

V BIEG ŁĄDUJ NA OSOWEJ

B4SPORT

Organizator: Stowarzyszenie Klub Sportowy Olimpia Osowa
Data: 2018-09-16
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUJAWSKI Grzegorz	60		M40	1	00:33:01.40		3:18	18.2 (100%)
2	MRÓWKA Michał	79	MAJATEAM	M30	1	00:34:57.05	+00:01:55 (5.5%)	3:29	17.2 (94.5%)
3	KLONOWSKI Marcin	49	LKS ZANTYR SZTUM	M16	1	00:35:57.40	+00:02:56 (8.2%)	3:35	16.7 (91.8%)
4	SZCZYKUTOWICZ Tomasz	118	SZALONY GDAŃSK BIEGA./ GDAŃSKI BIEGACZ	M16	2	00:36:08.20	+00:03:06 (8.6%)	3:36	16.6 (91.2%)
5	PIONK Rafał	89	RUNNERSI S7 BANINO	M30	2	00:36:13.60	+00:03:12 (8.8%)	3:37	16.6 (91.2%)
6	KUNDO Rafał	61		M16	3	00:36:17.60	+00:03:16 (9.0%)	3:37	16.5 (90.7%)
7	LIPKA Paweł	152	LAURA	M16	4	00:36:23.85	+00:03:22 (9.3%)	3:38	16.5 (90.7%)
8	MAKOWSKI Paweł	75	AWET GDANSK BIKE U UP	M30	3	00:36:24.15	+00:03:22 (9.3%)	3:38	16.5 (90.7%)
9	SAJENKO Adam	106	INVICTA POWER TEAM	M16	5	00:36:26.00	+00:03:24 (9.4%)	3:38	16.5 (90.7%)
10	GUZ Andrzej	27	UNBOUNDED	M30	4	00:37:37.70	+00:04:36 (12.2%)	3:45	16 (87.9%)
11	KLEKOTKO Fabian	45	TRIEAGELS	M40	2	00:37:55.55	+00:04:54 (12.9%)	3:47	15.8 (86.8%)
12	JEDNACHOWSKI Krzysztof	33		M16	6	00:37:56.35	+00:04:54 (13.0%)	3:47	15.8 (86.8%)
13	BARANOWSKA-TRZASKO Aleksandra	3	RUNNERSI S7 BANINO	K30	1	00:39:11.40	+00:06:10 (15.7%)	3:55	15.3 (84.1%)
14	LESZKOWICZ Kornel	65	PBC BUDOWNICTWO	M16	7	00:39:27.35	+00:06:25 (16.3%)	3:56	15.2 (83.5%)
15	PAZIK Dariusz	86	RUNEDA	M16	8	00:39:49.05	+00:06:47 (17.1%)	3:58	15.1 (83.0%)
16	BIERNACKI Sebastian	145		M30	5	00:39:55.95	+00:06:54 (17.3%)	3:59	15 (82.4%)
17	PERGOŁ Bogusław	166	GPEC RUNNERS TEAM	M40	3	00:40:08.65	+00:07:07 (17.7%)	4:00	14.9 (81.9%)
18	POĆWIARDOWSKI Maciej	91		M16	9	00:40:23.30	+00:07:21 (18.2%)	4:02	14.9 (81.9%)
19	SMÓLKOWSKI Marcin	150	RUMIA RUNNER	M30	6	00:40:46.10	+00:07:44 (19.0%)	4:04	14.7 (80.8%)
20	KĄKOL Grzegorz	40	BALLS OF STEEL	M30	7	00:40:54.05	+00:07:52 (19.3%)	4:05	14.7 (80.8%)
21	SZOZDA Marek	120	KABUNCZA	M30	8	00:40:58.70	+00:07:57 (19.4%)	4:05	14.6 (80.2%)
22	LEWANDOWSKI Paweł	68		M16	10	00:41:20.20	+00:08:18 (20.1%)	4:08	14.5 (79.7%)
