

VII BIEG OLIWSKI - 5 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: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RAKOCZY Marcin	201	ŻÓRAWSKI TEAM	M18-29	1	00:18:03.95		3:36	16.6 (100%)
2	HORSTEN Dorian	51	TRI TALENT TEAM GDANSK	M18-29	2	00:18:39.25	+00:00:35 (3.2%)	3:43	16.1 (97.0%)
3	BARWA Wojciech	13	#ADAMCZERWIŃSKITEAM	M18-29	3	00:19:03.15	+00:00:59 (5.2%)	3:48	15.7 (94.6%)
4	DZIWOSZ Paweł	29	BEZTLENOWI MALBORK	M30-39	1	00:19:03.95	+00:01:00 (5.2%)	3:48	15.7 (94.6%)
5	ŁOKUCIJEWSKI Patryk	92	BABILLONIA BABIENIEC	M18-29	4	00:19:27.15	+00:01:23 (7.1%)	3:53	15.4 (92.8%)
6	BALUT Michał	6	KEMIRA SPORT TEAM	M18-29	5	00:19:35.95	+00:01:32 (7.8%)	3:55	15.3 (92.2%)
7	PIETRZAK Jacek	114	RUN LOG.COM	M30-39	2	00:19:43.85	+00:01:39 (8.4%)	3:56	15.2 (91.6%)
8	WAŚKIEWICZ Sebastian	205		M30-39	3	00:19:59.75	+00:01:55 (9.7%)	4:00	15 (90.4%)
9	HORSTEN Bastian	50	TRI TALENT TEAM GDANSK	M16-17	1	00:20:00.40	+00:01:56 (9.7%)	4:00	15 (90.4%)
10	SKRZECZOWSKI Bartosz	142	JAGUAR GDAŃSK	M30-39	4	00:20:02.85	+00:01:58 (9.9%)	4:00	15 (90.4%)
11	HOLK-ŁEBIŃSKI Mateusz	49		M18-29	6	00:20:22.05	+00:02:18 (11.3%)	4:04	14.7 (88.6%)
12	NAWROCKI Dariusz	102		M30-39	5	00:20:25.90	+00:02:21 (11.6%)	4:05	14.7 (88.6%)
13	JANCZAK Sławomir	203	DREAM TRI TEAM	M30-39	6	00:20:31.40	+00:02:27 (12.0%)	4:06	14.6 (88.0%)
14	TORBICZ Piotr	176	THALES	M40-49	1	00:20:44.00	+00:02:40 (12.9%)	4:08	14.5 (87.3%)
15	ŻWIROWSKI Adam	206	GZSISS	M16-17	2	00:21:03.60	+00:02:59 (14.2%)	4:12	14.3 (86.1%)
16	WITCZAK Arkadiusz	184	IRONTEAM3CITY	M40-49	2	00:21:05.75	+00:03:01 (14.4%)	4:13	14.2 (85.5%)
17	PASZKOWSKI Paweł	110		M30-39	7	00:21:14.45	+00:03:10 (14.9%)	4:14	14.1 (84.9%)
18	NAWROCKI Mariusz	103		M40-49	3	00:21:50.75	+00:03:46 (17.3%)	4:22	13.7 (82.5%)
19	KAZYKA Katarzyna	60	BIEGAMYRAZEM.PL GDYNIA	K30-39	1	00:22:15.75	+00:04:11 (18.9%)	4:27	13.5 (81.3%)
20	RZEPECKI Radek	134		M40-49	4	00:22:38.35	+00:04:34 (20.2%)	4:31	13.3 (80.1%)
21	BUGAJSKI Adam	18	POLANIE	M40-49	5	00:22:40.35	+00:04:36 (20.3%)	4:32	13.2 (79.5%)
22	WIECZOREK Tomasz	183		M50-59	1	00:22:41.80	+00:04:37 (20.4%)	4:32	13.2 (79.5%)
23	NOWOPOLSKI Leszek	106		M40-49	6	00:22:45.50	+00:04:41 (20.6%)	4:33	13.2 (79.5%)
24	KRÓL Michał	72		M30-39	8	00:22:56.65	+00:04:52 (21.3%)	4:35	13.1 (78.9%)
25	ZALEJASZ Sylwester	210		M30-39	9	00:23:14.50	+00:05:10 (22.3%)	4:38	12.9 (77.7%)
26	PIÓRKOWSKI Mariusz	116	TAKA RYBA	M30-39	10	00:23:22.95	+00:05:19 (22.7%)	4:40	12.8 (77.1%)
27	SZUMACHER Marta	163		K18-29	1	00:23:29.25	+00:05:25 (23.1%)	4:41	12.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5km	Różn		
28	KUCHARSKI Paweł	74		M16-17	3	00:25:01.55	+00:06:57 (27.8%)	5:00	12 (72.3%)
