

VIII BIEG OLIWSKI - 5 KM

B4SPORT

Wydarzenie: VIII BIEG OLIWSKI
Organizator: Fundacja Silni Ciałem Niezłomni Duchem,Rada
 Dzielnicy Oliwa,Sportevo Triathlon Team
Data: 2020-10-18
Miejsce: Gdańsk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GÓRALSKI Marcin	26		M40-49	1	00:18:49.25		3:45	15.9 (100%)
2	TRACZYŃSKI Daniel	86	BIEGOWA ŚWIDNICA	M18-29	1	00:18:56.05	+00:00:06 (0.6%)	3:47	15.8 (99.4%)
3	MIELEWCZYK Łukasz	57	BIEGAJĄCY DIETETYK TEAM/LKB BRACI PETK LĘBORK	M30-39	1	00:18:59.80	+00:00:10 (0.9%)	3:47	15.8 (99.4%)
4	KRUPIŃSKI Bogumił	45	4 WARMIŃSKO-MAZURSKA BRYGADA OBRONY TERYTORIALNEJ	M40-49	2	00:19:16.05	+00:00:26 (2.3%)	3:51	15.6 (98.1%)
5	DZIWOŚZ Paweł	19	BEZTLENOWI/ GRUPA KOLARSKA MALBORK	M30-39	2	00:19:23.00	+00:00:33 (2.9%)	3:52	15.5 (97.5%)
6	NAWROCKI Dariusz	61		M30-39	3	00:19:28.00	+00:00:38 (3.3%)	3:53	15.4 (96.9%)
7	BLOCH Szymon	5		M30-39	4	00:19:29.50	+00:00:40 (3.4%)	3:53	15.4 (96.9%)
8	LUBIŃSKI Kamil	52	GDYŃSKI DYWIZJON OKRĘTÓW BOJOWYCH	M18-29	2	00:19:48.65	+00:00:59 (5.0%)	3:57	15.2 (95.6%)
9	DEKA Przemysław	17	RUNPASSION.PL TEAM	M18-29	3	00:20:26.05	+00:01:36 (7.9%)	4:05	14.7 (92.5%)
10	GARSKI Kryspin	21	ŚWIAT PŁYTEK U KRYSPIŃSKA	M40-49	3	00:20:26.55	+00:01:37 (7.9%)	4:05	14.7 (92.5%)
11	KARPIŃSKI Łukasz	37		M40-49	4	00:20:32.85	+00:01:43 (8.4%)	4:06	14.6 (91.8%)
12	HOLK-ŁEBIŃSKI Mateusz	30	KUJAWSCY RUNNERS	M30-39	5	00:20:41.60	+00:01:52 (9.0%)	4:08	14.5 (91.2%)
13	CZERWIONKA Jakub	16	GMINA WICKO	M18-29	4	00:20:43.85	+00:01:54 (9.2%)	4:08	14.5 (91.2%)
14	JANCZAK Sławomir	34	DREAM TRI TEAM	M30-39	6	00:21:38.50	+00:02:49 (13.0%)	4:19	13.9 (87.4%)
15	HAWRYLUK Ireneusz	28	KRASNYSTAW BIEGA	M50-59	1	00:21:44.35	+00:02:55 (13.4%)	4:20	13.8 (86.8%)
16	KUJDA Arkadiusz	46	1 BRYGADA LOGISTYCZNA	M40-49	5	00:21:48.35	+00:02:59 (13.7%)	4:21	13.8 (86.8%)
17	WILLMA Jarosław	217	BRZOZA BIEGA	M50-59	2	00:21:53.30	+00:03:04 (14.0%)	4:22	13.7 (86.2%)
18	ZAKRZEWSKI Jakub	99		M30-39	7	00:22:00.55	+00:03:11 (14.5%)	4:24	13.6 (85.5%)
19	CHMIELOWSKI Michał	10		M40-49	6	00:22:06.60	+00:03:17 (14.9%)	4:25	13.6 (85.5%)
