



# BIEG MORSKIEGO KOMANDOSA 2019 - HARD 22KM

B4SPORT

**Wydarzenie:** X Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2019-08-31  
**Miejsce:** Gdynia  
**Dystans:** 22 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: 08:09

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>DURKA Paweł</b>	<b>H024</b>	KONIUCHY OCR	Hard 1 - M	44	00:00:00		<b>05:09:20.55</b>	<b>05:09:20.55</b>		14:03	4.3 (100%)
2	<b>GRYKA Małkorm</b>	<b>H037</b>	JW1696	Hard 1 - M	56	00:00:00		<b>05:31:40.25</b>	<b>05:31:40.25</b>	+00:22:19 (6.7%)	15:04	4 (93.0%)
3	<b>SZYNSZECKI Zenon</b>	<b>H150</b>		Hard 1 - M	57	00:00:00		<b>05:33:10.50</b>	<b>05:33:10.50</b>	+00:23:49 (7.2%)	15:08	4 (93.0%)
4	<b>POLAŃSKI Jerzy</b>	<b>H108</b>		Hard 1 - M	64	00:00:00		<b>05:42:36.35</b>	<b>05:42:36.35</b>	+00:33:15 (9.7%)	15:34	3.9 (90.7%)
5	<b>PROKOP Piotrek</b>	<b>H113</b>		Hard 1 - M	68	00:00:00		<b>05:48:41.70</b>	<b>05:48:41.70</b>	+00:39:21 (11.3%)	15:50	3.8 (88.4%)
6	<b>GDOWSKI Filip</b>	<b>H030</b>		Hard 1 - M	69	00:00:00		<b>05:50:32.65</b>	<b>05:50:32.65</b>	+00:41:12 (11.8%)	15:56	3.8 (88.4%)
7	<b>GRABOWSKA Joanna</b>	<b>H035</b>	8 KP - WOT/ 81 BLP	Hard 1 - K	3	00:00:00		<b>05:51:16.40</b>	<b>05:51:16.40</b>	+00:41:55 (11.9%)	15:58	3.8 (88.4%)
8	<b>NĘDZUSIAK Dariusz</b>	<b>H089</b>	SPC	Hard 1 - M	70	00:00:00		<b>05:51:16.75</b>	<b>05:51:16.75</b>	+00:41:56 (11.9%)	15:58	3.8 (88.4%)
9	<b>KOLARCZYK Piotr</b>	<b>H052</b>		Hard 1 - M	76	00:00:00		<b>05:54:19.50</b>	<b>05:54:19.50</b>	+00:44:58 (12.7%)	16:06	3.7 (86.0%)
10	<b>PARZYŃSKI Łukasz</b>	<b>H100</b>	JW 2189	Hard 1 - M	84	00:00:00		<b>05:57:46.60</b>	<b>05:57:46.75</b>	+00:48:26 (13.5%)	16:15	3.7 (86.0%)
11	<b>SŁOWIKOWSKI Tomasz</b>	<b>H130</b>	JW 2189	Hard 1 - M	88	00:00:00		<b>06:00:59.00</b>	<b>06:00:59.45</b>	+00:51:38 (14.3%)	16:24	3.7 (86.0%)
12	<b>SADOWSKI Adam</b>	<b>H122</b>		Hard 1 - M	94	00:00:00		<b>06:07:42.25</b>	<b>06:07:42.25</b>	+00:58:21 (15.9%)	16:42	3.6 (83.7%)
13	<b>GRZYBOWSKI Patryk</b>	<b>H039</b>		Hard 1 - M	100	00:00:00		<b>06:22:09.30</b>	<b>06:22:09.30</b>	+01:12:48 (19.1%)	17:22	3.5 (81.4%)
14	<b>TRUN Marcin</b>	<b>H159</b>		Hard 1 - M	101	00:00:00		<b>06:24:46.95</b>	<b>06:24:46.95</b>	+01:15:26 (19.6%)	17:29	3.4 (79.1%)
15	<b>WITEK Michał</b>	<b>H167</b>		Hard 1 - M	103	00:00:00		<b>06:27:04.05</b>	<b>06:27:04.05</b>	+01:17:43 (20.1%)	17:35	3.4 (79.1%)
16	<b>NOSEK Łukasz</b>	<b>H091</b>		Hard 1 - M	106	00:00:00		<b>06:30:54.95</b>	<b>06:30:54.95</b>	+01:21:34 (20.9%)	17:46	3.4 (79.1%)
17	<b>WRÓBEL Marcin</b>	<b>H172</b>		Hard 1 - M	109	00:00:00		<b>06:43:10.75</b>	<b>06:43:10.75</b>	+01:33:50 (23.3%)	18:19	3.3 (76.7%)
18	<b>RADZIEJEWSKI Paweł</b>	<b>H116</b>		Hard 1 - M	110	00:00:00		<b>06:43:27.35</b>	<b>06:43:27.35</b>	+01:34:06 (23.3%)	18:20	3.3 (76.7%)
19	<b>WŁODARCZYK Teresa</b>	<b>H157</b>	SPC	Hard 1 - K	7	00:00:00		<b>06:44:16.35</b>	<b>06:44:16.35</b>	+01:34:55 (23.5%)	18:22	3.3 (76.7%)
20	<b>MODZELEWSKA Karolina</b>	<b>H087</b>	SPC	Hard 1 - K	8	00:00:00		<b>06:44:16.55</b>	<b>06:44:16.55</b>	+01:34:56 (23.5%)	18:22	3.3 (76.7%)
21	<b>JANISZEWSKI Andrzej</b>	<b>H045</b>	CWAŁUJĄCE ŻÓŁWIE	Hard 1 - M	118	00:00:00	00:40:00	<b>07:17:06.00</b>	<b>07:17:06.00</b>	+02:07:45 (29.2%)	18:03	3.3 (76.7%)
22	<b>FIRMANTY Przemysław</b>	<b>H027</b>		Hard 1 - M	121	00:00:00	01:00:00	<b>07:38:22.00</b>	<b>07:38:23.00</b>	+02:29:01 (32.5%)	18:06	3.3 (76.7%)

Znaleziono 22 wynik(ów)