



VI BIEG ŁĄDUJ NA OSOWEJ

B4SPORT

Organizator: Stowarzyszenie Klub Sportowy Olimpia Osowa
Data: 2019-09-22
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KĄKOL Kacper	44	BIEGOWY ŚWIR	M-20	1	00:34:42.78		3:28	17.3 (100%)
2	RAKOCZY Marcin	110	ŻÓRAWSKI TEAM	M-20	2	00:35:20.63	+00:00:37 (1.8%)	3:32	17 (98.3%)
3	KLONOWSKI Marcin	49	LKS ZANTYR SZTUM	M-30	1	00:36:39.01	+00:01:56 (5.3%)	3:39	16.4 (94.8%)
4	MAKOWSKI Paweł	76	BIKE U UP, AWET PLUS	M-30	2	00:38:07.07	+00:03:24 (8.9%)	3:48	15.7 (90.8%)
5	MAZUREK Michał	79		M-30	3	00:39:20.02	+00:04:37 (11.7%)	3:56	15.3 (88.4%)
6	GLEBOV Dmitri	155		M-40	1	00:39:35.32	+00:04:52 (12.3%)	3:57	15.2 (87.9%)
7	PIKUL Grzegorz	96	O-SOWA BIEGA	M-30	4	00:39:59.00	+00:05:16 (13.2%)	3:59	15 (86.7%)
8	MUZA Marcin	87	MGS LAW RUN TEAM / OIRP GDAŃSK	M-30	5	00:40:17.76	+00:05:34 (13.9%)	4:01	14.9 (86.1%)
9	KULPACZYŃSKI Patryk	61	GOGGLE PAE TEAM	M-40	2	00:40:24.82	+00:05:42 (14.1%)	4:02	14.9 (86.1%)
10	KLEKOTKO Fabian	48	TRIEAGELS	M-40	3	00:40:42.25	+00:05:59 (14.7%)	4:04	14.7 (85.0%)
11	POĆWIARDOWSKI Maciej	161		M-20	3	00:40:54.90	+00:06:12 (15.2%)	4:05	14.7 (85.0%)
12	WALDOWSKI Roman	131		M-30	6	00:41:46.26	+00:07:03 (16.9%)	4:10	14.4 (83.2%)
13	KUNDO Rafał	62		M-20	4	00:42:04.36	+00:07:21 (17.5%)	4:12	14.3 (82.7%)
14	MIKLUKHIN Denis	153	VERTIKAL	M-30	7	00:42:04.59	+00:07:21 (17.5%)	4:12	14.3 (82.7%)
15	BARANOWSKA-TRZASKO Aleksandra	6		K-40	1	00:42:07.00	+00:07:24 (17.6%)	4:12	14.2 (82.1%)
16	KOZŁÓW Wojciech	57	LKS ZANTYR SZTUM	M-50	1	00:42:16.90	+00:07:34 (17.9%)	4:13	14.2 (82.1%)
17	WERNER Irek	135	OSOWA BIEGA	M-30	8	00:42:21.82	+00:07:39 (18.1%)	4:14	14.2 (82.1%)
18	OLEKSIEWICZ Tomasz	163	TICK TEAM	M-40	4	00:42:31.69	+00:07:48 (18.4%)	4:15	14.1 (81.5%)
19	PAZIK Dariusz	92	RUNEDA	M-20	5	00:42:56.51	+00:08:13 (19.2%)	4:17	14 (80.9%)
20	JACHIMOWICZ Bartosz	39		M-30	9	00:43:01.13	+00:08:18 (19.3%)	4:18	13.9 (80.3%)
21	LIDZBARSKI Marcin	68	W LIDZBARSKICH SIŁA	M-30	10	00:43:01.61	+00:08:18 (19.3%)	4:18	13.9 (80.3%)
22	PERGOŁ Bogusław	166	GPEC	M-40	5	00:43:06.30	+00:08:23 (19.5%)	4:18	13.9 (80.3%)
23	KIRYLUK Patrycja	46		K-20	1	00:43:09.23	+00:08:26 (19.6%)	4:19	13.9 (80.3%)
