



## V BIEG ŁĄDUJ NA OSOWEJ

B4SPORT

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



Klasyfikacja: Mężczyźni

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	LESZKOWICZ Kornel	65	PBC BUDOWNICTWO	M16	7	00:39:27.35	+00:06:25 (16.3%)	3:56	15.2 (83.5%)
14	PAZIK Dariusz	86	RUNEDA	M16	8	00:39:49.05	+00:06:47 (17.1%)	3:58	15.1 (83.0%)
15	BIERNACKI Sebastian	145		M30	5	00:39:55.95	+00:06:54 (17.3%)	3:59	15 (82.4%)
16	PERGOŁ Bogusław	166	GPEC RUNNERS TEAM	M40	3	00:40:08.65	+00:07:07 (17.7%)	4:00	14.9 (81.9%)
17	POĆWIARDOWSKI Maciej	91		M16	9	00:40:23.30	+00:07:21 (18.2%)	4:02	14.9 (81.9%)
18	SMÓLKOWSKI Marcin	150	RUMIA RUNNER	M30	6	00:40:46.10	+00:07:44 (19.0%)	4:04	14.7 (80.8%)
19	KĄKOL Grzegorz	40	BALLS OF STEEL	M30	7	00:40:54.05	+00:07:52 (19.3%)	4:05	14.7 (80.8%)
20	SZOZDA Marek	120	KABUNCZA	M30	8	00:40:58.70	+00:07:57 (19.4%)	4:05	14.6 (80.2%)
21	LEWANDOWSKI Paweł	68		M16	10	00:41:20.20	+00:08:18 (20.1%)	4:08	14.5 (79.7%)
22	KARBOWIAK Jan	157		M16	11	00:41:30.85	+00:08:29 (20.5%)	4:09	14.5 (79.7%)
23	SZYMAŃSKI Artur	127	LOTOS TEAM	M40	4	00:41:34.55	+00:08:33 (20.6%)	4:09	14.4 (79.1%)
24	SZYMAŃSKI Radosław	142		M40	5	00:42:08.80	+00:09:07 (21.6%)	4:12	14.2 (78.0%)
25	SZUMLAS Rafał	122		M30	9	00:42:32.80	+00:09:31 (22.4%)	4:15	14.1 (77.5%)
26	KLIMCZAK Zbigniew	48	KLIMCZAKI	M40	6	00:42:47.15	+00:09:45 (22.8%)	4:16	14 (76.9%)
27	PĘSKO Michał	88		M40	7	00:43:46.00	+00:10:44 (24.5%)	4:22	13.7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>TRIEBWASSER Jacek</b>	<b>129</b>		M40	8	<b>00:43:53.60</b>	+00:10:52 (24.8%)	4:23	13.7 (75.3%)
29	<b>SKOPCZYŃSKI Jarek</b>	<b>109</b>		M40	9	<b>00:44:00.40</b>	+00:10:59 (25.0%)	4:24	13.6 (74.7%)
30	<b>GÓRSKI Marcin</b>	<b>165</b>	BBL GDYNIA	M40	10	<b>00:44:06.80</b>	+00:11:05 (25.1%)	4:24	13.6 (74.7%)
31	<b>KACZMAREK Krzysztof</b>	<b>35</b>	O-SOWA BIEGA	M40	11	<b>00:44:13.35</b>	+00:11:11 (25.3%)	4:25	13.6 (74.7%)
32	<b>SZCZĘSNY Piotr</b>	<b>159</b>		M50	1	<b>00:44:35.30</b>	+00:11:33 (25.9%)	4:27	13.5 (74.2%)
33	<b>SITARCZUK Mariusz</b>	<b>108</b>	JEDZIEMY DO ODCIĘCIA :)	M30	10	<b>00:44:49.55</b>	+00:11:48 (26.3%)	4:29	13.4 (73.6%)
