



## VI BIEG OLIWSKI 10 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

VI BIEG OLIWSKI  
Rada Dzielnicy Oliwa; Fundacja Silni Ciałem  
Niezlomni Duchem Sportevo Triathlon Team

**Data:**  
**Miejsce:**  
**Dystans:**

2018-10-14  
Gdańsk  
10 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	SUCHENIA Piotr	190	INOV-8 TEAM / FJORD NANSEN TEST TEAM / RUNPASSION.PL	M30-39	1	00:19:01	<b>00:38:07.35</b>		3:48	15.7 (100%)
2	MODERHAK Mateusz	119		M30-39	2	00:19:00	<b>00:38:33.75</b>	+00:00:26 (1.1%)	3:51	15.6 (99.4%)
3	SAMSONOV Sergey	259		M30-39	3	00:19:14	<b>00:39:19.00</b>	+00:01:11 (3.0%)	3:55	15.3 (97.5%)
4	PALASCHKE Michał	141	SPORTOWY MAJKEL	M18-29	1	00:19:20	<b>00:39:22.55</b>	+00:01:15 (3.2%)	3:56	15.2 (96.8%)
5	WIATROWSKI Krzysztof	232	TRIWIATRARI RUN-PASSION.PL	M40-49	1	00:20:10	<b>00:40:24.60</b>	+00:02:17 (5.7%)	4:02	14.8 (94.3%)
6	KUHN Piotr	88	ASE	M18-29	2	00:19:51	<b>00:40:38.10</b>	+00:02:30 (6.2%)	4:03	14.8 (94.3%)
7	PEPLIŃSKI Grzegorz	145		M40-49	2	00:19:56	<b>00:41:03.95</b>	+00:02:56 (7.2%)	4:06	14.6 (93.0%)
8	ZAWISZA Dariusz	249	BCT TEAM	M40-49	3	00:21:11	<b>00:43:04.15</b>	+00:04:56 (11.5%)	4:18	13.9 (88.5%)
9	LACHOWICZ Adrian	99		M30-39	4	00:21:29	<b>00:43:43.10</b>	+00:05:35 (12.8%)	4:22	13.7 (87.3%)
10	TORBICZ Piotr	269		M40-49	4	00:21:35	<b>00:43:55.70</b>	+00:05:48 (13.2%)	4:23	13.7 (87.3%)
11	SUŁEK Grzegorz	192	JEPPESEN POLAND	M30-39	5	00:21:42	<b>00:43:58.25</b>	+00:05:50 (13.3%)	4:23	13.6 (86.6%)
12	SZAJDZIUK Piotr	195		M40-49	5	00:21:42	<b>00:44:05.55</b>	+00:05:58 (13.5%)	4:24	13.6 (86.6%)
13	ZACHARIASZ Maciej	246		M30-39	6	00:22:04	<b>00:44:09.10</b>	+00:06:01 (13.7%)	4:24	13.6 (86.6%)
14	ANTKOWIAK Mikołaj	3	AMW GDYNIA	M18-29	3	00:22:06	<b>00:44:10.95</b>	+00:06:03 (13.7%)	4:25	13.6 (86.6%)
15	KOŁTUNIAK Zbigniew	74	EPAM TEAM	M30-39	7	00:22:16	<b>00:44:33.20</b>	+00:06:25 (14.4%)	4:27	13.5 (86.0%)
16	DEPKA PRĄDZYŃSKI Olgierd	26	BIEGAMYRAZEM.PL	M60-69	1	00:22:35	<b>00:44:34.05</b>	+00:06:26 (14.5%)	4:27	13.5 (86.0%)
17	OLENDER Tomasz	138		M30-39	8	00:21:42	<b>00:44:47.50</b>	+00:06:40 (14.9%)	4:28	13.4 (85.4%)
18	HOLK-ŁEBIŃSKI Mateusz	49		M18-29	4	00:22:18	<b>00:45:07.80</b>	+00:07:00 (15.5%)	4:30	13.3 (84.7%)
19	STYLSKI Michał	189	MIŚKI	M30-39	9	00:22:45	<b>00:45:12.90</b>	+00:07:05 (15.7%)	4:31	13.3 (84.7%)