24	PASZTALENIEC Władysław	151		M-40	6	00:43:13.37	+00:08:30 (19.7%)	4:19	13.9 (80.3%)
25	DYMOWSKI Artur	24	JABŁOŃSKI TEAM	M-40	7	00:43:15.76	+00:08:32 (19.8%)	4:19	13.9 (80.3%)
26	BANACH Jakub	5		M-20	6	00:43:46.84	+00:09:04 (20.7%)	4:22	13.7 (79.2%)
27	MARCHEWKA Emil	77	LKS ZANTYR SZTUM	M-30	11	00:44:28.65	+00:09:45 (22.0%)	4:26	13.5 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	PAŁKA Stanisław	158		M-50	2	00:45:06.30	+00:10:23 (23.0%)	4:30	13.3 (76.9%)
29	TRIEBWASSER Jacek	127		M-50	3	00:45:39.91	+00:10:57 (24.0%)	4:34	13.1 (75.7%)
30	GARSZTKA Dominik	27		M-40	8	00:45:45.10	+00:11:02 (24.1%)	4:34	13.1 (75.7%)
31	GARSZTKA Mateusz	28		M-30	12	00:45:45.39	+00:11:02 (24.1%)	4:34	13.1 (75.7%)
32	PEŚKO Michał	94		M-40	9	00:45:49.17	+00:11:06 (24.2%)	4:34	13.1 (75.7%)
33	HERZBERG Przemysław	36		M-30	13	00:45:55.13	+00:11:12 (24.4%)	4:35	13.1 (75.7%)
34	LULIS Zbigniew	71	OSOWA BIEGA	M-50	4	00:45:56.68	+00:11:13 (24.4%)	4:35	13.1 (75.7%)
35	ROGO CZ Maciej	112	ROGALE Z DOLINYROZTOKI	M-40	10	00:45:57.98	+00:11:15 (24.5%)	4:35	13.1 (75.7%)
36	GAJEWSKI Krzysztof Teofor	26	TAKA RYBA	M-40	11	00:46:07.29	+00:11:24 (24.7%)	4:36	13 (75.1%)
37	GIARO Marcin	29		M-40	12	00:46:19.91	+00:11:37 (25.1%)	4:37	13 (75.1%)
38	GRZESIK Wojciech	35		M-30	14	00:46:21.58	+00:11:38 (25.1%)	4:38	12.9 (74.6%)
39	RADOSŁAW Szałas	109	KUJAWSCY RUNNERS	M-40	13	00:46:24.49	+00:11:41 (25.2%)	4:38	12.9 (74.6%)
40	SIEKANOWICZ Paweł	115		M-40	14	00:46:28.75	+00:11:45 (25.3%)	4:38	12.9 (74.6%)
41	CHRUSTOWSKI Krzysztof	16		M-30	15	00:46:51.33	+00:12:08 (25.9%)	4:41	12.8 (74.0%)
42	SOBKÓW Adam	116	BHMW_GDYNIA	M-50	5	00:47:31.54	+00:12:48 (27.0%)	4:45	12.6 (72.8%)
43	WYSOCKI Dariusz	140	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	16	00:47:37.67	+00:12:54 (27.1%)	4:45	12.6 (72.8%)
44	PEKAŁA Piotr	93		M-40	15	00:47:53.82	+00:13:11 (27.5%)	4:47	12.5 (72.3%)
45	BIAŁA Beata	9		K-50	1	00:47:55.86	+00:13:13 (27.6%)	4:47	12.5 (72.3%)
46	ŁUKASZEWICZ Sylwia	74	O-SOWA BIEGA	K-40	2	00:48:34.74	+00:13:51 (28.5%)	4:51	12.3 (71.1%)
47	MORAWEK Arkadiusz	83		M-40	16	00:48:54.38	+00:14:11 (29.0%)	4:53	12.3 (71.1%)
48	ZAJĄC Piotr	142	PARKRUN /RUMIA	M-30	17	00:49:03.21	+00:14:20 (29.2%)	4:54	12.2 (70.5%)