34	<b>GAJEWSKI Krzysztof Teofor</b>	<b>21</b>	PARKRUN GDAŃSK-POŁUDNIE	M40	12	<b>00:44:50.10</b>	+00:11:48 (26.3%)	4:29	13.4 (73.6%)
35	<b>SMĘTEK Andrzej</b>	<b>111</b>	SZALONY GDAŃSK BIEGA	M50	2	<b>00:44:53.70</b>	+00:11:52 (26.4%)	4:29	13.4 (73.6%)
36	<b>PŁACHTA Jacek</b>	<b>90</b>		M40	13	<b>00:45:06.10</b>	+00:12:04 (26.8%)	4:30	13.3 (73.1%)
37	<b>KONASZEWSKI Sławomir</b>	<b>148</b>		M40	14	<b>00:45:16.25</b>	+00:12:14 (27.1%)	4:31	13.3 (73.1%)
38	<b>SZPAKIEWICZ Maciej</b>	<b>121</b>		M40	15	<b>00:45:17.15</b>	+00:12:15 (27.1%)	4:31	13.2 (72.5%)
39	<b>SZYCHALEWSKI Arkadiusz</b>	<b>124</b>		M30	11	<b>00:45:20.20</b>	+00:12:18 (27.2%)	4:32	13.2 (72.5%)
40	<b>CURYŁO Rafał</b>	<b>141</b>		M16	12	<b>00:45:20.35</b>	+00:12:18 (27.2%)	4:32	13.2 (72.5%)
41	<b>CHRZCZONOWICZ Bartek</b>	<b>14</b>		M16	13	<b>00:45:57.60</b>	+00:12:56 (28.1%)	4:35	13.1 (72.0%)
42	<b>BIESZKE Filip</b>	<b>8</b>		M16	14	<b>00:45:58.25</b>	+00:12:56 (28.2%)	4:35	13.1 (72.0%)
43	<b>APANASEWICZ Robert</b>	<b>2</b>	ARRO RUNNERS TEAM	M40	16	<b>00:45:58.30</b>	+00:12:56 (28.2%)	4:35	13.1 (72.0%)
44	<b>LESZKOWICZ Krzysiek</b>	<b>66</b>	DOMAX RACING TEAM	M30	12	<b>00:46:10.75</b>	+00:13:09 (28.5%)	4:37	13 (71.4%)
45	<b>KOSAŁKA Łukasz</b>	<b>151</b>		M30	13	<b>00:46:39.60</b>	+00:13:38 (29.2%)	4:40	12.9 (70.9%)
46	<b>PODJASKI Krzysztof</b>	<b>92</b>		M40	17	<b>00:47:03.25</b>	+00:14:01 (29.8%)	4:42	12.8 (70.3%)
47	<b>KLEIN Andrzej</b>	<b>44</b>		M50	3	<b>00:47:13.00</b>	+00:14:11 (30.1%)	4:43	12.7 (69.8%)
48	<b>JASEK Michał</b>	<b>32</b>		M16	15	<b>00:47:13.90</b>	+00:14:12 (30.1%)	4:43	12.7 (69.8%)
49	<b>MORAWEK Arkadiusz</b>	<b>78</b>		M40	18	<b>00:47:27.10</b>	+00:14:25 (30.4%)	4:44	12.6 (69.2%)
50	<b>SZCZERBUK Rafał</b>	<b>117</b>		M30	14	<b>00:47:34.05</b>	+00:14:32 (30.6%)	4:45	12.6 (69.2%)
51	<b>KĄKOL Marcin</b>	<b>41</b>		M30	15	<b>00:47:40.90</b>	+00:14:39 (30.7%)	4:46	12.6 (69.2%)
52	<b>GARSZTKA Dominik</b>	<b>24</b>		M40	19	<b>00:47:42.95</b>	+00:14:41 (30.8%)	4:46	12.6 (69.2%)
53	<b>TUSZYŃSKI Maciej</b>	<b>147</b>	OSAKA	M30	16	<b>00:47:52.60</b>	+00:14:51 (31.0%)	4:47	12.5 (68.7%)
