



# BIEG MORSKIEGO KOMANDOSA 2019 - OPERACJA REKRUT

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** X Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2019-09-01  
**Miejsce:** Gdynia  
**Dystans:** 7 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo 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%)

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

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

Znaleziono 104 wynik(ów)