

V BIEG OLIWSKI 10 KM

B4SPORT

Wydarzenie: V BIEG OLIWSKI
Organizator: Rada Dzielnicy Oliwa; Fundacja Silni Ciałem
 Niezłomni Duchem Sportowo Triathlon Team
Data: 2017-10-15
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|--|-----------|------|-----------------|-------------------|--------------|--------------|
| 1 | TARAS Dniel | 507 | ACTIVE MALBORK | M2 | 1 | 00:34:27.60 | | 3:26 | 17.4 (100%) |
| 2 | SŁAWIŃSKI Damian | 414 | LKS ZORZA GDYNIA | M3 | 1 | 00:34:54.30 | +00:00:26 (1.3%) | 3:29 | 17.2 (98.9%) |
| 3 | FELIKSIAK Wiktor | 248 | | M2 | 2 | 00:37:45.80 | +00:03:18 (8.7%) | 3:46 | 15.9 (91.4%) |
| 4 | GUZ Andrzej | 263 | UNBOUNDED | M3 | 2 | 00:37:55.85 | +00:03:28 (9.2%) | 3:47 | 15.8 (90.8%) |
| 5 | MODERHAK Mateusz | 347 | | M3 | 3 | 00:38:52.75 | +00:04:25 (11.4%) | 3:53 | 15.4 (88.5%) |
| 6 | JAKUBOWSKI Marek | 269 | STUDIO S7 BANINO | M4 | 1 | 00:39:01.55 | +00:04:33 (11.7%) | 3:54 | 15.4 (88.5%) |
| 7 | PEPLIŃSKI Grzegorz | 377 | | M4 | 2 | 00:39:45.45 | +00:05:17 (13.3%) | 3:58 | 15.1 (86.8%) |
| 8 | BARANOWSKI Adam | 208 | 2H59MIN.PL | M2 | 3 | 00:39:56.40 | +00:05:28 (13.7%) | 3:59 | 15 (86.2%) |
| 9 | GORCZYCKI Grzegorz | 256 | NIKOŚ TEAM | M3 | 4 | 00:40:38.90 | +00:06:11 (15.2%) | 4:03 | 14.8 (85.1%) |
| 10 | DZIWOŚZ Paweł | 245 | BEZTLENOWI MALBORK | M3 | 5 | 00:40:44.65 | +00:06:17 (15.4%) | 4:04 | 14.7 (84.5%) |
| 11 | SZCZYKUTOWICZ Tomasz | 433 | SZALONY GDAŃSK BIEGA / GDAŃSKI BIEGACZ | M2 | 4 | 00:41:04.30 | +00:06:36 (16.1%) | 4:06 | 14.6 (83.9%) |
| 12 | SZYMAŃSKI Artur | 443 | LOTOS TEAM | M4 | 3 | 00:42:07.40 | +00:07:39 (18.2%) | 4:12 | 14.2 (81.6%) |
| 13 | PAJURA Robert | 371 | | M3 | 6 | 00:42:10.05 | +00:07:42 (18.3%) | 4:13 | 14.2 (81.6%) |
| 14 | MARTYNIAK Patryk | 341 | AZS AWFIS GDAŃSK | M1 | 1 | 00:42:24.50 | +00:07:56 (18.7%) | 4:14 | 14.1 (81.0%) |
| 15 | TRUDNOWSKI Maciej | 453 | PSZCZÓŁKOWSKI TEAM | M4 | 4 | 00:42:25.55 | +00:07:57 (18.8%) | 4:14 | 14.1 (81.0%) |
| 16 | SZAJDZIUK Piotr | 427 | | M4 | 5 | 00:42:26.75 | +00:07:59 (18.8%) | 4:14 | 14.1 (81.0%) |
| 17 | ZAWISZA Dariusz | 483 | BCT TEAM | M4 | 6 | 00:42:29.15 | +00:08:01 (18.9%) | 4:14 | 14.1 (81.0%) |
| 18 | ROŻYK Krzysztof | 397 | BIEGAMYRAZEM/OKNOBUR | M4 | 7 | 00:42:44.15 | +00:08:16 (19.4%) | 4:16 | 14 (80.5%) |
| 19 | NAWROCKI Dariusz | 359 | | M3 | 7 | 00:42:57.10 | +00:08:29 (19.8%) | 4:17 | 14 (80.5%) |
| 20 | TOMASZEWSKI Michał | 450 | | M3 | 8 | 00:42:59.10 | +00:08:31 (19.8%) | 4:17 | 14 (80.5%) |
| 21 | PASZKOWSKI Paweł | 374 | | M3 | 9 | 00:43:01.50 | +00:08:33 (19.9%) | 4:18 | 13.9 (79.9%) |
| 22 | ELMIŚ Grzegorz | 246 | BIEGACZ PORTOWY HEL | M4 | 8 | 00:43:04.55 | +00:08:36 (20.0%) | 4:18 | 13.9 (79.9%) |
| 23 | CICHOŃ Maciej | 225 | 42.195 WEJHEROWO | M4 | 9 | 00:43:22.75 | +00:08:55 (20.6%) | 4:20 | 13.8 (79.3%) |
| 24 | PAZIK Dariusz | 375 | RUNEDA | M2 | 5 | 00:43:28.00 | +00:09:00 (20.7%) | 4:20 | 13.8 (79.3%) |
| 25 | KĘSICKI Daniel | 292 | AMW | M2 | 6 | 00:43:29.85 | +00:09:02 (20.8%) | 4:20 | 13.8 (79.3%) |
| 26 | HABAJ Piotr | 264 | NORDA ACTIVE TEAM | M3 | 10 | 00:43:47.10 | +00:09:19 (21.3%) | 4:22 | 13.7 (78.7%) |
| 27 | ZIELONKA Michał | 485 | | M2 | 7 | 00:44:13.50 | +00:09:45 (22.1%) | 4:25 | 13.6 (78.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|---------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 28 | ZACHARIASZ Maciej | 479 | | M3 | 11 | 00:44:27.20 | +00:09:59 (22.5%) | 4:26 | 13.5 (77.6%) |