54	<b>CZECHOLIŃSKI Michał</b>	<b>15</b>		M30	17	<b>00:47:58.30</b>	+00:14:56 (31.2%)	4:47	12.5 (68.7%)
55	<b>WASILUK Grzegorz</b>	<b>162</b>		M40	20	<b>00:47:59.15</b>	+00:14:57 (31.2%)	4:47	12.5 (68.7%)
56	<b>CIEŚLIK Zdzisław</b>	<b>164</b>	TEAM RUN GOŁAŃCZ	M60+	1	<b>00:48:07.60</b>	+00:15:06 (31.4%)	4:48	12.5 (68.7%)
57	<b>PODJASKI Andrzej</b>	<b>93</b>		M30	18	<b>00:48:13.80</b>	+00:15:12 (31.5%)	4:49	12.4 (68.1%)
58	<b>KOTULSKI Piotr</b>	<b>53</b>	KLUB BIEGACZY JYSK	M40	21	<b>00:48:50.50</b>	+00:15:49 (32.4%)	4:53	12.3 (67.6%)
59	<b>RESKE Daniel</b>	<b>99</b>	THYSSENKRUPP	M30	19	<b>00:48:54.45</b>	+00:15:53 (32.5%)	4:53	12.3 (67.6%)
60	<b>GAIK Karol</b>	<b>149</b>	GDAŃSK	M40	22	<b>00:49:03.75</b>	+00:16:02 (32.7%)	4:54	12.2 (67.0%)
61	<b>ZAWADZKI Tomasz</b>	<b>137</b>	JAGUAR GDAŃSK	M30	20	<b>00:49:10.10</b>	+00:16:08 (32.8%)	4:55	12.2 (67.0%)
62	<b>PAWLAK Senastian</b>	<b>85</b>	ZGNILE JAJO	M40	23	<b>00:49:21.55</b>	+00:16:20 (33.1%)	4:56	12.2 (67.0%)
63	<b>PAŃKA Adam</b>	<b>158</b>		M40	24	<b>00:49:23.65</b>	+00:16:22 (33.1%)	4:56	12.1 (66.5%)
64	<b>ANISOWICZ Norbert</b>	<b>1</b>		M16	16	<b>00:49:33.20</b>	+00:16:31 (33.4%)	4:57	12.1 (66.5%)
65	<b>PORTEE Jacek</b>	<b>163</b>	OSOWA BIEGA	M40	25	<b>00:49:44.45</b>	+00:16:43 (33.6%)	4:58	12.1 (66.5%)
66	<b>LULIS Zbigniew</b>	<b>70</b>		M50	4	<b>00:49:47.45</b>	+00:16:46 (33.7%)	4:58	12.1 (66.5%)
67	<b>OSOWSKI Maciej</b>	<b>83</b>	VEGE RUNNERS	M50	5	<b>00:49:53.10</b>	+00:16:51 (33.8%)	4:59	12 (65.9%)
68	<b>LIWIŃSKI Jakub</b>	<b>69</b>		M40	26	<b>00:49:57.15</b>	+00:16:55 (33.9%)	4:59	12 (65.9%)
69	<b>MIEDLAR Mariusz</b>	<b>77</b>		M40	27	<b>00:50:02.15</b>	+00:17:00 (34.0%)	5:00	12 (65.9%)
70	<b>GARNCAREK Paweł</b>	<b>23</b>		M30	21	<b>00:50:03.05</b>	+00:17:01 (34.0%)	5:00	12 (65.9%)
71	<b>DOMSKI Jakub</b>	<b>154</b>	BRAK	M16	17	<b>00:50:05.40</b>	+00:17:04 (34.1%)	5:00	12 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>WAŻNY Karol</b>	<b>146</b>		M30	22	<b>00:50:07.50</b>	+00:17:06 (34.1%)	5:00	12 (65.9%)
73	<b>KAMIENSKI Maciej</b>	<b>36</b>		M40	28	<b>00:50:15.90</b>	+00:17:14 (34.3%)	5:01	11.9 (65.4%)