49	MICHALAK Konrad	81	GRACJA&ALICJA 3MIASTO	M-30	18	00:49:09.27	+00:14:26 (29.4%)	4:54	12.2 (70.5%)
50	WIŚNIEWSKA Ewa	137	PARKRUN RUMIA	K-40	3	00:49:12.44	+00:14:29 (29.5%)	4:55	12.2 (70.5%)
51	SZPAKIEWICZ Maciej	119		M-40	17	00:49:17.61	+00:14:34 (29.6%)	4:55	12.2 (70.5%)
52	TUSZYŃSKI Maciek	128	OSAKA	M-40	18	00:49:17.97	+00:14:35 (29.6%)	4:55	12.2 (70.5%)
53	SZUBARTOWICZ Marek	120		M-30	19	00:49:30.24	+00:14:47 (29.9%)	4:57	12.1 (69.9%)
54	KOSAŁKA Łukasz	52	OSOWA BIEGA	M-30	20	00:49:44.89	+00:15:02 (30.2%)	4:58	12.1 (69.9%)
55	WÓJCIK Małgorzata	138	O-SOWA BIEGA	K-40	4	00:49:54.08	+00:15:11 (30.4%)	4:59	12 (69.4%)
56	WAŚKIEWICZ Łukasz	167		M-30	21	00:49:57.85	+00:15:15 (30.5%)	4:59	12 (69.4%)
57	NESSI Agnieszka	89	OSOWA BIEGA	K-30	1	00:50:02.56	+00:15:19 (30.6%)	5:00	12 (69.4%)
58	SZUFARSKI Przemysław	156	SZUFARY	M-30	22	00:50:10.65	+00:15:27 (30.8%)	5:01	12 (69.4%)
59	KNITTER Bartosz	50		M-30	23	00:50:13.27	+00:15:30 (30.9%)	5:01	11.9 (68.8%)
60	LATOSIŃSKI Jacek	66	O-SOWA BIEGA	M-30	24	00:50:14.65	+00:15:31 (30.9%)	5:01	11.9 (68.8%)
61	MROCZEK Sylwia	84	PARKRUN RUMIA	K-40	5	00:50:19.48	+00:15:36 (31.0%)	5:02	11.9 (68.8%)
62	ŁĘCKI Krzysztof	72	K(R)OPKA TEAM	M-20	7	00:50:19.69	+00:15:36 (31.0%)	5:02	11.9 (68.8%)
63	KWIDZIŃSKI Piotr	64		M-40	19	00:50:25.16	+00:15:42 (31.2%)	5:02	11.9 (68.8%)
64	CHAJDUKOWSKI Marek	15		M-50	6	00:50:45.94	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
65	OSOWSKI Maciej	91	VEGE RUNNERS	M-50	7	00:50:55.64	+00:16:12 (31.8%)	5:05	11.8 (68.2%)
66	PIERZGALSKI Tomasz	95	OSOWA BIEGA	M-30	25	00:50:57.14	+00:16:14 (31.9%)	5:05	11.8 (68.2%)
67	MYŚLIWIEC Kamil	88		M-30	26	00:51:26.05	+00:16:43 (32.5%)	5:08	11.7 (67.6%)
68	PORTEE Jacek	101	O-SOWABIEGA	M-50	8	00:51:34.00	+00:16:51 (32.7%)	5:09	11.6 (67.1%)
69	PODJASKI Andrzej	99		M-30	27	00:51:34.52	+00:16:51 (32.7%)	5:09	11.6 (67.1%)
70	WAŻNY Karol	134	RADA MIASTA GDAŃSKA	M-30	28	00:51:36.18	+00:16:53 (32.7%)	5:09	11.6 (67.1%)
71	HIPNER Marcin	38	SPOT PSZCZYNA	M-30	29	00:51:36.41	+00:16:53 (32.7%)	5:09	11.6 (67.1%)

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72	SZAMOCKI Kacper	117		M-30	30	00:52:02.23	+00:17:19 (33.3%)	5:12	11.5 (66.5%)