23	KARBOWIAK Jan	157		M16	11	00:41:30.85	+00:08:29 (20.5%)	4:09	14.5 (79.7%)
24	SZYMAŃSKI Artur	127	LOTOS TEAM	M40	4	00:41:34.55	+00:08:33 (20.6%)	4:09	14.4 (79.1%)
25	SZYMAŃSKI Radosław	142		M40	5	00:42:08.80	+00:09:07 (21.6%)	4:12	14.2 (78.0%)
26	SZUMLAS Rafał	122		M30	9	00:42:32.80	+00:09:31 (22.4%)	4:15	14.1 (77.5%)
27	KLIMCZAK Zbigniew	48	KLIMCZAKI	M40	6	00:42:47.15	+00:09:45 (22.8%)	4:16	14 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	DZIEWIATOWSKA Joanna	20	DIETETYKA-24.PL	K40	1	00:43:30.70	+00:10:29 (24.1%)	4:21	13.8 (75.8%)
29	PĘSKO Michał	88		M40	7	00:43:46.00	+00:10:44 (24.5%)	4:22	13.7 (75.3%)
30	TRIEBWASSER Jacek	129		M40	8	00:43:53.60	+00:10:52 (24.8%)	4:23	13.7 (75.3%)
31	SKOPCZYŃSKI Jarek	109		M40	9	00:44:00.40	+00:10:59 (25.0%)	4:24	13.6 (74.7%)
32	GÓRSKI Marcin	165	BBL GDYNIA	M40	10	00:44:06.80	+00:11:05 (25.1%)	4:24	13.6 (74.7%)
33	KACZMAREK Krzysztof	35	O-SOWA BIEGA	M40	11	00:44:13.35	+00:11:11 (25.3%)	4:25	13.6 (74.7%)
34	SZCZĘSNY Piotr	159		M50	1	00:44:35.30	+00:11:33 (25.9%)	4:27	13.5 (74.2%)
35	SITARCZUK Mariusz	108	JEDZIEMY DO ODCIĘCIA :)	M30	10	00:44:49.55	+00:11:48 (26.3%)	4:29	13.4 (73.6%)
36	GAJEWSKI Krzysztof Teofor	21	PARKRUN GDAŃSK-POŁUDNIE	M40	12	00:44:50.10	+00:11:48 (26.3%)	4:29	13.4 (73.6%)
37	SMĘTEK Andrzej	111	SZALONY GDAŃSK BIEGA	M50	2	00:44:53.70	+00:11:52 (26.4%)	4:29	13.4 (73.6%)
38	PŁACHTA Jacek	90		M40	13	00:45:06.10	+00:12:04 (26.8%)	4:30	13.3 (73.1%)
39	BIAŁA Beata	6		K50	1	00:45:16.05	+00:12:14 (27.0%)	4:31	13.3 (73.1%)
40	KONASZEWSKI Sławomir	148		M40	14	00:45:16.25	+00:12:14 (27.1%)	4:31	13.3 (73.1%)
41	SZPAKIEWICZ Maciej	121		M40	15	00:45:17.15	+00:12:15 (27.1%)	4:31	13.2 (72.5%)
42	SZYCHALEWSKI Arkadiusz	124		M30	11	00:45:20.20	+00:12:18 (27.2%)	4:32	13.2 (72.5%)
43	CURYŁO Rafał	141		M16	12	00:45:20.35	+00:12:18 (27.2%)	4:32	13.2 (72.5%)
44	CHRZCZONOWICZ Bartek	14		M16	13	00:45:57.60	+00:12:56 (28.1%)	4:35	13.1 (72.0%)
45	BIESZKE Filip	8		M16	14	00:45:58.25	+00:12:56 (28.2%)	4:35	13.1 (72.0%)
46	APANASEWICZ Robert	2	ARRO RUNNERS TEAM	M40	16	00:45:58.30	+00:12:56 (28.2%)	4:35	13.1 (72.0%)