74	<b>KARLIKOWSKI Maciej</b>	<b>37</b>	KARLIKOWSCY TEAM	M30	23	<b>00:50:35.65</b>	+00:17:34 (34.7%)	5:03	11.9 (65.4%)
75	<b>SZYMAŃSKI Marek</b>	<b>128</b>		M30	24	<b>00:50:38.55</b>	+00:17:37 (34.8%)	5:03	11.8 (64.8%)
76	<b>USCHLER Leszek</b>	<b>131</b>		M40	29	<b>00:50:41.45</b>	+00:17:40 (34.9%)	5:04	11.8 (64.8%)
77	<b>LACHOWICZ Szymon</b>	<b>63</b>	PYCIEK TEAM	M16	18	<b>00:50:43.05</b>	+00:17:41 (34.9%)	5:04	11.8 (64.8%)
78	<b>WERNER Ireneusz</b>	<b>153</b>		M30	25	<b>00:50:50.95</b>	+00:17:49 (35.1%)	5:05	11.8 (64.8%)
79	<b>RUMIŃSKI Rafał</b>	<b>103</b>		M40	30	<b>00:50:57.30</b>	+00:17:55 (35.2%)	5:05	11.8 (64.8%)
80	<b>DATA Karol</b>	<b>17</b>	BIEGNIJPOZDROWIE.PL	M30	26	<b>00:50:57.85</b>	+00:17:56 (35.2%)	5:05	11.8 (64.8%)
81	<b>SZUMSKI Waldemar</b>	<b>144</b>		M30	27	<b>00:51:01.70</b>	+00:18:00 (35.3%)	5:06	11.8 (64.8%)
82	<b>RACHWAŁ Michał</b>	<b>97</b>	MATEX	M40	31	<b>00:51:02.90</b>	+00:18:01 (35.3%)	5:06	11.8 (64.8%)
83	<b>KRZAK Tomasz</b>	<b>59</b>		M30	28	<b>00:51:48.95</b>	+00:18:47 (36.3%)	5:10	11.6 (63.7%)
84	<b>ŁANGOWSKI Wojciech</b>	<b>71</b>	KUDŁATY	M30	29	<b>00:51:57.00</b>	+00:18:55 (36.4%)	5:11	11.5 (63.2%)
85	<b>KRYGIER Łukasz</b>	<b>58</b>	PRUSZCZ BIEGA	M30	30	<b>00:52:25.20</b>	+00:19:23 (37.0%)	5:14	11.4 (62.6%)
86	<b>OSIECKI Adam</b>	<b>82</b>		M40	32	<b>00:52:40.85</b>	+00:19:39 (37.3%)	5:16	11.4 (62.6%)
87	<b>ORŁOWSKI Piotr</b>	<b>81</b>	ELEKTRONIC SUPERSONIC	M30	31	<b>00:52:56.85</b>	+00:19:55 (37.6%)	5:17	11.3 (62.1%)
88	<b>KLESZCZEWSKI Aleksander</b>	<b>46</b>		M16	19	<b>00:53:01.00</b>	+00:19:59 (37.7%)	5:18	11.3 (62.1%)
89	<b>PATYK Artur</b>	<b>84</b>	ARRO RUNNERS TEAM	M40	33	<b>00:53:08.55</b>	+00:20:07 (37.9%)	5:18	11.3 (62.1%)
90	<b>NAŁYSZ Filip</b>	<b>80</b>		M40	34	<b>00:53:25.00</b>	+00:20:23 (38.2%)	5:20	11.2 (61.5%)
91	<b>ŁUCZYŃSKI Rafał</b>	<b>73</b>	O-SOWA BIEGA	M40	35	<b>00:53:37.85</b>	+00:20:36 (38.4%)	5:21	11.2 (61.5%)
92	<b>BIESZKE Sebastian</b>	<b>9</b>		M40	36	<b>00:53:49.45</b>	+00:20:48 (38.6%)	5:22	11.1 (61.0%)
93	<b>JABŁOŃSKI Michał</b>	<b>30</b>	BIGYELLOWFOOT ADVENTURE TEAM	M30	32	<b>00:53:50.90</b>	+00:20:49 (38.7%)	5:23	11.1 (61.0%)