| 29 | KRAJNIK Oskar | 314 | PELPLIŃSKIE CENTRUM SPORTU | M2 | 8 | 00:44:31.95 | +00:10:04 (22.6%) | 4:27 | 13.5 (77.6%) |
| 30 | SUŁEK Grzegorz | 426 | JEPPESEN | M3 | 12 | 00:44:33.20 | +00:10:05 (22.7%) | 4:27 | 13.5 (77.6%) |
| 31 | NAWROCKI Mariusz | 360 | | M4 | 10 | 00:44:44.00 | +00:10:16 (23.0%) | 4:28 | 13.4 (77.0%) |
| 32 | POTOCZEK Andrzej | 387 | PRESS GLASS BIEGAMY I WSPIERAMY | M3 | 13 | 00:44:46.20 | +00:10:18 (23.0%) | 4:28 | 13.4 (77.0%) |
| 33 | DRAWC Mieczysław | 241 | MUKOWALECZNI | M5 | 1 | 00:44:46.55 | +00:10:18 (23.0%) | 4:28 | 13.4 (77.0%) |
| 34 | MROZOWSKI Sławomir | 354 | GÓRNY BRONX | M3 | 14 | 00:44:59.35 | +00:10:31 (23.4%) | 4:30 | 13.3 (76.4%) |
| 35 | RYBACKI Dawid | 401 | | M3 | 15 | 00:45:06.10 | +00:10:38 (23.6%) | 4:30 | 13.3 (76.4%) |
| 36 | TORBICZ Piotr | 451 | BBL AWF GDANSK | M3 | 16 | 00:45:39.85 | +00:11:12 (24.5%) | 4:34 | 13.1 (75.3%) |
| 37 | BROSZE Dominik | 218 | | M3 | 17 | 00:45:55.70 | +00:11:28 (25.0%) | 4:35 | 13.1 (75.3%) |
| 38 | LISZEWSKI Paweł | 329 | | M2 | 9 | 00:46:22.65 | +00:11:55 (25.7%) | 4:38 | 12.9 (74.1%) |
| 39 | TAŻBIERSKI Tomasz | 448 | | M3 | 18 | 00:46:22.80 | +00:11:55 (25.7%) | 4:38 | 12.9 (74.1%) |
| 40 | KACZMAREK Dorota | 282 | RUNNING TRICITY TEAM | K3 | 1 | 00:46:28.30 | +00:12:00 (25.8%) | 4:38 | 12.9 (74.1%) |
| 41 | BOLEWSKI Adam | 214 | FOTO WEB TEAM | M3 | 19 | 00:46:55.05 | +00:12:27 (26.6%) | 4:41 | 12.8 (73.6%) |
| 42 | OSSOWSKI Bartosz | 368 | | M3 | 20 | 00:46:57.95 | +00:12:30 (26.6%) | 4:41 | 12.8 (73.6%) |
| 43 | DORDZIK Katarzyna | 239 | | K3 | 2 | 00:47:01.05 | +00:12:33 (26.7%) | 4:42 | 12.8 (73.6%) |
| 44 | RAINKO Marcin | 391 | BIEGAJ Z GŁOWĄ | M3 | 21 | 00:47:06.30 | +00:12:38 (26.8%) | 4:42 | 12.7 (73.0%) |
| 45 | ŚWIERSZCZYŃSKI Michał | 490 | | M3 | 22 | 00:47:07.80 | +00:12:40 (26.9%) | 4:42 | 12.7 (73.0%) |
| 46 | ROK-CZAPIEWSKA Iwona | 394 | BIEGAJ Z GŁOWĄ/WILD TEAM | K2 | 1 | 00:47:09.30 | +00:12:41 (26.9%) | 4:43 | 12.7 (73.0%) |
| 47 | SZTEJNA Joanna | 435 | ALIOR RUNNING TEAM | K2 | 2 | 00:47:17.25 | +00:12:49 (27.1%) | 4:43 | 12.7 (73.0%) |
| 48 | BUDNIK Maciej | 219 | | M2 | 10 | 00:47:25.90 | +00:12:58 (27.3%) | 4:44 | 12.7 (73.0%) |
| 49 | TOCHA Anna | 449 | | K2 | 3 | 00:47:26.35 | +00:12:58 (27.4%) | 4:44 | 12.6 (72.4%) |
| 50 | NOWAK Artur | 362 | A&G CARP TEAM | M4 | 11 | 00:47:31.55 | +00:13:03 (27.5%) | 4:45 | 12.6 (72.4%) |
| 51 | KONDZIELEWSKI Paweł | 303 | | M2 | 11 | 00:47:39.25 | +00:13:11 (27.7%) | 4:45 | 12.6 (72.4%) |
| 52 | NOWOPOLSKI Leszek | 364 | | M4 | 12 | 00:47:50.60 | +00:13:23 (28.0%) | 4:47 | 12.5 (71.8%) |
| 53 | WOŹNIAK Tomasz | 503 | | M4 | 13 | 00:48:03.15 | +00:13:35 (28.3%) | 4:48 | 12.5 (71.8%) |
| 54 | MAKURAT Michał | 339 | | M3 | 23 | 00:48:13.15 | +00:13:45 (28.5%) | 4:49 | 12.4 (71.3%) |
| 55 | LEHMANN Dawid | 322 | | M3 | 24 | 00:48:16.75 | +00:13:49 (28.6%) | 4:49 | 12.4 (71.3%) |
| 56 | JANKOWSKI Marek | 273 | CHUJTEN PEAK TEAM | M3 | 25 | 00:48:17.20 | +00:13:49 (28.6%) | 4:49 | 12.4 (71.3%) |
| 57 | KACZMARSKI Darek | 283 | TRIPAKA PRZECHLEWO | M5 | 2 | 00:48:27.60 | +00:14:00 (28.9%) | 4:50 | 12.4 (71.3%) |
| 58 | BRAZULEWICZ Bartosz | 217 | | M3 | 26 | 00:48:37.35 | +00:14:09 (29.1%) | 4:51 | 12.3 (70.7%) |
