



## VII BIEG OLIWSKI - 10 KM

B4SPORT

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

VII BIEG OLIWSKI  
Fundacja Silni Ciałem Niezłomni Duchem, Rada  
Dzielnicy Oliwa, Sportevo Triathlon Team  
2019-10-13  
Gdańsk  
10 km

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



Klasyfikacja: M40-49

| Msc | Zawodnik              | Numer | Klub                                     | Kategoria | Mkat | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|------------------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 1   | PEPLIŃSKI Grzegorz    | 111   |                                          | M40-49    | 1    | 00:41:00.40     |                   | 4:06         | 14.6 (100%)  |
| 2   | ZAREMBA Marcin        | 194   | AUTOPAY TEAM                             | M40-49    | 2    | 00:43:05.85     | +00:02:05 (4.9%)  | 4:18         | 13.9 (95.2%) |
| 3   | FRĄCKOWIAK Bartłomiej | 34    |                                          | M40-49    | 3    | 00:44:18.30     | +00:03:17 (7.4%)  | 4:25         | 13.5 (92.5%) |
| 4   | SZCZĘSNY Tomasz       | 232   |                                          | M40-49    | 4    | 00:46:36.00     | +00:05:35 (12.0%) | 4:39         | 12.9 (88.4%) |
| 5   | KWIATKOWSKI Grzegorz  | 81    | F3TEAM                                   | M40-49    | 5    | 00:46:44.65     | +00:05:44 (12.3%) | 4:40         | 12.8 (87.7%) |
| 6   | GRABOWSKI Grzegorz    | 230   | ASTMA GDAŃSK                             | M40-49    | 6    | 00:48:12.80     | +00:07:12 (14.9%) | 4:49         | 12.4 (84.9%) |
| 7   | PĘŚKO Michał          | 112   |                                          | M40-49    | 7    | 00:49:27.15     | +00:08:26 (17.1%) | 4:56         | 12.1 (82.9%) |
| 8   | URBANIAK Marek        | 178   | SZKOŁA PODSTAWOWA NR 35 W GDAŃSKU OLIWIE | M40-49    | 8    | 00:49:27.65     | +00:08:27 (17.1%) | 4:56         | 12.1 (82.9%) |
| 9   | SZAMOTULSKI Tomasz    | 157   | LECHIA GDAŃSK                            | M40-49    | 9    | 00:52:56.50     | +00:11:56 (22.5%) | 5:17         | 11.3 (77.4%) |
| 10  | MOLĘDA Dariusz        | 100   | CERVEZA TEAM                             | M40-49    | 10   | 00:53:37.45     | +00:12:37 (23.5%) | 5:21         | 11.2 (76.7%) |
| 11  | BŁAWAT Michał         | 16    | TIGER                                    | M40-49    | 11   | 00:53:46.10     | +00:12:45 (23.7%) | 5:22         | 11.2 (76.7%) |
| 12  | SZUTOWICZ Marek       | 164   |                                          | M40-49    | 12   | 00:55:31.85     | +00:14:31 (26.2%) | 5:33         | 10.8 (74.0%) |
| 13  | EASTWOOD Denise       | 30    |                                          | M40-49    | 13   | 00:57:17.25     | +00:16:16 (28.4%) | 5:43         | 10.5 (71.9%) |
| 14  | POLAK Lucjan          | 123   | KLUB BIEGACZY JYSK                       | M40-49    | 14   | 00:58:41.20     | +00:17:40 (30.1%) | 5:52         | 10.2 (69.9%) |
| 15  | ROGOCKI Jarosław      | 131   | PATMAT                                   | M40-49    | 15   | 01:00:04.30     | +00:19:03 (31.7%) | 6:00         | 10 (68.5%)   |
| 16  | POLIKOWSKI Patryk     | 124   |                                          | M40-49    | 16   | 01:00:43.50     | +00:19:43 (32.5%) | 6:04         | 9.9 (67.8%)  |
| 17  | LICHŚ Jarosław        | 86    |                                          | M40-49    | 17   | 01:01:38.55     | +00:20:38 (33.5%) | 6:09         | 9.7 (66.4%)  |
| 18  | SAWUŁA Andrzej        | 138   | BUŁA I SUCHAR                            | M40-49    | 18   | 01:02:03.20     | +00:21:02 (33.9%) | 6:12         | 9.7 (66.4%)  |
| 19  | LORENC Krzysztof      | 89    | SANTANDER BANK POLSKA                    | M40-49    | 19   | 01:02:40.60     | +00:21:40 (34.6%) | 6:16         | 9.6 (65.8%)  |
| 20  | ADAMOWSKI Andrzej     | 227   | UNICORN TEAM                             | M40-49    | 20   | 01:24:07.80     | +00:43:07 (51.3%) | 8:24         | 7.1 (48.6%)  |

Znaleziono 20 wynik(ów)