73	KACZMAREK Krzysztof	41	OSOWA BIEGA	M-40	20	00:52:03.60	+00:17:20 (33.3%)	5:12	11.5 (66.5%)
74	ANISOWICZ Norbert	4		M-20	8	00:52:03.72	+00:17:20 (33.3%)	5:12	11.5 (66.5%)
75	PŁACHTA Jacek	98		M-40	21	00:52:24.54	+00:17:41 (33.8%)	5:14	11.4 (65.9%)
76	WRÓBEL Artur	147		M-40	22	00:52:26.06	+00:17:43 (33.8%)	5:14	11.4 (65.9%)
77	SZUMSKA Żaneta	122		K-30	2	00:52:32.32	+00:17:49 (33.9%)	5:15	11.4 (65.9%)
78	WRÓBLEWSKA Beata	139	O-SOWA BIEGA	K-40	6	00:52:46.09	+00:18:03 (34.2%)	5:16	11.4 (65.9%)
79	SZYMAŃSKI Marek	124		M-40	23	00:52:50.94	+00:18:08 (34.3%)	5:17	11.4 (65.9%)
80	ZABOROWSKI Mariusz	141		M-30	31	00:52:53.80	+00:18:11 (34.4%)	5:17	11.3 (65.3%)
81	ZAJK Mateusz	143		M-20	9	00:53:06.44	+00:18:23 (34.6%)	5:18	11.3 (65.3%)
82	KOSTRZEWA-CEMBOR Urszula	154		K-60	1	00:53:17.28	+00:18:34 (34.9%)	5:19	11.3 (65.3%)
83	KIRYLUK Bartłomiej	47		M-30	32	00:53:18.31	+00:18:35 (34.9%)	5:19	11.3 (65.3%)
84	KUBIK Agnieszka	59	BCT TEAM GDYNIA/ BST	K-30	3	00:53:25.52	+00:18:42 (35.0%)	5:20	11.2 (64.7%)
85	GRAD Rafał	33		M-30	33	00:53:31.89	+00:18:49 (35.2%)	5:21	11.2 (64.7%)
86	MROCZEK Robert	85	PARKRUN RUMIA	M-40	24	00:53:38.32	+00:18:55 (35.3%)	5:21	11.2 (64.7%)
87	OLESZCZUK Paweł	90		M-30	34	00:53:39.67	+00:18:56 (35.3%)	5:22	11.2 (64.7%)
88	RACHWAŁ Michał	107	MATEX	M-40	25	00:53:44.47	+00:19:01 (35.4%)	5:22	11.2 (64.7%)
89	GOSTOMCZYK Dariusz	31		M-30	35	00:53:48.61	+00:19:05 (35.5%)	5:22	11.2 (64.7%)
90	PUŚCIAN Krzysztof	106	SZKOŁA PODSTAWOWA W MANOWIE	M-40	26	00:53:49.05	+00:19:06 (35.5%)	5:22	11.1 (64.2%)
91	MROZIEWICZ Andrzej	86		M-50	9	00:53:49.93	+00:19:07 (35.5%)	5:22	11.1 (64.2%)
92	KACPRZAK Michał	40		M-20	10	00:54:14.29	+00:19:31 (36.0%)	5:25	11.1 (64.2%)
93	FILIP Krzysztof	25	NOCLUB	M-40	27	00:54:22.53	+00:19:39 (36.2%)	5:26	11 (63.6%)
94	CZECHOLIŃSKI Michał	19		M-30	36	00:54:28.09	+00:19:45 (36.3%)	5:26	11 (63.6%)
95	SZULC Katarzyna	121		K-30	4	00:55:16.38	+00:20:33 (37.2%)	5:31	10.9 (63.0%)
96	KASPRZYK Katarzyna	43	OSOWA BIEGA	K-40	7	00:55:22.80	+00:20:40 (37.3%)	5:32	10.8 (62.4%)
97	KOTULSKI Piotr	55	KLUB BIEGACZY JYSK	M-40	28	00:55:46.53	+00:21:03 (37.8%)	5:34	10.8 (62.4%)