| 59 | ADAMUS Jarosław | 202 | | M5 | 3 | 00:48:38.70 | +00:14:11 (29.2%) | 4:51 | 12.3 (70.7%) |
| 60 | DOBROWOLSKI Dariusz | 238 | ADVA OPTICAL | M4 | 14 | 00:48:46.45 | +00:14:18 (29.3%) | 4:52 | 12.3 (70.7%) |
| 61 | FRANKIEWICZ Szymon | 251 | | M3 | 27 | 00:48:51.00 | +00:14:23 (29.5%) | 4:53 | 12.3 (70.7%) |
| 62 | KLIMACH Konrad | 298 | | M2 | 12 | 00:48:55.25 | +00:14:27 (29.6%) | 4:53 | 12.3 (70.7%) |
| 63 | ZEMKE Stefan | 484 | | M4 | 15 | 00:48:58.10 | +00:14:30 (29.6%) | 4:53 | 12.3 (70.7%) |
| 64 | OKUNIEWSKI Dawid | 366 | | M3 | 28 | 00:48:59.20 | +00:14:31 (29.7%) | 4:53 | 12.2 (70.1%) |
| 65 | FALBA Paweł | 247 | | M3 | 29 | 00:49:08.20 | +00:14:40 (29.9%) | 4:54 | 12.2 (70.1%) |
| 66 | PIÓRKOWSKA Natalia | 381 | | K2 | 4 | 00:49:21.45 | +00:14:53 (30.2%) | 4:56 | 12.2 (70.1%) |
| 67 | MANIA Jacek | 340 | AKTYWNIE Z MOLKAMI | M2 | 13 | 00:49:22.80 | +00:14:55 (30.2%) | 4:56 | 12.1 (69.5%) |
| 68 | KIEŁBUS Kamil | 293 | | M2 | 14 | 00:49:22.90 | +00:14:55 (30.2%) | 4:56 | 12.1 (69.5%) |
| 69 | LIPOWICZ Andrzej | 327 | | M3 | 30 | 00:49:24.95 | +00:14:57 (30.3%) | 4:56 | 12.1 (69.5%) |
| 70 | KEMPA Stanisław | 290 | KASZUBSKA PONIEWIERKA | M3 | 31 | 00:49:27.15 | +00:14:59 (30.3%) | 4:56 | 12.1 (69.5%) |
| 71 | ZUBKIEWICZ Juliusz | 488 | JACWING PŁASKA | M4 | 16 | 00:49:41.35 | +00:15:13 (30.6%) | 4:58 | 12.1 (69.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|--------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 72 | KOŁECKI Marek | 301 | AKADEMIA BIEGANIA | M4 | 17 | 00:49:42.40 | +00:15:14 (30.7%) | 4:58 | 12.1 (69.5%) |
| 73 | URBAŃSKI Dariusz | 459 | | M4 | 18 | 00:50:01.70 | +00:15:34 (31.1%) | 5:00 | 12 (69.0%) |
| 74 | SAS-BOJARSKA Anna | 406 | | K3 | 3 | 00:50:02.20 | +00:15:34 (31.1%) | 5:00 | 12 (69.0%) |
| 75 | MROZOWSKA Aleksandra | 353 | | K3 | 4 | 00:50:05.50 | +00:15:37 (31.2%) | 5:00 | 12 (69.0%) |
| 76 | KOŁTUNIAK Zbigniew | 302 | EPAM TEAM | M3 | 32 | 00:50:09.00 | +00:15:41 (31.3%) | 5:00 | 12 (69.0%) |
| 77 | STOJAK Krzysiek | 423 | | M3 | 33 | 00:50:11.85 | +00:15:44 (31.4%) | 5:01 | 12 (69.0%) |
| 78 | LIPKOWSKI Rafał | 326 | | M4 | 19 | 00:50:12.60 | +00:15:45 (31.4%) | 5:01 | 11.9 (68.4%) |
| 79 | SZCZEPAŃSKI Adrian | 430 | KLUB BIEGACZY JYSK | M3 | 34 | 00:50:15.10 | +00:15:47 (31.4%) | 5:01 | 11.9 (68.4%) |
| 80 | PIECHOWICZ Waldemar | 378 | | M4 | 20 | 00:50:15.25 | +00:15:47 (31.4%) | 5:01 | 11.9 (68.4%) |
| 81 | CHYLIŃSKI Adam | 224 | | M2 | 15 | 00:50:20.40 | +00:15:52 (31.5%) | 5:02 | 11.9 (68.4%) |
| 82 | FIERKA Tomasz | 249 | GO TOMASZ GO :) | M3 | 35 | 00:50:20.85 | +00:15:53 (31.6%) | 5:02 | 11.9 (68.4%) |
| 83 | DĄBROWSKI Krzysztof | 236 | ROCKFIN TEAM | M3 | 36 | 00:50:25.45 | +00:15:57 (31.7%) | 5:02 | 11.9 (68.4%) |
| 84 | SERZYSCO Wojciech | 409 | AKTYWNIE Z MOŁKAMI | M4 | 21 | 00:50:27.50 | +00:15:59 (31.7%) | 5:02 | 11.9 (68.4%) |
| 85 | SMETEK Andrzej | 416 | SZALONY GDAŃSK I KRAŚNIK BIEGA | M5 | 4 | 00:50:31.75 | +00:16:04 (31.8%) | 5:03 | 11.9 (68.4%) |
| 86 | ZABOROWSKI Mariusz | 478 | | M3 | 37 | 00:50:34.60 | +00:16:07 (31.9%) | 5:03 | 11.9 (68.4%) |
| 87 | JAWORSKI Łukasz | 276 | | M2 | 16 | 00:50:37.55 | +00:16:09 (31.9%) | 5:03 | 11.9 (68.4%) |
| 88 | ZIEMBICKI Robert | 486 | | M3 | 38 | 00:50:49.70 | +00:16:22 (32.2%) | 5:05 | 11.8 (67.8%) |
| 89 | BARANOWSKA Agnieszka | 207 | 2H59MIN.PL | K2 | 5 | 00:50:50.25 | +00:16:22 (32.2%) | 5:05 | 11.8 (67.8%) |
