

VII BIEG OLIWSKI - 10 KM

B4SPORT

Wydarzenie: VII BIEG OLIWSKI
Organizator: Fundacja Silni Ciałem Niezłomni Duchem,Rada
 Dzielniczy Oliwa,Sportevo Triathlon Team
Data: 2019-10-13
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	POBŁOCKI Piotr	121	UKS EKONOMIK - MARATOŃCZYK LĘBORK	M50-59	1	00:36:29.75		3:38	16.4 (100%)
2	WYSŁOUCH Michał	189	TRI TALENT TEAM	M30-39	1	00:37:32.15	+00:01:02 (2.8%)	3:45	16 (97.6%)
3	MODERHAK Mateusz	99		M30-39	2	00:37:44.90	+00:01:15 (3.3%)	3:46	15.9 (97.0%)
4	SAMSONOV Sergey	137		M30-39	3	00:37:56.90	+00:01:27 (3.8%)	3:47	15.8 (96.3%)
5	PALASCHKE Michał	108	SPORTOWY MAJKEL	M18-29	1	00:39:26.00	+00:02:56 (7.4%)	3:56	15.2 (92.7%)
6	PEPLIŃSKI Grzegorz	111		M40-49	1	00:41:00.40	+00:04:30 (11.0%)	4:06	14.6 (89.0%)
7	LACHOWICZ Adrian	83		M30-39	4	00:41:33.10	+00:05:03 (12.2%)	4:09	14.4 (87.8%)
8	KANKOWSKI Paweł	221	GKS KASZUBI LUZINO	M30-39	5	00:41:37.85	+00:05:08 (12.3%)	4:09	14.4 (87.8%)
9	ZAREMBA Marcin	194	AUTOPAY TEAM	M40-49	2	00:43:05.85	+00:06:36 (15.3%)	4:18	13.9 (84.8%)
10	STYLSKA Anna	154	MIŚKI	K18-29	1	00:43:27.90	+00:06:58 (16.0%)	4:20	13.8 (84.1%)
11	GRAF Remigiusz	40	TURBO RUN LESZNO	M50-59	2	00:43:34.60	+00:07:04 (16.2%)	4:21	13.8 (84.1%)
12	KUŹNIAR Wojciech	80	DREAM TRI TEAM	M30-39	6	00:43:57.80	+00:07:28 (17.0%)	4:23	13.6 (82.9%)
13	FRĄCKOWIAK Bartłomiej	34		M40-49	3	00:44:18.30	+00:07:48 (17.6%)	4:25	13.5 (82.3%)
14	KOŁTUNIAK Zbigniew	64	EPAM TEAM	M30-39	7	00:44:35.60	+00:08:05 (18.2%)	4:27	13.5 (82.3%)
15	SZYMAŃSKI Artur	167	LOTOS TEAM	M50-59	3	00:45:15.50	+00:08:45 (19.4%)	4:31	13.3 (81.1%)
16	BARAŃSKI Piotr	8		M30-39	8	00:45:21.90	+00:08:52 (19.6%)	4:32	13.2 (80.5%)
17	DONIECKI Marcin	223		M30-39	9	00:45:28.30	+00:08:58 (19.7%)	4:32	13.2 (80.5%)
18	BABEROWSKI Marek	4		M50-59	4	00:45:53.95	+00:09:24 (20.5%)	4:35	13.1 (79.9%)
19	FOTEK Wojciech	33	II LO W GDYNI	M18-29	2	00:46:19.05	+00:09:49 (21.2%)	4:37	13 (79.3%)
20	SUŁEK Grzegorz	156	JEPPESEN POLAND	M30-39	10	00:46:30.20	+00:10:00 (21.5%)	4:39	12.9 (78.7%)
21	SZCZĘSNY Tomasz	232		M40-49	4	00:46:36.00	+00:10:06 (21.7%)	4:39	12.9 (78.7%)
22	KWIATKOWSKI Grzegorz	81	F3TEAM	M40-49	5	00:46:44.65	+00:10:14 (21.9%)	4:40	12.8 (78.0%)
