



BIEG MORSKIEGO KOMANDOSA 2019 - OPERACJA REKRUT

B4SPORT

Event: X Bieg Morskiego Komandosa
Organiser: OCR Events
Date: 2019-09-01
Place: Gdynia
Distance: 7 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
1	KOPCZYŃSKI Szymon	349		Open M	1	00:00:00	00:38:59.35	00:38:59.40		5:34	10.8 (100%)
2	TUSK Paweł	426	AKADEMIA MARYNARKI WOJENNEJ	Open M	2	00:00:00	00:47:03.35	00:47:04.00	+00:08:04 (17.1%)	6:43	8.9 (82.4%)
3	MĘCZKOWSKI Bartłomiej	368		Open M	3	00:00:06	00:47:10.55	00:47:17.40	+00:08:11 (17.4%)	6:44	8.9 (82.4%)
4	KOSIOREK Jakub	351	HASIORNIK	Open M	4	00:00:05	00:48:04.90	00:48:09.95	+00:09:05 (18.9%)	6:52	8.7 (80.6%)
5	SKOWROŃSKI Andrzej	430		Open M	5	00:00:00	00:50:34.70	00:50:35.20	+00:11:35 (22.9%)	7:13	8.3 (76.9%)
6	CZEKAJ Łukasz	314		Open M	6	00:00:03	00:53:51.00	00:53:54.25	+00:14:51 (27.6%)	7:41	7.8 (72.2%)
7	KAMIŃSKI Adam	342		Open M	7	00:00:00	00:54:24.85	00:54:25.50	+00:15:25 (28.3%)	7:46	7.7 (71.3%)
8	PTASZNIK Michał	384	HARPAGAN TEAM BYDGOSZCZ	Open M	8	00:00:01	00:56:00.10	00:56:01.70	+00:17:00 (30.4%)	8:00	7.5 (69.4%)
9	ŚWINIARSKI Paweł	398		Open M	9	00:00:03	00:56:19.55	00:56:22.80	+00:17:20 (30.8%)	8:02	7.5 (69.4%)
10	FIGURA Mateusz	320		Open M	10	00:00:00	00:56:39.15	00:56:39.15	+00:17:39 (31.2%)	8:05	7.4 (68.5%)
11	DOMBROWSKI Dawid	315		Open M	11	00:00:00	00:57:31.60	00:57:32.25	+00:18:32 (32.2%)	8:13	7.3 (67.6%)
12		430				00:00:00	00:57:37.35	00:57:38.00	+00:18:38 (32.3%)	8:14	7.3 (67.6%)
13	ROGOZIŃSKA Żaklina	388		Open K	1	00:00:00	00:57:38.35	00:57:38.70	+00:18:39 (32.4%)	8:14	7.3 (67.6%)
14	OGRABEK Kamil	378		Open M	12	00:00:06	00:57:47.25	00:57:53.25	+00:18:47 (32.5%)	8:15	7.3 (67.6%)
15	WIŚNIEWSKI Mariusz	402		Open M	13	00:00:02	00:59:00.90	00:59:03.30	+00:20:01 (33.9%)	8:25	7.1 (65.7%)
16	TESKA Michał	399	TESKA	Open M	14	00:00:10	01:00:04.45	01:00:14.50	+00:21:05 (35.1%)	8:34	7 (64.8%)
17	STASZKIEWICZ Damian	394	SAINT - GOBAIN SQUAD	Open M	15	00:00:03	01:00:38.15	01:00:42.00	+00:21:38 (35.7%)	8:39	6.9 (63.9%)
18	MAJEWSKI Jacek	365		Open M	16	00:00:07	01:01:35.45	01:01:43.15	+00:22:36 (36.7%)	8:48	6.8 (63.0%)
19	FIGURA Jakub	321		Open M	17	00:00:01	01:02:07.65	01:02:08.95	+00:23:08 (37.2%)	8:52	6.8 (63.0%)
20	DUBAS Bartosz	316	OTCHŁAŃ HADESU	Open M	18	00:00:04	01:02:37.00	01:02:41.65	+00:23:37 (37.7%)	8:56	6.7 (62.0%)