| 90 | KACPRZAK Marcin | 280 | ZPORTOWE KNURY | M3 | 39 | 00:50:57.50 | +00:16:29 (32.4%) | 5:05 | 11.8 (67.8%) |
| 91 | SIKORA Szymon | 411 | PKP SKM W TRÓJMIEŚCIE | M2 | 17 | 00:51:05.35 | +00:16:37 (32.5%) | 5:06 | 11.7 (67.2%) |
| 92 | ROŻYK Magdalena | 396 | BIEGAMYRAZEM/OKNOBUR | K4 | 1 | 00:51:15.85 | +00:16:48 (32.8%) | 5:07 | 11.7 (67.2%) |
| 93 | KISIELEWICZ Bartosz | 294 | WATAHA | M2 | 18 | 00:51:25.55 | +00:16:57 (33.0%) | 5:08 | 11.7 (67.2%) |
| 94 | SKOWRON Katarzyna | 510 | | K2 | 6 | 00:51:29.00 | +00:17:01 (33.1%) | 5:08 | 11.7 (67.2%) |
| 95 | KARCZEWSKI Leszek | 287 | | M3 | 40 | 00:51:30.25 | +00:17:02 (33.1%) | 5:09 | 11.7 (67.2%) |
| 96 | BORYNA-ZŁOTA Ola | 215 | BIEGAJ Z GŁOWĄ | K2 | 7 | 00:51:34.50 | +00:17:06 (33.2%) | 5:09 | 11.6 (66.7%) |
| 97 | SZCZĘŚNY Marcin | 432 | | M3 | 41 | 00:51:53.80 | +00:17:26 (33.6%) | 5:11 | 11.6 (66.7%) |
| 98 | LESISZ Agata | 323 | | K3 | 5 | 00:51:57.10 | +00:17:29 (33.7%) | 5:11 | 11.5 (66.1%) |
| 99 | LISICKI Łukasz | 328 | | M2 | 19 | 00:52:17.20 | +00:17:49 (34.1%) | 5:13 | 11.5 (66.1%) |
| 100 | HERMAN Krystiana | 265 | | K3 | 6 | 00:52:28.25 | +00:18:00 (34.3%) | 5:14 | 11.4 (65.5%) |
| 101 | KARCZEWSKI Karol | 288 | | M2 | 20 | 00:52:35.25 | +00:18:07 (34.5%) | 5:15 | 11.4 (65.5%) |
| 102 | GADAMSKA-KABATA Paulina | 252 | | K3 | 7 | 00:52:41.55 | +00:18:13 (34.6%) | 5:16 | 11.4 (65.5%) |
| 103 | ROBLES José Carlos | 393 | CASTILLA | M2 | 21 | 00:52:54.90 | +00:18:27 (34.9%) | 5:17 | 11.3 (64.9%) |
| 104 | SIEBIERSKA Patrycja | 410 | | K2 | 8 | 00:52:55.00 | +00:18:27 (34.9%) | 5:17 | 11.3 (64.9%) |
| 105 | POPOWSKA Magdalena | 385 | WYDZIAŁOWY TEAM BIEGOWY | K4 | 2 | 00:53:00.85 | +00:18:33 (35.0%) | 5:18 | 11.3 (64.9%) |
| 106 | STEFAŃSKI Tomasz | 421 | | M3 | 42 | 00:53:12.70 | +00:18:45 (35.2%) | 5:19 | 11.3 (64.9%) |
| 107 | OZIMKOWSKI Krzysztof | 369 | | M4 | 22 | 00:53:12.75 | +00:18:45 (35.2%) | 5:19 | 11.3 (64.9%) |
| 108 | NOWICKI Jarosław | 363 | | M3 | 43 | 00:53:14.85 | +00:18:47 (35.3%) | 5:19 | 11.3 (64.9%) |
| 109 | KITA Anna | 295 | MKS FIGHTER | K3 | 8 | 00:53:15.60 | +00:18:48 (35.3%) | 5:19 | 11.3 (64.9%) |
| 110 | GRESIK Daniel | 261 | | M4 | 23 | 00:53:17.35 | +00:18:49 (35.3%) | 5:19 | 11.3 (64.9%) |
| 111 | BECZEK Aleksandra | 210 | | K3 | 9 | 00:53:19.10 | +00:18:51 (35.4%) | 5:19 | 11.3 (64.9%) |
| 112 | ŚWIĘCICKI Tomasz | 446 | | M3 | 44 | 00:53:25.30 | +00:18:57 (35.5%) | 5:20 | 11.2 (64.4%) |
| 113 | MORAWEK Arkadiusz | 350 | | M4 | 24 | 00:53:27.65 | +00:19:00 (35.5%) | 5:20 | 11.2 (64.4%) |
| 114 | KOT Sylwia | 307 | | K4 | 3 | 00:53:29.95 | +00:19:02 (35.6%) | 5:21 | 11.2 (64.4%) |
| 115 | WARUSZEWSKI Karol | 462 | BIEGAJĄCY TCZEW | M4 | 25 | 00:53:31.90 | +00:19:04 (35.6%) | 5:21 | 11.2 (64.4%) |

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|-----|---------------------------|-------|------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 116 | JANKOWSKA Karolina | 509 | | K3 | 10 | 00:53:52.70 | +00:19:25 (36.0%) | 5:23 | 11.1 (63.8%) |
| 117 | KRZYSZTOFIAK Marek | 316 | GRUPA TRÓJMIASTO | M5 | 5 | 00:53:53.10 | +00:19:25 (36.0%) | 5:23 | 11.1 (63.8%) |
| 118 | ŚLIMAK Monika | 444 | #KEEPSNAILING!! | K2 | 9 | 00:54:12.55 | +00:19:44 (36.4%) | 5:25 | 11.1 (63.8%) |
| 119 | MIOTKE Michał | 110 | | M3 | 45 | 00:54:19.50 | +00:19:51 (36.6%) | 5:26 | 11 (63.2%) |
