



## V BIEG OLIWSKI 10 KM

B4SPORT

**Event:** V BIEG OLIWSKI  
**Organiser:** Rada Dzielnicy Oliwa; Fundacja Silni Ciałem  
 Niezłomni Duchem Sportowo Triathlon Team  
**Date:** 2017-10-15  
**Place:** Gdańsk  
**Distance:** 10 km



Classification: M3

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
1	SŁAWIŃSKI Damian	414	LKS ZORZA GDYNIA	M3	1	00:34:54.30		3:29	17.2 (100%)
2	GUZ Andrzej	263	UNBOUNDED	M3	2	00:37:55.85	+00:03:01 (8.0%)	3:47	15.8 (91.9%)
3	MODERHAK Mateusz	347		M3	3	00:38:52.75	+00:03:58 (10.2%)	3:53	15.4 (89.5%)
4	GORCZYCKI Grzegorz	256	NIKOŚ TEAM	M3	4	00:40:38.90	+00:05:44 (14.1%)	4:03	14.8 (86.0%)
5	DZIWOŚ Paweł	245	BEZTLENOWI MALBORK	M3	5	00:40:44.65	+00:05:50 (14.3%)	4:04	14.7 (85.5%)
6	PAJURA Robert	371		M3	6	00:42:10.05	+00:07:15 (17.2%)	4:13	14.2 (82.6%)
7	NAWROCKI Dariusz	359		M3	7	00:42:57.10	+00:08:02 (18.7%)	4:17	14 (81.4%)
8	TOMASZEWSKI Michał	450		M3	8	00:42:59.10	+00:08:04 (18.8%)	4:17	14 (81.4%)
9	PASZKOWSKI Paweł	374		M3	9	00:43:01.50	+00:08:07 (18.9%)	4:18	13.9 (80.8%)
10	HABAJ Piotr	264	NORDA ACTIVE TEAM	M3	10	00:43:47.10	+00:08:52 (20.3%)	4:22	13.7 (79.7%)
11	ZACHARIASZ Maciej	479		M3	11	00:44:27.20	+00:09:32 (21.5%)	4:26	13.5 (78.5%)
12	SUŁEK Grzegorz	426	JEPPESEN	M3	12	00:44:33.20	+00:09:38 (21.7%)	4:27	13.5 (78.5%)
13	POTOCZEK Andrzej	387	PRESS GLASS BIEGAMY I WSPIERAMY	M3	13	00:44:46.20	+00:09:51 (22.0%)	4:28	13.4 (77.9%)
14	MROZOWSKI Sławomir	354	GÓRNY BRONX	M3	14	00:44:59.35	+00:10:05 (22.4%)	4:30	13.3 (77.3%)
15	RYBACKI Dawid	401		M3	15	00:45:06.10	+00:10:11 (22.6%)	4:30	13.3 (77.3%)
16	TORBICZ Piotr	451	BBL AWF GDANSK	M3	16	00:45:39.85	+00:10:45 (23.6%)	4:34	13.1 (76.2%)
17	BROSZE Dominik	218		M3	17	00:45:55.70	+00:11:01 (24.0%)	4:35	13.1 (76.2%)
18	TAŻBIERSKI Tomasz	448		M3	18	00:46:22.80	+00:11:28 (24.7%)	4:38	12.9 (75.0%)
19	BOLEWSKI Adam	214	FOTO WEB TEAM	M3	19	00:46:55.05	+00:12:00 (25.6%)	4:41	12.8 (74.4%)
20	OSSOWSKI Bartosz	368		M3	20	00:46:57.95	+00:12:03 (25.7%)	4:41	12.8 (74.4%)
21	RAINKO Marcin	391	BIEGAJ Z GŁOWĄ	M3	21	00:47:06.30	+00:12:12 (25.9%)	4:42	12.7 (73.8%)
22	ŚWIERSZCZYŃSKI Michał	490		M3	22	00:47:07.80	+00:12:13 (25.9%)	4:42	12.7 (73.8%)
23	MAKURAT Michał	339		M3	23	00:48:13.15	+00:13:18 (27.6%)	4:49	12.4 (72.1%)
24	LEHMANN Dawid	322		M3	24	00:48:16.75	+00:13:22 (27.7%)	4:49	12.4 (72.1%)
25	JANKOWSKI Marek	273	CHUJTEN PEAK TEAM	M3	25	00:48:17.20	+00:13:22 (27.7%)	4:49	12.4 (72.1%)
26	BRAZULEWICZ Bartosz	217		M3	26	00:48:37.35	+00:13:43 (28.2%)	4:51	12.3 (71.5%)
27	FRANKIEWICZ Szymon	251		M3	27	00:48:51.00	+00:13:56 (28.5%)	4:53	12.3 (71.5%)