21	MATYSIUK Patryk	367		Open M	19	00:00:03	01:02:55.65	01:02:58.80	+00:23:56 (38.0%)	8:59	6.7 (62.0%)
22	HAFFKE Krzysztof	333		Open M	20	00:00:07	01:03:20.30	01:03:27.70	+00:24:20 (38.4%)	9:02	6.6 (61.1%)
23	GODLEWSKA Hanna	352		Open K	2	00:00:05	01:03:33.10	01:03:38.75	+00:24:33 (38.6%)	9:04	6.6 (61.1%)
24	BUDNIAKIEWICZ Michał	308	MONAR MATARNIA	Open M	21	00:00:02	01:04:13.10	01:04:15.30	+00:25:13 (39.3%)	9:10	6.5 (60.2%)
25	GRABOWSKI Mateusz	330		Open M	22	00:00:01	01:04:43.70	01:04:45.40	+00:25:44 (39.8%)	9:14	6.5 (60.2%)
26	ZWOLIŃSKI Marcin	408	LECYMY DURŚ	Open M	23	00:00:01	01:04:47.70	01:04:49.40	+00:25:48 (39.8%)	9:15	6.5 (60.2%)
27	KURZAK Szymon	363		Open M	24	00:00:03	01:04:56.60	01:04:59.70	+00:25:57 (40.0%)	9:16	6.5 (60.2%)
28	RENIECKI Mateusz	387	MONAR MATARNIA	Open M	25	00:00:05	01:05:08.65	01:05:13.90	+00:26:09 (40.1%)	9:18	6.4 (59.3%)
29	GAŚSIOROWSKI Rafał	323	BIGYELLOWFOOT	Open M	26	00:00:02	01:05:40.70	01:05:43.40	+00:26:41 (40.6%)	9:23	6.4 (59.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
30	GIEJŁO Monika	348		Open K	3	00:00:08	01:05:44.35	01:05:52.95	+00:26:45 (40.7%)	9:23	6.4 (59.3%)
31	GLAZA Michał	325		Open M	27	00:00:03	01:06:14.65	01:06:17.75	+00:27:15 (41.1%)	9:27	6.3 (58.3%)
32	BŁASZCZYK Tomasz	305		Open M	28	00:00:07	01:06:23.50	01:06:30.65	+00:27:24 (41.3%)	9:29	6.3 (58.3%)
33	KUBJATKO Michał	360	OTCHŁAŃ HADESU	Open M	29	00:00:04	01:07:14.55	01:07:19.25	+00:28:15 (42.0%)	9:36	6.2 (57.4%)
34	CICHOCKA Martyna	313	KONTENER FORMY	Open K	4	00:00:09	01:07:37.05	01:07:46.15	+00:28:37 (42.3%)	9:39	6.2 (57.4%)
35	KOWALIK Bartłomiej	415		Open M	30	00:00:08	01:07:56.15	01:08:05.10	+00:28:56 (42.6%)	9:42	6.2 (57.4%)
36	MOKRZAN Mikołaj	372		Open M	31	00:00:04	01:08:12.60	01:08:16.60	+00:29:13 (42.8%)	9:44	6.2 (57.4%)
37	HAŁUSZCZAK Michał	334		Open M	32	00:00:03	01:08:44.40	01:08:47.90	+00:29:45 (43.3%)	9:49	6.1 (56.5%)
38	SZMIT Mikołaj	397		Open M	33	00:00:06	01:09:16.65	01:09:22.70	+00:30:17 (43.7%)	9:53	6.1 (56.5%)
39	NAWROCKI Krzysztof	374		Open M	34	00:00:04	01:09:27.70	01:09:32.25	+00:30:28 (43.9%)	9:55	6 (55.6%)
40	KORNATOWSKI Kamil	350		Open M	35	00:00:04	01:10:29.05	01:10:33.10	+00:31:29 (44.7%)	10:04	6 (55.6%)
