



# 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: Wszyscy

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	ROGOZIŃSKA Żaklina	64		Open K	1	00:00:02	00:46:04.80	00:46:07.00	+00:05:23 (11.7%)	6:35	9.1 (88.3%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	DETLAFF 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%)
18	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%)
19	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%)
20	SZYMAŃSKA Jolanta	59		Open K	2	00:00:04	00:51:32.95	00:51:36.95	+00:10:51 (21.1%)	7:21	8.2 (79.6%)
21	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%)
22	DRWAL Anna	H038		Open K	3	00:00:02	00:53:00.90	00:53:03.75	+00:12:19 (23.3%)	7:34	7.9 (76.7%)
23	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%)
24	KOCHANEK Agata	30		Open K	4	00:00:05	00:54:03.20	00:54:09.10	+00:13:22 (24.7%)	7:43	7.8 (75.7%)
25	TEMPSKA Anna	A003	TEAM PIASTOWSKA	Open K	5	00:00:04	00:54:25.30	00:54:29.65	+00:13:44 (25.2%)	7:46	7.7 (74.8%)
26	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%)
27	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%)
28	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%)
29	GIEJŁO Monika	43		Open K	6	00:00:06	00:59:46.05	00:59:52.25	+00:19:04 (31.9%)	8:32	7 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							7km	7km			
30	<b>BARSKI Dominik</b>	<b>27</b>		Open M	24	00:00:06	<b>00:59:49.30</b>	<b>00:59:55.50</b>	+00:19:08 (32.0%)	8:32	7 (68.0%)
31	<b>NEGOWSKA Małgorzata</b>	<b>12</b>		Open K	7	00:00:03	<b>01:00:10.45</b>	<b>01:00:13.70</b>	+00:19:29 (32.4%)	8:35	7 (68.0%)
32	<b>GAŚSIOROWSKI Rafał</b>	<b>4</b>		Open M	25	00:00:08	<b>01:01:12.70</b>	<b>01:01:21.40</b>	+00:20:31 (33.5%)	8:44	6.9 (67.0%)
33	<b>DUBAS Bartosz</b>	<b>10</b>		Open M	26	00:00:08	<b>01:02:44.70</b>	<b>01:02:53.65</b>	+00:22:03 (35.2%)	8:57	6.7 (65.0%)
34	<b>STENKA Aleksander</b>	<b>20</b>		Open M	27	00:00:07	<b>01:02:47.40</b>	<b>01:02:54.80</b>	+00:22:06 (35.2%)	8:58	6.7 (65.0%)
35	<b>WRÓBLEWSKI Rafał</b>	<b>51</b>		Open M	28	00:00:05	<b>01:02:55.45</b>	<b>01:03:00.75</b>	+00:22:14 (35.3%)	8:59	6.7 (65.0%)
36	<b>KOWALSKI Piotr</b>	<b>9</b>		Open M	29	00:00:04	<b>01:03:03.75</b>	<b>01:03:08.55</b>	+00:22:22 (35.5%)	9:00	6.7 (65.0%)
37	<b>DAHM Beata</b>	<b>H132</b>		Open K	8	00:00:02	<b>01:03:12.70</b>	<b>01:03:15.35</b>	+00:22:31 (35.6%)	9:01	6.6 (64.1%)