29	BURDA Robert	19	GROM	M50-59	2	00:25:44.05	+00:07:40 (29.8%)	5:08	11.7 (70.5%)
30	DUDA Krystian	28	CROSS ELITE	M30-39	11	00:26:08.50	+00:08:04 (30.9%)	5:13	11.5 (69.3%)
31	POCHOPIEŃ Mira	122	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39	2	00:26:27.15	+00:08:23 (31.7%)	5:17	11.3 (68.1%)
32	GRUBICH Marcin	42	APATOR METRIX S.A.	M30-39	12	00:26:44.45	+00:08:40 (32.4%)	5:20	11.2 (67.5%)
33	BŁASZKOWSKA Zofia	217		K16-17	1	00:26:45.35	+00:08:41 (32.5%)	5:21	11.2 (67.5%)
34	HINC Stanisław	48		M30-39	13	00:27:11.35	+00:09:07 (33.6%)	5:26	11 (66.3%)
35	BEGINSKI Sławomir	207		M40-49	7	00:27:11.70	+00:09:07 (33.6%)	5:26	11 (66.3%)
36	BARAN Seweryn	7	ŚWIAT PŁYTEK U KRYSPIŃ	M18-29	7	00:27:12.05	+00:09:08 (33.6%)	5:26	11 (66.3%)
37	ŚNIEG Aleksandra	169	WATAHA - ŁĄCZY NAS BIEGANIE	K50-59	1	00:27:18.40	+00:09:14 (33.8%)	5:27	11 (66.3%)
38	KUKLIS Tomasz	77	OLIWA HOCKEY TEAM	M30-39	14	00:27:31.45	+00:09:27 (34.4%)	5:30	10.9 (65.7%)
39	STOLTMANN Paulina	153	KOBIETY W BIEGU	K30-39	3	00:27:43.25	+00:09:39 (34.8%)	5:32	10.8 (65.1%)
40	WITCZAK Bartek	185	IRONTEAM3CITY	M16-17	4	00:27:45.45	+00:09:41 (34.9%)	5:33	10.8 (65.1%)
41	FRYCZKE Maciej	36	T-MOBILE SPORT TEAM	M30-39	15	00:27:58.90	+00:09:54 (35.4%)	5:35	10.7 (64.5%)
42	BRZEZIŃSKA Agnieszka	17		K30-39	4	00:28:04.30	+00:10:00 (35.6%)	5:36	10.7 (64.5%)
43	KREFT Ewa	70	DREAM TRI TEAM	K40-49	1	00:28:15.40	+00:10:11 (36.1%)	5:39	10.6 (63.9%)
44	SKROUBA Magdalena	141	NADMORSKIE WILKI	K30-39	5	00:28:17.55	+00:10:13 (36.1%)	5:39	10.6 (63.9%)
45	SZYMONIAK Jacek	168		M40-49	8	00:28:31.80	+00:10:27 (36.7%)	5:42	10.5 (63.3%)
46	SZMAGLIK Lucyna	161		K30-39	6	00:28:35.50	+00:10:31 (36.8%)	5:43	10.5 (63.3%)
47	GRĘBECKA Magdalena	41		K30-39	7	00:28:46.30	+00:10:42 (37.2%)	5:45	10.4 (62.7%)
48	LIEDTKE Dariusz	87	3ATHLETE	M40-49	9	00:28:47.45	+00:10:43 (37.3%)	5:45	10.4 (62.7%)
49	WITCZAK Anna	186	IRONTEAM3CITY	K40-49	2	00:28:48.05	+00:10:44 (37.3%)	5:45	10.4 (62.7%)
50	MIODUCKI Jakub	98		M18-29	8	00:29:03.10	+00:10:59 (37.8%)	5:48	10.3 (62.0%)
51	WERYSZKO Marek	182		M40-49	10	00:29:05.00	+00:11:01 (37.9%)	5:49	10.3 (62.0%)
52	ADAMOWICZ Michał	1	CURRENDA	M18-29	9	00:29:09.30	+00:11:05 (38.0%)	5:49	10.3 (62.0%)
53	WYSOCKA Gabriela	191		K18-29	2	00:29:10.10	+00:11:06 (38.1%)	5:50	10.3 (62.0%)
54	JACHOWICZ Dariusz	202		M50-59	3	00:29:26.05	+00:11:22 (38.6%)	5:53	10.2 (61.4%)
55	WYSOCKI Mieczysław	192		M50-59	4	00:29:27.15	+00:11:23 (38.7%)	5:53	10.2 (61.4%)
56	ŁAPIŃSKI Paweł	90		M30-39	16	00:29:38.30	+00:11:34 (39.0%)	5:55	10.1 (60.8%)
57	TOMICKA Marta	174		K30-39	8	00:29:45.35	+00:11:41 (39.3%)	5:57	10.1 (60.8%)
58	PIOTROWSKI Marek	115		M40-49	11	00:29:59.10	+00:11:55 (39.8%)	5:59	10 (60.2%)
