

# X BIEG OLIWSKI - 5KM BIEG

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** X Bieg Oliwski  
**Organizator:** Fundacja Silni Ciałem Niezlomni Duchem  
**Data:** 2022-10-29  
**Miejsce:** Gdańsk  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	STADNIK Jacek	178	SKLEP DLA BIEGACZY RUN PLANET	M-30	1	00:17:34.70		3:30	17.1 (100%)
2	KOZAK Jakub	345		M-18	1	00:18:09.15	+00:00:34 (3.2%)	3:37	16.5 (96.5%)
3	GODLEWSKI Łukasz	126	BEZTLENOWI MALBORK	M-40	1	00:18:33.35	+00:00:58 (5.3%)	3:42	16.2 (94.7%)
4	NAWROCKI Dariusz	164	GRUPA BIEGOWA 65	M-40	2	00:18:56.45	+00:01:21 (7.2%)	3:47	15.8 (92.4%)
5	DZIEMIAN Jakub	120	ADIDAS RUNNERS TRICITY	M-30	2	00:19:29.35	+00:01:54 (9.8%)	3:53	15.4 (90.1%)
6	KWIATKOWSKI Marcin	153	KONRAD NOSARZEWSKI BADANIA DIETA TRENING	M-30	3	00:20:23.55	+00:02:48 (13.8%)	4:04	14.7 (86.0%)
7	DEKA Przemysław	346		M-30	4	00:20:34.95	+00:03:00 (14.6%)	4:06	14.6 (85.4%)
8	SOBIERAJ Jan	343		M-16	1	00:20:46.70	+00:03:12 (15.4%)	4:09	14.4 (84.2%)
9	JEKA Rafał	135		M-30	5	00:20:54.70	+00:03:20 (15.9%)	4:10	14.4 (84.2%)
10	KWAŚNIK Jan	151	FIGHTING RUNNERS	M-30	6	00:20:54.95	+00:03:20 (16.0%)	4:10	14.4 (84.2%)
11	KOŚCIŃSKI Patryk	143	AKADEMIA MARYNARKI WOJENNEJ	M-18	2	00:20:55.50	+00:03:20 (16.0%)	4:11	14.3 (83.6%)
12	KOPCZYŃSKI Piotr	196	START TEAM WĄBRZEŻNO	M-18	3	00:21:04.25	+00:03:29 (16.6%)	4:12	14.2 (83.0%)
13	KŁOS Marcin	140	CROSSCORE GDAŃSK	M-40	3	00:21:27.30	+00:03:52 (18.1%)	4:17	14 (81.9%)
14	CZAJKA Marcin	114		M-40	4	00:22:32.00	+00:04:57 (22.0%)	4:30	13.3 (77.8%)
15	KAZYKA Katarzyna	304	BIEGAMYRAZEM.PL	K-30	1	00:22:32.90	+00:04:58 (22.0%)	4:30	13.3 (77.8%)
16	SZUMACHER-PASZKOWSKA Marta	183	ZIAJA	K-30	2	00:22:36.85	+00:05:02 (22.3%)	4:31	13.3 (77.8%)
17	KOŁACIŃSKI Damian	347		M-18	4	00:22:46.50	+00:05:11 (22.8%)	4:33	13.2 (77.2%)
18	STUŁA Rafał	181		M-30	7	00:23:50.30	+00:06:15 (26.3%)	4:46	12.6 (73.7%)
19	JACHIMOWICZ Bartosz	133		M-30	8	00:24:03.95	+00:06:29 (27.0%)	4:48	12.5 (73.1%)
20	KALINOWSKA Paulina	200		K-30	3	00:24:08.55	+00:06:33 (27.2%)	4:49	12.4 (72.5%)
21	BŁAWAT Marcin	109	BORYS TEAM	M-40	5	00:24:16.05	+00:06:41 (27.6%)	4:51	12.4 (72.5%)
22	PATRON Sławomir	349		M-40	6	00:24:28.05	+00:06:53 (28.2%)	4:53	12.3 (71.9%)
23	BŁAWAT Michał	110	SOPOCKI KLUB MORSÓW	M-40	7	00:24:37.80	+00:07:03 (28.6%)	4:55	12.2 (71.3%)
24	KISIELNICKA Karolina	138	KTS IRONMAN	K-30	4	00:24:43.05	+00:07:08 (28.9%)	4:56	12.1 (70.8%)