38	<b>KURYŁEK Anna</b>	<b>A036</b>		Open K	9	00:00:09	<b>01:03:28.90</b>	<b>01:03:38.55</b>	+00:22:47 (35.9%)	9:04	6.6 (64.1%)
39	<b>WYŁUDA Marcin</b>	<b>49</b>		Open M	30	00:00:05	<b>01:04:01.20</b>	<b>01:04:06.55</b>	+00:23:20 (36.4%)	9:08	6.6 (64.1%)
40	<b>SŁOWIŃSKI Adam</b>	<b>H033</b>	7 PBOT	Open M	31	00:00:04	<b>01:05:09.10</b>	<b>01:05:13.10</b>	+00:24:28 (37.6%)	9:18	6.4 (62.1%)
41	<b>HILLER Maciej</b>	<b>85</b>		Open M	32	00:00:05	<b>01:05:17.95</b>	<b>01:05:23.65</b>	+00:24:36 (37.7%)	9:19	6.4 (62.1%)
42	<b>WIETESKA Grzegorz</b>	<b>73</b>		Open M	33	00:00:08	<b>01:06:20.30</b>	<b>01:06:29.15</b>	+00:25:39 (38.7%)	9:28	6.3 (61.2%)
43	<b>JANOSZ Dawid</b>	<b>52</b>		Open M	34	00:00:04	<b>01:07:14.55</b>	<b>01:07:18.60</b>	+00:26:33 (39.5%)	9:36	6.2 (60.2%)
44	<b>PIWOWARCZYK Agata</b>	<b>53</b>		Open K	10	00:00:07	<b>01:08:25.95</b>	<b>01:08:33.25</b>	+00:27:44 (40.5%)	9:46	6.1 (59.2%)
45	<b>PASZKO Zbigniew</b>	<b>H012</b>	7 PBOT	Open M	35	00:00:02	<b>01:09:01.55</b>	<b>01:09:03.95</b>	+00:28:20 (41.1%)	9:51	6.1 (59.2%)
46	<b>SIWAK Szymon</b>	<b>H113</b>		Open M	36	00:00:08	<b>01:10:30.50</b>	<b>01:10:38.60</b>	+00:29:49 (42.3%)	10:04	6 (58.3%)
47	<b>TESKA Izabela</b>	<b>H149</b>		Open K	11	00:00:07	<b>01:10:30.65</b>	<b>01:10:38.50</b>	+00:29:49 (42.3%)	10:04	6 (58.3%)
48	<b>SALAMANDRA Tomasz</b>	<b>80</b>		Open M	37	00:00:02	<b>01:11:10.70</b>	<b>01:11:13.35</b>	+00:30:29 (42.8%)	10:10	5.9 (57.3%)
49	<b>BREVI Leonardo</b>	<b>57</b>		Open M	38	00:00:04	<b>01:12:08.45</b>	<b>01:12:12.85</b>	+00:31:27 (43.6%)	10:18	5.8 (56.3%)
50	<b>KOSIOREK Aleksadra</b>	<b>6</b>		Open K	12	00:00:06	<b>01:12:18.30</b>	<b>01:12:24.50</b>	+00:31:37 (43.7%)	10:19	5.8 (56.3%)
51	<b>KOSCHEMBAHR ŁYSKOWSKI Konstanty</b>	<b>A024</b>		Open M	39	00:00:07	<b>01:12:32.15</b>	<b>01:12:40.00</b>	+00:31:51 (43.9%)	10:21	5.8 (56.3%)
52	<b>KOSCHEMBAHR ŁYSKOWSKA Danuta</b>	<b>A005</b>		Open K	13	00:00:06	<b>01:12:33.45</b>	<b>01:12:40.20</b>	+00:31:52 (43.9%)	10:22	5.8 (56.3%)
53	<b>SZUMIELEWICZ Kinga</b>	<b>35</b>		Open K	14	00:00:06	<b>01:13:01.95</b>	<b>01:13:07.95</b>	+00:32:20 (44.3%)	10:25	5.8 (56.3%)
54	<b>PIEKARSKA Katarzyna</b>	<b>18</b>		Open K	15	00:00:06	<b>01:13:11.85</b>	<b>01:13:18.35</b>	+00:32:30 (44.4%)	10:27	5.7 (55.3%)