59	KACZMARZ Agata	216		K18-29	3	00:30:05.35	+00:12:01 (40.0%)	6:01	10 (60.2%)
60	KUDUK Patrycja	76		K30-39	9	00:30:07.70	+00:12:03 (40.0%)	6:01	10 (60.2%)
61	NABAKOWSKA Barbara	211		K60-69	1	00:30:19.05	+00:12:15 (40.4%)	6:03	9.9 (59.6%)
62	WYSOCKA Dorota	190		K50-59	2	00:30:49.95	+00:12:46 (41.4%)	6:10	9.7 (58.4%)
63	LEWANDOWSKI Przemysław	85	KIJANKA OSOWA	M30-39	17	00:31:04.75	+00:13:00 (41.9%)	6:13	9.7 (58.4%)
64	RZEPKA Katarzyna	135		K30-39	10	00:31:23.05	+00:13:19 (42.4%)	6:16	9.6 (57.8%)
65	ARNISTER-RUDNICKA Anna	2	TORUŃSKIE PIERNIKI	K30-39	11	00:31:23.90	+00:13:19 (42.5%)	6:16	9.6 (57.8%)
66	RZEPKA Jakob	136	AC MILAN	M18-29	10	00:31:25.90	+00:13:21 (42.5%)	6:17	9.5 (57.2%)
67	JASIONOWSKA Małgorzata	57		K30-39	12	00:31:46.65	+00:13:42 (43.1%)	6:21	9.4 (56.6%)
68	TALAGA Małgorzata	172		K30-39	13	00:32:00.60	+00:13:56 (43.6%)	6:24	9.4 (56.6%)
69	ŚWITOŃSKA Aleksandra	199		K40-49	3	00:32:12.60	+00:14:08 (43.9%)	6:26	9.3 (56.0%)
70	PIASECKA Agata	113	IRON TEAM	K18-29	4	00:32:16.45	+00:14:12 (44.0%)	6:27	9.3 (56.0%)
71	TROJANOWSKA Bogumiła	177		K50-59	3	00:32:27.50	+00:14:23 (44.3%)	6:29	9.2 (55.4%)

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72	SIENICKA Patrycja	140		K30-39	14	00:32:33.10	+00:14:29 (44.5%)	6:30	9.2 (55.4%)
73	BARTSCH Aleksandra	10	BIGYELLOWFOOT ADVENTURE TEAM	K30-39	15	00:33:04.50	+00:15:00 (45.4%)	6:37	9.1 (54.8%)
74	BAKOWSKI Zbigniew	209		M60-69	1	00:33:11.75	+00:15:07 (45.6%)	6:38	9 (54.2%)
75	KACZMAREK Magdalena	59	RUSZ DUPKĘ	K40-49	4	00:33:11.85	+00:15:07 (45.6%)	6:38	9 (54.2%)
76	KELSZ-KARLIŃSKA Dorota	61	CURRENDA	K18-29	5	00:34:19.10	+00:16:15 (47.4%)	6:51	8.7 (52.4%)
77	JANIAK Dominika	204		K30-39	16	00:34:39.15	+00:16:35 (47.9%)	6:55	8.7 (52.4%)
78	STAJKOWSKA Helena	149		K16-17	2	00:35:01.55	+00:16:57 (48.4%)	7:00	8.6 (51.8%)
79	STAJKOWSKI Grzegorz	150		M30-39	18	00:35:04.70	+00:17:00 (48.5%)	7:01	8.6 (51.8%)
80	PISKULSKA Nikola	117		K18-29	6	00:35:12.85	+00:17:08 (48.7%)	7:02	8.5 (51.2%)
81	PRZYBYSZ Monika	128	RUSZ DUPKĘ	K30-39	17	00:36:10.90	+00:18:06 (50.1%)	7:14	8.3 (50.0%)
82	POBŁOCKA Lucyna	119		K40-49	5	00:36:45.85	+00:18:41 (50.9%)	7:21	8.2 (49.4%)
83	ŚWIDERSKA Magdalena	170	RUSZ DUPKĘ	K40-49	6	00:36:54.40	+00:18:50 (51.0%)	7:22	8.1 (48.8%)
84	DEIK Elżbieta	26		K60-69	2	00:36:55.50	+00:18:51 (51.1%)	7:23	8.1 (48.8%)
85	JAKIMIUK Małgorzata	54		K40-49	7	00:37:40.00	+00:19:36 (52.0%)	7:32	8 (48.2%)
86	CHOŁOTA Sylwia	22		K18-29	7	00:37:40.90	+00:19:36 (52.1%)	7:32	8 (48.2%)
87		225				00:45:17.15	+00:27:13 (60.1%)	9:03	6.6 (39.8%)
88	PAŁASZ Edmund	109		M70+	1	00:51:31.40	+00:33:27 (64.9%)	10:18	5.8 (34.9%)

Znaleziono 88 wynik(ów)