| 120 | RESKE Daniel | 392 | THYSSENKRUPP | M3 | 46 | 00:54:23.70 | +00:19:56 (36.6%) | 5:26 | 11 (63.2%) |
| 121 | OLLIK Rafał | 367 | | M3 | 47 | 00:54:39.15 | +00:20:11 (36.9%) | 5:27 | 11 (63.2%) |
| 122 | WYTRWAŁ Tomasz | 477 | | M4 | 26 | 00:54:40.85 | +00:20:13 (37.0%) | 5:28 | 11 (63.2%) |
| 123 | CHOJNACKI Mariusz | 223 | | M4 | 27 | 00:54:45.45 | +00:20:17 (37.1%) | 5:28 | 11 (63.2%) |
| 124 | LEWIŃSKI Oskar | 324 | AIC TEAM | M4 | 28 | 00:54:53.35 | +00:20:25 (37.2%) | 5:29 | 10.9 (62.6%) |
| 124 | GOS Jan | 259 | AKTYWNIIE Z MOLKAMI | M4 | 29 | 00:54:53.35 | +00:20:25 (37.2%) | 5:29 | 10.9 (62.6%) |
| 126 | BANASIAK Krzysztof | 206 | QUBUS HOTEL | M3 | 48 | 00:54:57.10 | +00:20:29 (37.3%) | 5:29 | 10.9 (62.6%) |
| 127 | KRYGIEL Piotr | 315 | | M3 | 49 | 00:54:58.35 | +00:20:30 (37.3%) | 5:29 | 10.9 (62.6%) |
| 128 | ABRAMOWICZ Michał | 201 | | M3 | 50 | 00:55:02.75 | +00:20:35 (37.4%) | 5:30 | 10.9 (62.6%) |
| 129 | NAJDER Kacper | 357 | | M3 | 51 | 00:55:03.40 | +00:20:35 (37.4%) | 5:30 | 10.9 (62.6%) |
| 130 | KALISZEWSKI Bronisław | 284 | | M6 | 1 | 00:55:04.10 | +00:20:36 (37.4%) | 5:30 | 10.9 (62.6%) |
| 131 | RUDZKI Michał | 400 | | M2 | 22 | 00:55:05.85 | +00:20:38 (37.5%) | 5:30 | 10.9 (62.6%) |
| 132 | WOLAŃSKI Tomasz | 471 | OIRP GDAŃSK | M4 | 30 | 00:55:06.50 | +00:20:38 (37.5%) | 5:30 | 10.9 (62.6%) |
| 133 | PELA Maria | 376 | | K3 | 11 | 00:55:13.45 | +00:20:45 (37.6%) | 5:31 | 10.9 (62.6%) |
| 134 | MAHIAT Thibault | 337 | | M3 | 52 | 00:55:14.55 | +00:20:46 (37.6%) | 5:31 | 10.9 (62.6%) |
| 135 | CZARNOBAJ Martyna | 231 | | K2 | 10 | 00:55:24.65 | +00:20:57 (37.8%) | 5:32 | 10.8 (62.1%) |
| 136 | JÓŹWIAK Paulina | 279 | PEEK&CLOPPENBURG | K2 | 11 | 00:55:30.80 | +00:21:03 (37.9%) | 5:33 | 10.8 (62.1%) |
| 137 | SKOLASIŃSKI Karol | 412 | RUNNERS | M3 | 53 | 00:55:31.05 | +00:21:03 (37.9%) | 5:33 | 10.8 (62.1%) |
| 138 | KOLWICZ Damian | 300 | BIGYELLOWFOOT ADVENTURE TEAM | M3 | 54 | 00:55:34.10 | +00:21:06 (38.0%) | 5:33 | 10.8 (62.1%) |
| 139 | MISZEWSKI Adam | 346 | GRUPA BIEGOWA 65 | M5 | 6 | 00:55:35.20 | +00:21:07 (38.0%) | 5:33 | 10.8 (62.1%) |
| 140 | JANKOWSKI Wojciech | 272 | | M3 | 55 | 00:55:43.50 | +00:21:15 (38.2%) | 5:34 | 10.8 (62.1%) |
| 141 | MENEZES Tiago | 343 | BAO RAU | M3 | 56 | 00:55:47.20 | +00:21:19 (38.2%) | 5:34 | 10.8 (62.1%) |
| 142 | PACHULSKI Michał | 370 | | M3 | 57 | 00:55:54.70 | +00:21:27 (38.4%) | 5:35 | 10.7 (61.5%) |
| 143 | KĘSICKA Małgorzata | 291 | | K3 | 12 | 00:55:56.00 | +00:21:28 (38.4%) | 5:35 | 10.7 (61.5%) |
| 144 | NOSTITZ-JACKOWSKI Mateusz | 361 | | M3 | 58 | 00:56:02.30 | +00:21:34 (38.5%) | 5:36 | 10.7 (61.5%) |
| 145 | DESKA Paweł | 237 | SPORT-EVO | M4 | 31 | 00:56:04.20 | +00:21:36 (38.5%) | 5:36 | 10.7 (61.5%) |
| 146 | ŁACHMANEK Piotr | 332 | | M3 | 59 | 00:56:09.35 | +00:21:41 (38.6%) | 5:37 | 10.7 (61.5%) |
| 147 | NAPOLSKI Bartosz | 358 | | M3 | 60 | 00:56:09.45 | +00:21:41 (38.6%) | 5:37 | 10.7 (61.5%) |
| 148 | SZYCA Dariusz | 438 | | M3 | 61 | 00:56:10.15 | +00:21:42 (38.6%) | 5:37 | 10.7 (61.5%) |
| 149 | POLAK Lucjan | 383 | KLUB BIEGACZY JYSK | M4 | 32 | 00:56:12.65 | +00:21:45 (38.7%) | 5:37 | 10.7 (61.5%) |
| 150 | SZARGIEJ Paweł | 428 | | M4 | 33 | 00:56:13.00 | +00:21:45 (38.7%) | 5:37 | 10.7 (61.5%) |