25	ŚWIĘCICKI Tomasz	184		M-40	8	00:24:45.65	+00:07:10 (29.0%)	4:57	12.1 (70.8%)
26	ANDRYSKOWSKI Marek	103	STOWARZYSZENIE 42,2 LĘBORK	M-50	1	00:24:53.00	+00:07:18 (29.4%)	4:58	12.1 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>PRZYTUŁA Wojciech</b>	<b>172</b>		M-40	9	<b>00:25:00.25</b>	+00:07:25 (29.7%)	5:00	12 (70.2%)
28	<b>KRAWIEC Agnieszka</b>	<b>146</b>	CROSSCORE GDAŃSK	K-40	1	<b>00:25:09.10</b>	+00:07:34 (30.1%)	5:01	11.9 (69.6%)
29	<b>FALBA Paweł</b>	<b>122</b>		M-30	9	<b>00:25:13.15</b>	+00:07:38 (30.3%)	5:02	11.9 (69.6%)
30	<b>BRZOZOWSKI Piotr</b>	<b>320</b>	WWW.BRZOZOWSKIPIOTR.PL	M-40	10	<b>00:25:15.70</b>	+00:07:41 (30.4%)	5:03	11.9 (69.6%)
31	<b>ORZECHOWSKI Paweł</b>	<b>168</b>		M-30	10	<b>00:25:17.35</b>	+00:07:42 (30.5%)	5:03	11.9 (69.6%)
32	<b>DASCHKE Michał</b>	<b>118</b>		M-30	11	<b>00:25:24.45</b>	+00:07:49 (30.8%)	5:04	11.8 (69.0%)
33	<b>NAIDON Stefaniia</b>	<b>334</b>	TRÓJMIEJSKA AKADEMIA TRIATHLONU	K-16	1	<b>00:25:43.45</b>	+00:08:08 (31.7%)	5:08	11.7 (68.4%)
34	<b>NOWAKOWSKA Edyta</b>	<b>166</b>	SMOCZA AURA	K-30	5	<b>00:25:53.15</b>	+00:08:18 (32.1%)	5:10	11.6 (67.8%)
35	<b>ROSZYK Paweł</b>	<b>174</b>	JP BIEGAĆ Z PASJĄ	M-60	1	<b>00:25:56.85</b>	+00:08:22 (32.3%)	5:11	11.6 (67.8%)
36	<b>KORPAS Ewa</b>	<b>142</b>	KUNDY PORTOWE	K-40	2	<b>00:26:08.80</b>	+00:08:34 (32.8%)	5:13	11.5 (67.3%)
37	<b>MAKOWSKI Przemek</b>	<b>159</b>	MAKI	M-40	11	<b>00:26:22.90</b>	+00:08:48 (33.4%)	5:16	11.4 (66.7%)
38	<b>WĘGŁOWSKA Gosia</b>	<b>188</b>		K-30	6	<b>00:26:24.40</b>	+00:08:49 (33.4%)	5:16	11.4 (66.7%)
39	<b>KUROWSKI Wojciech</b>	<b>149</b>	WATAHA	M-50	2	<b>00:26:33.75</b>	+00:08:59 (33.8%)	5:18	11.3 (66.1%)
40	<b>LENGIER Lukasz</b>	<b>155</b>		M-40	12	<b>00:26:34.35</b>	+00:08:59 (33.8%)	5:18	11.3 (66.1%)
41	<b>ALEKSIEJUK Aleksandra</b>	<b>102</b>	ACTIVE FLOW	K-18	1	<b>00:26:35.10</b>	+00:09:00 (33.9%)	5:19	11.3 (66.1%)
42	<b>SIEDLARSKI Jan</b>	<b>177</b>		M-30	12	<b>00:26:37.30</b>	+00:09:02 (34.0%)	5:19	11.3 (66.1%)
43	<b>WOŚ Maria</b>	<b>192</b>		K-18	2	<b>00:26:38.00</b>	+00:09:03 (34.0%)	5:19	11.3 (66.1%)
44	<b>JARMOŁOWICZ Beata</b>	<b>134</b>	CTS	K-50	1	<b>00:26:50.00</b>	+00:09:15 (34.5%)	5:22	11.2 (65.5%)
45	<b>GAWRYLCZYK Maciej</b>	<b>124</b>		M-60	2	<b>00:26:59.40</b>	+00:09:24 (34.9%)	5:23	11.1 (64.9%)
46	<b>ZWARA Julia</b>	<b>194</b>	TRI TALENT TEAM	K-16	2	<b>00:27:02.35</b>	+00:09:27 (35.0%)	5:24	11.1 (64.9%)
47	<b>KOZIOŁ Krzysztof</b>	<b>145</b>	FRAYA RUNNING TEAM	M-40	13	<b>00:27:02.95</b>	+00:09:28 (35.0%)	5:24	11.1 (64.9%)