47	LESZKOWICZ Krzysiek	66	DOMAX RACING TEAM	M30	12	00:46:10.75	+00:13:09 (28.5%)	4:37	13 (71.4%)
48	ZDROJEWSKA Katarzyna	139		K30	2	00:46:29.05	+00:13:27 (29.0%)	4:38	12.9 (70.9%)
49	KOSAŁKA Łukasz	151		M30	13	00:46:39.60	+00:13:38 (29.2%)	4:40	12.9 (70.9%)
50	PODJASKI Krzysztof	92		M40	17	00:47:03.25	+00:14:01 (29.8%)	4:42	12.8 (70.3%)
51	KLEIN Andrzej	44		M50	3	00:47:13.00	+00:14:11 (30.1%)	4:43	12.7 (69.8%)
52	JASEK Michał	32		M16	15	00:47:13.90	+00:14:12 (30.1%)	4:43	12.7 (69.8%)
53	WÓJCIK Małgorzata	134	O-SOWA BIEGA	K40	2	00:47:25.70	+00:14:24 (30.4%)	4:44	12.6 (69.2%)
54	MORAWEK Arkadiusz	78		M40	18	00:47:27.10	+00:14:25 (30.4%)	4:44	12.6 (69.2%)
55	SZCZERBUK Rafał	117		M30	14	00:47:34.05	+00:14:32 (30.6%)	4:45	12.6 (69.2%)
56	KĄKOL Marcin	41		M30	15	00:47:40.90	+00:14:39 (30.7%)	4:46	12.6 (69.2%)
57	GARSZTKA Dominik	24		M40	19	00:47:42.95	+00:14:41 (30.8%)	4:46	12.6 (69.2%)
58	TUSZYŃSKI Maciej	147	OSAKA	M30	16	00:47:52.60	+00:14:51 (31.0%)	4:47	12.5 (68.7%)
59	CZECHOLIŃSKI Michał	15		M30	17	00:47:58.30	+00:14:56 (31.2%)	4:47	12.5 (68.7%)
60	WASILUK Grzegorz	162		M40	20	00:47:59.15	+00:14:57 (31.2%)	4:47	12.5 (68.7%)
61	CIEŚLIK Zdzisław	164	TEAM RUN GOŁAŃCZ	M60+	1	00:48:07.60	+00:15:06 (31.4%)	4:48	12.5 (68.7%)
62	PODJASKI Andrzej	93		M30	18	00:48:13.80	+00:15:12 (31.5%)	4:49	12.4 (68.1%)
63	KOWALCZYK Magdalena	54		K30	3	00:48:36.70	+00:15:35 (32.1%)	4:51	12.3 (67.6%)
64	SZABAT Katarzyna	115		K16	1	00:48:40.25	+00:15:38 (32.1%)	4:52	12.3 (67.6%)
65	KOTULSKI Piotr	53	KLUB BIEGACZY JYSK	M40	21	00:48:50.50	+00:15:49 (32.4%)	4:53	12.3 (67.6%)
66	RESKE Daniel	99	THYSSENKRUPP	M30	19	00:48:54.45	+00:15:53 (32.5%)	4:53	12.3 (67.6%)
67	GAIK Karol	149	GDAŃSK	M40	22	00:49:03.75	+00:16:02 (32.7%)	4:54	12.2 (67.0%)
68	ZAWADZKI Tomasz	137	JAGUAR GDAŃSK	M30	20	00:49:10.10	+00:16:08 (32.8%)	4:55	12.2 (67.0%)
69	PUCHOWSKA Ewelina	96	ENERGIA RUNING TEAM POLAND	K30	4	00:49:19.65	+00:16:18 (33.1%)	4:56	12.2 (67.0%)
70	PAWLAK Senastian	85	ZGNILE JAJO	M40	23	00:49:21.55	+00:16:20 (33.1%)	4:56	12.2 (67.0%)
71	PAŃKA Adam	158		M40	24	00:49:23.65	+00:16:22 (33.1%)	4:56	12.1 (66.5%)