| 151 | BŁOCH Joanna | 213 | SZALONY GDAŃSKBIEGA | K4 | 4 | 00:56:27.55 | +00:21:59 (39.0%) | 5:38 | 10.6 (60.9%) |
| 152 | CZECHOLIŃSKI Michał | 232 | OGNISTY KOGUT | M3 | 62 | 00:56:32.30 | +00:22:04 (39.1%) | 5:39 | 10.6 (60.9%) |
| 153 | DUŻYŃSKA Agata | 243 | BIEGAJ Z GŁOWĄ | K3 | 13 | 00:56:33.45 | +00:22:05 (39.1%) | 5:39 | 10.6 (60.9%) |
| 154 | KOWALIK Rafael | 313 | | M4 | 34 | 00:56:35.75 | +00:22:08 (39.1%) | 5:39 | 10.6 (60.9%) |
| 155 | PIOTROWSKI Mateusz | 380 | | M2 | 23 | 00:56:37.20 | +00:22:09 (39.1%) | 5:39 | 10.6 (60.9%) |
| 156 | GŁUSZEK Bożena | 253 | | K5 | 1 | 00:56:40.20 | +00:22:12 (39.2%) | 5:40 | 10.6 (60.9%) |
| 157 | ŁUCZAK Jerzy | 336 | | M4 | 35 | 00:56:40.65 | +00:22:13 (39.2%) | 5:40 | 10.6 (60.9%) |
| 158 | KOTULSKI Piotr | 309 | KLUB BIEGACZY JYSK | M4 | 36 | 00:56:45.85 | +00:22:18 (39.3%) | 5:40 | 10.6 (60.9%) |
| 159 | DRANKA Ewelina | 240 | MOL | K3 | 14 | 00:56:51.20 | +00:22:23 (39.4%) | 5:41 | 10.6 (60.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|--|-----------|------|--------------------|-------------------|--------------|--------------|
| 160 | MOLASY Tomasz | 349 | AKTYWNIE Z MOLKAMI | M3 | 63 | 00:56:52.60 | +00:22:25 (39.4%) | 5:41 | 10.5 (60.3%) |
| 161 | MICHALAK Kamila | 344 | KLUB BIEGACZY JYSK | K3 | 15 | 00:56:53.95 | +00:22:26 (39.4%) | 5:41 | 10.5 (60.3%) |
| 162 | SZYDŁOWSKI Gawęł | 442 | | M2 | 24 | 00:57:03.85 | +00:22:36 (39.6%) | 5:42 | 10.5 (60.3%) |
| 163 | OKŁA Patrycja | 365 | | K3 | 16 | 00:57:08.85 | +00:22:41 (39.7%) | 5:42 | 10.5 (60.3%) |
| 164 | ŻEBROWSKA Kinga | 489 | | K3 | 17 | 00:57:12.30 | +00:22:44 (39.8%) | 5:43 | 10.5 (60.3%) |
| 165 | SZUMSKA Żaneta | 437 | | K3 | 18 | 00:57:16.20 | +00:22:48 (39.8%) | 5:43 | 10.5 (60.3%) |
| 166 | STANDO-KRYSIK Monika | 418 | | K2 | 12 | 00:57:25.65 | +00:22:58 (40.0%) | 5:44 | 10.4 (59.8%) |
| 167 | MOSZOŃSKA Małgorzata | 352 | AKTYWNIE Z MOLKAMI | K4 | 5 | 00:57:32.55 | +00:23:04 (40.1%) | 5:45 | 10.4 (59.8%) |
| 168 | MOLASY Dorota | 348 | AKTYWNIE Z MOLKAMI | K3 | 19 | 00:57:33.15 | +00:23:05 (40.1%) | 5:45 | 10.4 (59.8%) |
| 169 | SCIEPURO Karolina | 408 | | K3 | 20 | 00:57:36.25 | +00:23:08 (40.2%) | 5:45 | 10.4 (59.8%) |
| 170 | ALEKSIEJUK Bartosz | 203 | | M3 | 64 | 00:57:36.35 | +00:23:08 (40.2%) | 5:45 | 10.4 (59.8%) |
| 171 | WATKOWSKI Adrian | 464 | SZKOŁA PODSTAWOWA DLA CHŁOPCÓW FREGATA | M2 | 25 | 00:57:38.75 | +00:23:11 (40.2%) | 5:45 | 10.4 (59.8%) |
| 172 | CŁAPA Mateusz | 228 | MUKOWALECZNI | M1 | 2 | 00:57:42.40 | +00:23:14 (40.3%) | 5:46 | 10.4 (59.8%) |
| 173 | ROMANOWSKA Beata | 497 | RUN VEGAN TEAM | K5 | 2 | 00:57:44.00 | +00:23:16 (40.3%) | 5:46 | 10.4 (59.8%) |
| 174 | PRZYTARSKA Edyta | 389 | WUOZ GDAŃSK | K3 | 21 | 00:57:59.55 | +00:23:31 (40.6%) | 5:47 | 10.3 (59.2%) |
| 175 | FILIP Krzysztof | 250 | NOCLUB | M4 | 37 | 00:58:01.50 | +00:23:33 (40.6%) | 5:48 | 10.3 (59.2%) |
| 176 | KOSAKOWSKI Łukasz | 306 | | M2 | 26 | 00:58:03.45 | +00:23:35 (40.6%) | 5:48 | 10.3 (59.2%) |
| 177 | KULESZA Piotr | 319 | SZUKAM CZEKAM NA PROPOZYCJE.. MOŻE KTOŚ MNIE CHCE... | M4 | 38 | 00:58:41.75 | +00:24:14 (41.3%) | 5:52 | 10.2 (58.6%) |
| 178 | CIEŚLIK Marta | 227 | | K2 | 13 | 00:58:42.45 | +00:24:14 (41.3%) | 5:52 | 10.2 (58.6%) |
| 179 | USZACKA Małgosia | 460 | USHATKI | K3 | 22 | 00:58:43.40 | +00:24:15 (41.3%) | 5:52 | 10.2 (58.6%) |