20	LEWANDOWSKI Daniel	51	AKTYWNE LISEWO	M30-39	8	00:22:13.80	+00:03:24 (15.3%)	4:26	13.5 (84.9%)
21	KOPCZYŃSKI Piotr	41		M18-29	5	00:22:14.05	+00:03:24 (15.4%)	4:26	13.5 (84.9%)
22	VASYLEVSKYI Oleksii	88		M30-39	9	00:22:18.30	+00:03:29 (15.6%)	4:27	13.5 (84.9%)
23	BUTOWSKA Katarzyna	9		K30-39	1	00:22:23.70	+00:03:34 (16.0%)	4:28	13.4 (84.3%)
24	CZARNOWSKI Krzysztof	15	FABRYKA DOBREJ ZABAWY.PL	M40-49	7	00:22:25.85	+00:03:36 (16.1%)	4:29	13.4 (84.3%)
25	RZEPECKI Radek	74		M40-49	8	00:22:36.40	+00:03:47 (16.7%)	4:31	13.3 (83.6%)
26	PASIERBSKA Ewa	64		K18-29	1	00:22:39.20	+00:03:49 (16.9%)	4:31	13.2 (83.0%)
27	CHROBAK Tomasz	12		M40-49	9	00:23:23.70	+00:04:34 (19.6%)	4:40	12.8 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	PAWELCZAK Karolina	65	CHABOWSKI TRAINING SYSTEM	K18-29	2	00:23:45.75	+00:04:56 (20.8%)	4:45	12.6 (79.2%)
29	PIÓRKOWSKA Natalia	69	TAKA RYBA	K30-39	2	00:23:46.20	+00:04:56 (20.8%)	4:45	12.6 (79.2%)
30	GAWRYLCZYK Paweł	22		M30-39	10	00:23:53.85	+00:05:04 (21.2%)	4:46	12.6 (79.2%)
31	WYSOCKI Dariusz	98	WOJSKO POLSKIE	M30-39	11	00:24:12.65	+00:05:23 (22.3%)	4:50	12.4 (78.0%)
32	ŚLUSARCZYK Andrzej	80	PRUSZCZ BIEGA SHOW MUST GO ON	M40-49	10	00:24:23.10	+00:05:33 (22.8%)	4:52	12.3 (77.4%)
33	KALINOWSKA Paulina	36	AKADEMIA BIEGOWA KARTUZY	K30-39	3	00:24:24.00	+00:05:34 (22.9%)	4:52	12.3 (77.4%)
34	BRAŃKA Mateusz	160		M18-29	6	00:24:33.75	+00:05:44 (23.4%)	4:54	12.2 (76.7%)
35	WESTRYCH Julia	90		K30-39	4	00:24:35.35	+00:05:46 (23.5%)	4:55	12.2 (76.7%)
36	PIÓRKOWSKI Mariusz	70	TAKA RYBA	M30-39	12	00:24:42.30	+00:05:53 (23.8%)	4:56	12.1 (76.1%)
37	ZEMKE Stefan	223		M40-49	11	00:25:06.65	+00:06:17 (25.0%)	5:01	12 (75.5%)
38	PIECHOWICZ Waldemar	68		M50-59	3	00:25:25.80	+00:06:36 (26.0%)	5:05	11.8 (74.2%)
39	HINC Stanisław	29	ŻARTA WATAHA	M40-49	12	00:25:30.90	+00:06:41 (26.2%)	5:06	11.8 (74.2%)
40	ROCZYŃSKI Krzysztof	73	ROCZYŃSKI TEAM	M50-59	4	00:25:38.40	+00:06:49 (26.6%)	5:07	11.7 (73.6%)
41	KISIELEWSKI Michał	40		M16-17	1	00:25:46.25	+00:06:57 (27.0%)	5:09	11.6 (73.0%)
42	PAWŁOWSKI Zbigniew	67	SENIOR51TEAM	M60-69	1	00:25:49.85	+00:07:00 (27.1%)	5:09	11.6 (73.0%)
