



# BIEG MORSKIEGO KOMANDOSA 2020 - OPERACJA REKRUT

B4SPORT

**Wydarzenie:** XI Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2020-08-30  
**Miejsce:** Gdynia  
**Dystans:** 7 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

| Msc | Zawodnik                  | Numer | Klub        | Kategoria | Mkat | Czas startu | Czas netto 7km | Czas brutto 7km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|-------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 1   | ŁYŚ Daniel                | 90    |             | Open M    | 1    | 00:00:01    | 00:40:41.10    | 00:40:42.90     |                   | 5:48         | 10.3 (100%) |
| 2   | JÓŻWICKI Karol            | 54    |             | Open M    | 2    | 00:00:05    | 00:42:57.85    | 00:43:03.35     | +00:02:16 (5.3%)  | 6:08         | 9.8 (95.1%) |
| 3   | BUKOWSKI Krzysztof        | H009  | 7 PBOT      | Open M    | 3    | 00:00:01    | 00:43:31.60    | 00:43:33.45     | +00:02:50 (6.5%)  | 6:13         | 9.6 (93.2%) |
| 4   | ZAWADZKI Piotr            | 33    |             | Open M    | 4    | 00:00:02    | 00:44:07.20    | 00:44:09.85     | +00:03:26 (7.8%)  | 6:18         | 9.5 (92.2%) |
| 5   | FIGURA Jakub              | 14    |             | Open M    | 5    | 00:00:05    | 00:45:35.25    | 00:45:40.65     | +00:04:54 (10.8%) | 6:30         | 9.2 (89.3%) |
| 6   | KUCHARSKI Łukasz          | 22    |             | Open M    | 6    | 00:00:06    | 00:46:05.10    | 00:46:11.85     | +00:05:24 (11.7%) | 6:35         | 9.1 (88.3%) |
| 7   | DOMBROWSKI Dawid          | 13    |             | Open M    | 7    | 00:00:05    | 00:47:25.70    | 00:47:31.40     | +00:06:44 (14.2%) | 6:46         | 8.9 (86.4%) |
| 8   | BETIN Radosław            | H058  |             | Open M    | 8    | 00:00:04    | 00:48:32.55    | 00:48:36.80     | +00:07:51 (16.2%) | 6:56         | 8.7 (84.5%) |
| 9   | KMIEĆ Tomasz              | H036  | 7 PBOT      | Open M    | 9    | 00:00:02    | 00:48:38.10    | 00:48:40.50     | +00:07:57 (16.3%) | 6:56         | 8.6 (83.5%) |
| 10  | GOC Jakub                 | H039  | 7 PBOT      | Open M    | 10   | 00:00:03    | 00:49:03.65    | 00:49:07.05     | +00:08:22 (17.1%) | 7:00         | 8.6 (83.5%) |
| 11  | ROMAŃCZUK Tomasz          | 55    |             | Open M    | 11   | 00:00:05    | 00:49:33.40    | 00:49:39.05     | +00:08:52 (17.9%) | 7:04         | 8.5 (82.5%) |
| 12  | GROT Jarosław             | H017  | 7 PBOT      | Open M    | 12   | 00:00:02    | 00:49:38.35    | 00:49:41.30     | +00:08:57 (18.0%) | 7:05         | 8.5 (82.5%) |
| 13  | MATEJCZYK Artur           | 56    |             | Open M    | 13   | 00:00:06    | 00:49:56.40    | 00:50:02.75     | +00:09:15 (18.5%) | 7:08         | 8.4 (81.6%) |
| 14  | DUNAJ Kamil               | 5     |             | Open M    | 14   | 00:00:07    | 00:50:19.10    | 00:50:26.40     | +00:09:38 (19.1%) | 7:11         | 8.3 (80.6%) |