| 180 | STANKIEWICZ Katarzyna | 420 | WYDZIAŁOWY TEAM BIEGOWY ZIE PG | K4 | 6 | 00:58:55.75 | +00:24:28 (41.5%) | 5:53 | 10.2 (58.6%) |
| 181 | BUSZMANN Tomasz | 220 | | M3 | 65 | 00:59:35.05 | +00:25:07 (42.2%) | 5:57 | 10.1 (58.0%) |
| 182 | WOŁOSZYK Natalia | 472 | | K2 | 14 | 00:59:41.20 | +00:25:13 (42.3%) | 5:58 | 10.1 (58.0%) |
| 183 | SZYCA Elżbieta | 439 | MTM TEAM | K5 | 3 | 01:00:06.65 | +00:25:39 (42.7%) | 6:00 | 10 (57.5%) |
| 184 | BORYSEWICZ Filip | 216 | | M3 | 66 | 01:00:24.75 | +00:25:57 (43.0%) | 6:02 | 9.9 (56.9%) |
| 185 | SZULC Andżelika | 436 | | K4 | 7 | 01:00:33.75 | +00:26:06 (43.1%) | 6:03 | 9.9 (56.9%) |
| 186 | RYCHLIICKI Paweł | 403 | | M2 | 27 | 01:00:33.95 | +00:26:06 (43.1%) | 6:03 | 9.9 (56.9%) |
| 187 | ZAJDA Bartosz | 480 | FABRYKA CZEKOLADY BAŁTYK | M4 | 39 | 01:00:37.35 | +00:26:09 (43.2%) | 6:03 | 9.9 (56.9%) |
| 188 | KEGEL Paulina | 289 | | K3 | 23 | 01:00:41.55 | +00:26:13 (43.2%) | 6:04 | 9.9 (56.9%) |
| 189 | TRZASKOWSKA Justyna | 454 | | K3 | 24 | 01:00:48.70 | +00:26:21 (43.3%) | 6:04 | 9.9 (56.9%) |
| 190 | PARTEKA Aleksandra | 372 | WYDZIAŁOWY TEAM BIEGOWY WZIE PG | K3 | 25 | 01:00:48.75 | +00:26:21 (43.3%) | 6:04 | 9.9 (56.9%) |
| 191 | SZYDŁOWSKI Mirosław | 441 | | M4 | 40 | 01:01:14.80 | +00:26:47 (43.7%) | 6:07 | 9.8 (56.3%) |
| 192 | TYSZER Bożena | 456 | | K3 | 26 | 01:01:20.10 | +00:26:52 (43.8%) | 6:08 | 9.8 (56.3%) |
| 193 | LORENC Krzysztof | 330 | | M4 | 41 | 01:01:38.25 | +00:27:10 (44.1%) | 6:09 | 9.7 (55.7%) |
| 194 | ŁĄTKOWSKA Magdalena | 333 | | K3 | 27 | 01:01:53.80 | +00:27:26 (44.3%) | 6:11 | 9.7 (55.7%) |
| 195 | GONZALEZ MARTÍN Enric | 255 | ORGULLO CANARIO | M2 | 28 | 01:02:00.10 | +00:27:32 (44.4%) | 6:12 | 9.7 (55.7%) |
| 196 | MUCHA Aleksandra | 355 | OCZADZIAŁA | K3 | 28 | 01:02:10.55 | +00:27:42 (44.6%) | 6:13 | 9.6 (55.2%) |
| 197 | BABEROWSKA Jolanta | 204 | | K4 | 8 | 01:02:12.00 | +00:27:44 (44.6%) | 6:13 | 9.6 (55.2%) |
| 198 | GORZUCH Emilia | 257 | | K3 | 29 | 01:02:14.15 | +00:27:46 (44.6%) | 6:13 | 9.6 (55.2%) |
| 199 | WIŚNIEWSKA Kornelia | 468 | ZABIEGANE DWIE | K4 | 9 | 01:02:24.70 | +00:27:57 (44.8%) | 6:14 | 9.6 (55.2%) |
| 200 | STRAŻEWICZ Witold | 424 | | M3 | 67 | 01:02:26.05 | +00:27:58 (44.8%) | 6:14 | 9.6 (55.2%) |
| 201 | CERANKA Szymon | 221 | | M4 | 42 | 01:02:28.10 | +00:28:00 (44.8%) | 6:14 | 9.6 (55.2%) |
| 202 | ZASZCZYRYŃSKA Lidia | 481 | | K3 | 30 | 01:02:38.25 | +00:28:10 (45.0%) | 6:15 | 9.6 (55.2%) |
| 203 | LULIS Zbigniew | 331 | | M5 | 7 | 01:02:58.05 | +00:28:30 (45.3%) | 6:17 | 9.5 (54.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|--------------------------------|-----------|------|-----------------|-------------------|--------------|-------------|
| 204 | CICHOWSKA Asia | 226 | | K2 | 15 | 01:03:18.90 | +00:28:51 (45.6%) | 6:19 | 9.5 (54.6%) |
| 205 | SAWUŁA Andrzej | 407 | | M4 | 43 | 01:03:19.75 | +00:28:52 (45.6%) | 6:20 | 9.5 (54.6%) |
| 206 | WACHULSKA Katarzyna | 461 | | K2 | 16 | 01:03:23.10 | +00:28:55 (45.6%) | 6:20 | 9.5 (54.6%) |
| 207 | MELZACKA Anna | 342 | | K3 | 31 | 01:03:25.50 | +00:28:57 (45.7%) | 6:20 | 9.5 (54.6%) |
| 208 | KOWALCZYK Łukasz | 312 | | M3 | 68 | 01:03:28.65 | +00:29:01 (45.7%) | 6:20 | 9.5 (54.6%) |
| 209 | ŁOTOCKA Wiesława | 334 | BIEGOWY ŚWIAT | K5 | 4 | 01:03:34.05 | +00:29:06 (45.8%) | 6:21 | 9.4 (54.0%) |
| 210 | WOŹNIAK Beata | 474 | | K3 | 32 | 01:03:42.50 | +00:29:14 (45.9%) | 6:22 | 9.4 (54.0%) |