48	<b>BIELIŃSKI Dominik</b>	<b>108</b>	PULK WDDWDPN	M-18	5	<b>00:27:12.05</b>	+00:09:37 (35.4%)	5:26	11 (64.3%)
49	<b>RESZETOW Marta</b>	<b>173</b>	JEPPESEN TEAM	K-18	3	<b>00:27:51.95</b>	+00:10:17 (36.9%)	5:34	10.8 (63.2%)
50	<b>KLEIN Andrzej</b>	<b>139</b>		M-50	3	<b>00:28:03.90</b>	+00:10:29 (37.4%)	5:36	10.7 (62.6%)
51	<b>KARPENKO Liliana</b>	<b>137</b>	LILA	K-50	2	<b>00:28:13.75</b>	+00:10:39 (37.7%)	5:38	10.6 (62.0%)
52	<b>SUCHOMSKI Przemysław</b>	<b>182</b>		M-30	13	<b>00:28:27.90</b>	+00:10:53 (38.2%)	5:41	10.5 (61.4%)
53	<b>BARCZYK Anna</b>	<b>104</b>	SZTAFETA WSZECHCZASÓW	K-50	3	<b>00:28:28.70</b>	+00:10:54 (38.3%)	5:41	10.5 (61.4%)
54	<b>GREBLEWSKI Tomasz</b>	<b>350</b>		M-40	14	<b>00:28:34.30</b>	+00:10:59 (38.5%)	5:42	10.5 (61.4%)
55	<b>ŁUKAWSKI Michał</b>	<b>157</b>	ACTIVE LIFE	M-30	14	<b>00:29:01.50</b>	+00:11:26 (39.4%)	5:48	10.3 (60.2%)
56	<b>TARASZKIEWICZ Maria</b>	<b>185</b>	ACTIVE LIFE	K-18	4	<b>00:29:06.65</b>	+00:11:31 (39.6%)	5:49	10.3 (60.2%)
57	<b>GROTH Joanna</b>	<b>129</b>	SKP ŚLUSAREK KUBIAK PIECZYK	K-30	7	<b>00:29:09.80</b>	+00:11:35 (39.7%)	5:49	10.3 (60.2%)
58	<b>LYTVYN Valentyna</b>	<b>330</b>	RODNIK	K70+	1	<b>00:29:17.00</b>	+00:11:42 (40.0%)	5:51	10.2 (59.6%)
59	<b>MICHALCZYK Mirosława</b>	<b>161</b>	PRUSZCZ BIEGA KOBIETA W BIEGU	K-40	3	<b>00:29:17.80</b>	+00:11:43 (40.0%)	5:51	10.2 (59.6%)
60	<b>JELNICKA Anna</b>	<b>136</b>	BBL AWFIS GDAŃSK	K-50	4	<b>00:30:09.80</b>	+00:12:35 (41.7%)	6:01	10 (58.5%)
61	<b>BENERT Jan</b>	<b>106</b>		M-60	3	<b>00:30:14.05</b>	+00:12:39 (41.9%)	6:02	9.9 (57.9%)
62	<b>CISZKIEWICZ Tomasz</b>	<b>113</b>		M-40	15	<b>00:30:32.75</b>	+00:12:58 (42.5%)	6:06	9.8 (57.3%)
63	<b>CZECHLEWSKA Iwona</b>	<b>115</b>	FIGHTING RUNNERS	K-30	8	<b>00:30:33.30</b>	+00:12:58 (42.5%)	6:06	9.8 (57.3%)
64	<b>STANKIEWICZ Przemek</b>	<b>179</b>		M-40	16	<b>00:30:35.80</b>	+00:13:01 (42.5%)	6:07	9.8 (57.3%)
65	<b>MAKOWSKA Gosia</b>	<b>158</b>	MAKI	K-40	4	<b>00:30:44.90</b>	+00:13:10 (42.8%)	6:08	9.8 (57.3%)
66	<b>NAGÓRSKI Ryszard</b>	<b>163</b>		M-60	4	<b>00:30:46.55</b>	+00:13:11 (42.9%)	6:09	9.8 (57.3%)
67	<b>BUDZIAREK Adam</b>	<b>112</b>	FIGHTING RUNNERS	M-40	17	<b>00:30:53.90</b>	+00:13:19 (43.1%)	6:10	9.7 (56.7%)
68	<b>BARTSCH Aleksandra</b>	<b>105</b>	BIGYELLOWFOOT ADVENTURE TEAM	K-30	9	<b>00:30:57.40</b>	+00:13:22 (43.2%)	6:11	9.7 (56.7%)