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72	ANISOWICZ Norbert	1		M16	16	00:49:33.20	+00:16:31 (33.4%)	4:57	12.1 (66.5%)
73	PORTEE Jacek	163	OSOWA BIEGA	M40	25	00:49:44.45	+00:16:43 (33.6%)	4:58	12.1 (66.5%)
74	LULIS Zbigniew	70		M50	4	00:49:47.45	+00:16:46 (33.7%)	4:58	12.1 (66.5%)
75	OSOWSKI Maciej	83	VEGE RUNNERS	M50	5	00:49:53.10	+00:16:51 (33.8%)	4:59	12 (65.9%)
76	LIWIŃSKI Jakub	69		M40	26	00:49:57.15	+00:16:55 (33.9%)	4:59	12 (65.9%)
77	MIEDLAR Mariusz	77		M40	27	00:50:02.15	+00:17:00 (34.0%)	5:00	12 (65.9%)
78	KIEDACZ Agnieszka	42		K40	3	00:50:02.40	+00:17:01 (34.0%)	5:00	12 (65.9%)
79	GARNCAREK Paweł	23		M30	21	00:50:03.05	+00:17:01 (34.0%)	5:00	12 (65.9%)
80	DOMSKI Jakub	154	BRAK	M16	17	00:50:05.40	+00:17:04 (34.1%)	5:00	12 (65.9%)
81	KASPRZYK Katarzyna	38	OSOWA BIEGA	K40	4	00:50:07.20	+00:17:05 (34.1%)	5:00	12 (65.9%)
82	WAŻNY Karol	146		M30	22	00:50:07.50	+00:17:06 (34.1%)	5:00	12 (65.9%)
83	KAMIENSKI Maciej	36		M40	28	00:50:15.90	+00:17:14 (34.3%)	5:01	11.9 (65.4%)
84	KARLIKOWSKI Maciej	37	KARLIKOWSCY TEAM	M30	23	00:50:35.65	+00:17:34 (34.7%)	5:03	11.9 (65.4%)
85	SZYMAŃSKI Marek	128		M30	24	00:50:38.55	+00:17:37 (34.8%)	5:03	11.8 (64.8%)
86	USCHLER Leszek	131		M40	29	00:50:41.45	+00:17:40 (34.9%)	5:04	11.8 (64.8%)
87	LACHOWICZ Szymon	63	PYCIEK TEAM	M16	18	00:50:43.05	+00:17:41 (34.9%)	5:04	11.8 (64.8%)
88	WERNER Ireneusz	153		M30	25	00:50:50.95	+00:17:49 (35.1%)	5:05	11.8 (64.8%)
89	RUMIŃSKI Rafał	103		M40	30	00:50:57.30	+00:17:55 (35.2%)	5:05	11.8 (64.8%)
90	DATA Karol	17	BIEGNIJPOZDROWIE.PL	M30	26	00:50:57.85	+00:17:56 (35.2%)	5:05	11.8 (64.8%)
91	SZUMSKI Waldemar	144		M30	27	00:51:01.70	+00:18:00 (35.3%)	5:06	11.8 (64.8%)
92	RACHWAL Michał	97	MATEX	M40	31	00:51:02.90	+00:18:01 (35.3%)	5:06	11.8 (64.8%)
93	ŁUCZYŃSKA Agnieszka	72	O-SOWA BIEGA	K30	5	00:51:14.00	+00:18:12 (35.5%)	5:07	11.7 (64.3%)
94	BŁOCH Joanna	10	SZALONY GDAŃSK BIEGA	K40	5	00:51:22.00	+00:18:20 (35.7%)	5:08	11.7 (64.3%)
95	KRZAK Tomasz	59		M30	28	00:51:48.95	+00:18:47 (36.3%)	5:10	11.6 (63.7%)
96	ŁANGOWSKI Wojciech	71	KUDŁATY	M30	29	00:51:57.00	+00:18:55 (36.4%)	5:11	11.5 (63.2%)