| 15  | WIECZORKOWSKI Maksymilian | H170  |             | Open M    | 15   | 00:00:01    | 00:50:25.25    | 00:50:27.05     | +00:09:44 (19.3%) | 7:12         | 8.3 (80.6%) |
| 16  | DETTLAFF Sebastian        | H008  | 7 PBOT      | Open M    | 16   | 00:00:01    | 00:50:36.00    | 00:50:37.80     | +00:09:54 (19.6%) | 7:13         | 8.3 (80.6%) |
| 17  | KREFT Adam                | 15    |             | Open M    | 17   | 00:00:04    | 00:50:41.45    | 00:50:46.20     | +00:10:00 (19.7%) | 7:14         | 8.3 (80.6%) |
| 18  | KARPOWICZ Grzegorz        | H043  | 7 PBOT      | Open M    | 18   | 00:00:03    | 00:51:15.80    | 00:51:19.45     | +00:10:34 (20.6%) | 7:19         | 8.2 (79.6%) |
| 19  | ZĄBEK Ireneusz            | A007  | BRO.4CE     | Open M    | 19   | 00:00:02    | 00:52:49.80    | 00:52:52.00     | +00:12:08 (23.0%) | 7:32         | 7.9 (76.7%) |
| 20  | FRYDRYCH Artur            | 84    |             | Open M    | 20   | 00:00:04    | 00:53:25.95    | 00:53:30.15     | +00:12:44 (23.9%) | 7:38         | 7.9 (76.7%) |
| 21  | WOŁODKO Beniamin          | 103   |             | Open M    | 21   | 00:00:04    | 00:54:25.35    | 00:54:29.40     | +00:13:44 (25.2%) | 7:46         | 7.7 (74.8%) |
| 22  | CEGIEŁKA Dawid            | A006  | KS BACHMATY | Open M    | 22   | 00:00:03    | 00:55:09.20    | 00:55:12.80     | +00:14:28 (26.2%) | 7:52         | 7.6 (73.8%) |
| 23  | BŁASZCZYK Tomasz          | 17    |             | Open M    | 23   | 00:00:09    | 00:59:03.65    | 00:59:12.75     | +00:18:22 (31.1%) | 8:26         | 7.1 (68.9%) |
| 24  | BARSKI Dominik            | 27    |             | Open M    | 24   | 00:00:06    | 00:59:49.30    | 00:59:55.50     | +00:19:08 (32.0%) | 8:32         | 7 (68.0%)   |
| 25  | GAŚSIOROWSKI Rafał        | 4     |             | Open M    | 25   | 00:00:08    | 01:01:12.70    | 01:01:21.40     | +00:20:31 (33.5%) | 8:44         | 6.9 (67.0%) |
| 26  | DUBAS Bartosz             | 10    |             | Open M    | 26   | 00:00:08    | 01:02:44.70    | 01:02:53.65     | +00:22:03 (35.2%) | 8:57         | 6.7 (65.0%) |
| 27  | STENKA Aleksander         | 20    |             | Open M    | 27   | 00:00:07    | 01:02:47.40    | 01:02:54.80     | +00:22:06 (35.2%) | 8:58         | 6.7 (65.0%) |
| 28  | WRÓBLEWSKI Rafał          | 51    |             | Open M    | 28   | 00:00:05    | 01:02:55.45    | 01:03:00.75     | +00:22:14 (35.3%) | 8:59         | 6.7 (65.0%) |
| 29  | KOWALSKI Piotr            | 9     |             | Open M    | 29   | 00:00:04    | 01:03:03.75    | 01:03:08.55     | +00:22:22 (35.5%) | 9:00         | 6.7 (65.0%) |

| Msc | Zawodnik                        | Numer | Klub   | Kategoria | Mkat | Czas startu | Czas netto 7km | Czas brutto 7km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------------|-------|--------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 30  | WYŁUDA Marcin                   | 49    |        | Open M    | 30   | 00:00:05    | 01:04:01.20    | 01:04:06.55     | +00:23:20 (36.4%) | 9:08         | 6.6 (64.1%) |