23	WOJSA Marcin	188		M30-39	11	00:46:59.90	+00:10:30 (22.3%)	4:41	12.8 (78.0%)
24	GRZADKA Karol	44	THYSSENKRUPP RUNNING TEAM	M30-39	12	00:47:11.45	+00:10:41 (22.7%)	4:43	12.7 (77.4%)
25	FELD Maciej	32	SANTANDER RUNNERS TEAM	M60-69	1	00:47:40.80	+00:11:11 (23.5%)	4:46	12.6 (76.8%)
26	STYLSKI Michał	155	MIŚKI	M30-39	13	00:47:56.65	+00:11:26 (23.9%)	4:47	12.5 (76.2%)
27	GRABOWSKI Grzegorz	230	ASTMA GDAŃSK	M40-49	6	00:48:12.80	+00:11:43 (24.3%)	4:49	12.4 (75.6%)

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						netto 10km	Różn		
28	KRAWIEC Agnieszka	69		K40-49	1	00:48:48.95	+00:12:19 (25.2%)	4:52	12.3 (75.0%)
29	TOMKIEL Piotr	175		M30-39	14	00:49:06.30	+00:12:36 (25.7%)	4:54	12.2 (74.4%)
30	BISEWSKI Piotr	15		M18-29	3	00:49:11.15	+00:12:41 (25.8%)	4:55	12.2 (74.4%)
31	ZAWACKI Daniel	195	PATMAT	M18-29	4	00:49:12.60	+00:12:42 (25.8%)	4:55	12.2 (74.4%)
32	GAJDUS Wiktor	37	DCT DRUŻYNA BIEGOWA	M30-39	15	00:49:15.20	+00:12:45 (25.9%)	4:55	12.2 (74.4%)
32	POBŁOCKA Bożena	120	ILE EKONOMIK MARATONCZYK LEBORK	K50-59	1	00:49:15.20	+00:12:45 (25.9%)	4:55	12.2 (74.4%)
34	PĘSKO Michał	112		M40-49	7	00:49:27.15	+00:12:57 (26.2%)	4:56	12.1 (73.8%)
35	URBANIAK Marek	178	SZKOŁA PODSTAWOWA NR 35 W GDAŃSKU OLIWIE	M40-49	8	00:49:27.65	+00:12:57 (26.2%)	4:56	12.1 (73.8%)
36	CIEŚLIK Marta	23	PRUSZCZ BIEGA SHOW MUST GO ON	K18-29	2	00:49:43.10	+00:13:13 (26.6%)	4:58	12.1 (73.8%)
37	WNOROWSKI Wojciech	187		M30-39	16	00:49:54.10	+00:13:24 (26.9%)	4:59	12 (73.2%)
38	SOWIŃSKA Olga	148	BBL AWFIS GRUPA TRÓJMIASTO	K40-49	2	00:50:02.95	+00:13:33 (27.1%)	5:00	12 (73.2%)
39	LIPKOWSKI Paweł	88	3ATHLETE.PL	M30-39	17	00:50:10.90	+00:13:41 (27.3%)	5:01	12 (73.2%)
40	ZRZELSKA Joanna	197		K40-49	3	00:50:33.25	+00:14:03 (27.8%)	5:03	11.9 (72.6%)
41	TOMASZEWSKA Agnieszka	173	GRUPA TRÓJMIASTO	K40-49	4	00:50:34.05	+00:14:04 (27.8%)	5:03	11.9 (72.6%)
42	KUDREWICZ Mirek	75	SPORTEVO	M50-59	5	00:50:34.70	+00:14:04 (27.8%)	5:03	11.9 (72.6%)
43	PRZYBYŚ Agnieszka	129	SHOW MUST GO ON PRUSZCZ BIEGA	K30-39	1	00:50:38.35	+00:14:08 (27.9%)	5:03	11.8 (72.0%)
44	POPOWSKA Magdalena	125	BIEGA ZIE	K40-49	5	00:50:39.20	+00:14:09 (27.9%)	5:03	11.8 (72.0%)
