

# VI BIEG OLIWSKI 5 KM

B4SPORT

**Wydarzenie:** VI BIEG OLIWSKI  
**Organizator:** Rada Dzielnicy Oliwa; Fundacja Silni Ciałem  
 Niezłomni Duchem Sportowo Triathlon Team  
**Data:** 2018-10-14  
**Miejsce:** Gdańsk  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GÓRSKI Mateusz</b>	<b>266</b>	LBK BRACI DETK LĘBORK/ MORSKI ODDZIAŁ STRAŻY GRANICZNEJG	M18-29	1	<b>00:18:44.60</b>		3:44	16 (100%)
2	<b>GRZYBOWSKI Maksym</b>	<b>272</b>	LKS ZORZA GDYNIA	M18-29	2	<b>00:18:46.15</b>	+00:00:01 (0.1%)	3:45	16 (100%)
3	<b>RADULSKI Radosław</b>	<b>163</b>		M30-39	1	<b>00:19:28.05</b>	+00:00:43 (3.7%)	3:53	15.4 (96.3%)
4	<b>NAWROCKI Dariusz</b>	<b>127</b>		M30-39	2	<b>00:21:27.10</b>	+00:02:42 (12.6%)	4:17	14 (87.5%)
5	<b>NIEMYJSKA Beata</b>	<b>131</b>	ŁKS ZANTYR SZTUM	K16-17	1	<b>00:21:37.15</b>	+00:02:52 (13.3%)	4:19	13.9 (86.9%)
6	<b>VASYLEVSKYI Oleksii</b>	<b>227</b>		M30-39	3	<b>00:21:37.60</b>	+00:02:53 (13.3%)	4:19	13.9 (86.9%)
7	<b>NIEMC Adrian</b>	<b>130</b>		M30-39	4	<b>00:21:39.10</b>	+00:02:54 (13.4%)	4:19	13.9 (86.9%)
8	<b>CHMIELOWSKI Michał</b>	<b>19</b>	GÓRSKIE PĘDZIWIATRY	M30-39	5	<b>00:21:39.40</b>	+00:02:54 (13.5%)	4:20	13.8 (86.3%)
9	<b>CIEPLIK Andrzej</b>	<b>265</b>	AZS UNIWERSYTET GDAŃSKI	M30-39	6	<b>00:22:19.35</b>	+00:03:34 (16.0%)	4:27	13.4 (83.8%)
10	<b>SKRZECZOWSKI Bartosz</b>	<b>284</b>		M30-39	7	<b>00:22:23.50</b>	+00:03:38 (16.3%)	4:28	13.4 (83.8%)
11	<b>RUDNIKOWICZ Aleksandra</b>	<b>170</b>	ULKS BARWICE	K18-29	1	<b>00:22:31.20</b>	+00:03:46 (16.8%)	4:30	13.3 (83.1%)
12	<b>PAWELCZAK Karolina</b>	<b>142</b>	JATRENUJE	K18-29	2	<b>00:22:33.45</b>	+00:03:48 (16.9%)	4:30	13.3 (83.1%)
13	<b>RZEPECKI Radosław</b>	<b>171</b>		M30-39	8	<b>00:22:37.15</b>	+00:03:52 (17.1%)	4:31	13.3 (83.1%)
14	<b>WITCZAK Arkadiusz</b>	<b>234</b>	IRONTEAM3CITY	M40-49	1	<b>00:22:44.20</b>	+00:03:59 (17.6%)	4:32	13.2 (82.5%)
15	<b>WIECZOREK Tomasz</b>	<b>233</b>		M50-59	1	<b>00:22:44.25</b>	+00:03:59 (17.6%)	4:32	13.2 (82.5%)
16	<b>REDYNK Mateusz</b>	<b>166</b>	JJ	M18-29	3	<b>00:22:48.75</b>	+00:04:04 (17.8%)	4:33	13.1 (81.9%)
17	<b>KRAWIEC Agnieszka</b>	<b>81</b>		K30-39	1	<b>00:22:56.60</b>	+00:04:12 (18.3%)	4:35	13.1 (81.9%)
18	<b>MODERHAK Marcelina</b>	<b>120</b>		K30-39	2	<b>00:22:58.25</b>	+00:04:13 (18.4%)	4:35	13.1 (81.9%)
19	<b>TATYS Tomasz</b>	<b>218</b>	-	M40-49	2	<b>00:23:14.85</b>	+00:04:30 (19.4%)	4:38	12.9 (80.6%)