55	<b>NOWICKI Paweł</b>	<b>60</b>		Open M	40	00:00:10	<b>01:13:54.45</b>	<b>01:14:05.00</b>	+00:33:13 (45.0%)	10:33	5.7 (55.3%)
56	<b>GEREJ Szymon</b>	<b>19</b>		Open M	41	00:00:10	<b>01:13:55.20</b>	<b>01:14:05.80</b>	+00:33:14 (45.0%)	10:33	5.7 (55.3%)
57	<b>GOLDER Łukasz</b>	<b>H200</b>		Open M	42	00:00:10	<b>01:14:05.95</b>	<b>01:14:16.30</b>	+00:33:24 (45.1%)	10:35	5.7 (55.3%)
58	<b>BOGDEVIC Anna</b>	<b>H076</b>		Open M	43	00:00:03	<b>01:14:26.90</b>	<b>01:14:30.60</b>	+00:33:45 (45.4%)	10:38	5.6 (54.4%)
59	<b>DOWGIAŁŁO Robert</b>	<b>50</b>		Open M	44	00:00:04	<b>01:14:34.05</b>	<b>01:14:38.25</b>	+00:33:52 (45.4%)	10:39	5.6 (54.4%)
60	<b>ANDRZEJEWSKI Mariusz</b>	<b>28</b>		Open M	45	00:00:05	<b>01:14:43.10</b>	<b>01:14:48.25</b>	+00:34:02 (45.5%)	10:40	5.6 (54.4%)
61	<b>SZWARC Andrzej</b>	<b>H037</b>	7 PBOT	Open M	46	00:00:02	<b>01:15:10.65</b>	<b>01:15:13.60</b>	+00:34:29 (45.9%)	10:44	5.6 (54.4%)
62	<b>DOMARECKI Marek</b>	<b>7</b>		Open M	47	00:00:07	<b>01:16:01.60</b>	<b>01:16:08.60</b>	+00:35:20 (46.5%)	10:51	5.5 (53.4%)
63	<b>KOWALEWSKA Luiza</b>	<b>29</b>		Open K	16	00:00:05	<b>01:16:03.15</b>	<b>01:16:08.30</b>	+00:35:22 (46.5%)	10:51	5.5 (53.4%)
64	<b>WIERZCHOWIAK Karolina</b>	<b>37</b>		Open K	17	00:00:05	<b>01:16:03.75</b>	<b>01:16:08.75</b>	+00:35:22 (46.5%)	10:51	5.5 (53.4%)
65	<b>WYSZOMIRSKI Konstanty</b>	<b>23</b>		Open M	48	00:00:05	<b>01:16:11.50</b>	<b>01:16:16.60</b>	+00:35:30 (46.6%)	10:53	5.5 (53.4%)
66	<b>ZAWADZKA Monika</b>	<b>32</b>		Open K	18	00:00:07	<b>01:17:29.95</b>	<b>01:17:36.95</b>	+00:36:48 (47.5%)	11:04	5.4 (52.4%)
67	<b>S Tom</b>	<b>44</b>		Open M	49	00:00:04	<b>01:17:39.75</b>	<b>01:17:43.80</b>	+00:36:58 (47.6%)	11:05	5.4 (52.4%)
68	<b>DOMZAŁA Paweł</b>	<b>31</b>		Open M	50	00:00:05	<b>01:18:29.55</b>	<b>01:18:35.50</b>	+00:37:48 (48.2%)	11:12	5.4 (52.4%)
69	<b>WEILAND Agnieszka</b>	<b>61</b>		Open K	19	00:00:05	<b>01:18:34.35</b>	<b>01:18:39.60</b>	+00:37:53 (48.2%)	11:13	5.3 (51.5%)
70	<b>WEILAND Adrian</b>	<b>62</b>		Open M	51	00:00:04	<b>01:18:34.45</b>	<b>01:18:39.30</b>	+00:37:53 (48.2%)	11:13	5.3 (51.5%)
71	<b>RODACKA WIŚNIEWSKA Marzena</b>	<b>H194</b>	7 PBOT	Open M	52	00:00:02	<b>01:20:09.05</b>	<b>01:20:11.55</b>	+00:39:27 (49.2%)	11:27	5.2 (50.5%)
72	<b>NARKUN Agnieszka</b>	<b>H098</b>		Open M	53	00:00:02	<b>01:21:11.90</b>	<b>01:21:14.85</b>	+00:40:30 (49.9%)	11:36	5.2 (50.5%)
