

X BIEG OLIWSKI - 10KM BIEG

B4SPORT
INTELEGENTE ZAWODY SPORTOWE

Wydarzenie: X Bieg Oliwski
Organizator: Fundacja Silni Ciałem Niezlomni Duchem
Data: 2022-10-29
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	CZAPIŃSKI Michał	216	LION BROKERS-BIKE U UP	M-40	1	00:37:01.85		3:42	16.2 (100%)
2	WYSŁOUCH Michał	299	TRI TALENT TEAM	M-30	1	00:37:22.25	+00:00:20 (0.9%)	3:44	16.1 (99.4%)
3	WENT Jakub	303		M-40	2	00:37:55.60	+00:00:53 (2.4%)	3:47	15.8 (97.5%)
4	WĄSOWSKI Rafał	344		M-30	2	00:38:30.05	+00:01:28 (3.8%)	3:51	15.6 (96.3%)
5	GUŻ Andrzej	232		M-40	3	00:40:10.75	+00:03:08 (7.8%)	4:01	14.9 (92.0%)
6	GŁOWACKI Mariusz	225		M-30	3	00:41:22.60	+00:04:20 (10.5%)	4:08	14.5 (89.5%)
7	SCHUR Krzysztof	282	USTAW SIE NA BIEGANIE W GDAŃSKU	M-30	4	00:41:28.95	+00:04:27 (10.7%)	4:08	14.5 (89.5%)
8	KANKOWSKI Paweł	243	KASZUBY LUZINO	M-40	4	00:41:29.40	+00:04:27 (10.7%)	4:08	14.5 (89.5%)
9	SOBCZAK Marcin	285	SMASHING PAPKINS	M-40	5	00:41:49.10	+00:04:47 (11.4%)	4:10	14.3 (88.3%)
10	RÓŻAK Marcin	279	FUNDACJA JEPPESENA	M-40	6	00:41:57.00	+00:04:55 (11.7%)	4:11	14.3 (88.3%)
11	PEPLIŃSKI Grzegorz	266		M-40	7	00:42:33.85	+00:05:32 (13.0%)	4:15	14.1 (87.0%)
12	SOBIERAJ Jakub	286		M-18	1	00:42:58.05	+00:05:56 (13.8%)	4:17	14 (86.4%)
13	FRĄCKOWIAK Bartłomiej	222		M-40	8	00:43:06.45	+00:06:04 (14.1%)	4:18	13.9 (85.8%)
14	KLAJNA Jakub	246		M-30	5	00:43:19.40	+00:06:17 (14.5%)	4:19	13.9 (85.8%)
15	POMIERSKI Karol	271		M-40	9	00:43:48.70	+00:06:46 (15.5%)	4:22	13.7 (84.6%)
16	DĘBOWSKI Michał	220	PODATKI TO KRADZIEŻ	M-30	6	00:44:06.60	+00:07:04 (16.0%)	4:24	13.6 (84.0%)
17	CIESIELSKI Witold	215		M-40	10	00:44:36.05	+00:07:34 (17.0%)	4:27	13.5 (83.3%)
18	ROŻYK Krzysztof	278	OKNOBUR-BIEGAMYRAZEM.PL	M-50	1	00:45:06.45	+00:08:04 (17.9%)	4:30	13.3 (82.1%)
19	POTYRAŁA Bartosz	273		M-40	11	00:45:09.25	+00:08:07 (18.0%)	4:30	13.3 (82.1%)
20	ŁATAS Paweł	256	FIGHTING RUNNERS	M-30	7	00:45:20.70	+00:08:18 (18.3%)	4:32	13.2 (81.5%)
21	NOWOPOLSKI Leszek	342		M-40	12	00:45:24.30	+00:08:22 (18.4%)	4:32	13.2 (81.5%)
22	KRAĆ Janusz	249	CZITOS	M-40	13	00:46:05.55	+00:09:03 (19.7%)	4:36	13 (80.2%)
23	LIPKOWSKI Paweł	254		M-30	8	00:46:23.00	+00:09:21 (20.2%)	4:38	12.9 (79.6%)
24	MURAWSKI Bartłomiej	261	JEPPESEN TEAM	M-30	9	00:46:28.05	+00:09:26 (20.3%)	4:38	12.9 (79.6%)