| 31  | SŁOWIŃSKI Adam                  | H033  | 7 PBOT | Open M    | 31   | 00:00:04    | 01:05:09.10    | 01:05:13.10     | +00:24:28 (37.6%) | 9:18         | 6.4 (62.1%) |
| 32  | HILLER Maciej                   | 85    |        | Open M    | 32   | 00:00:05    | 01:05:17.95    | 01:05:23.65     | +00:24:36 (37.7%) | 9:19         | 6.4 (62.1%) |
| 33  | WIETESKA Grzegorz               | 73    |        | Open M    | 33   | 00:00:08    | 01:06:20.30    | 01:06:29.15     | +00:25:39 (38.7%) | 9:28         | 6.3 (61.2%) |
| 34  | JANOSZ Dawid                    | 52    |        | Open M    | 34   | 00:00:04    | 01:07:14.55    | 01:07:18.60     | +00:26:33 (39.5%) | 9:36         | 6.2 (60.2%) |
| 35  | PASZKO Zbigniew                 | H012  | 7 PBOT | Open M    | 35   | 00:00:02    | 01:09:01.55    | 01:09:03.95     | +00:28:20 (41.1%) | 9:51         | 6.1 (59.2%) |
| 36  | SIWAK Szymon                    | H113  |        | Open M    | 36   | 00:00:08    | 01:10:30.50    | 01:10:38.60     | +00:29:49 (42.3%) | 10:04        | 6 (58.3%)   |
| 37  | SALAMANDRA Tomasz               | 80    |        | Open M    | 37   | 00:00:02    | 01:11:10.70    | 01:11:13.35     | +00:30:29 (42.8%) | 10:10        | 5.9 (57.3%) |
| 38  | BREVI Leonardo                  | 57    |        | Open M    | 38   | 00:00:04    | 01:12:08.45    | 01:12:12.85     | +00:31:27 (43.6%) | 10:18        | 5.8 (56.3%) |
| 39  | KOSCHEMBAHR ŁYSKOWSKI Konstanty | A024  |        | Open M    | 39   | 00:00:07    | 01:12:32.15    | 01:12:40.00     | +00:31:51 (43.9%) | 10:21        | 5.8 (56.3%) |
| 40  | NOWICKI Paweł                   | 60    |        | Open M    | 40   | 00:00:10    | 01:13:54.45    | 01:14:05.00     | +00:33:13 (45.0%) | 10:33        | 5.7 (55.3%) |
| 41  | GEREJ Szymon                    | 19    |        | Open M    | 41   | 00:00:10    | 01:13:55.20    | 01:14:05.80     | +00:33:14 (45.0%) | 10:33        | 5.7 (55.3%) |
| 42  | GOLDER Łukasz                   | H200  |        | Open M    | 42   | 00:00:10    | 01:14:05.95    | 01:14:16.30     | +00:33:24 (45.1%) | 10:35        | 5.7 (55.3%) |
| 43  | BOGDEVIC Anna                   | H076  |        | Open M    | 43   | 00:00:03    | 01:14:26.90    | 01:14:30.60     | +00:33:45 (45.4%) | 10:38        | 5.6 (54.4%) |
| 44  | DOWGIAŁO Robert                 | 50    |        | Open M    | 44   | 00:00:04    | 01:14:34.05    | 01:14:38.25     | +00:33:52 (45.4%) | 10:39        | 5.6 (54.4%) |
| 45  | ANDRZEJEWSKI Mariusz            | 28    |        | Open M    | 45   | 00:00:05    | 01:14:43.10    | 01:14:48.25     | +00:34:02 (45.5%) | 10:40        | 5.6 (54.4%) |
| 46  | SZWARC Andrzej                  | H037  | 7 PBOT | Open M    | 46   | 00:00:02    | 01:15:10.65    | 01:15:13.60     | +00:34:29 (45.9%) | 10:44        | 5.6 (54.4%) |