20	<b>ZAMARRIPA Karolina</b>	<b>248</b>	LKS ZORZA GDYNIA:NEUROSANA	K18-29	3	<b>00:23:35.35</b>	+00:04:50 (20.5%)	4:43	12.7 (79.4%)
21	<b>JAKOBSCHY Łukasz</b>	<b>54</b>	F3TEAM	M40-49	3	<b>00:23:42.05</b>	+00:04:57 (20.9%)	4:44	12.7 (79.4%)
22	<b>BARAN Seweryn</b>	<b>6</b>	ŚWIAT PŁYTEK U KRYSPIŃA	M18-29	4	<b>00:24:03.25</b>	+00:05:18 (22.1%)	4:48	12.5 (78.1%)
23	<b>BYSTRAM Justyna</b>	<b>17</b>		K30-39	3	<b>00:24:09.55</b>	+00:05:24 (22.4%)	4:50	12.4 (77.5%)
24	<b>SZOSKA Sławek</b>	<b>201</b>	CROSSELITE	M40-49	4	<b>00:24:27.15</b>	+00:05:42 (23.3%)	4:53	12.3 (76.9%)
25	<b>CHOLEWIŃSKI Tomasz</b>	<b>20</b>	GPNS	M30-39	9	<b>00:24:43.15</b>	+00:05:58 (24.2%)	4:56	12.1 (75.6%)
26	<b>WYWIGACZ Przemysław</b>	<b>245</b>	TREC TEAM	M30-39	10	<b>00:24:52.35</b>	+00:06:07 (24.6%)	4:58	12.1 (75.6%)
27	<b>SZUBAŁOWSKA Adrianna</b>	<b>267</b>		K18-29	4	<b>00:24:56.20</b>	+00:06:11 (24.8%)	4:59	12 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	<b>KALINOWSKA Paulina</b>	<b>63</b>	AKADEMIA BIEGOWA KIEŁPINO	K30-39	4	<b>00:24:57.40</b>	+00:06:12 (24.9%)	4:59	12 (75.0%)
29	<b>DOLATA Szymon</b>	<b>28</b>		M30-39	11	<b>00:25:11.95</b>	+00:06:27 (25.6%)	5:02	11.9 (74.4%)
30	<b>PIASK Przemysław</b>	<b>147</b>		M30-39	12	<b>00:25:24.85</b>	+00:06:40 (26.2%)	5:05	11.8 (73.8%)
31	<b>JEWSTAFIEW Mateusz</b>	<b>59</b>	IX LO GDAŃSK	M18-29	5	<b>00:25:25.50</b>	+00:06:40 (26.3%)	5:05	11.8 (73.8%)
32	<b>JARMOŁOWICZ Beata</b>	<b>58</b>	DREAM TRI TEAM	K40-49	1	<b>00:25:45.10</b>	+00:07:00 (27.2%)	5:09	11.7 (73.1%)
33	<b>ŻEBROWSKA Kinga</b>	<b>255</b>		K30-39	5	<b>00:25:47.20</b>	+00:07:02 (27.3%)	5:09	11.6 (72.5%)
34	<b>OLEJNICZAK Andrzej</b>	<b>281</b>	SPORTEVO	M60-69	1	<b>00:26:01.60</b>	+00:07:17 (28.0%)	5:12	11.5 (71.9%)
35	<b>BENKOWSKA Weronika</b>	<b>12</b>		K18-29	5	<b>00:26:17.55</b>	+00:07:32 (28.7%)	5:15	11.4 (71.3%)
36	<b>KNUT Magdalena</b>	<b>71</b>		K30-39	6	<b>00:26:20.90</b>	+00:07:36 (28.9%)	5:16	11.4 (71.3%)
37	<b>SOWIŃSKA Olga</b>	<b>280</b>	BBL AWFIS	K40-49	2	<b>00:26:21.25</b>	+00:07:36 (28.9%)	5:16	11.4 (71.3%)
38	<b>GRZESIK Kasia</b>	<b>46</b>		K30-39	7	<b>00:26:29.50</b>	+00:07:44 (29.2%)	5:17	11.3 (70.6%)
39	<b>WALAS Damian</b>	<b>228</b>	CROSSELITE	M30-39	13	<b>00:26:41.05</b>	+00:07:56 (29.8%)	5:20	11.2 (70.0%)
40	<b>POCHOPIEŃ Mira</b>	<b>154</b>	WATAHA- ŁĄCZY NAS BIEGANIE	K30-39	8	<b>00:26:52.00</b>	+00:08:07 (30.2%)	5:22	11.2 (70.0%)