45	ROSZYK Paweł	132	JP BIEGAĆ Z PASJĄ	M50-59	6	00:50:40.05	+00:14:10 (28.0%)	5:04	11.8 (72.0%)
46	SŁOMKOWSKI Mateusz	143		M18-29	5	00:50:43.70	+00:14:13 (28.1%)	5:04	11.8 (72.0%)
47	KOCOŁ Karolina	63		K30-39	2	00:50:44.20	+00:14:14 (28.1%)	5:04	11.8 (72.0%)
48	KACPRZAK Marcin	58	ZPORTOWE KNURY	M30-39	18	00:50:52.10	+00:14:22 (28.3%)	5:05	11.8 (72.0%)
49	SZCZEPAŃSKI Adrian	159	KLUB BIEGACZY JYSK	M30-39	19	00:51:44.30	+00:15:14 (29.5%)	5:10	11.6 (70.7%)
50	SOBIERAJ Grzegorz	145		M30-39	20	00:51:48.10	+00:15:18 (29.5%)	5:10	11.6 (70.7%)
51	BRZÓSKA Szymon	231	HELL SQUAD	M30-39	21	00:51:51.30	+00:15:21 (29.6%)	5:11	11.6 (70.7%)
52	OHLEK Ola	107		K30-39	3	00:51:56.10	+00:15:26 (29.7%)	5:11	11.5 (70.1%)
53	WANSKI Witold	180		M30-39	22	00:52:00.65	+00:15:30 (29.8%)	5:12	11.5 (70.1%)
54	ZDROJEWSKA Katarzyna	196		K30-39	4	00:52:04.90	+00:15:35 (29.9%)	5:12	11.5 (70.1%)
55	HORSTEN Peter	52	ASPIRE POWER CLUB	M50-59	7	00:52:13.75	+00:15:44 (30.1%)	5:13	11.5 (70.1%)
56	SZAMOTULSKI Tomasz	157	LECHIA GDAŃSK	M40-49	9	00:52:56.50	+00:16:26 (31.1%)	5:17	11.3 (68.9%)
57	NIEMIERA Jędrzej	104		M18-29	6	00:53:20.50	+00:16:50 (31.6%)	5:20	11.3 (68.9%)
58	KOWALSKI Marcin	214		M50-59	8	00:53:23.35	+00:16:53 (31.6%)	5:20	11.2 (68.3%)
59	ZACHARIASZ Magdalena	193		K30-39	5	00:53:25.85	+00:16:56 (31.7%)	5:20	11.2 (68.3%)
60	SZUFARSKI Przemek	162	SZUFARY	M30-39	23	00:53:26.40	+00:16:56 (31.7%)	5:20	11.2 (68.3%)
61	MOŁĘDA Dariusz	100	CERVEZA TEAM	M40-49	10	00:53:37.45	+00:17:07 (31.9%)	5:21	11.2 (68.3%)
62	BŁAWAT Michał	16	TIGER	M40-49	11	00:53:46.10	+00:17:16 (32.1%)	5:22	11.2 (68.3%)
63	HERMAN Krystiana	47		K40-49	6	00:53:50.25	+00:17:20 (32.2%)	5:23	11.1 (67.7%)
64	GRUCZA Karolina	43	PRUSZCZ BIEGA	K18-29	3	00:53:55.25	+00:17:25 (32.3%)	5:23	11.1 (67.7%)
65	DAHM Beata	225		K40-49	7	00:54:25.85	+00:17:56 (33.0%)	5:26	11 (67.1%)
66	KITOWSKI Dawid	208	DKMO	M30-39	24	00:54:29.75	+00:18:00 (33.0%)	5:27	11 (67.1%)
67	BŁAWAT Marcin	222		M30-39	25	00:54:37.15	+00:18:07 (33.2%)	5:27	11 (67.1%)
68	FALBA Paweł	31	BORYS TEAM	M30-39	26	00:54:43.75	+00:18:14 (33.3%)	5:28	11 (67.1%)
69	KOPROWSKA Witosława	65		K40-49	8	00:54:48.40	+00:18:18 (33.4%)	5:28	10.9 (66.5%)