43	SKWIOT Stanisław	76	TAKA RYBA	M50-59	5	00:26:23.85	+00:07:34 (28.7%)	5:16	11.4 (71.7%)
44	POCHOPIEŃ Mira	72	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39	5	00:26:25.50	+00:07:36 (28.8%)	5:17	11.4 (71.7%)
45	GRABOWSKA Marzena	27	ŻARTA WATAHA	K50-59	1	00:26:26.80	+00:07:37 (28.8%)	5:17	11.3 (71.1%)
46	GAWRYLCZYK Maciej	23		M60-69	2	00:26:54.95	+00:08:05 (30.1%)	5:22	11.2 (70.4%)
47	AMBROZIAK Adam	2	TAKA RYBA	M40-49	13	00:27:01.05	+00:08:11 (30.3%)	5:24	11.1 (69.8%)
48	ŁĘCKI Krzysztof	54	K(R)OPKA TEAM	M18-29	7	00:27:01.85	+00:08:12 (30.4%)	5:24	11.1 (69.8%)
49	GOŚLIŃSKI Maciej	24		M40-49	14	00:27:12.65	+00:08:23 (30.8%)	5:26	11 (69.2%)
50	BOGALECKI Marek	6	SAFE SPORT TEAM	M60-69	3	00:27:25.80	+00:08:36 (31.4%)	5:29	10.9 (68.6%)
51	MARTYŃSKA Dorota	56		K40-49	1	00:27:27.25	+00:08:38 (31.4%)	5:29	10.9 (68.6%)
52	KREFT Ewa	44	DREAM TRI TEAM	K40-49	2	00:27:30.80	+00:08:41 (31.6%)	5:30	10.9 (68.6%)
53	BEGINSKI Sławomir	4	ŻARTA WATAHA	M40-49	15	00:27:48.80	+00:08:59 (32.3%)	5:33	10.8 (67.9%)
54	JELNICKI Łukasz	127	ASE GDAŃSK	M40-49	16	00:28:06.05	+00:09:16 (33.0%)	5:37	10.7 (67.3%)
55	MIELEWCZYK Magdalena	58	BIEGAJĄCY DIETETYK TEAM	K30-39	6	00:28:07.40	+00:09:18 (33.1%)	5:37	10.7 (67.3%)
56	STOLTMANN Paulina	78		K30-39	7	00:28:39.40	+00:09:50 (34.3%)	5:43	10.5 (66.0%)
57	OKAPIEC Dagmara	62	GÓRSKIE PĘDZIWIATRY	K30-39	8	00:28:55.90	+00:10:06 (34.9%)	5:47	10.4 (65.4%)
58	KĘDZIA Edyta	39		K40-49	3	00:28:57.55	+00:10:08 (35.0%)	5:47	10.4 (65.4%)
59	CICHEWICZ Małgorzata	14	GOSIA SAMOSIA	K40-49	4	00:29:32.30	+00:10:43 (36.3%)	5:54	10.2 (64.2%)
60	JELNICKA Anna	128	ASE GDAŃSK	K40-49	5	00:29:41.50	+00:10:52 (36.6%)	5:56	10.1 (63.5%)
61	KUJDA Dorota	47		K40-49	6	00:29:50.70	+00:11:01 (36.9%)	5:58	10.1 (63.5%)
62	KUKLIS Tomasz	130	OLIVIA HOCKEY TEAM	M30-39	13	00:29:57.15	+00:11:07 (37.2%)	5:59	10 (62.9%)
63	WŁODARSKA Ewa	93		K30-39	9	00:30:03.35	+00:11:14 (37.4%)	6:00	10 (62.9%)
64	KOSTRZEWA-CEMBOR Urszula	42	UKS ŻABIANKA GDAŃSK	K60-69	1	00:30:05.80	+00:11:16 (37.5%)	6:01	10 (62.9%)
