

X BIEG OLIWSKI - 5KM BIEG

B4SPORT
INTELEGENYNE ZAWODY SPORTOWE

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

X Bieg Oliwski

Fundacja Silni Ciałem Niezlomni Duchem

2022-10-29

Gdańsk

5 km



Klasyfikacja: OPEN -M

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	KOŁACIŃSKI Damian	347		M-18	4	00:22:46.50	+00:05:11 (22.8%)	4:33	13.2 (77.2%)
16	STUŁA Rafał	181		M-30	7	00:23:50.30	+00:06:15 (26.3%)	4:46	12.6 (73.7%)
17	JACHIMOWICZ Bartosz	133		M-30	8	00:24:03.95	+00:06:29 (27.0%)	4:48	12.5 (73.1%)
18	BŁAWAT Marcin	109	BORYS TEAM	M-40	5	00:24:16.05	+00:06:41 (27.6%)	4:51	12.4 (72.5%)
19	PATRON Sławomir	349		M-40	6	00:24:28.05	+00:06:53 (28.2%)	4:53	12.3 (71.9%)
20	BŁAWAT Michał	110	SOPOCKI KLUB MORSÓW	M-40	7	00:24:37.80	+00:07:03 (28.6%)	4:55	12.2 (71.3%)
21	ŚWIĘCICKI Tomasz	184		M-40	8	00:24:45.65	+00:07:10 (29.0%)	4:57	12.1 (70.8%)
22	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%)
23	PRZYTUŁA Wojciech	172		M-40	9	00:25:00.25	+00:07:25 (29.7%)	5:00	12 (70.2%)
24	FALBA Paweł	122		M-30	9	00:25:13.15	+00:07:38 (30.3%)	5:02	11.9 (69.6%)
25	BRZOZOWSKI Piotr	320	WWW.BRZOZOWSKIPIOTR.PL	M-40	10	00:25:15.70	+00:07:41 (30.4%)	5:03	11.9 (69.6%)
26	ORZECZOWSKI Paweł	168		M-30	10	00:25:17.35	+00:07:42 (30.5%)	5:03	11.9 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	DASCHKE Michał	118		M-30	11	00:25:24.45	+00:07:49 (30.8%)	5:04	11.8 (69.0%)
28	ROSZYK Paweł	174	JP BIEGAĆ Z PASJĄ	M-60	1	00:25:56.85	+00:08:22 (32.3%)	5:11	11.6 (67.8%)
29	MAKOWSKI Przemek	159	MAKI	M-40	11	00:26:22.90	+00:08:48 (33.4%)	5:16	11.4 (66.7%)
30	KUROWSKI Wojciech	149	WATAHA	M-50	2	00:26:33.75	+00:08:59 (33.8%)	5:18	11.3 (66.1%)
31	LENGIER Lukasz	155		M-40	12	00:26:34.35	+00:08:59 (33.8%)	5:18	11.3 (66.1%)
32	SIEDLARSKI Jan	177		M-30	12	00:26:37.30	+00:09:02 (34.0%)	5:19	11.3 (66.1%)
33	GAWRYLCZYK Maciej	124		M-60	2	00:26:59.40	+00:09:24 (34.9%)	5:23	11.1 (64.9%)
34	KOZIOŁ Krzysztof	145	FRAYA RUNNING TEAM	M-40	13	00:27:02.95	+00:09:28 (35.0%)	5:24	11.1 (64.9%)
35	BIELIŃSKI Dominik	108	PUŁK WDDWDPN	M-18	5	00:27:12.05	+00:09:37 (35.4%)	5:26	11 (64.3%)
36	KLEIN Andrzej	139		M-50	3	00:28:03.90	+00:10:29 (37.4%)	5:36	10.7 (62.6%)
37	SUCHOMSKI Przemysław	182		M-30	13	00:28:27.90	+00:10:53 (38.2%)	5:41	10.5 (61.4%)
38	GREBLEWSKI Tomasz	350		M-40	14	00:28:34.30	+00:10:59 (38.5%)	5:42	10.5 (61.4%)
39	ŁUKAWSKI Michał	157	ACTIVE LIFE	M-30	14	00:29:01.50	+00:11:26 (39.4%)	5:48	10.3 (60.2%)
40	BENERT Jan	106		M-60	3	00:30:14.05	+00:12:39 (41.9%)	6:02	9.9 (57.9%)
41	CISZKIEWICZ Tomasz	113		M-40	15	00:30:32.75	+00:12:58 (42.5%)	6:06	9.8 (57.3%)
42	STANKIEWICZ Przemek	179		M-40	16	00:30:35.80	+00:13:01 (42.5%)	6:07	9.8 (57.3%)
43	NAGÓRSKI Ryszard	163		M-60	4	00:30:46.55	+00:13:11 (42.9%)	6:09	9.8 (57.3%)
44	BUDZIAREK Adam	112	FIGHTING RUNNERS	M-40	17	00:30:53.90	+00:13:19 (43.1%)	6:10	9.7 (56.7%)
45	KUSIAK Włodzimierz	150		M70+	1	00:32:35.80	+00:15:01 (46.1%)	6:31	9.2 (53.8%)
46	MAKŁA Andrzej	199		M70+	2	00:33:30.30	+00:15:55 (47.5%)	6:42	9 (52.6%)
47	ZAWIASA Grzegorz	193		M-40	18	00:33:40.90	+00:16:06 (47.8%)	6:44	8.9 (52.0%)
48	NOWAK Damian	165		M-30	15	00:35:47.20	+00:18:12 (50.9%)	7:09	8.4 (49.1%)
49	SZMIDT Grzegorz	198		M-40	19	00:36:28.40	+00:18:53 (51.8%)	7:17	8.2 (48.0%)
50	TYMIŃSKI Krzysztof	187		M70+	3	00:36:38.35	+00:19:03 (52.0%)	7:19	8.2 (48.0%)
51	ADAMOWSKI Andrzej	101		M-40	20	00:42:44.00	+00:25:09 (58.9%)	8:32	7 (40.9%)
52	PAŁASZ Edmund	169		M70+	4	00:46:05.90	+00:28:31 (61.9%)	9:13	6.5 (38.0%)

Znaleziono 52 wynik(ów)