20	ZNAJMIECKI Piotr	254		M30-39	10	00:22:40	<b>00:45:19.75</b>	+00:07:12 (15.9%)	4:31	13.2 (84.1%)
21	JANCAK Sławomir	289	DREAM TRI TEAM	M30-39	11	00:23:00	<b>00:45:32.00</b>	+00:07:24 (16.3%)	4:33	13.2 (84.1%)
22	PERZYŃSKI Filip	146		M18-29	5	00:23:31	<b>00:46:08.60</b>	+00:08:01 (17.4%)	4:36	13 (82.8%)
23	JAKUBOWSKI Maciej	55	PGB SPORTOWA PACZKA	M30-39	12	00:23:44	<b>00:46:15.65</b>	+00:08:08 (17.6%)	4:37	13 (82.8%)
24	PIEŃKOWSKI Tomasz	148	SAKO GDYNIA	M30-39	13	00:22:48	<b>00:46:15.90</b>	+00:08:08 (17.6%)	4:37	13 (82.8%)
25	SZYMAŃSKI Artur	206	LOTOS TEAM	M40-49	6	00:23:18	<b>00:47:00.75</b>	+00:08:53 (18.9%)	4:42	12.8 (81.5%)
26	MILLER Jan	118	ASE	M30-39	14	00:23:39	<b>00:47:02.90</b>	+00:08:55 (19.0%)	4:42	12.8 (81.5%)
27	BIAŁOWAŚ Maciej	278	KS ISKRA	M40-49	7	00:23:38	<b>00:47:10.40</b>	+00:09:03 (19.2%)	4:43	12.7 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5km	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
28	<b>ŚWIĘCICKI Tomasz</b>	<b>214</b>		M30-39	15	00:23:43	<b>00:47:36.40</b>	+00:09:29 (19.9%)	4:45	12.6 (80.3%)
29	<b>SZATKOWSKI Józef</b>	<b>196</b>	MORSY Z GRUDZIĄDZA	M60-69	2	00:23:12	<b>00:47:39.90</b>	+00:09:32 (20.0%)	4:46	12.6 (80.3%)
30	<b>POLAK Mikołaj</b>	<b>156</b>		M30-39	16	00:23:50	<b>00:47:54.10</b>	+00:09:46 (20.4%)	4:47	12.5 (79.6%)
31	<b>KRÓL Michał</b>	<b>82</b>		M30-39	17	00:24:26	<b>00:48:03.70</b>	+00:09:56 (20.7%)	4:48	12.5 (79.6%)
32	<b>LEHMANN Dawid</b>	<b>100</b>		M30-39	18	00:24:15	<b>00:48:11.95</b>	+00:10:04 (20.9%)	4:49	12.4 (79.0%)
33	<b>BABEROWSKI Marek</b>	<b>5</b>		M50-59	1	00:23:00	<b>00:48:26.85</b>	+00:10:19 (21.3%)	4:50	12.4 (79.0%)
34	<b>JABŁOŃSKI Andrzej</b>	<b>52</b>	BIEGAM BO LUBIĘ	M40-49	8	00:23:27	<b>00:48:33.75</b>	+00:10:26 (21.5%)	4:51	12.4 (79.0%)
35	<b>KUCAL Maciej</b>	<b>86</b>	3ATHLETE	M30-39	19	00:24:13	<b>00:48:33.95</b>	+00:10:26 (21.5%)	4:51	12.4 (79.0%)
36	<b>FELD Maciej</b>	<b>32</b>		M60-69	3	00:23:55	<b>00:48:39.95</b>	+00:10:32 (21.7%)	4:52	12.3 (78.3%)
37	<b>TOMASZEWSKI Mieczysław</b>	<b>220</b>		M60-69	4	00:24:01	<b>00:48:42.70</b>	+00:10:35 (21.7%)	4:52	12.3 (78.3%)
38	<b>LIPKOWSKI Paweł</b>	<b>106</b>	3ATHLETE	M30-39	20	00:24:13	<b>00:48:43.60</b>	+00:10:36 (21.8%)	4:52	12.3 (78.3%)