65	WYSOCKI Mieczysław	97		M50-59	6	00:30:21.85	+00:11:32 (38.0%)	6:04	9.9 (62.3%)
66	CHROBAK Małgorzata	13		K30-39	10	00:30:52.85	+00:12:03 (39.1%)	6:10	9.7 (61.0%)
67	NABAKOWSKA Barbara	59		K60-69	2	00:30:58.80	+00:12:09 (39.2%)	6:11	9.7 (61.0%)
68	SKÓRA Marcin	75	SNOŁSZOŁ	M40-49	17	00:31:19.65	+00:12:30 (39.9%)	6:15	9.6 (60.4%)
69	IWAŃCZYK Alina	32		K50-59	2	00:31:28.80	+00:12:39 (40.2%)	6:17	9.5 (59.7%)
70	ŚMIRSKI Jakub	83		M30-39	14	00:31:59.25	+00:13:10 (41.2%)	6:23	9.4 (59.1%)
71	ARENDE Agnieszka	3	ŻARTA WATAHA	K40-49	7	00:32:19.85	+00:13:30 (41.8%)	6:27	9.3 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	NASTAŁY Tomasz	60	NETWARS	M30-39	15	00:32:25.20	+00:13:35 (41.9%)	6:29	9.3 (58.5%)
73	ŚWITOŃSKA Aleksandra	84		K50-59	3	00:32:35.65	+00:13:46 (42.3%)	6:31	9.2 (57.9%)
74	WYSOCKA Dorota	95		K50-59	4	00:32:57.05	+00:14:07 (42.9%)	6:35	9.1 (57.2%)
75	ŚMIGAJ Mirosław	81	MIŚ BIEGA	M60-69	4	00:33:19.80	+00:14:30 (43.5%)	6:39	9 (56.6%)
76	GÓRA Katarzyna	25		K30-39	11	00:33:53.15	+00:15:03 (44.5%)	6:46	8.9 (56.0%)
77	PAWŁOWSKA Elżbieta	66	SENIOR51TEAM	K60-69	3	00:35:37.45	+00:16:48 (47.2%)	7:07	8.4 (52.8%)
78	JANIAK Dominika	35		K30-39	12	00:35:45.85	+00:16:56 (47.4%)	7:09	8.4 (52.8%)
79	ADAMOWSKI Andrzej	1	UNICORN TEAM	M40-49	18	00:35:56.70	+00:17:07 (47.6%)	7:11	8.3 (52.2%)
80	LUBOWIECKA Alicja	53	UNICORN TEAM	K30-39	13	00:35:58.80	+00:17:09 (47.7%)	7:11	8.3 (52.2%)
81	TROJANOWSKA Bogumiła	87		K50-59	5	00:36:36.30	+00:17:47 (48.6%)	7:19	8.2 (51.6%)
82	BĄKOWSKI Zbigniew	129	AKADEMIA BIEGANIA	M70+	1	00:37:43.15	+00:18:53 (50.1%)	7:32	8 (50.3%)
83	WOSZCZYNA Daniel	94		M18-29	8	00:42:53.75	+00:24:04 (56.1%)	8:34	7 (44.0%)
84	LEWANDOWSKA Sandra	49		K18-29	3	00:42:54.85	+00:24:05 (56.1%)	8:34	7 (44.0%)
85	KURAJK Ewa	48		K60-69	4	00:44:05.85	+00:25:16 (57.3%)	8:49	6.8 (42.8%)
86	ŚMIRSKA Dominika	82		K30-39	14	00:46:29.55	+00:27:40 (59.5%)	9:17	6.5 (40.9%)
87	ŁYŻWA Joanna	55		K30-39	15	00:46:29.90	+00:27:40 (59.5%)	9:17	6.5 (40.9%)
88	PAŁASZ Edmund	63		M70+	2	00:47:35.25	+00:28:46 (60.5%)	9:31	6.3 (39.6%)

Znaleziono 88 wynik(ów)