Place	Participant	Number	Club	Category	MCat	Net	Gap	Pace	Pace
						time		min/km	km/h
						10km			
28	<b>OKUNIEWSKI Dawid</b>	<b>366</b>		M3	28	<b>00:48:59.20</b>	+00:14:04 (28.7%)	4:53	12.2 (70.9%)
29	<b>FALBA Paweł</b>	<b>247</b>		M3	29	<b>00:49:08.20</b>	+00:14:13 (29.0%)	4:54	12.2 (70.9%)
30	<b>LIPOWICZ Andrzej</b>	<b>327</b>		M3	30	<b>00:49:24.95</b>	+00:14:30 (29.4%)	4:56	12.1 (70.3%)
31	<b>KEMPA Stanisław</b>	<b>290</b>	KASZUBSKA PONIEWIERKA	M3	31	<b>00:49:27.15</b>	+00:14:32 (29.4%)	4:56	12.1 (70.3%)
32	<b>KOŁTUNIAK Zbigniew</b>	<b>302</b>	EPAM TEAM	M3	32	<b>00:50:09.00</b>	+00:15:14 (30.4%)	5:00	12 (69.8%)
33	<b>STOJAK Krzysiek</b>	<b>423</b>		M3	33	<b>00:50:11.85</b>	+00:15:17 (30.5%)	5:01	12 (69.8%)
34	<b>SZCZEPAŃSKI Adrian</b>	<b>430</b>	KLUB BIEGACZY JYSK	M3	34	<b>00:50:15.10</b>	+00:15:20 (30.5%)	5:01	11.9 (69.2%)
35	<b>FIERKA Tomasz</b>	<b>249</b>	GO TOMASZ GO :)	M3	35	<b>00:50:20.85</b>	+00:15:26 (30.7%)	5:02	11.9 (69.2%)
36	<b>DĄBROWSKI Krzysztof</b>	<b>236</b>	ROCKFIN TEAM	M3	36	<b>00:50:25.45</b>	+00:15:31 (30.8%)	5:02	11.9 (69.2%)
37	<b>ZABOROWSKI Mariusz</b>	<b>478</b>		M3	37	<b>00:50:34.60</b>	+00:15:40 (31.0%)	5:03	11.9 (69.2%)
38	<b>ZIEMBICKI Robert</b>	<b>486</b>		M3	38	<b>00:50:49.70</b>	+00:15:55 (31.3%)	5:05	11.8 (68.6%)
39	<b>KACPRZAK Marcin</b>	<b>280</b>	ZPORTOWE KNURY	M3	39	<b>00:50:57.50</b>	+00:16:03 (31.5%)	5:05	11.8 (68.6%)
40	<b>KARCZEWSKI Leszek</b>	<b>287</b>		M3	40	<b>00:51:30.25</b>	+00:16:35 (32.2%)	5:09	11.7 (68.0%)
41	<b>SZCZĘSNY Marcin</b>	<b>432</b>		M3	41	<b>00:51:53.80</b>	+00:16:59 (32.7%)	5:11	11.6 (67.4%)
42	<b>STEFAŃSKI Tomasz</b>	<b>421</b>		M3	42	<b>00:53:12.70</b>	+00:18:18 (34.4%)	5:19	11.3 (65.7%)
43	<b>NOWICKI Jarosław</b>	<b>363</b>		M3	43	<b>00:53:14.85</b>	+00:18:20 (34.4%)	5:19	11.3 (65.7%)
44	<b>ŚWIĘCICKI Tomasz</b>	<b>446</b>		M3	44	<b>00:53:25.30</b>	+00:18:31 (34.7%)	5:20	11.2 (65.1%)
45	<b>MIOTKE Michał</b>	<b>110</b>		M3	45	<b>00:54:19.50</b>	+00:19:25 (35.7%)	5:26	11 (64.0%)
46	<b>RESKE Daniel</b>	<b>392</b>	THYSSENKRUPP	M3	46	<b>00:54:23.70</b>	+00:19:29 (35.8%)	5:26	11 (64.0%)
47	<b>OLLIK Rafał</b>	<b>367</b>		M3	47	<b>00:54:39.15</b>	+00:19:44 (36.1%)	5:27	11 (64.0%)
48	<b>BANASIAK Krzysztof</b>	<b>206</b>	QUBUS HOTEL	M3	48	<b>00:54:57.10</b>	+00:20:02 (36.5%)	5:29	10.9 (63.4%)
49	<b>KRYGIEL Piotr</b>	<b>315</b>		M3	49	<b>00:54:58.35</b>	+00:20:04 (36.5%)	5:29	10.9 (63.4%)