39	<b>KACZMAREK Krzysztof</b>	<b>61</b>	O-SOWA BIEGA	M40-49	9	00:24:06	<b>00:49:03.85</b>	+00:10:56 (22.3%)	4:54	12.2 (77.7%)
40	<b>ZIELONKA Michał</b>	<b>252</b>		M18-29	6	00:23:40	<b>00:49:21.25</b>	+00:11:13 (22.8%)	4:56	12.2 (77.7%)
41	<b>HILDEBRANDT Cezary</b>	<b>48</b>		M18-29	7	00:26:12	<b>00:49:36.25</b>	+00:11:28 (23.1%)	4:57	12.1 (77.1%)
42	<b>MAHIAT Thibault</b>	<b>111</b>		M30-39	21	00:24:20	<b>00:49:50.90</b>	+00:11:43 (23.5%)	4:59	12 (76.4%)
43	<b>KACZMAREK Maciej</b>	<b>60</b>	OMIDA RUN TEAM	M18-29	8	00:23:21	<b>00:50:02.45</b>	+00:11:55 (23.8%)	5:00	12 (76.4%)
44	<b>GAJDUS Wiktor</b>	<b>37</b>	DCT DRUŻYNA BIEGOWA	M30-39	22	00:25:23	<b>00:50:40.25</b>	+00:12:32 (24.8%)	5:04	11.8 (75.2%)
45	<b>WOJSA Marcin</b>	<b>237</b>		M30-39	23	00:24:45	<b>00:50:40.50</b>	+00:12:33 (24.8%)	5:04	11.8 (75.2%)
46	<b>ZEMKE Stefan</b>	<b>251</b>		M40-49	10	00:24:25	<b>00:50:50.65</b>	+00:12:43 (25.0%)	5:05	11.8 (75.2%)
47	<b>NAWROT Witold</b>	<b>128</b>		M30-39	24	00:25:12	<b>00:51:08.95</b>	+00:13:01 (25.5%)	5:06	11.7 (74.5%)
48	<b>PORTEE Jacek</b>	<b>260</b>	O-SOWA BIEGA	M40-49	11	00:25:16	<b>00:51:20.10</b>	+00:13:12 (25.7%)	5:08	11.7 (74.5%)
49	<b>ROSZYK Paweł</b>	<b>169</b>		M50-59	2	00:24:33	<b>00:51:22.10</b>	+00:13:14 (25.8%)	5:08	11.7 (74.5%)
50	<b>WASIL Łukasz</b>	<b>230</b>		M18-29	9	00:25:23	<b>00:51:22.40</b>	+00:13:15 (25.8%)	5:08	11.7 (74.5%)
51	<b>STUDENT Tomasz</b>	<b>185</b>	BELLA-SI! KOSMETYKA GDYNIA	M50-59	3	00:24:38	<b>00:51:27.25</b>	+00:13:19 (25.9%)	5:08	11.7 (74.5%)
52	<b>LIPKOWSKI Rafał</b>	<b>105</b>		M40-49	12	00:25:47	<b>00:51:30.50</b>	+00:13:23 (26.0%)	5:09	11.6 (73.9%)
53	<b>WRZESIŃSKI Paweł</b>	<b>239</b>		M30-39	25	00:25:26	<b>00:51:45.15</b>	+00:13:37 (26.3%)	5:10	11.6 (73.9%)
54	<b>MAKURAT Michał</b>	<b>113</b>		M30-39	26	00:23:44	<b>00:51:52.35</b>	+00:13:45 (26.5%)	5:11	11.6 (73.9%)
55	<b>SUCHOPARSKI Szczepan</b>	<b>191</b>	MUŃ MUŃ MUŃ TEAM	M18-29	10	00:26:12	<b>00:52:09.65</b>	+00:14:02 (26.9%)	5:12	11.5 (73.2%)
56	<b>ORENOWICZ Jarosław</b>	<b>139</b>	TUFORULEZ	M50-59	4	00:25:02	<b>00:52:26.55</b>	+00:14:19 (27.3%)	5:14	11.4 (72.6%)
57	<b>SOBIERAJ Grzegorz</b>	<b>176</b>		M30-39	27	00:25:39	<b>00:52:33.50</b>	+00:14:26 (27.5%)	5:15	11.4 (72.6%)
58	<b>NAJDER Kacper</b>	<b>293</b>		M40-49	13	00:26:18	<b>00:52:45.90</b>	+00:14:38 (27.8%)	5:16	11.4 (72.6%)