69	<b>JĘDRYCH Oliwia</b>	<b>326</b>		K-18	5	<b>00:31:01.85</b>	+00:13:27 (43.4%)	6:12	9.7 (56.7%)
70	<b>GÓRSKA - JARZĄBKOWSKA Marta</b>	<b>128</b>		K-30	10	<b>00:31:04.95</b>	+00:13:30 (43.4%)	6:12	9.7 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	ADAMUS Ewelina	321		K-40	5	00:31:08.65	+00:13:33 (43.6%)	6:13	9.6 (56.1%)
72	AKSAMIT-KROLEWICZ Magdalena	340		K-30	11	00:31:21.40	+00:13:46 (43.9%)	6:16	9.6 (56.1%)
73	KOROL Aleksandra	141		K-40	6	00:31:25.95	+00:13:51 (44.1%)	6:17	9.5 (55.6%)
74	KOWALEWSKA Kinga	327		K-18	6	00:31:42.40	+00:14:07 (44.6%)	6:20	9.5 (55.6%)
75	SADECKA Monika	176		K-18	7	00:31:48.00	+00:14:13 (44.7%)	6:21	9.4 (55.0%)
76	FIGIEL Aleksandra	123		K-30	12	00:32:34.95	+00:15:00 (46.0%)	6:30	9.2 (53.8%)
77	KUSIAK Włodzimierz	150		M70+	1	00:32:35.80	+00:15:01 (46.1%)	6:31	9.2 (53.8%)
78	NABAKOWSKA Barbara	162		K-60	1	00:32:59.10	+00:15:24 (46.7%)	6:35	9.1 (53.2%)
79	MAKLA Andrzej	199		M70+	2	00:33:30.30	+00:15:55 (47.5%)	6:42	9 (52.6%)
80	ZAWIASA Grzegorz	193		M-40	18	00:33:40.90	+00:16:06 (47.8%)	6:44	8.9 (52.0%)
81	BRANICKI Bartosz	111		K-30	13	00:33:55.05	+00:16:20 (48.2%)	6:47	8.8 (51.5%)
82	BENERT-BRANICKA Agnieszka	107		K-30	14	00:33:57.35	+00:16:22 (48.2%)	6:47	8.8 (51.5%)
83	PAŁKA Anna	170	KLUB ZIAJA	K-30	15	00:34:15.95	+00:16:41 (48.7%)	6:51	8.8 (51.5%)
84	KWAŚNIK Marta	152	FIGHTING RUNNERS	K-18	8	00:35:16.70	+00:17:42 (50.2%)	7:03	8.5 (49.7%)
85	GRUŻLEWSKA Anna	131		K-30	16	00:35:47.15	+00:18:12 (50.9%)	7:09	8.4 (49.1%)
86	NOWAK Damian	165		M-30	15	00:35:47.20	+00:18:12 (50.9%)	7:09	8.4 (49.1%)
87	BOGDAŃSKA Agnieszka	197		K-40	7	00:36:27.00	+00:18:52 (51.8%)	7:17	8.2 (48.0%)
88	SZMIDT Grzegorz	198		M-40	19	00:36:28.40	+00:18:53 (51.8%)	7:17	8.2 (48.0%)
89	TROJANOWSKA Bogumiła	186		K-50	5	00:36:34.20	+00:18:59 (51.9%)	7:18	8.2 (48.0%)
90	TYMIŃSKI Krzysztof	187		M70+	3	00:36:38.35	+00:19:03 (52.0%)	7:19	8.2 (48.0%)
91	DEIK Elżbieta	119		K70+	2	00:37:10.75	+00:19:36 (52.7%)	7:26	8.1 (47.4%)
92	GŁODOWSKA Monika	125		K-30	17	00:38:24.65	+00:20:49 (54.2%)	7:40	7.8 (45.6%)
93	ŁUBKOWSKA Grażyna	156	KB	K70+	3	00:39:01.55	+00:21:26 (55.0%)	7:48	7.7 (45.0%)
94	ADAMOWSKI Andrzej	101		M-40	20	00:42:44.00	+00:25:09 (58.9%)	8:32	7 (40.9%)
95	OLEKSIAK Małgorzata	167		K-30	18	00:42:47.80	+00:25:13 (58.9%)	8:33	7 (40.9%)
96	TYMIŃSKA Ewa	96		K-60	2	00:45:38.55	+00:28:03 (61.5%)	9:07	6.6 (38.6%)
97	PAŁASZ Edmund	169		M70+	4	00:46:05.90	+00:28:31 (61.9%)	9:13	6.5 (38.0%)

Znaleziono 97 wynik(ów)