



## V BIEG ŁADUJ NA OSOWEJ

B4SPORT

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



Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MRÓWKA Michał	79	MAJATEAM	M30	1	00:34:57.05		3:29	17.2 (100%)
2	PIONK Rafał	89	RUNNERSI S7 BANINO	M30	2	00:36:13.60	+00:01:16 (3.5%)	3:37	16.6 (96.5%)
3	MAKOWSKI Paweł	75	AWET GDANSK BIKE U UP	M30	3	00:36:24.15	+00:01:27 (4.0%)	3:38	16.5 (95.9%)
4	GUZ Andrzej	27	UNBOUNDED	M30	4	00:37:37.70	+00:02:40 (7.1%)	3:45	16 (93.0%)
5	BIERNACKI Sebastian	145		M30	5	00:39:55.95	+00:04:58 (12.5%)	3:59	15 (87.2%)
6	SMÓLKOWSKI Marcin	150	RUMIA RUNNER	M30	6	00:40:46.10	+00:05:49 (14.3%)	4:04	14.7 (85.5%)
7	KĄKOL Grzegorz	40	BALLS OF STEEL	M30	7	00:40:54.05	+00:05:57 (14.5%)	4:05	14.7 (85.5%)
8	SZOZDA Marek	120	KABUNCZA	M30	8	00:40:58.70	+00:06:01 (14.7%)	4:05	14.6 (84.9%)
9	SZUMLAS Rafał	122		M30	9	00:42:32.80	+00:07:35 (17.9%)	4:15	14.1 (82.0%)
10	SITARCZUK Mariusz	108	JEDZIEMY DO ODCIĘCIA :)	M30	10	00:44:49.55	+00:09:52 (22.0%)	4:29	13.4 (77.9%)
11	SZYCHALEWSKI Arkadiusz	124		M30	11	00:45:20.20	+00:10:23 (22.9%)	4:32	13.2 (76.7%)
12	LESZKOWICZ Krzysiek	66	DOMAX RACING TEAM	M30	12	00:46:10.75	+00:11:13 (24.3%)	4:37	13 (75.6%)
13	KOSAŁKA Łukasz	151		M30	13	00:46:39.60	+00:11:42 (25.1%)	4:40	12.9 (75.0%)
14	SZCZERBUK Rafał	117		M30	14	00:47:34.05	+00:12:37 (26.5%)	4:45	12.6 (73.3%)
15	KĄKOL Marcin	41		M30	15	00:47:40.90	+00:12:43 (26.7%)	4:46	12.6 (73.3%)
16	TUSZYŃSKI Maciej	147	OSAKA	M30	16	00:47:52.60	+00:12:55 (27.0%)	4:47	12.5 (72.7%)
17	CZECHOLIŃSKI Michał	15		M30	17	00:47:58.30	+00:13:01 (27.1%)	4:47	12.5 (72.7%)
18	PODJASKI Andrzej	93		M30	18	00:48:13.80	+00:13:16 (27.5%)	4:49	12.4 (72.1%)
19	RESKE Daniel	99	THYSSENKRUPP	M30	19	00:48:54.45	+00:13:57 (28.5%)	4:53	12.3 (71.5%)
20	ZAWADZKI Tomasz	137	JAGUAR GDAŃSK	M30	20	00:49:10.10	+00:14:13 (28.9%)	4:55	12.2 (70.9%)
21	GARNCAREK Paweł	23		M30	21	00:50:03.05	+00:15:06 (30.2%)	5:00	12 (69.8%)
22	WAŻNY Karol	146		M30	22	00:50:07.50	+00:15:10 (30.3%)	5:00	12 (69.8%)
23	KARLIKOWSKI Maciej	37	KARLIKOWSCY TEAM	M30	23	00:50:35.65	+00:15:38 (30.9%)	5:03	11.9 (69.2%)
24	SZYMAŃSKI Marek	128		M30	24	00:50:38.55	+00:15:41 (31.0%)	5:03	11.8 (68.6%)
25	WERNER Ireneusz	153		M30	25	00:50:50.95	+00:15:53 (31.3%)	5:05	11.8 (68.6%)
26	DATA Karol	17	BIEGNIJPOZDROWIE.PL	M30	26	00:50:57.85	+00:16:00 (31.4%)	5:05	11.8 (68.6%)
27	SZUMSKI Waldemar	144		M30	27	00:51:01.70	+00:16:04 (31.5%)	5:06	11.8 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>KRZAK Tomasz</b>	<b>59</b>		M30	28	<b>00:51:48.95</b>	+00:16:51 (32.5%)	5:10	11.6 (67.4%)
29	<b>ŁANGOWSKI Wojciech</b>	<b>71</b>	KUDŁATY	M30	29	<b>00:51:57.00</b>	+00:16:59 (32.7%)	5:11	11.5 (66.9%)
30	<b>KRYGIER Łukasz</b>	<b>58</b>	PRUSZCZ BIEGA	M30	30	<b>00:52:25.20</b>	+00:17:28 (33.3%)	5:14	11.4 (66.3%)
31	<b>ORŁOWSKI Piotr</b>	<b>81</b>	ELEKTRONIC SUPERSONIC	M30	31	<b>00:52:56.85</b>	+00:17:59 (34.0%)	5:17	11.3 (65.7%)
32	<b>JABŁOŃSKI Michał</b>	<b>30</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	32	<b>00:53:50.90</b>	+00:18:53 (35.1%)	5:23	11.1 (64.5%)
33	<b>KISIEL Marcin</b>	<b>43</b>		M30	33	<b>00:54:19.95</b>	+00:19:22 (35.7%)	5:26	11 (64.0%)
34	<b>SIKORSKI Bartłomiej</b>	<b>155</b>		M30	34	<b>00:54:47.45</b>	+00:19:50 (36.2%)	5:28	11 (64.0%)
35	<b>ZAPADKO Bartosz</b>	<b>156</b>		M30	35	<b>00:54:48.55</b>	+00:19:51 (36.2%)	5:28	10.9 (63.4%)
36	<b>MILUSKI Krzysztof</b>	<b>143</b>		M30	36	<b>00:56:37.25</b>	+00:21:40 (38.3%)	5:39	10.6 (61.6%)
37	<b>SZATYBEŁKO Karol</b>	<b>116</b>		M30	37	<b>00:57:08.60</b>	+00:22:11 (38.8%)	5:42	10.5 (61.0%)
38	<b>MAZELA Jarek</b>	<b>76</b>		M30	38	<b>00:57:30.30</b>	+00:22:33 (39.2%)	5:45	10.4 (60.5%)
39	<b>ROMPCZYK Jan</b>	<b>161</b>	MONIA TEAM	M30	39	<b>00:59:43.70</b>	+00:24:46 (41.5%)	5:58	10 (58.1%)
40	<b>MILLER Łukasz</b>	<b>140</b>	BALLS OF STEEL	M30	40	<b>01:00:37.90</b>	+00:25:40 (42.4%)	6:03	9.9 (57.6%)
41	<b>PRELIŃSKI Wojciech</b>	<b>94</b>		M30	41	<b>01:01:13.00</b>	+00:26:15 (42.9%)	6:07	9.8 (57.0%)
42	<b>KOLRESNICHENKO Vitalii</b>	<b>167</b>		M30	42	<b>01:01:16.70</b>	+00:26:19 (43.0%)	6:07	9.8 (57.0%)

Znaleziono 42 wynik(ów)