70	KANKOWSKA Justyna	220	GKS KASZUBI LUZINO	K30-39	6	00:55:00.50	+00:18:30 (33.7%)	5:30	10.9 (66.5%)
71	KRASUSKA Ewelina	68		K30-39	7	00:55:12.70	+00:18:42 (33.9%)	5:31	10.9 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						10km	Różn		
72	NOWAKOWSKA Edyta	105		K18-29	4	00:55:20.60	+00:18:50 (34.1%)	5:32	10.8 (65.9%)
73	SZUTOWICZ Marek	164		M40-49	12	00:55:31.85	+00:19:02 (34.3%)	5:33	10.8 (65.9%)
74	GRZYWACZ Magdalena	45	NIEZRZESZONA	K30-39	8	00:55:38.00	+00:19:08 (34.4%)	5:33	10.8 (65.9%)
75	FROST Malgorzata	35		K40-49	9	00:56:00.35	+00:19:30 (34.8%)	5:36	10.7 (65.2%)
76	SZYDŁOWSKI Gawęł	166	ŁÓDŹ RATUNKOWA	M18-29	7	00:56:09.80	+00:19:40 (35.0%)	5:37	10.7 (65.2%)
77	BARTUŚ Alan	12		M18-29	8	00:57:01.00	+00:20:31 (36.0%)	5:42	10.5 (64.0%)
78	BARTUŚ Adriana	11		K40-49	10	00:57:01.45	+00:20:31 (36.0%)	5:42	10.5 (64.0%)
79	EASTWOOD Denise	30		M40-49	13	00:57:17.25	+00:20:47 (36.3%)	5:43	10.5 (64.0%)
80	STIEWA Emilia	152		K30-39	9	00:57:22.60	+00:20:52 (36.4%)	5:44	10.5 (64.0%)
81	GDANIEC Anna	212		K40-49	11	00:57:24.20	+00:20:54 (36.4%)	5:44	10.5 (64.0%)
82	SOŁTYSIAK Natalia	147		K30-39	10	00:57:31.60	+00:21:01 (36.6%)	5:45	10.4 (63.4%)
83	KRZYSZTOFIAK Marek	73	GRUPA TRÓJMIASTO	M60-69	2	00:57:33.40	+00:21:03 (36.6%)	5:45	10.4 (63.4%)
84	HAMPSON Serena	46		K50-59	2	00:57:38.00	+00:21:08 (36.7%)	5:45	10.4 (63.4%)
85	OLEJARCZYK Piotr	213		M50-59	9	00:58:16.45	+00:21:46 (37.4%)	5:49	10.3 (62.8%)
86	POLAK Lucjan	123	KLUB BIEGACZY JYSK	M40-49	14	00:58:41.20	+00:22:11 (37.8%)	5:52	10.2 (62.2%)
87	KOTALA Marta	66	FAST FOOT	K30-39	11	00:58:44.00	+00:22:14 (37.9%)	5:52	10.2 (62.2%)
88	RYCHLICKI Paweł	133	RYCHLICCY TEAM	M30-39	27	00:59:13.35	+00:22:43 (38.4%)	5:55	10.1 (61.6%)
89	BUKOWSKI Andrzej	218		M50-59	10	00:59:22.50	+00:22:52 (38.5%)	5:56	10.1 (61.6%)
90	MASON Jenny	95		K30-39	12	00:59:28.00	+00:22:58 (38.6%)	5:56	10.1 (61.6%)
91	SOCHA Joanna	146		K30-39	13	00:59:32.45	+00:23:02 (38.7%)	5:57	10.1 (61.6%)
92	ROGOCKI Jarosław	131	PATMAT	M40-49	15	01:00:04.30	+00:23:34 (39.2%)	6:00	10 (61.0%)
93	CHOJNACKA Anika	21		K30-39	14	01:00:06.90	+00:23:37 (39.3%)	6:00	10 (61.0%)
94	MÜLLER Patrycja	101		K18-29	5	01:00:29.65	+00:23:59 (39.7%)	6:02	9.9 (60.4%)
