



**Wydarzenie:** XII Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2021-08-28  
**Miejsce:** Gdynia  
**Dystans:** 22 km

## BMK 2021 - HARD 22KM

B4SPORT

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INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Hard Hist - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	KANIA Mateusz	A33		Hard Hist - M	1	01:06:05	<b>03:50:18.60</b>		10:28	5.7 (100%)
2	GOLIANEK Krzysztof	A52		Hard Hist - M	2	01:08:28	<b>03:55:05.10</b>	+00:04:46 (2.0%)	10:41	5.6 (98.2%)
3	KADŁUBOWICZ Piotr	A60		Hard Hist - M	3	01:17:48	<b>04:02:16.50</b>	+00:11:57 (4.9%)	11:00	5.4 (94.7%)
4	WASIELEWSKI Michał	A53	9ŁBOT	Hard Hist - M	4	01:09:39	<b>04:12:25.70</b>	+00:22:07 (8.8%)	11:28	5.2 (91.2%)
5	MORAWSKI Grzegorz	A54		Hard Hist - M	5	01:14:24	<b>04:20:18.50</b>	+00:29:59 (11.5%)	11:49	5.1 (89.5%)
6	STEFANOWSKI Daniel	A38		Hard Hist - M	6	01:11:40	<b>04:25:26.50</b>	+00:35:07 (13.2%)	12:03	5 (87.7%)
7	CHAJA Radosław	A59		Hard Hist - M	7	01:17:51	<b>04:32:11.90</b>	+00:41:53 (15.4%)	12:22	4.8 (84.2%)
8	KLAMIŃSKI Marcin	A10	AZS AWF KRAKÓW MASTERS	Hard Hist - M	8	01:14:41	<b>04:36:41.45</b>	+00:46:22 (16.8%)	12:34	4.8 (84.2%)
9	LICHTOR Jacek	A16		Hard Hist - M	9	01:19:18	<b>04:39:49.35</b>	+00:49:30 (17.7%)	12:43	4.7 (82.5%)
10	RAK Michał	A40	CHOREPOJEBY	Hard Hist - M	10	01:13:48	<b>04:40:05.25</b>	+00:49:46 (17.8%)	12:43	4.7 (82.5%)
11	WLAŻŁAK Damian	A17		Hard Hist - M	11	01:08:37	<b>04:45:31.20</b>	+00:55:12 (19.3%)	12:58	4.6 (80.7%)
12	KORMAN Kamil	A35	8PPLOT	Hard Hist - M	12	01:11:28	<b>04:46:21.15</b>	+00:56:02 (19.6%)	13:00	4.6 (80.7%)
13	BRZOZKA Tomasz	A41	SINNET	Hard Hist - M	13	01:13:59	<b>04:47:48.25</b>	+00:57:29 (20.0%)	13:04	4.6 (80.7%)
14	MALACH Dariusz	A5	SFORA BMK	Hard Hist - M	14	01:20:07	<b>04:56:26.85</b>	+01:06:08 (22.3%)	13:28	4.5 (78.9%)
15	SZULCEK Patryk	A48	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - M	15	01:10:42	<b>05:08:09.65</b>	+01:17:51 (25.3%)	14:00	4.3 (75.4%)
16	URBAŃSKI Maciej	A21		Hard Hist - M	16	01:21:37	<b>05:11:01.95</b>	+01:20:43 (26.0%)	14:08	4.2 (73.7%)
17	JAROS Paweł	A50		Hard Hist - M	17	01:26:26	<b>05:13:56.05</b>	+01:23:37 (26.6%)	14:16	4.2 (73.7%)
18	SZARZYŃSKI Michał	A34		Hard Hist - M	18	01:17:50	<b>05:15:59.00</b>	+01:25:40 (27.1%)	14:21	4.2 (73.7%)
19	RZECHOWSKI Filip	A24	PRZEGONIĆMARZENIA.PL	Hard Hist - M	19	01:29:19	<b>05:27:59.95</b>	+01:37:41 (29.8%)	14:54	4 (70.2%)
20	LECH Mateusz	A22	HARDCOROWE WYCHYLILYBYMY	Hard Hist - M	20	01:33:10	<b>05:29:19.40</b>	+01:39:00 (30.1%)	14:58	4 (70.2%)
21	BRZEZIŃSKI Radosław	A13		Hard Hist - M	21	01:23:28	<b>05:31:30.30</b>	+01:41:11 (30.5%)	15:04	4 (70.2%)
22	STRONGOWSKI Sebastian	A37		Hard Hist - M	22	01:25:47	<b>05:46:13.75</b>	+01:55:55 (33.5%)	15:44	3.8 (66.7%)
23	FORTUNIAK Patryk	A2	CHORE POJEBY	Hard Hist - M	23	01:32:02	<b>05:47:28.00</b>	+01:57:09 (33.7%)	15:47	3.8 (66.7%)
24	OPOKA Piotr	A43	SFORA BMK	Hard Hist - M	24	01:32:31	<b>05:48:22.30</b>	+01:58:03 (33.9%)	15:50	3.8 (66.7%)
25	DĄBROWSKI Bartosz	A3	RATOWNICY ZG RUDNA	Hard Hist - M	25	01:25:23	<b>05:48:39.20</b>	+01:58:20 (33.9%)	15:50	3.8 (66.7%)
26	POBUDKIEWICZ Maciej	A29	HARDCOROWE WYCHYLILYBYMY	Hard Hist - M	26	01:33:08	<b>06:03:09.65</b>	+02:12:51 (36.6%)	16:30	3.6 (63.2%)
27	KOSTRZON Maciej	A7	SFORA BMK	Hard Hist - M	27	01:36:06	<b>06:04:09.95</b>	+02:13:51 (36.8%)	16:33	3.6 (63.2%)
28	KUBOWICZ Piotr	A9	NOWOHUCKI KOMBINAT SPORTOWY	Hard Hist - M	28	01:34:05	<b>06:08:12.50</b>	+02:17:53 (37.5%)	16:44	3.6 (63.2%)
29	KAJA Robert	A12	WIELUŃ BIEGA	Hard Hist - M	29	01:31:43	<b>06:13:18.80</b>	+02:23:00 (38.3%)	16:58	3.5 (61.4%)

