



BIEG MORSKIEGO KOMANDOSA 2019 - HARD 22KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Event: X Bieg Morskiego Komandosa
Organiser: OCR Events
Date: 2019-08-31
Place: Gdynia
Distance: 22 km

Classification: 04:45

Place	Participant	Number	Club	Category	MCat	Start time	Penalty/ bonus	Net time 22km	Czas brutto 22km	Gap	Pace min/km	Pace km/h
1	GOLIANEK Krzysztof	A023		Hard Hist - M	1	00:00:00		03:33:09.05	03:33:09.05		9:41	6.2 (100%)
2	KANAWKA Grzegorz	A036		Hard Hist - M	2	00:00:00		03:37:39.25	03:37:39.25	+00:04:30 (2.1%)	9:53	6.1 (98.4%)
3	NIEDŹWIECKI Damian	A055	17 WBZ	Hard Hist - M	4	00:00:00		04:02:10.35	04:02:10.35	+00:29:01 (12.0%)	11:00	5.5 (88.7%)
4	FARKOWSKI Konrad	A013	KONIUCHY OCR	Hard Hist - M	5	00:00:00	00:20:00	04:03:09.00	04:03:09.00	+00:29:59 (12.3%)	10:08	5.9 (95.2%)
5	NIEDZIELSKI Mirosław	A054		Hard Hist - M	6	00:00:00		04:07:42.00	04:07:42.00	+00:34:32 (13.9%)	11:15	5.3 (85.5%)
6	GŁOWACKI Adrian	A022		Hard Hist - M	7	00:00:00		04:18:31.65	04:18:31.65	+00:45:22 (17.6%)	11:45	5.1 (82.3%)
7	ŁAKOMY Paweł	A044		Hard Hist - M	9	00:00:00		04:22:02.00	04:22:02.00	+00:48:52 (18.7%)	11:54	5 (80.6%)
8	ŁYŚ Daniel	A090	JW1889, 1 BZ	Hard Hist - M	10	00:00:00		04:22:02.65	04:22:02.65	+00:48:53 (18.7%)	11:54	5 (80.6%)
Przekroczony limit czasu: 04:30:00												
9	CIEŚLAK Roman	A010	17 WBZ	Hard Hist - M	14	00:00:00		04:30:53.90	04:30:53.90	+00:57:44 (21.3%)	12:18	4.9 (79.0%)
10	MALACH Dariusz	A048	CISI I WALECZNI	Hard Hist - M	16	00:00:00		04:35:37.00	04:35:37.00	+01:02:27 (22.7%)	12:31	4.8 (77.4%)
11	SYLDATK Adam	A078	PRONESTA TEAM	Hard Hist - M	17	00:00:00		04:41:14.05	04:41:14.05	+01:08:05 (24.2%)	12:47	4.7 (75.8%)
12	MORAWSKI Piotr	A053	NOWOHUCKI KOMBINAT SPORTOWY	Hard Hist - M	21	00:00:00	00:20:00	04:53:38.00	04:53:38.00	+01:20:28 (27.4%)	12:26	4.8 (77.4%)
13	SZCZESNY Max	A079	LENIWE KOCURY	Hard Hist - M	22	00:00:00		05:05:37.90	05:05:37.90	+01:32:28 (30.3%)	13:53	4.3 (69.4%)
14	TROCHA Martyna	A081	CISI I WALECZNI	Hard Hist - K	2	00:00:00		05:14:17.00	05:14:17.00	+01:41:07 (32.2%)	14:17	4.2 (67.7%)
15	STRONGOWSKI Sebastian	A075		Hard Hist - M	29	00:00:00		05:22:07.15	05:22:07.15	+01:48:58 (33.8%)	14:38	4.1 (66.1%)
16	WARZYŃSKI Adrian	A083	HUSARIA RACE TEAM	Hard Hist - M	37	00:00:00	00:20:00	05:39:16.00	05:39:16.00	+02:06:06 (37.2%)	14:30	4.1 (66.1%)
17	WLAŻLAK Damian	A085	DROGA DO ULTRA	Hard Hist - M	43	00:00:00	00:20:00	06:06:30.00	06:06:30.00	+02:33:20 (41.8%)	15:45	3.8 (61.3%)
DQ	MOLENDALIP Alicja	A052		Hard Hist - K		DQ		07:51:33.95 DQ	DQ		0:00	2.8 (45.2%)

Total 18 results.