97	KRYGIER Łukasz	58	PRUSZCZ BIEGA	M30	30	00:52:25.20	+00:19:23 (37.0%)	5:14	11.4 (62.6%)
98	OSIECKI Adam	82		M40	32	00:52:40.85	+00:19:39 (37.3%)	5:16	11.4 (62.6%)
99	BORYS Maria	11		K30	6	00:52:42.85	+00:19:41 (37.4%)	5:16	11.4 (62.6%)
100	ORŁOWSKI Piotr	81	ELEKTRONIC SUPERSONIC	M30	31	00:52:56.85	+00:19:55 (37.6%)	5:17	11.3 (62.1%)
101	SZYCHTA Ania	125	OLIMPIA OSOWA	K16	2	00:52:59.20	+00:19:57 (37.7%)	5:17	11.3 (62.1%)
102	KLESZCZEWSKI Aleksander	46		M16	19	00:53:01.00	+00:19:59 (37.7%)	5:18	11.3 (62.1%)
103	KLIMASZEWSKA Gosia	47		K30	7	00:53:04.30	+00:20:02 (37.8%)	5:18	11.3 (62.1%)
104	PATYK Artur	84	ARRO RUNNERS TEAM	M40	33	00:53:08.55	+00:20:07 (37.9%)	5:18	11.3 (62.1%)
105	NAŁYSZ Filip	80		M40	34	00:53:25.00	+00:20:23 (38.2%)	5:20	11.2 (61.5%)
106	ŁUCZYŃSKI Rafał	73	O-SOWA BIEGA	M40	35	00:53:37.85	+00:20:36 (38.4%)	5:21	11.2 (61.5%)
107	BIESZKE Sebastian	9		M40	36	00:53:49.45	+00:20:48 (38.6%)	5:22	11.1 (61.0%)
108	JABŁOŃSKI Michał	30	BIGYELLOWFOOT ADVENTURE TEAM	M30	32	00:53:50.90	+00:20:49 (38.7%)	5:23	11.1 (61.0%)
109	BRONICKA Monika	12	MARINA BIAŁE ŻAGLE	K40	6	00:54:13.60	+00:21:12 (39.1%)	5:25	11.1 (61.0%)
110	KISIEL Marcin	43		M30	33	00:54:19.95	+00:21:18 (39.2%)	5:26	11 (60.4%)
111	KOŚCIŃSKI Sebastian	52		M16	20	00:54:30.70	+00:21:29 (39.4%)	5:27	11 (60.4%)
112	SIKORSKI Bartłomiej	155		M30	34	00:54:47.45	+00:21:46 (39.7%)	5:28	11 (60.4%)
113	ZAPADKO Bartosz	156		M30	35	00:54:48.55	+00:21:47 (39.7%)	5:28	10.9 (59.9%)
114	HILLER Gabriela	29		K40	7	00:55:25.30	+00:22:23 (40.4%)	5:32	10.8 (59.3%)
115	KOZA Krzysztof	56		M40	37	00:55:58.80	+00:22:57 (41.0%)	5:35	10.7 (58.8%)

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116	RUTKOWSKA Joanna	105		K40	8	00:56:01.10	+00:22:59 (41.0%)	5:36	10.7 (58.8%)
117	WAŻNA Agnieszka	132		K30	8	00:56:05.45	+00:23:04 (41.1%)	5:36	10.7 (58.8%)
118	MILUSKI Krzysztof	143		M30	36	00:56:37.25	+00:23:35 (41.7%)	5:39	10.6 (58.2%)
119	DALKE Jowita	16	ZABIEGANE DWIE	K30	9	00:56:41.45	+00:23:40 (41.7%)	5:40	10.6 (58.2%)
119	WIŚNIEWSKA Kornelia	133	ZABIEGANE DWIE	K40	9	00:56:41.45	+00:23:40 (41.7%)	5:40	10.6 (58.2%)