25	KACPRZAK Marcin	240	NEWPORT KNUR CREW	M-30	10	00:46:49.60	+00:09:47 (20.9%)	4:40	12.8 (79.0%)
26	MUCOWSKI Jaromir	259	EMERYCI I RENCISCI	M-40	14	00:47:06.40	+00:10:04 (21.4%)	4:42	12.7 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
27	MAŁKOWSKI Tomasz	258	GRUPA BIEGOWA 65	M-50	2	00:47:15.30	+00:10:13 (21.6%)	4:43	12.7 (78.4%)
28	BABEROWSKI Marek	205	TREC TEAM	M-50	3	00:47:41.05	+00:10:39 (22.3%)	4:46	12.6 (77.8%)
29	KLEWEK Andrzej	247	FIGHTING RUNNERS	M-40	15	00:47:48.45	+00:10:46 (22.5%)	4:46	12.6 (77.8%)
30	WOJNAROWSKA Weronika	298		K-30	1	00:47:53.30	+00:10:51 (22.7%)	4:47	12.5 (77.2%)
31	URBANIAK Marek	296	SP 35 W GDAŃSKU OLIWIE	M-40	16	00:48:11.15	+00:11:09 (23.1%)	4:49	12.5 (77.2%)
32	NISIEWICZ Grzegorz	263		M-30	11	00:48:16.10	+00:11:14 (23.3%)	4:49	12.4 (76.5%)
33	ŻYDOK Bartosz	302	LAMUSY	M-40	17	00:48:23.65	+00:11:21 (23.5%)	4:50	12.4 (76.5%)
34	TARKOWSKI Dawid	294	CROSSELITE	M-30	12	00:48:32.80	+00:11:30 (23.7%)	4:51	12.4 (76.5%)
35	CHMIELEWSKI Andrzej	214	JAK DZIK W KARTOFLE	M-40	18	00:48:34.80	+00:11:32 (23.8%)	4:51	12.4 (76.5%)
36	JABŁOŃSKI Marcin	237		M-40	19	00:48:43.70	+00:11:41 (24.0%)	4:52	12.3 (75.9%)
37	PRZEGENDZA Artur	274		M-40	20	00:49:43.05	+00:12:41 (25.5%)	4:58	12.1 (74.7%)
38	HAŁABIS Krzysztof	233	KLUB ZIAJA	M-30	13	00:50:14.40	+00:13:12 (26.3%)	5:01	11.9 (73.5%)
39	TUSZYŃSKA Barbara	308		K-30	2	00:50:40.20	+00:13:38 (26.9%)	5:04	11.8 (72.8%)
40	HIBNER Kamil	235	KLUB ZIAJA	M-40	21	00:50:45.45	+00:13:43 (27.0%)	5:04	11.8 (72.8%)
41	DEMBEK Marek	217	ACTIVE LIFE	M-30	14	00:50:54.10	+00:13:52 (27.3%)	5:05	11.8 (72.8%)
42	SWIETANOWSKI Blazej	289		M-30	15	00:50:54.35	+00:13:52 (27.3%)	5:05	11.8 (72.8%)
43	DEPTULA Robert	219		M-50	4	00:51:31.35	+00:14:29 (28.1%)	5:09	11.6 (71.6%)
44	ROZTORHUIEV Yurii	277		M-30	16	00:51:47.40	+00:14:45 (28.5%)	5:10	11.6 (71.6%)
45	KARULSKI Kamil	244		M-30	17	00:52:00.30	+00:14:58 (28.8%)	5:12	11.5 (71.0%)
46	ŁACHWICZ Bartek	306		M-30	18	00:52:18.35	+00:15:16 (29.2%)	5:13	11.5 (71.0%)
47	PAWLAK Dezyderya	265	CTS	K-40	1	00:52:25.55	+00:15:23 (29.4%)	5:14	11.4 (70.4%)
48	MALANOWSKI Dawid	257		M-40	22	00:52:34.85	+00:15:33 (29.6%)	5:15	11.4 (70.4%)
49	SADOWSKI Piotr	281	MŁODE DZIKI RUNEDA	M-40	23	00:52:43.50	+00:15:41 (29.8%)	5:16	11.4 (70.4%)