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30	<b>DOMARADZKI Marek</b>	<b>A6</b>		Hard Hist - M	30	01:34:36	<b>06:13:21.00</b>	+02:23:02 (38.3%)	16:58	3.5 (61.4%)
31	<b>WIELGOSIŃSKI Przemysław</b>	<b>A18</b>		Hard Hist - M	31	01:32:06	<b>06:13:39.75</b>	+02:23:21 (38.4%)	16:59	3.5 (61.4%)
32	<b>MALISZEWSKI Jakub</b>	<b>A4</b>		Hard Hist - M	32	01:34:17	<b>06:13:53.75</b>	+02:23:35 (38.4%)	16:59	3.5 (61.4%)
33	<b>MUCHA Mateusz</b>	<b>A8</b>		Hard Hist - M	33	01:34:01	<b>06:14:58.25</b>	+02:24:39 (38.6%)	17:02	3.5 (61.4%)
34	<b>BAŁAZY Marcin</b>	<b>A23</b>	MAZURSKA WATAHA	Hard Hist - M	34	01:36:05	<b>06:15:40.85</b>	+02:25:22 (38.7%)	17:04	3.5 (61.4%)
35	<b>HIC Norbert</b>	<b>A36</b>		Hard Hist - M	35	01:36:16	<b>06:17:19.85</b>	+02:27:01 (39.0%)	17:09	3.5 (61.4%)
36	<b>WEILAND Adrian</b>	<b>A55</b>	NIGHT WOLVES ULTRA RUNNERS	Hard Hist - M	36	01:36:35	<b>06:22:39.85</b>	+02:32:21 (39.8%)	17:23	3.4 (59.6%)
37	<b>FRYDRYCH Artur</b>	<b>A30</b>		Hard Hist - M	37	01:25:35	<b>06:39:05.55</b>	+02:48:46 (42.3%)	18:08	3.3 (57.9%)
38	<b>SZEWKA Jarosław</b>	<b>A42</b>		Hard Hist - M	38	01:57:38	<b>06:53:26.25</b>	+03:03:07 (44.3%)	18:47	3.2 (56.1%)
39	<b>ORZECHOWSKI Tomasz</b>	<b>A44</b>		Hard Hist - M	39	01:57:41	<b>06:53:28.70</b>	+03:03:10 (44.3%)	18:47	3.2 (56.1%)
40	<b>ŁASKAWSKI Michał</b>	<b>A14</b>	BEFIT24TEAM	Hard Hist - M	40	01:38:50	<b>06:53:37.50</b>	+03:03:18 (44.3%)	18:48	3.2 (56.1%)
41	<b>CHLEBOŚ Jakub</b>	<b>A51</b>	DIRTY SPARROW	Hard Hist - M	41	01:57:54	<b>07:34:20.75</b>	+03:44:02 (49.3%)	20:39	2.9 (50.9%)
42	<b>KELLER Tomasz</b>	<b>A15</b>	WIELUŃ BIEGA	Hard Hist - M	42	01:52:02	<b>08:22:12.85</b>	+04:31:54 (54.1%)	22:49	2.6 (45.6%)
43	<b>BIAŁY Michał</b>	<b>A45</b>		Hard Hist - M	43	02:11:03	<b>09:16:07.20</b>	+05:25:48 (58.6%)	25:16	2.4 (42.1%)
44	<b>KALENDA Grzegorz</b>	<b>A46</b>	NNS	Hard Hist - M	44	02:11:05	<b>09:16:20.05</b>	+05:26:01 (58.6%)	25:17	2.4 (42.1%)

Znaleziono 44 wynik(ów)