95	KURAJK Paweł	79		M30-39	28	01:00:41.80	+00:24:12 (39.9%)	6:04	9.9 (60.4%)
96	POLIKOWSKI Patryk	124		M40-49	16	01:00:43.50	+00:24:13 (39.9%)	6:04	9.9 (60.4%)
97	BARTKOWSKA Agata	9	KWT	K30-39	15	01:01:11.50	+00:24:41 (40.4%)	6:07	9.8 (59.8%)
98	LICHŚ Jarosław	86		M40-49	17	01:01:38.55	+00:25:08 (40.8%)	6:09	9.7 (59.1%)
99	SAWUŁA Andrzej	138	BUŁA I SUCHAR	M40-49	18	01:02:03.20	+00:25:33 (41.2%)	6:12	9.7 (59.1%)
100	LORENC Krzysztof	89	SANTANDER BANK POLSKA	M40-49	19	01:02:40.60	+00:26:10 (41.8%)	6:16	9.6 (58.5%)
101	SZYDŁOWSKI Mirosław	165		M50-59	11	01:02:52.75	+00:26:23 (42.0%)	6:17	9.5 (57.9%)
102	GĘBSKI Andrzej	38		M30-39	29	01:02:55.95	+00:26:26 (42.0%)	6:17	9.5 (57.9%)
103	BABIŃSKI Sebastian	5		M18-29	9	01:02:56.10	+00:26:26 (42.0%)	6:17	9.5 (57.9%)
104	WASZAK Izabela	229		K40-49	12	01:03:08.60	+00:26:38 (42.2%)	6:18	9.5 (57.9%)
105	KUŁAKOWSKA Barbara	228		K18-29	6	01:03:09.45	+00:26:39 (42.2%)	6:18	9.5 (57.9%)
106	JANKOWSKI Mateusz	56		M18-29	10	01:03:38.80	+00:27:09 (42.7%)	6:21	9.4 (57.3%)
107	BABEROWSKA Jolanta	3	TREC TEAM	K40-49	13	01:03:54.70	+00:27:24 (42.9%)	6:23	9.4 (57.3%)
108	GIDZIŃSKA Larysa	39		K30-39	16	01:03:55.75	+00:27:26 (42.9%)	6:23	9.4 (57.3%)
109	SENSKA Angelika	139		K18-29	7	01:04:59.00	+00:28:29 (43.8%)	6:29	9.2 (56.1%)
110	MOSKA Monika	198		K18-29	8	01:06:54.15	+00:30:24 (45.4%)	6:41	9 (54.9%)
111	KURAJK Marian	78		M60-69	3	01:07:02.70	+00:30:32 (45.6%)	6:42	8.9 (54.3%)
112	JOPEK Małgorzata	219		K40-49	14	01:08:41.45	+00:32:11 (46.9%)	6:52	8.7 (53.0%)
113	RAŹNIKIEWICZ Aleksandra	130		K30-39	17	01:10:13.80	+00:33:44 (48.0%)	7:01	8.5 (51.8%)
114	SZCZĘŚNY Tadeusz	160	KACPERY	M60-69	4	01:10:50.45	+00:34:20 (48.5%)	7:05	8.5 (51.8%)
115	JAKIMIAK-RYCHLICKA Beata	53	RYCHLICCY TEAM	K30-39	18	01:12:50.45	+00:36:20 (49.9%)	7:17	8.2 (50.0%)

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116	ŻOŁĄDKIEWICZ Dorota	224	SANTANDER BANK POLSKA	K50-59	3	01:14:05.55	+00:37:35 (50.7%)	7:24	8.1 (49.4%)
117	ADAMOWSKI Andrzej	227	UNICORN TEAM	M40-49	20	01:24:07.80	+00:47:38 (56.6%)	8:24	7.1 (43.3%)
118	LUBOWIECKA Alicja	226		K30-39	19	01:24:07.90	+00:47:38 (56.6%)	8:24	7.1 (43.3%)

Znaleziono 118 wynik(ów)