41	OPALA Anna	379		Open K	5	00:00:02	01:10:36.65	01:10:39.15	+00:31:37 (44.8%)	10:05	5.9 (54.6%)
42	BARANOWSKA Dorota	303		Open K	6	00:00:02	01:12:15.75	01:12:18.40	+00:33:16 (46.0%)	10:19	5.8 (53.7%)
43		428				00:00:07	01:13:01.90	01:13:09.45	+00:34:02 (46.6%)	10:26	5.8 (53.7%)
44	ZIELINSKI Pawel	404	PWC RUN TEAM	Open M	36	00:00:10	01:13:18.40	01:13:29.30	+00:34:19 (46.8%)	10:28	5.7 (52.8%)
45	JANIK Katarzyna	337	MONAR MATARNIA	Open K	7	00:00:05	01:14:09.15	01:14:14.60	+00:35:09 (47.4%)	10:35	5.7 (52.8%)
46	MOKRZAN Marek	371		Open M	37	00:00:04	01:16:00.85	01:16:05.05	+00:37:01 (48.7%)	10:51	5.5 (50.9%)
47	KULWICKI Karol	361		Open M	38	00:00:03	01:16:28.50	01:16:32.30	+00:37:29 (49.0%)	10:55	5.5 (50.9%)
48	NEGOWSKA Małgorzata	375		Open K	8	00:00:08	01:17:14.25	01:17:22.30	+00:38:14 (49.5%)	11:02	5.4 (50.0%)
49	MAKIŁA Jarosław	366		Open M	39	00:00:08	01:17:14.95	01:17:23.15	+00:38:15 (49.5%)	11:02	5.4 (50.0%)
50	GŁOWACKI Mieszko	328		Open M	40	00:00:02	01:18:14.65	01:18:17.15	+00:39:15 (50.2%)	11:10	5.4 (50.0%)
51	GŁOWACKI Adrian	421		Open M	41	00:00:02	01:18:15.50	01:18:17.55	+00:39:16 (50.2%)	11:10	5.4 (50.0%)
52	NOWICKI Patryk	376		Open M	42	00:00:01	01:19:54.00	01:19:55.40	+00:40:54 (51.2%)	11:24	5.3 (49.1%)
53	GROSICKI Szymon	332	MONAR MATARNIA	Open M	43	00:00:05	01:20:01.90	01:20:07.45	+00:41:02 (51.3%)	11:26	5.2 (48.1%)
54	JAŹDŻEWSKA Elżbieta	340	BEST BEASTS	Open K	9	00:00:05	01:20:22.15	01:20:27.50	+00:41:22 (51.5%)	11:28	5.2 (48.1%)
55	GLICA Rafał	326	MONAR MATARNIA	Open M	44	00:00:04	01:20:42.50	01:20:47.35	+00:41:43 (51.7%)	11:31	5.2 (48.1%)
56	KRAJEWSKI Jakub	354		Open M	45	00:00:00	01:20:56.80	01:20:56.80	+00:41:57 (51.8%)	11:33	5.2 (48.1%)
57	ZIEMBLA Wojciech	406		Open M	46	00:00:03	01:21:28.45	01:21:32.30	+00:42:29 (52.1%)	11:38	5.2 (48.1%)
58	WARCHLEWSKI Mriusz	412		Open M	47	00:00:09	01:21:55.00	01:22:04.55	+00:42:55 (52.4%)	11:42	5.1 (47.2%)
59	- -	300				00:00:04	01:21:55.90	01:22:00.55	+00:42:56 (52.4%)	11:42	5.1 (47.2%)
60	ZIELONKA Łukasz	405	MONAR MATARNIA	Open M	48	00:00:04	01:21:57.45	01:22:02.15	+00:42:58 (52.4%)	11:42	5.1 (47.2%)
61	PHILIPP Grzegorz	381		Open M	49	00:00:08	01:23:29.00	01:23:37.20	+00:44:29 (53.3%)	11:55	5 (46.3%)
62	JASIŃSKI Adam	339		Open M	50	00:00:07	01:23:30.35	01:23:38.10	+00:44:31 (53.3%)	11:55	5 (46.3%)