| 47  | DOMARECKI Marek                 | 7     |        | Open M    | 47   | 00:00:07    | 01:16:01.60    | 01:16:08.60     | +00:35:20 (46.5%) | 10:51        | 5.5 (53.4%) |
| 48  | WYSZOMIRSKI Konstanty           | 23    |        | Open M    | 48   | 00:00:05    | 01:16:11.50    | 01:16:16.60     | +00:35:30 (46.6%) | 10:53        | 5.5 (53.4%) |
| 49  | S Tom                           | 44    |        | Open M    | 49   | 00:00:04    | 01:17:39.75    | 01:17:43.80     | +00:36:58 (47.6%) | 11:05        | 5.4 (52.4%) |
| 50  | DOMZAŁA Paweł                   | 31    |        | Open M    | 50   | 00:00:05    | 01:18:29.55    | 01:18:35.50     | +00:37:48 (48.2%) | 11:12        | 5.4 (52.4%) |
| 51  | WEILAND Adrian                  | 62    |        | Open M    | 51   | 00:00:04    | 01:18:34.45    | 01:18:39.30     | +00:37:53 (48.2%) | 11:13        | 5.3 (51.5%) |
| 52  | RODACKA WIŚNIEWSKA Marzena      | H194  | 7 PBOT | Open M    | 52   | 00:00:02    | 01:20:09.05    | 01:20:11.55     | +00:39:27 (49.2%) | 11:27        | 5.2 (50.5%) |
| 53  | NARKUN Agnieszka                | H098  |        | Open M    | 53   | 00:00:02    | 01:21:11.90    | 01:21:14.85     | +00:40:30 (49.9%) | 11:36        | 5.2 (50.5%) |
| 54  | SZYDŁOWSKI Marcin               | H093  |        | Open M    | 54   | 00:00:03    | 01:21:29.90    | 01:21:33.80     | +00:40:48 (50.1%) | 11:38        | 5.2 (50.5%) |
| 55  | SPYCHALSKI Tomasz               | H109  | 7 PBOT | Open M    | 55   | 00:00:03    | 01:21:30.10    | 01:21:33.10     | +00:40:49 (50.1%) | 11:38        | 5.2 (50.5%) |
| 56  | WORMS Seweryn                   | H147  |        | Open M    | 56   | 00:00:03    | 01:22:02.15    | 01:22:05.60     | +00:41:21 (50.4%) | 11:43        | 5.1 (49.5%) |
| 57  | GŁOWACKI Andrzej                | 88    |        | Open M    | 57   | 00:00:08    | 01:24:10.80    | 01:24:19.20     | +00:43:29 (51.7%) | 12:01        | 5 (48.5%)   |
| 58  | - Jan                           | 86    |        | Open M    | 58   | 00:00:04    | 01:31:33.40    | 01:31:38.20     | +00:50:52 (55.6%) | 13:04        | 4.6 (44.7%) |
| 59  | DROGOSZ Tomasz                  | H027  |        | Open M    | 59   | 00:00:04    | 01:43:47.30    | 01:43:52.05     | +01:03:06 (60.8%) | 14:49        | 4 (38.8%)   |
| 60  | WYDRA Marek                     | 40    |        | Open M    | 60   | 00:00:08    | 01:46:53.05    | 01:47:01.60     | +01:06:11 (61.9%) | 15:16        | 3.9 (37.9%) |
| 61  | SĘKOWSKI Piotr                  | 24    |        | Open M    | 61   | 00:00:01    |                |                 |                   |              | (0.0%)      |
| DNC | TREMBOWSKI Szymon               | H080  | BRAK   | Open M    |      | 00:00:04    | 01:05:05.45    | 01:05:10.25     |                   | 0:00         | 6.5 (63.1%) |

Znaleziono 62 wynik(ów)