98	PODJASKI Krzysztof	100		M-40	29	00:55:55.11	+00:21:12 (37.9%)	5:35	10.7 (61.8%)
99	RUMIŃSKI Rafał	113	RUNEDA	M-40	30	00:56:02.22	+00:21:19 (38.1%)	5:36	10.7 (61.8%)
100	LESZKOWICZ Krzysztof	67	PBC BUDOWNICTWO	M-30	37	00:56:27.92	+00:21:45 (38.5%)	5:38	10.6 (61.3%)
101	DAMASZKE Aleksandra	22		K-30	5	00:56:28.95	+00:21:46 (38.5%)	5:38	10.6 (61.3%)
102	POLIKOWSKI Patryk	162		M-40	31	00:56:30.68	+00:21:47 (38.6%)	5:39	10.6 (61.3%)
103	LIDZBARSKI Adam	69		M-40	32	00:56:31.35	+00:21:48 (38.6%)	5:39	10.6 (61.3%)
104	RYCHTER Krystian	114		M-20	11	00:56:40.06	+00:21:57 (38.7%)	5:40	10.6 (61.3%)
105	GRYGIEL Natalia	34		K-20	2	00:56:44.92	+00:22:02 (38.8%)	5:40	10.6 (61.3%)
106	KURZAWSKI Andrzej	63		M-30	38	00:56:45.83	+00:22:03 (38.8%)	5:40	10.6 (61.3%)
107	BIESZKE Sebastian	11		M-40	33	00:57:00.08	+00:22:17 (39.1%)	5:42	10.5 (60.7%)
108	BOGALECKI Marek	159	SAFE SPORT TEAM	M-60	1	00:57:04.54	+00:22:21 (39.2%)	5:42	10.5 (60.7%)
109	WAŻNA Agnieszka	133		K-30	6	00:57:12.01	+00:22:29 (39.3%)	5:43	10.5 (60.7%)
110	KUCZYŃSKA Anna	60		K-20	3	00:57:22.20	+00:22:39 (39.5%)	5:44	10.5 (60.7%)
111	BUGALSKI Tomasz	14		M-40	34	00:57:23.98	+00:22:41 (39.5%)	5:44	10.5 (60.7%)
112	CZERWIŃSKI Michał	20		M-30	39	00:57:35.95	+00:22:53 (39.7%)	5:45	10.4 (60.1%)
113	PUJSZO Sławomir	105	CHWASZCZYNO BIEGA	M-40	35	00:57:39.42	+00:22:56 (39.8%)	5:46	10.4 (60.1%)
114	CZAPIEWSKA Agata	17		K-20	4	00:58:07.94	+00:23:25 (40.3%)	5:48	10.3 (59.5%)
115	CZAPIEWSKI Michał	18		M-20	12	00:58:07.99	+00:23:25 (40.3%)	5:48	10.3 (59.5%)

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116	ADAMUS Jarosław	1		M-50	10	00:58:58.47	+00:24:15 (41.1%)	5:53	10.2 (59.0%)
117	ADAMUS Ewelina	3		K-30	7	00:58:58.67	+00:24:15 (41.1%)	5:53	10.2 (59.0%)
118	WALUS Wiesław	132		M-40	36	00:59:42.88	+00:25:00 (41.9%)	5:58	10 (57.8%)
119	LATOSIŃSKA Kamila	65	O-SOWA BIEGA	K-30	8	00:59:51.44	+00:25:08 (42.0%)	5:59	10 (57.8%)
120	KRYGIER Łukasz	58		M-30	40	01:00:05.12	+00:25:22 (42.2%)	6:00	10 (57.8%)
121	KOŚCIŃSKI Sebastian	54		M-20	13	01:00:25.85	+00:25:43 (42.6%)	6:02	9.9 (57.2%)
122	DALKE Jowita	21	ZABIEGANE DWIE	K-30	9	01:00:28.03	+00:25:45 (42.6%)	6:02	9.9 (57.2%)