50	<b>ABRAMOWICZ Michał</b>	<b>201</b>		M3	50	<b>00:55:02.75</b>	+00:20:08 (36.6%)	5:30	10.9 (63.4%)
51	<b>NAJDER Kacper</b>	<b>357</b>		M3	51	<b>00:55:03.40</b>	+00:20:09 (36.6%)	5:30	10.9 (63.4%)
52	<b>MAHIAT Thibault</b>	<b>337</b>		M3	52	<b>00:55:14.55</b>	+00:20:20 (36.8%)	5:31	10.9 (63.4%)
53	<b>SKOLASIŃSKI Karol</b>	<b>412</b>	RUNNERS	M3	53	<b>00:55:31.05</b>	+00:20:36 (37.1%)	5:33	10.8 (62.8%)
54	<b>KOLWICZ Damian</b>	<b>300</b>	BIGYELLOWFOOT ADVENTURE TEAM	M3	54	<b>00:55:34.10</b>	+00:20:39 (37.2%)	5:33	10.8 (62.8%)
55	<b>JANKOWSKI Wojciech</b>	<b>272</b>		M3	55	<b>00:55:43.50</b>	+00:20:49 (37.4%)	5:34	10.8 (62.8%)
56	<b>MENEZES Tiago</b>	<b>343</b>	BAO RAU	M3	56	<b>00:55:47.20</b>	+00:20:52 (37.4%)	5:34	10.8 (62.8%)
57	<b>PACHULSKI Michał</b>	<b>370</b>		M3	57	<b>00:55:54.70</b>	+00:21:00 (37.6%)	5:35	10.7 (62.2%)
58	<b>NOSTITZ-JACKOWSKI Mateusz</b>	<b>361</b>		M3	58	<b>00:56:02.30</b>	+00:21:08 (37.7%)	5:36	10.7 (62.2%)
59	<b>ŁACHMANEK Piotr</b>	<b>332</b>		M3	59	<b>00:56:09.35</b>	+00:21:15 (37.8%)	5:37	10.7 (62.2%)
60	<b>NAPOLSKI Bartosz</b>	<b>358</b>		M3	60	<b>00:56:09.45</b>	+00:21:15 (37.8%)	5:37	10.7 (62.2%)
61	<b>SZYCA Dariusz</b>	<b>438</b>		M3	61	<b>00:56:10.15</b>	+00:21:15 (37.9%)	5:37	10.7 (62.2%)
62	<b>CZECHOLIŃSKI Michał</b>	<b>232</b>	OGNISTY KOGUT	M3	62	<b>00:56:32.30</b>	+00:21:38 (38.3%)	5:39	10.6 (61.6%)
63	<b>MOLASY Tomasz</b>	<b>349</b>	AKTYWNIIE Z MOLKAMI	M3	63	<b>00:56:52.60</b>	+00:21:58 (38.6%)	5:41	10.5 (61.0%)
64	<b>ALEKSIEJUK Bartosz</b>	<b>203</b>		M3	64	<b>00:57:36.35</b>	+00:22:42 (39.4%)	5:45	10.4 (60.5%)
65	<b>BUSZMANN Tomasz</b>	<b>220</b>		M3	65	<b>00:59:35.05</b>	+00:24:40 (41.4%)	5:57	10.1 (58.7%)
66	<b>BORYSEWICZ Filip</b>	<b>216</b>		M3	66	<b>01:00:24.75</b>	+00:25:30 (42.2%)	6:02	9.9 (57.6%)
67	<b>STRAŻEWICZ Witold</b>	<b>424</b>		M3	67	<b>01:02:26.05</b>	+00:27:31 (44.1%)	6:14	9.6 (55.8%)
68	<b>KOWALCZYK Łukasz</b>	<b>312</b>		M3	68	<b>01:03:28.65</b>	+00:28:34 (45.0%)	6:20	9.5 (55.2%)
69	<b>KOSAKOWSKI Marek</b>	<b>305</b>		M3	69	<b>01:04:15.40</b>	+00:29:21 (45.7%)	6:25	9.3 (54.1%)
70	<b>DARROCH Chris</b>	<b>235</b>		M3	70	<b>01:04:43.40</b>	+00:29:49 (46.1%)	6:28	9.3 (54.1%)
71	<b>ŚLIWKA Jarosław</b>	<b>445</b>		M3	71	<b>01:09:44.55</b>	+00:34:50 (50.0%)	6:58	8.6 (50.0%)

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
72	<b>RYBAK Radosław</b>	<b>402</b>	APLITT	M3	72	<b>01:11:41.15</b>	+00:36:46 (51.3%)	7:10	8.4 (48.8%)

Total 72 results.