41	<b>ŁUKASZEWICZ Sylwia</b>	<b>110</b>	O-SOWA BIEGA	K40-49	3	<b>00:26:55.85</b>	+00:08:11 (30.4%)	5:23	11.1 (69.4%)
42	<b>KUROWSKI Wojciech</b>	<b>270</b>	WATAHA	M40-49	5	<b>00:27:24.75</b>	+00:08:40 (31.6%)	5:29	10.9 (68.1%)
43	<b>PRZEŹDZIAK Anna</b>	<b>160</b>		K18-29	6	<b>00:27:28.35</b>	+00:08:43 (31.8%)	5:29	10.9 (68.1%)
44	<b>MYŚLIŃSKA Aleksandra</b>	<b>123</b>		K40-49	4	<b>00:27:29.10</b>	+00:08:44 (31.8%)	5:30	10.9 (68.1%)
45	<b>OKAPIEC Dagmara</b>	<b>137</b>	GÓRSKIE PĘDZIWIATRY	K30-39	9	<b>00:27:30.80</b>	+00:08:46 (31.9%)	5:30	10.9 (68.1%)
46	<b>BOGALECKI Marek</b>	<b>15</b>	SAFE SPORT TEAM	M60-69	2	<b>00:27:39.20</b>	+00:08:54 (32.2%)	5:32	10.8 (67.5%)
47	<b>SZCZEPANOWSKI Piotr</b>	<b>279</b>		M30-39	14	<b>00:27:39.65</b>	+00:08:55 (32.2%)	5:32	10.8 (67.5%)
48	<b>SZYMAŃSKI Stanisław</b>	<b>208</b>		M18-29	6	<b>00:27:43.45</b>	+00:08:58 (32.4%)	5:32	10.8 (67.5%)
49	<b>SOBOLEWSKA Aleksandra</b>	<b>178</b>		K30-39	10	<b>00:27:44.90</b>	+00:09:00 (32.5%)	5:33	10.8 (67.5%)
50	<b>NOSTITZ-JACKOWSKI Mateusz</b>	<b>132</b>		M30-39	15	<b>00:27:51.70</b>	+00:09:07 (32.7%)	5:34	10.8 (67.5%)
51	<b>POCHROŃ-FRANKOWSKI Leszek</b>	<b>155</b>		M30-39	16	<b>00:27:52.90</b>	+00:09:08 (32.8%)	5:34	10.8 (67.5%)
52	<b>KLEIN Kamil</b>	<b>70</b>		M30-39	17	<b>00:27:58.30</b>	+00:09:13 (33.0%)	5:35	10.7 (66.9%)
53	<b>KURZAWIŃSKA-JABŁOŃSKA Kasia</b>	<b>95</b>	BIEGAM BO LUBIĘ	K40-49	5	<b>00:27:58.35</b>	+00:09:13 (33.0%)	5:35	10.7 (66.9%)
54	<b>FRYCZKE Maciej</b>	<b>36</b>	T-MOBILE SPORT TEAM	M30-39	18	<b>00:28:00.50</b>	+00:09:15 (33.1%)	5:36	10.7 (66.9%)
55	<b>DĘBOWSKA Katarzyna</b>	<b>27</b>		K30-39	11	<b>00:28:40.50</b>	+00:09:55 (34.6%)	5:44	10.5 (65.6%)
56	<b>POTOCKA Izabela</b>	<b>159</b>		K18-29	7	<b>00:28:40.75</b>	+00:09:56 (34.6%)	5:44	10.5 (65.6%)
57	<b>TUSZYŃSKI Wacław</b>	<b>224</b>		M30-39	19	<b>00:28:43.20</b>	+00:09:58 (34.7%)	5:44	10.4 (65.0%)
58	<b>STOJANOWSKI Krzysztof</b>	<b>184</b>	GDAŃSKI KLUB KARATE KYOKUSHIN	M30-39	20	<b>00:28:46.45</b>	+00:10:01 (34.9%)	5:45	10.4 (65.0%)
59	<b>NABAKOWSKA Barbara</b>	<b>124</b>	MARTATONKA	K60-69	1	<b>00:28:46.60</b>	+00:10:02 (34.9%)	5:45	10.4 (65.0%)
59	<b>STOJANOWSKA Natalia</b>	<b>183</b>		K30-39	12	<b>00:28:46.60</b>	+00:10:02 (34.9%)	5:45	10.4 (65.0%)
61	<b>KOPOWSKAR Witosława</b>	<b>268</b>		K30-39	13	<b>00:28:50.65</b>	+00:10:06 (35.0%)	5:46	10.4 (65.0%)
62	<b>GORNOWICZ Daniela</b>	<b>43</b>	MEDPHARMA	K30-39	14	<b>00:28:58.00</b>	+00:10:13 (35.3%)	5:47	10.4 (65.0%)
