



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

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

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

Znaleziono 88 wynik(ów)