123	WIŚNIEWSKA Kornelia	136	ZABIEGANIE DWIE	K-40	8	01:00:28.12	+00:25:45 (42.6%)	6:02	9.9 (57.2%)
124	GIDZIŃSKA Larysa	30		K-30	10	01:00:33.60	+00:25:50 (42.7%)	6:03	9.9 (57.2%)
125	SZATYBEŁKO Karol	118		M-30	41	01:00:44.54	+00:26:01 (42.9%)	6:04	9.9 (57.2%)
126	DĄBROWSKI Tadeusz	23		M-50	11	01:01:13.83	+00:26:31 (43.3%)	6:07	9.8 (56.6%)
127	KIEDACZ Agnieszka	45		K-40	9	01:01:17.25	+00:26:34 (43.4%)	6:07	9.8 (56.6%)
128	RADOMSKI Wojciech	108		M-50	12	01:01:19.54	+00:26:36 (43.4%)	6:08	9.8 (56.6%)
129	POKRYWCZYŃSKI Maciej	157		M-20	14	01:01:57.53	+00:27:14 (44.0%)	6:11	9.7 (56.1%)
130	SZYCHTA Ania	123		K-20	5	01:02:24.13	+00:27:41 (44.4%)	6:14	9.6 (55.5%)
131	BASIŃSKA-AHMED Olga	7		K-40	10	01:02:45.51	+00:28:02 (44.7%)	6:16	9.6 (55.5%)
132	TOMASIŃSKA Monika	126	O-SOWA BIEGA	K-40	11	01:02:56.03	+00:28:13 (44.8%)	6:17	9.5 (54.9%)
133	SIKORSKI Bartłomiej	145		M-40	37	01:02:56.88	+00:28:14 (44.9%)	6:17	9.5 (54.9%)
134	TOBOŁA Michał	125	SZYBKI SKŁAD	M-40	38	01:03:13.22	+00:28:30 (45.1%)	6:19	9.5 (54.9%)
135	MAZUR-DZIADKIEWICZ Justyna	78		K-30	11	01:03:13.55	+00:28:30 (45.1%)	6:19	9.5 (54.9%)
136	KACZMAREK Sylwia	152	O-SOWA BIEGA	K-40	12	01:03:22.20	+00:28:39 (45.2%)	6:20	9.5 (54.9%)
137	BEHRENDT Natalia	8		K-20	6	01:04:01.41	+00:29:18 (45.8%)	6:24	9.4 (54.3%)
138	KĘDZIERSKA Edyta	160	POLSKA FEDERACJA NORDIC WALKING/ OLIMPIA OSOWA	K-40	13	01:05:00.52	+00:30:17 (46.6%)	6:30	9.2 (53.2%)
139	GRABOWSKI Mateusz	32		M-20	15	01:05:51.15	+00:31:08 (47.3%)	6:35	9.1 (52.6%)
140	ŻYDEK Katarzyna	144		K-20	7	01:06:32.86	+00:31:50 (47.8%)	6:39	9 (52.0%)
141	PAWLICKA Agnieszka	164	CROSSELITE	K-20	8	01:08:03.82	+00:33:21 (49.0%)	6:48	8.8 (50.9%)
142	TARKOWSKI Dawid	165	CROSSELITE	M-30	42	01:08:03.86	+00:33:21 (49.0%)	6:48	8.8 (50.9%)
143	PRZYCHODNA Aleksandra	103		K-20	9	01:09:09.24	+00:34:26 (49.8%)	6:54	8.7 (50.3%)
144	MICHALAK Magdalena	82	ŻARTA WATAHA	K-40	14	01:10:12.72	+00:35:29 (50.6%)	7:01	8.5 (49.1%)
145	TYMIŃSKI Krzysztof	129		M-60	2	01:11:36.78	+00:36:54 (51.5%)	7:09	8.4 (48.6%)
146	PRELIŃSKI Wojciech	102		M-30	43	01:13:47.89	+00:39:05 (53.0%)	7:22	8.1 (46.8%)
147	MADANY Anita	75		K-50	2	01:17:22.35	+00:42:39 (55.1%)	7:44	7.8 (45.1%)

Znaleziono 147 wynik(ów)