| 211 | WITEK Sylwia | 469 | | K4 | 10 | 01:03:43.80 | +00:29:16 (45.9%) | 6:22 | 9.4 (54.0%) |
| 212 | GOŚ-ZDROJEWSKA Agnieszka | 260 | | K4 | 11 | 01:03:47.10 | +00:29:19 (46.0%) | 6:22 | 9.4 (54.0%) |
| 213 | ULATOWSKA Weronika | 458 | AKTYWNIE Z MOLKAMI | K2 | 17 | 01:03:50.15 | +00:29:22 (46.0%) | 6:23 | 9.4 (54.0%) |
| 214 | GOLEC Iwona | 254 | BITTEAM | K4 | 12 | 01:03:50.70 | +00:29:23 (46.0%) | 6:23 | 9.4 (54.0%) |
| 215 | JAWIŃSKA Martyna | 275 | | K2 | 18 | 01:04:02.30 | +00:29:34 (46.2%) | 6:24 | 9.4 (54.0%) |
| 216 | RUDZIŃSKI Dominik | 399 | | M2 | 29 | 01:04:02.50 | +00:29:34 (46.2%) | 6:24 | 9.4 (54.0%) |
| 217 | KOLAŚ Aleksandra | 299 | | K3 | 33 | 01:04:14.10 | +00:29:46 (46.4%) | 6:25 | 9.3 (53.4%) |
| 218 | KOSAKOWSKI Marek | 305 | | M3 | 69 | 01:04:15.40 | +00:29:47 (46.4%) | 6:25 | 9.3 (53.4%) |
| 219 | DARROCH Chris | 235 | | M3 | 70 | 01:04:43.40 | +00:30:15 (46.8%) | 6:28 | 9.3 (53.4%) |
| 220 | TROJANOWSKA Bogumiła | 452 | BIEGAJ Z GŁOWĄ | K5 | 5 | 01:04:52.50 | +00:30:24 (46.9%) | 6:29 | 9.2 (52.9%) |
| 221 | CHALECKA Jolanta | 222 | | K4 | 13 | 01:04:54.60 | +00:30:27 (46.9%) | 6:29 | 9.2 (52.9%) |
| 222 | SZCZĘSNY Tadeusz | 431 | | M6 | 2 | 01:05:01.85 | +00:30:34 (47.0%) | 6:30 | 9.2 (52.9%) |
| 223 | KALITA Katarzyna | 285 | TRI MAMA TEAM | K3 | 34 | 01:05:17.85 | +00:30:50 (47.2%) | 6:31 | 9.2 (52.9%) |
| 224 | BIESZKE Mirek | 212 | KEEP CALM & U.P. | M5 | 8 | 01:05:25.55 | +00:30:57 (47.3%) | 6:32 | 9.2 (52.9%) |
| 225 | ŁUBKOWSKA Grażyna | 335 | BIEGAJ Z GŁOWĄ/TABATA | K6 | 1 | 01:05:31.05 | +00:31:03 (47.4%) | 6:33 | 9.2 (52.9%) |
| 226 | GUENTZEL Elżbieta | 262 | TRIPAKA PRZECHLEWO | K5 | 6 | 01:05:38.35 | +00:31:10 (47.5%) | 6:33 | 9.1 (52.3%) |
| 227 | DARMOROST Adriana | 234 | | K2 | 19 | 01:05:55.80 | +00:31:28 (47.7%) | 6:35 | 9.1 (52.3%) |
| 228 | PARYŚ Anna | 373 | WILD TEAM | K2 | 20 | 01:06:24.60 | +00:31:57 (48.1%) | 6:38 | 9 (51.7%) |
| 229 | STELMACH Agata | 422 | KUJAVIA3TEAM | K2 | 21 | 01:06:47.65 | +00:32:20 (48.4%) | 6:40 | 9 (51.7%) |
| 230 | WASILCZUK Michał | 463 | | M5 | 9 | 01:06:52.30 | +00:32:24 (48.5%) | 6:41 | 9 (51.7%) |
| 231 | KOWALCZYK Kasia | 311 | BIEGAJ Z GŁOWĄ | K2 | 22 | 01:06:59.30 | +00:32:31 (48.6%) | 6:41 | 9 (51.7%) |
| 232 | KONKEL Aneta | 304 | BIEGAJ Z GŁOWĄ | K4 | 14 | 01:07:40.90 | +00:33:13 (49.1%) | 6:46 | 8.9 (51.1%) |
| 233 | HERZOG Dorota | 267 | | K3 | 35 | 01:08:37.45 | +00:34:09 (49.8%) | 6:51 | 8.7 (50.0%) |
| 234 | WŁUDZIK Monika | 470 | 81-815 | K3 | 36 | 01:08:55.85 | +00:34:28 (50.0%) | 6:53 | 8.7 (50.0%) |
| 235 | ŚLIWKA Jarosław | 445 | | M3 | 71 | 01:09:44.55 | +00:35:16 (50.6%) | 6:58 | 8.6 (49.4%) |
| 236 | RUCIŃSKA Agnieszka | 398 | APLITT | K3 | 37 | 01:11:40.30 | +00:37:12 (51.9%) | 7:10 | 8.4 (48.3%) |
| 237 | RYBAK Radosław | 402 | APLITT | M3 | 72 | 01:11:41.15 | +00:37:13 (51.9%) | 7:10 | 8.4 (48.3%) |
| 238 | ZAWARSKI Maciej Stanisław | 482 | P40B | M4 | 44 | 01:12:01.65 | +00:37:34 (52.2%) | 7:12 | 8.3 (47.7%) |
| 239 | STANISZEWSKI Jacek | 419 | ALGECO | M5 | 10 | 01:13:20.55 | +00:38:52 (53.0%) | 7:20 | 8.2 (47.1%) |
| 240 | TRZASKOWSKA Anna Maria | 455 | WYDZIAŁOWY TEAM BIEGOWY ZIE PG | K4 | 15 | 01:20:06.30 | +00:45:38 (57.0%) | 8:00 | 7.5 (43.1%) |
| | KLAJNA Jakub | 296 | | M2 | | DNF | - | - | - (0.0%) |

Znaleziono 241 wynik(ów)