59	<b>KONASZEWSKI Sławomir</b>	<b>76</b>		M40-49	14	00:26:54	<b>00:52:52.35</b>	+00:14:45 (27.9%)	5:17	11.3 (72.0%)
60	<b>ROLA Michał</b>	<b>168</b>		M40-49	15	00:26:11	<b>00:54:32.55</b>	+00:16:25 (30.1%)	5:27	11 (70.1%)
61	<b>WORZALA Wojciech</b>	<b>238</b>	SPECOPS	M40-49	16	00:27:08	<b>00:54:43.90</b>	+00:16:36 (30.3%)	5:28	11 (70.1%)
62	<b>WYTRWAŁ Tomasz</b>	<b>243</b>		M40-49	17	00:26:59	<b>00:54:59.95</b>	+00:16:52 (30.7%)	5:30	10.9 (69.4%)
63	<b>LACH Rafał</b>	<b>98</b>		M30-39	28	00:28:11	<b>00:55:00.85</b>	+00:16:53 (30.7%)	5:30	10.9 (69.4%)
64	<b>SZYMAŃSKI Marek</b>	<b>207</b>		M30-39	29	00:27:20	<b>00:55:15.95</b>	+00:17:08 (31.0%)	5:31	10.9 (69.4%)
65	<b>SOBIESZCZYK Tomasz</b>	<b>177</b>		M50-59	5	00:27:00	<b>00:55:25.25</b>	+00:17:17 (31.2%)	5:32	10.8 (68.8%)
66	<b>PŁASKONOS Marek</b>	<b>151</b>	ASE	M30-39	30	00:27:46	<b>00:55:25.65</b>	+00:17:18 (31.2%)	5:32	10.8 (68.8%)
67	<b>HEWELT Karol</b>	<b>47</b>		M18-29	11	00:27:28	<b>00:55:58.70</b>	+00:17:51 (31.9%)	5:35	10.7 (68.2%)
68	<b>URBAŃSKI Dariusz</b>	<b>226</b>		M30-39	31	00:27:01	<b>00:56:25.70</b>	+00:18:18 (32.4%)	5:38	10.6 (67.5%)
69	<b>ŚLIWKA Jarosław</b>	<b>210</b>		M40-49	18	00:26:15	<b>00:56:32.35</b>	+00:18:25 (32.6%)	5:39	10.6 (67.5%)
70	<b>SZYDŁOWSKI Gaweł</b>	<b>205</b>	ŁÓDŹ RATUNKOWA	M18-29	12	00:27:38	<b>00:56:36.35</b>	+00:18:29 (32.7%)	5:39	10.6 (67.5%)
71	<b>GRZENKOWICZ Michał</b>	<b>45</b>	ZAKON FENIKSA	M18-29	13	00:29:10	<b>00:56:57.00</b>	+00:18:49 (33.1%)	5:41	10.5 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>KULESZA Piotr</b>	<b>89</b>		M40-49	19	00:27:44	<b>00:57:35.35</b>	+00:19:28 (33.8%)	5:45	10.4 (66.2%)
73	<b>KARNAS Kamil</b>	<b>67</b>		M18-29	14	00:28:57	<b>00:58:15.90</b>	+00:20:08 (34.6%)	5:49	10.3 (65.6%)
74	<b>ORŁOWSKI Piotr</b>	<b>140</b>		M30-39	32	00:29:00	<b>00:59:09.90</b>	+00:21:02 (35.6%)	5:55	10.1 (64.3%)
75	<b>GLINKA Bartłomiej</b>	<b>41</b>		M40-49	20	00:28:56	<b>00:59:15.65</b>	+00:21:08 (35.7%)	5:55	10.1 (64.3%)
76	<b>KRZYSZTOFIAK Marek</b>	<b>83</b>	GRUPA TRÓJMIASTO	M60-69	5	00:28:39	<b>00:59:33.65</b>	+00:21:26 (36.0%)	5:57	10.1 (64.3%)
77	<b>SZMAGLIŃSKI Bartosz</b>	<b>199</b>		M30-39	33	00:26:06	<b>00:59:41.60</b>	+00:21:34 (36.1%)	5:58	10.1 (64.3%)