94	<b>KISIEL Marcin</b>	<b>43</b>		M30	33	<b>00:54:19.95</b>	+00:21:18 (39.2%)	5:26	11 (60.4%)
95	<b>KOŚCIŃSKI Sebastian</b>	<b>52</b>		M16	20	<b>00:54:30.70</b>	+00:21:29 (39.4%)	5:27	11 (60.4%)
96	<b>SIKORSKI Bartłomiej</b>	<b>155</b>		M30	34	<b>00:54:47.45</b>	+00:21:46 (39.7%)	5:28	11 (60.4%)
97	<b>ZAPADKO Bartosz</b>	<b>156</b>		M30	35	<b>00:54:48.55</b>	+00:21:47 (39.7%)	5:28	10.9 (59.9%)
98	<b>KOZA Krzysztof</b>	<b>56</b>		M40	37	<b>00:55:58.80</b>	+00:22:57 (41.0%)	5:35	10.7 (58.8%)
99	<b>MILUSKI Krzysztof</b>	<b>143</b>		M30	36	<b>00:56:37.25</b>	+00:23:35 (41.7%)	5:39	10.6 (58.2%)
100	<b>TYMIŃSKI Krzysztof</b>	<b>130</b>		M60+	2	<b>00:57:04.35</b>	+00:24:02 (42.1%)	5:42	10.5 (57.7%)
101	<b>SZATYBĘŁKO Karol</b>	<b>116</b>		M30	37	<b>00:57:08.60</b>	+00:24:07 (42.2%)	5:42	10.5 (57.7%)
102	<b>MAZELA Jarek</b>	<b>76</b>		M30	38	<b>00:57:30.30</b>	+00:24:28 (42.6%)	5:45	10.4 (57.1%)
103	<b>KOWALEWSKI Dariusz</b>	<b>55</b>		M50	6	<b>00:58:35.85</b>	+00:25:34 (43.6%)	5:51	10.2 (56.0%)
104	<b>PĄCZEK Andrzej</b>	<b>87</b>	COOKIES	M40	38	<b>00:58:50.65</b>	+00:25:49 (43.9%)	5:53	10.2 (56.0%)
105	<b>BARTELIK Rafał</b>	<b>4</b>		M40	39	<b>00:59:26.55</b>	+00:26:25 (44.4%)	5:56	10.1 (55.5%)
106	<b>ROMPCZYK Jan</b>	<b>161</b>	MONIA TEAM	M30	39	<b>00:59:43.70</b>	+00:26:42 (44.7%)	5:58	10 (54.9%)
107	<b>RADOMSKI Emil</b>	<b>160</b>	OSP CHWASZCZYNO	M40	40	<b>00:59:44.15</b>	+00:26:42 (44.7%)	5:58	10 (54.9%)
108	<b>MILLER Łukasz</b>	<b>140</b>	BALLS OF STEEL	M30	40	<b>01:00:37.90</b>	+00:27:36 (45.5%)	6:03	9.9 (54.4%)
109	<b>PRELIŃSKI Wojciech</b>	<b>94</b>		M30	41	<b>01:01:13.00</b>	+00:28:11 (46.1%)	6:07	9.8 (53.8%)
110	<b>KOLRESNICHENKO Vitalii</b>	<b>167</b>		M30	42	<b>01:01:16.70</b>	+00:28:15 (46.1%)	6:07	9.8 (53.8%)
111	<b>RADOMSKI Wojciech</b>	<b>98</b>		M50	7	<b>01:02:04.50</b>	+00:29:03 (46.8%)	6:12	9.7 (53.3%)
112	<b>GONTARZ Leszek</b>	<b>25</b>		M40	41	<b>01:03:24.90</b>	+00:30:23 (47.9%)	6:20	9.5 (52.2%)
113	<b>DUBROWSKI Jakub</b>	<b>19</b>		M16	21	<b>01:08:38.00</b>	+00:35:36 (51.9%)	6:51	8.7 (47.8%)