121	TYMIŃSKI Krzysztof	130		M60+	2	00:57:04.35	+00:24:02 (42.1%)	5:42	10.5 (57.7%)
122	SZATYBĘŁKO Karol	116		M30	37	00:57:08.60	+00:24:07 (42.2%)	5:42	10.5 (57.7%)
123	MAZELA Jarek	76		M30	38	00:57:30.30	+00:24:28 (42.6%)	5:45	10.4 (57.1%)
124	ROMANOWSKA Samanta	100		K16	3	00:57:46.15	+00:24:44 (42.8%)	5:46	10.4 (57.1%)
125	BENIUSZYS Arleta	5		K30	10	00:57:50.25	+00:24:48 (42.9%)	5:47	10.4 (57.1%)
126	KOWALEWSKI Dariusz	55		M50	6	00:58:35.85	+00:25:34 (43.6%)	5:51	10.2 (56.0%)
127	PĄCZEK Andrzej	87	COOKIES	M40	38	00:58:50.65	+00:25:49 (43.9%)	5:53	10.2 (56.0%)
128	BARTELIK Rafał	4		M40	39	00:59:26.55	+00:26:25 (44.4%)	5:56	10.1 (55.5%)
129	BUZA Anastazja	13		K30	11	00:59:36.65	+00:26:35 (44.6%)	5:57	10.1 (55.5%)
130	ROMPCZYK Jan	161	MONIA TEAM	M30	39	00:59:43.70	+00:26:42 (44.7%)	5:58	10 (54.9%)
131	RADOMSKI Emil	160	OSP CHWASZCZYNO	M40	40	00:59:44.15	+00:26:42 (44.7%)	5:58	10 (54.9%)
132	MILLER Łukasz	140	BALLS OF STEEL	M30	40	01:00:37.90	+00:27:36 (45.5%)	6:03	9.9 (54.4%)
133	KRUPCZYŃSKA Ewa	57		K16	4	01:00:47.75	+00:27:46 (45.7%)	6:04	9.9 (54.4%)
134	KORDEK Monika	50		K30	12	01:00:59.15	+00:27:57 (45.9%)	6:05	9.8 (53.8%)
135	PRELIŃSKI Wojciech	94		M30	41	01:01:13.00	+00:28:11 (46.1%)	6:07	9.8 (53.8%)
136	KOLRESNICHENKO Vitalii	167		M30	42	01:01:16.70	+00:28:15 (46.1%)	6:07	9.8 (53.8%)
137	KURCZYŃSKA Aurelia	62		K16	5	01:01:48.25	+00:28:46 (46.6%)	6:10	9.7 (53.3%)
138	RADOMSKI Wojciech	98		M50	7	01:02:04.50	+00:29:03 (46.8%)	6:12	9.7 (53.3%)
139	ZAKRZEWSKA Kasia	136		K30	13	01:02:06.60	+00:29:05 (46.8%)	6:12	9.7 (53.3%)
140	GONTARZ Leszek	25		M40	41	01:03:24.90	+00:30:23 (47.9%)	6:20	9.5 (52.2%)
141	STANIUKIEWICZ Anna	113		K30	14	01:04:04.95	+00:31:03 (48.5%)	6:24	9.4 (51.6%)
142	LATOSINSKA Kamila	64		K30	15	01:06:03.15	+00:33:01 (50.0%)	6:36	9.1 (50.0%)
143	PRZYBYŁA Kinga	95		K16	6	01:08:07.80	+00:35:06 (51.5%)	6:48	8.8 (48.4%)
144	DUBROWSKI Jakub	19		M16	21	01:08:38.00	+00:35:36 (51.9%)	6:51	8.7 (47.8%)
145	MADANY Anita	74		K50	2	01:09:46.65	+00:36:45 (52.7%)	6:58	8.6 (47.3%)
146	STANIUKIEWICZ Grażyna	114		K60+	1	01:10:55.80	+00:37:54 (53.4%)	7:05	8.5 (46.7%)

Znaleziono 146 wynik(ów)