78	<b>KURAJK Paweł</b>	<b>90</b>		M30-39	34	00:29:20	<b>00:59:55.95</b>	+00:21:48 (36.4%)	5:59	10 (63.7%)
79	<b>KOWALSKI Adam</b>	<b>80</b>	MIELŻYN	M50-59	6	00:28:52	<b>01:00:11.75</b>	+00:22:04 (36.7%)	6:01	10 (63.7%)
80	<b>STYKUC Dariusz</b>	<b>187</b>		M30-39	35	00:30:37	<b>01:01:24.70</b>	+00:23:17 (37.9%)	6:08	9.8 (62.4%)
81	<b>SIEMIŃSKI Jerzy</b>	<b>173</b>	ARCON	M50-59	7	00:30:44	<b>01:02:12.25</b>	+00:24:04 (38.7%)	6:13	9.6 (61.1%)
82	<b>WOJNOWSKI Krzysztof</b>	<b>236</b>	ASE	M18-29	15	00:34:20	<b>01:02:20.00</b>	+00:24:12 (38.8%)	6:14	9.6 (61.1%)
83	<b>SZYDŁOWSKI Mirosław</b>	<b>204</b>		M40-49	21	00:30:49	<b>01:02:51.90</b>	+00:24:44 (39.4%)	6:17	9.5 (60.5%)
84	<b>HORNY Wojtek</b>	<b>50</b>		M40-49	22	00:30:58	<b>01:03:12.50</b>	+00:25:05 (39.7%)	6:19	9.5 (60.5%)
85	<b>FILIPOWICZ Wojciech</b>	<b>33</b>		M30-39	36	00:29:03	<b>01:03:29.25</b>	+00:25:21 (40.0%)	6:20	9.5 (60.5%)
86	<b>PĄCZEK Andrzej</b>	<b>144</b>	COOKIES	M40-49	23	00:30:48	<b>01:03:34.10</b>	+00:25:26 (40.0%)	6:21	9.4 (59.9%)
87	<b>SZCZĘSNY Tadeusz</b>	<b>197</b>		M60-69	6	00:32:17	<b>01:04:16.00</b>	+00:26:08 (40.7%)	6:25	9.3 (59.2%)
88	<b>GITNER Marcin</b>	<b>40</b>	PIĘKNI I BESTIE	M40-49	24	00:32:13	<b>01:04:42.50</b>	+00:26:35 (41.1%)	6:28	9.3 (59.2%)
89	<b>KARSKI Kamil</b>	<b>69</b>	ASE	M18-29	16	00:31:32	<b>01:05:25.90</b>	+00:27:18 (41.7%)	6:32	9.2 (58.6%)
90	<b>KARCZEWSKI Ireneusz</b>	<b>65</b>		M40-49	25	00:31:59	<b>01:05:33.80</b>	+00:27:26 (41.9%)	6:33	9.2 (58.6%)
91	<b>KURAJK Marian</b>	<b>91</b>		M60-69	7	00:32:58	<b>01:06:47.50</b>	+00:28:40 (42.9%)	6:40	9 (57.3%)
92	<b>GĘBSKI Andrzej</b>	<b>39</b>		M30-39	37	00:34:00	<b>01:08:14.25</b>	+00:30:06 (44.1%)	6:49	8.8 (56.1%)
93	<b>JANKOWSKI Mateusz</b>	<b>57</b>		M18-29	17	00:34:12	<b>01:09:16.95</b>	+00:31:09 (45.0%)	6:55	8.7 (55.4%)
94	<b>FORMELA Marcei</b>	<b>35</b>		M18-29	18	00:33:59	<b>01:09:55.05</b>	+00:31:47 (45.5%)	6:59	8.6 (54.8%)
95	<b>ŚLUFARSKI Marcin</b>	<b>211</b>		M18-29	19	00:35:01	<b>01:11:33.60</b>	+00:33:26 (46.7%)	7:09	8.4 (53.5%)
96	<b>STANISZEWSKI Jacek</b>	<b>181</b>	ALGECO	M50-59	8	00:35:48	<b>01:12:13.30</b>	+00:34:05 (47.2%)	7:13	8.3 (52.9%)
97	<b>BRUSKI Dariusz</b>	<b>16</b>		M50-59	9	00:35:57	<b>01:14:38.65</b>	+00:36:31 (48.9%)	7:27	8 (51.0%)

Znaleziono 97 wynik(ów)