:47.05</b>	+00:29:16 (40.8%)	7:10	8.4 (59.6%)
56	<b>JANISZEWSKI Andrzej</b>	<b>106</b>		M3 50+	56		<b>01:13:57.25</b>	<b>01:13:57.25</b>	+00:31:27 (42.5%)	7:23	8.1 (57.4%)
57	<b>JEZIERSKI Józef</b>	<b>111</b>	NIE ZRZESZONY	M3 50+	57		<b>01:20:24.05</b>	<b>01:20:24.05</b>	+00:37:53 (47.1%)	8:02	7.5 (53.2%)
58	<b>BUTRYŃSKI Paweł</b>	<b>35</b>	#KORWIN	M3 50+	58		<b>01:23:32.75</b>	<b>01:23:32.75</b>	+00:41:02 (49.1%)	8:21	7.2 (51.1%)

Znaleziono 58 wynik(ów)