50	GRUBICH Marcin	229	APATOR METRIX S.A.	M-40	24	00:52:51.15	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
51	POTRYKUS Paweł	272		M-40	25	00:52:51.20	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
52	GUMIELA Piotr	230	STW BAŁTYK GDYNIA	M-40	26	00:52:51.30	+00:15:49 (29.9%)	5:17	11.4 (70.4%)
53	PĘSKO Michał	268		M-40	27	00:52:57.85	+00:15:56 (30.1%)	5:17	11.3 (69.8%)
54	GAŁKA Grzegorz	224		M-50	5	00:53:02.80	+00:16:00 (30.2%)	5:18	11.3 (69.8%)
55	BUSZMANN Tomasz	213	RUNEDA MŁODE DZIKI	M-40	28	00:53:03.25	+00:16:01 (30.2%)	5:18	11.3 (69.8%)
56	GUMIELA Katarzyna	231	STW BAŁTYK GDYNIA	K-30	3	00:53:12.10	+00:16:10 (30.4%)	5:19	11.3 (69.8%)
57	FELCHNER Agnieszka	221		K-18	1	00:53:26.95	+00:16:25 (30.7%)	5:20	11.2 (69.1%)
58	GÓRSKA-KOBYLSKA Aneta	227	RUNEDA	K-40	2	00:53:32.05	+00:16:30 (30.8%)	5:21	11.2 (69.1%)
59	KANKOWSKA Justyna	241	KASZUBI LUZINO	K-40	3	00:53:52.80	+00:16:50 (31.3%)	5:23	11.1 (68.5%)
60	LIPSHEIEVA Liudmyla	255	SZTAFETA WSZECHCZASÓW	K-30	4	00:54:20.55	+00:17:18 (31.9%)	5:26	11 (67.9%)
61	KANKOWSKA Dominika	242	KASZUBI LUZINO	K-18	2	00:55:01.10	+00:17:59 (32.7%)	5:30	10.9 (67.3%)
62	LESZCZYSZYN Jacek	252		M-30	19	00:55:02.15	+00:18:00 (32.7%)	5:30	10.9 (67.3%)
63	LEWANDOWSKA Justyna	253	FIGHTING RUNNERS	K-50	1	00:55:16.60	+00:18:14 (33.0%)	5:31	10.9 (67.3%)
64	JÓŹWIAK Patryk	239	JEPPESEN TEAM	M-30	20	00:55:16.85	+00:18:15 (33.0%)	5:31	10.9 (67.3%)
65	FRYCZKE Maciej	223		M-40	29	00:55:22.80	+00:18:20 (33.1%)	5:32	10.8 (66.7%)
66	KOŁACIŃSKI Damian	348		M-18	2	00:55:41.35	+00:18:39 (33.5%)	5:34	10.8 (66.7%)
67	ADAMUS Jarosław	201		M-60	1	00:55:47.65	+00:18:45 (33.6%)	5:34	10.8 (66.7%)
68	BOROWIK Krzysztof	212		M-18	3	00:55:55.90	+00:18:54 (33.8%)	5:35	10.7 (66.0%)
69	SZYCA Dariusz	290		M-30	21	00:56:00.90	+00:18:59 (33.9%)	5:36	10.7 (66.0%)
70	TOMCZYK Marcin	305		M-40	30	00:56:10.70	+00:19:08 (34.1%)	5:37	10.7 (66.0%)

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71	JARZĄBEK Magdalena	309		K-30	5	00:56:26.35	+00:19:24 (34.4%)	5:38	10.6 (65.4%)
72	JÓZWIAK Piotr	238		M-30	22	00:56:43.30	+00:19:41 (34.7%)	5:40	10.6 (65.4%)
73	KROPLEWSKI Blazej	250	TRIPLE SIXX	M-40	31	00:57:22.65	+00:20:20 (35.5%)	5:44	10.5 (64.8%)
74	PIECZYK Tomasz	269	SKP ŚLUSAREK KUBIAK PIECZYK	M-30	23	00:57:23.75	+00:20:21 (35.5%)	5:44	10.5 (64.8%)