63	KUBICKI Łukasz	359		Open M	51	00:00:08	01:23:31.15	01:23:39.45	+00:44:31 (53.3%)	11:55	5 (46.3%)
64	S Tom	389	FTW	Open M	52	00:00:03	01:24:56.60	01:24:59.90	+00:45:57 (54.1%)	12:08	4.9 (45.4%)
65	JAGODZIŃSKI Krzysztof	335		Open M	53	00:00:01	01:25:57.85	01:25:59.75	+00:46:58 (54.6%)	12:16	4.9 (45.4%)
66	KARCZEWSKI Mariusz	344		Open M	54	00:00:08	01:27:12.05	01:27:20.20	+00:48:12 (55.3%)	12:27	4.8 (44.4%)
67	KARCZEWSKI Tomasz	345		Open M	55	00:00:07	01:27:13.95	01:27:21.05	+00:48:14 (55.3%)	12:27	4.8 (44.4%)
68	BABINSKI Błażej	302		Open M	56	00:00:06	01:27:14.15	01:27:20.50	+00:48:14 (55.3%)	12:27	4.8 (44.4%)
69	CHUDZIŃSKI Krystian	312		Open M	57	00:00:01	01:27:22.85	01:27:24.55	+00:48:23 (55.4%)	12:29	4.8 (44.4%)
70	KLIMKIEWICZ Beata	347		Open K	10	00:00:08	01:27:48.10	01:27:56.70	+00:48:48 (55.6%)	12:32	4.8 (44.4%)
71	SPICA Andrzej	393		Open M	58	00:00:00	01:28:13.00	01:28:13.00	+00:49:13 (55.8%)	12:36	4.8 (44.4%)
72	SYLDATK Katarzyna	396	KONTENER FORMY	Open K	11	00:00:09	01:30:49.10	01:30:58.50	+00:51:49 (57.1%)	12:58	4.6 (42.6%)
73	MILEWSKA Anna	370		Open K	12	00:00:06	01:35:39.85	01:35:46.80	+00:56:40 (59.2%)	13:40	4.4 (40.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
74	BUCZYŃSKA Karolina	307		Open K	13	00:00:06	01:35:40.20	01:35:47.10	+00:56:40 (59.2%)	13:40	4.4 (40.7%)
75	PUSZKO Krzysztof	385	ŻARTA WATAHA	Open M	59	00:00:05	01:36:39.55	01:36:45.30	+00:57:40 (59.7%)	13:48	4.3 (39.8%)
76	ARENDT Agnieszka	301	ŻARTA WATAHA	Open K	14	00:00:06	01:36:44.50	01:36:50.85	+00:57:45 (59.7%)	13:49	4.3 (39.8%)
77	MICHAŁOWSKA-DYMEK Joanna	369	ŻARTA WATAHA	Open K	15	00:00:06	01:36:44.80	01:36:50.85	+00:57:45 (59.7%)	13:49	4.3 (39.8%)
78	SLABY Arkadiusz	392	PWC RUNTEAM	Open M	60	00:00:12	01:36:58.10	01:37:10.50	+00:57:58 (59.8%)	13:51	4.3 (39.8%)
79	KRYSIAK Michalina	358		Open K	16	00:00:02	01:37:12.25	01:37:14.80	+00:58:12 (59.9%)	13:53	4.3 (39.8%)
80	RADZIKOWSKA Aleksandra	386		Open K	17	00:00:01	01:37:20.30	01:37:21.40	+00:58:20 (59.9%)	13:54	4.3 (39.8%)
81	NOWICKI Paweł	377	PWC RUN TEAM	Open M	61	00:00:11	01:37:30.25	01:37:42.10	+00:58:30 (60.0%)	13:55	4.3 (39.8%)
82	GEREJ Szymon	324		Open M	62	00:00:12	01:37:30.65	01:37:42.75	+00:58:31 (60.0%)	13:55	4.3 (39.8%)