63	<b>MUSZALSKI Sebastian</b>	<b>122</b>		M30-39	21	<b>00:29:01.85</b>	+00:10:17 (35.4%)	5:48	10.3 (64.4%)
64	<b>ROMANIK Aneta</b>	<b>277</b>	ASE	K18-29	8	<b>00:29:03.25</b>	+00:10:18 (35.5%)	5:48	10.3 (64.4%)
65	<b>JACHOWICZ Darek</b>	<b>276</b>	ASE	M50-59	2	<b>00:29:04.35</b>	+00:10:19 (35.5%)	5:49	10.3 (64.4%)
66	<b>ŻEBROWSKI Artur</b>	<b>256</b>		M30-39	22	<b>00:29:04.50</b>	+00:10:19 (35.5%)	5:48	10.3 (64.4%)
67	<b>NOWAKOWSKA Edyta</b>	<b>134</b>		K18-29	9	<b>00:29:05.40</b>	+00:10:20 (35.6%)	5:49	10.3 (64.4%)
68	<b>MASIULANIEC Agata</b>	<b>116</b>	BIEGOWY ŚWIAT	K18-29	10	<b>00:29:07.10</b>	+00:10:22 (35.6%)	5:49	10.3 (64.4%)
69	<b>BAKOWSKI Zbigniew</b>	<b>11</b>	AKADEMIA BIEGANIA	M60-69	3	<b>00:29:08.40</b>	+00:10:23 (35.7%)	5:49	10.3 (64.4%)
70	<b>TALAŚKA Tomasz</b>	<b>216</b>		M30-39	23	<b>00:29:08.90</b>	+00:10:24 (35.7%)	5:49	10.3 (64.4%)
71	<b>WYSOCKI Mieczysław</b>	<b>242</b>		M50-59	3	<b>00:29:10.45</b>	+00:10:25 (35.8%)	5:50	10.3 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	LULIS Zbigniew	107	O-SOWA BIEGA	M50-59	4	00:29:17.50	+00:10:32 (36.0%)	5:51	10.2 (63.8%)
73	ŚWIDZIŃSKA-KUBIŚ Ula	213		K30-39	15	00:29:49.45	+00:11:04 (37.2%)	5:57	10.1 (63.1%)
74	PŁOTKA Grzegorz	153		M30-39	24	00:29:58.15	+00:11:13 (37.5%)	5:59	10 (62.5%)
75	ILCZUK Jagoda	51		K30-39	16	00:30:01.55	+00:11:16 (37.6%)	6:00	10 (62.5%)
76	GĄSKA Maciej	38	PĘDZĄCE ŚLIMAKI	M40-49	6	00:30:13.45	+00:11:28 (38.0%)	6:02	9.9 (61.9%)
77	ŁUCZAK Natalia	109		K18-29	11	00:30:17.00	+00:11:32 (38.1%)	6:03	9.9 (61.9%)
78	NAGÓRSKI Ryszard	125		M60-69	4	00:30:30.60	+00:11:46 (38.6%)	6:06	9.8 (61.3%)
79	DYMARCYK Weronika	31		K30-39	17	00:30:30.75	+00:11:46 (38.6%)	6:06	9.8 (61.3%)
80	SZYMAŃSKI Michał	209		M40-49	7	00:30:42.05	+00:11:57 (38.9%)	6:08	9.8 (61.3%)
81	PŁAŻALSKA Beata	152	HART SKOKI	K30-39	18	00:31:00.55	+00:12:15 (39.6%)	6:12	9.7 (60.6%)
82	BARTUŚ Alan	10	STOWARZYSZENIE ŁÓDŹ RATUNKOWA	M18-29	7	00:31:03.00	+00:12:18 (39.6%)	6:12	9.7 (60.6%)
83	WITCZAK Anna	235	IRONTEAM3CITY	K40-49	6	00:31:13.95	+00:12:29 (40.0%)	6:14	9.6 (60.0%)
84	DEMBIŃSKA Żaneta	25		K30-39	19	00:31:17.15	+00:12:32 (40.1%)	6:15	9.6 (60.0%)
85	KUROWSKI Michał	271		M30-39	25	00:31:20.20	+00:12:35 (40.2%)	6:16	9.6 (60.0%)
86	WYTRWAŁ Barbara	244		K40-49	7	00:31:21.60	+00:12:37 (40.2%)	6:16	9.6 (60.0%)