75	SZYDŁOWSKI Gawęł	292	ŁÓDŹ RATUNKOWA	M-18	4	00:57:35.70	+00:20:33 (35.7%)	5:45	10.4 (64.2%)
76	GÓRSKA Ilona	226		K-50	2	00:57:37.05	+00:20:35 (35.7%)	5:45	10.4 (64.2%)
77	GRUDZIEN Bartosz	307		M-30	24	00:58:02.30	+00:21:00 (36.2%)	5:48	10.3 (63.6%)
78	BARTUŚ Alan	207		M-18	5	00:58:11.80	+00:21:09 (36.4%)	5:49	10.3 (63.6%)
79	BARTUŚ Adriana	206		K-40	4	00:58:12.65	+00:21:10 (36.4%)	5:49	10.3 (63.6%)
80	RELUGA Joanna	276		K-30	6	00:58:20.70	+00:21:18 (36.5%)	5:50	10.3 (63.6%)
81	KOZŁOWSKI Jan	248		M-30	25	00:59:08.90	+00:22:07 (37.4%)	5:54	10.1 (62.3%)
82	ZLOTOWSKU Piotr	301	SPORTEVO	M70+	1	00:59:38.20	+00:22:36 (37.9%)	5:57	10.1 (62.3%)
83	UNTERSCHUETZ Łukasz	295		M-30	26	00:59:53.85	+00:22:52 (38.2%)	5:59	10 (61.7%)
84	GRABOWSKA Agnieszka	228	MŁODE DZIKIRUNEDA	K-40	5	01:00:05.25	+00:23:03 (38.4%)	6:00	10 (61.7%)
85	SZYCA Elzbieta	291		K-60	1	01:00:43.70	+00:23:41 (39.0%)	6:04	9.9 (61.1%)
86	BELSKI Pavel	208		M-30	27	01:02:36.60	+00:25:34 (40.9%)	6:15	9.6 (59.3%)
87	SOBISZ Joanna	287	FUNDACJA JEPPESENA	K-30	7	01:03:48.60	+00:26:46 (42.0%)	6:22	9.4 (58.0%)
88	GDANIEC Anna	319		K-40	6	01:03:56.80	+00:26:54 (42.1%)	6:23	9.4 (58.0%)
89	PŁOCHOCKA Emilia	270	JEPPESEN TEAM	K-30	8	01:04:25.00	+00:27:23 (42.5%)	6:26	9.3 (57.4%)
90	ANTONOWICZ Alicja	202	SANBAO CROSSFIGHTING TEAM	K-40	7	01:04:45.10	+00:27:43 (42.8%)	6:28	9.3 (57.4%)
91	ANTONOWICZ Paweł	203	SANBAO CROSSFIGHTING TEAM	M-40	32	01:04:45.50	+00:27:43 (42.8%)	6:28	9.3 (57.4%)
92	HORNIK Basia	236		K-18	3	01:05:49.35	+00:28:47 (43.7%)	6:34	9.1 (56.2%)
93	MURASOVS Misha	260		M-30	28	01:05:49.50	+00:28:47 (43.7%)	6:34	9.1 (56.2%)
94	SOSZYŃSKA Joanna	288		K-40	8	01:06:40.00	+00:29:38 (44.5%)	6:40	9 (55.6%)
95	SIEMIŃSKI Jerzy	284	ARCON	M-60	2	01:06:53.20	+00:29:51 (44.6%)	6:41	9 (55.6%)
96	RYBAK Patryk	280		M-30	29	01:06:54.75	+00:29:52 (44.7%)	6:41	9 (55.6%)
97	PUZIO Roksana	275		K-30	9	01:06:54.80	+00:29:52 (44.7%)	6:41	9 (55.6%)
98	BABEROWSKA Jolanta	204	TREC TEAM	K-50	3	01:07:18.40	+00:30:16 (45.0%)	6:43	8.9 (54.9%)
99	OSTOJSKI Bartosz	264		M-30	30	01:07:29.70	+00:30:27 (45.1%)	6:44	8.9 (54.9%)
100	DEPTULA Bernadeta	218		K-50	4	01:07:49.25	+00:30:47 (45.4%)	6:46	8.8 (54.3%)
101	BOGUSZEWSKA Ela	210		K-40	9	01:15:42.10	+00:38:40 (51.1%)	7:34	7.9 (48.8%)

Znaleziono 101 wynik(ów)