83	FALKOWSKA Alicja	319	ŻARTA WATAHA	Open K	18	00:00:06	01:38:15.40	01:38:21.55	+00:59:16 (60.3%)	14:02	4.3 (39.8%)
84	JĘDRZEJEWSKI Patryk	414		Open M	63	00:00:11	01:38:40.60	01:38:51.75	+00:59:41 (60.5%)	14:05	4.3 (39.8%)
85	KOŁODZIEJCZYK Andrzej	419		Open M	64	00:00:11	01:38:41.25	01:38:52.30	+00:59:41 (60.5%)	14:05	4.3 (39.8%)
86	BACZEWSKI Jacek	411		Open M	65	00:00:10	01:38:41.40	01:38:52.30	+00:59:42 (60.5%)	14:06	4.3 (39.8%)
87		427				00:00:09	01:38:41.75	01:38:51.40	+00:59:42 (60.5%)	14:06	4.3 (39.8%)
88	DOMERADZKI Paweł	418		Open M	66	00:00:10	01:38:42.25	01:38:52.45	+00:59:42 (60.5%)	14:06	4.3 (39.8%)
88	SALAMANDRA Tomasz	422				00:00:10	01:38:42.25	01:38:53.00	+00:59:42 (60.5%)	14:06	4.3 (39.8%)
90	KOWALSKA Natalia	423		Open K	19	00:00:10	01:38:42.45	01:38:52.95	+00:59:43 (60.5%)	14:06	4.3 (39.8%)
91	PUPIAŁO Agnieszka	425		Open K	20	00:00:09	01:38:42.65	01:38:51.85	+00:59:43 (60.5%)	14:06	4.3 (39.8%)
92	BILSKI Szymon	420		Open M	67	00:00:08	01:38:42.85	01:38:51.45	+00:59:43 (60.5%)	14:06	4.3 (39.8%)
93	PRESKI Piotr	413		Open M	68	00:00:09	01:38:42.95	01:38:52.80	+00:59:43 (60.5%)	14:06	4.3 (39.8%)
94	NARKUN Agnieszka	424		Open K	21	00:00:08	01:38:44.35	01:38:53.25	+00:59:45 (60.5%)	14:06	4.3 (39.8%)
95	KRAUZE Łukasz	356		Open M	69	00:00:09	01:38:47.30	01:38:56.80	+00:59:47 (60.5%)	14:06	4.3 (39.8%)
96	WEILAND Agnieszka	401	NIGHT WOLVES SŁUPSK	Open K	22	00:00:05	01:39:05.40	01:39:10.65	+01:00:06 (60.7%)	14:09	4.2 (38.9%)
97	WEILAND Adrian	400	NIGHT WOLVES SŁUPSK	Open M	70	00:00:02	01:39:08.25	01:39:10.45	+01:00:08 (60.7%)	14:09	4.2 (38.9%)
98		429				00:00:07	01:47:07.75	01:47:15.45	+01:08:08 (63.6%)	15:18	3.9 (36.1%)
99	- Mikołaj	262		Open M	71	00:00:04	01:47:11.05	01:47:15.25	+01:08:11 (63.6%)	15:18	3.9 (36.1%)
100	DURA Marta	317		Open K	23	00:00:09	01:47:25.85	01:47:35.40	+01:08:26 (63.7%)	15:20	3.9 (36.1%)
101	CEBIENKO-ŻACZEK Eugenia	311		Open K	24	00:00:10	01:48:21.50	01:48:31.85	+01:09:22 (64.0%)	15:28	3.9 (36.1%)
102	ZIOBRO Aśka	407		Open K	25	00:00:10	01:50:12.85	01:50:23.05	+01:11:13 (64.6%)	15:44	3.8 (35.2%)
103	WYDRA Marek	403	TJELIASZKI	Open M	72	00:00:06	01:56:03.60	01:56:10.55	+01:17:04 (66.4%)	16:34	3.6 (33.3%)
104	KIJEWSKI Jacek	346		Open M	73	00:00:05	01:57:24.55	01:57:30.10	+01:18:25 (66.8%)	16:46	3.6 (33.3%)

Total 104 results.