73	<b>GRABANIA Joanna</b>	<b>H107</b>		Open K	20	00:00:03	<b>01:21:29.75</b>	<b>01:21:33.10</b>	+00:40:48 (50.1%)	11:38	5.2 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
74	<b>SZYDŁOWSKI Marcin</b>	<b>H093</b>		Open M	54	00:00:03	<b>01:21:29.90</b>	<b>01:21:33.80</b>	+00:40:48 (50.1%)	11:38	5.2 (50.5%)
75	<b>SPYCHALSKI Tomasz</b>	<b>H109</b>	7 PBOT	Open M	55	00:00:03	<b>01:21:30.10</b>	<b>01:21:33.10</b>	+00:40:49 (50.1%)	11:38	5.2 (50.5%)
76	<b>FIGLON Patrycja</b>	<b>H131</b>		Open K	21	00:00:03	<b>01:22:02.10</b>	<b>01:22:06.05</b>	+00:41:21 (50.4%)	11:43	5.1 (49.5%)
77	<b>WORMS Seweryn</b>	<b>H147</b>		Open M	56	00:00:03	<b>01:22:02.15</b>	<b>01:22:05.60</b>	+00:41:21 (50.4%)	11:43	5.1 (49.5%)
78	<b>GAJO Natalia</b>	<b>3</b>		Open K	22	00:00:07	<b>01:23:24.70</b>	<b>01:23:31.70</b>	+00:42:43 (51.2%)	11:54	5 (48.5%)
79	<b>GŁOWACKA Aleksandra</b>	<b>87</b>		Open K	23	00:00:07	<b>01:24:10.60</b>	<b>01:24:18.25</b>	+00:43:29 (51.7%)	12:01	5 (48.5%)
80	<b>GŁOWACKI Andrzej</b>	<b>88</b>		Open M	57	00:00:08	<b>01:24:10.80</b>	<b>01:24:19.20</b>	+00:43:29 (51.7%)	12:01	5 (48.5%)
81	<b>KLIMKIEWICZ Beata</b>	<b>34</b>		Open K	24	00:00:06	<b>01:25:16.80</b>	<b>01:25:23.60</b>	+00:44:35 (52.3%)	12:11	4.9 (47.6%)
82	<b>KUJAT Joanna</b>	<b>26</b>		Open K	25	00:00:07	<b>01:25:17.00</b>	<b>01:25:24.30</b>	+00:44:35 (52.3%)	12:11	4.9 (47.6%)
83	<b>BEMOWSKA Anna</b>	<b>36</b>		Open K	26	00:00:06	<b>01:25:18.70</b>	<b>01:25:25.40</b>	+00:44:37 (52.3%)	12:11	4.9 (47.6%)
84	<b>- Jan</b>	<b>86</b>		Open M	58	00:00:04	<b>01:31:33.40</b>	<b>01:31:38.20</b>	+00:50:52 (55.6%)	13:04	4.6 (44.7%)
85	<b>DROGOSZ Tomasz</b>	<b>H027</b>		Open M	59	00:00:04	<b>01:43:47.30</b>	<b>01:43:52.05</b>	+01:03:06 (60.8%)	14:49	4 (38.8%)
86	<b>WYDRA Marek</b>	<b>40</b>		Open M	60	00:00:08	<b>01:46:53.05</b>	<b>01:47:01.60</b>	+01:06:11 (61.9%)	15:16	3.9 (37.9%)
87	<b>ARANOWSKA Sylwia</b>	<b>69</b>		Open K	27	00:00:10	<b>02:01:12.60</b>	<b>02:01:22.60</b>	+01:20:31 (66.4%)	17:18	3.5 (34.0%)
88	<b>SĘKOWSKI Piotr</b>	<b>24</b>		Open M	61	00:00:01					(0.0%)
DNC	<b>TREMBOWSKI Szymon</b>	<b>H080</b>	BRAK	Open M		00:00:04	<b>01:05:05.45</b>	<b>01:05:10.25</b>		0:00	6.5 (63.1%)
DNC	<b>LEPA - ROMAN Magdalena</b>	<b>70</b>		Open K		00:00:10	<b>02:01:13.05</b>	<b>02:01:23.10</b>		0:00	3.5 (34.0%)

Znaleziono 90 wynik(ów)