87	BARTUŚ Adriana	9	STOWARZYSZENIE ŁÓDŹ RATUNKOWA	K40-49	8	00:31:46.15	+00:13:01 (41.0%)	6:21	9.4 (58.8%)
88	KAŁAN Klaudia	275		K18-29	12	00:31:46.85	+00:13:02 (41.0%)	6:21	9.4 (58.8%)
89	KĘDZIERSKI Wojciech	273		M18-29	8	00:31:47.70	+00:13:03 (41.0%)	6:21	9.4 (58.8%)
90	TARKOWSKI Dawid	217	CROSSELITE	M30-39	26	00:31:49.15	+00:13:04 (41.1%)	6:22	9.4 (58.8%)
91	PAWLICHA Agnieszka	143	CROSSELITE	K18-29	13	00:31:49.35	+00:13:04 (41.1%)	6:22	9.4 (58.8%)
92	SELEGA Jacek	172		M30-39	27	00:31:58.35	+00:13:13 (41.4%)	6:23	9.4 (58.8%)
93	LEWANDOWSKI Przemysław	102	KIJANKA OSOWA	M30-39	28	00:31:59.70	+00:13:15 (41.4%)	6:24	9.4 (58.8%)
94	SZRAMOWSKI Przemek	202		M30-39	29	00:32:00.90	+00:13:16 (41.5%)	6:24	9.4 (58.8%)
95	KARBOWSKA Kinga	64		K30-39	20	00:32:07.80	+00:13:23 (41.7%)	6:25	9.3 (58.1%)
96	KURCZYŃSKA Aurelia	92	O-SOWA BIEGA	K18-29	14	00:32:17.00	+00:13:32 (41.9%)	6:27	9.3 (58.1%)
97	MAKA Jarek	112	TREC TEAM	M40-49	8	00:32:19.30	+00:13:34 (42.0%)	6:28	9.3 (58.1%)
98	SZULFER Faustyna	203		K18-29	15	00:32:22.50	+00:13:37 (42.1%)	6:28	9.3 (58.1%)
99	PRZEŹDZIAK Agnieszka	161		K18-29	16	00:32:45.25	+00:14:00 (42.8%)	6:33	9.2 (57.5%)
100	TYSZKIEWICZ Beata	283	GDĄSK	K18-29	17	00:32:55.20	+00:14:10 (43.1%)	6:35	9.1 (56.9%)
101	WYSOCKA Dorota	241		K50-59	1	00:32:57.55	+00:14:12 (43.1%)	6:35	9.1 (56.9%)
102	KUŹMA Mateusz	96		M30-39	30	00:32:57.60	+00:14:13 (43.1%)	6:35	9.1 (56.9%)
103	MARTYNI-ORENOWICZ Julia	114	TUFORULEZ	K18-29	18	00:34:01.00	+00:15:16 (44.9%)	6:48	8.8 (55.0%)
104	KOTŁOWSKA Marlena	79		K40-49	9	00:34:48.15	+00:16:03 (46.1%)	6:57	8.6 (53.8%)
105	DUDKOWSKA Aleksandra	29		K40-49	10	00:34:48.60	+00:16:04 (46.2%)	6:57	8.6 (53.8%)
106	MARTYNI-ORENOWICZ Joanna	115	TUFORULEZ	K50-59	2	00:35:34.80	+00:16:50 (47.3%)	7:07	8.4 (52.5%)
107	MAKOWSKA Izabela	262		K60-69	2	00:37:39.25	+00:18:54 (50.2%)	7:31	8 (50.0%)
108	ROGIŃSKA Katarzyna	167	WKURW_TEAM	K50-59	3	00:38:13.60	+00:19:29 (51.0%)	7:38	7.8 (48.8%)
109	BINKOWSKA-BÓJCZUK Agnieszka	13		K40-49	11	00:39:17.60	+00:20:33 (52.3%)	7:51	7.6 (47.5%)
110	ZIĘNCZUK Piotr	253	GAIT NIE MARNUJ TLENU	M40-49	9	00:40:39.90	+00:21:55 (53.9%)	8:08	7.4 (46.3%)
111	ŚMIRSKA Dominika	212		K18-29	19	00:45:47.35	+00:27:02 (59.1%)	9:09	6.6 (41.3%)
112	ŁYŹWA Joanna	285		K18-29	20	00:45:48.15	+00:27:03 (59.1%)	9:09	6.6 (41.3%)
113	PAŁASZ Edmund	264		M70+	1	00:47:00.55	+00:28:15 (60.1%)	9:24	6.4 (40.0%)
DQ	BLOCH Szymon	14		M18-29		00:21:19.30 DQ		-	-(0.0%)

