



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

BMK 2021 - HARD 22KM

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Hard - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	SOŁTYS Sebastian	H230		Hard - M	1	00:57:50	03:14:52.30		8:51	6.8 (100%)
2	TOMASZEK Zbigniew	H76	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	Hard - M	2	01:01:03	03:18:25.45	+00:03:33 (1.8%)	9:01	6.7 (98.5%)
3	SZMIST Szymon	H82	3 PBOT	Hard - M	3	01:01:14	03:27:02.60	+00:12:10 (5.9%)	9:24	6.4 (94.1%)
4	MROCZKOWSKI Piotr	H44	MASZERUJ ALBO GIŃ	Hard - M	4	00:58:55	03:27:55.55	+00:13:03 (6.3%)	9:27	6.3 (92.6%)
5	ANTOSZKÓW Mateusz	H220	ZG POLKOWICE- SIEROSZOWICE	Hard - M	5	00:56:20	03:32:35.50	+00:17:43 (8.3%)	9:39	6.2 (91.2%)
6	KUPIJAJ Marcin	H96	SOCIOS SILESIA	Hard - M	6	00:57:44	03:36:11.90	+00:21:19 (9.9%)	9:49	6.1 (89.7%)
7	GRZYBOWSKI Mateusz	H126	SFORA BMK	Hard - M	7	00:59:41	03:45:11.05	+00:30:18 (13.5%)	10:14	5.9 (86.8%)
8	SECZURKO Adrian	H141		Hard - M	8	00:58:26	03:45:12.10	+00:30:19 (13.5%)	10:14	5.9 (86.8%)
9	MAĆKOWIAK Marek	H152		Hard - M	9	01:04:03	03:53:40.90	+00:38:48 (16.6%)	10:37	5.6 (82.4%)
10	GEMBACZ Wojciech	H164		Hard - M	10	01:05:14	03:56:57.25	+00:42:04 (17.8%)	10:46	5.6 (82.4%)
11	ŚCIESZKO Tomasz	H165		Hard - M	11	01:05:16	03:57:32.80	+00:42:40 (18.0%)	10:47	5.6 (82.4%)
12	RUSZNICKI Dawid	H137	SFORA BMK/10 ŚBOT	Hard - M	12	01:07:46	03:59:53.40	+00:45:01 (18.8%)	10:54	5.5 (80.9%)
13	GOŁĄB Szymon	H26		Hard - M	13	01:06:53	04:01:22.30	+00:46:30 (19.3%)	10:58	5.5 (80.9%)
14	GAWIN Damian	H160	ORP G.T. KOŚCIUSZKO	Hard - M	14	01:02:12	04:02:02.80	+00:47:10 (19.5%)	11:00	5.5 (80.9%)
15	ŚWIERCZEWSKI Marcin	H212		Hard - M	15	01:04:30	04:08:48.35	+00:53:56 (21.7%)	11:18	5.3 (77.9%)
16	MAZURCZAK Robert	H236	7PBOT - 7KDOW	Hard - M	16	01:11:15	04:10:30.05	+00:55:37 (22.2%)	11:23	5.3 (77.9%)
17	SENATOR Piotr	H177		Hard - M	17	01:06:20	04:13:14.55	+00:58:22 (23.0%)	11:30	5.2 (76.5%)
18	WARZOCHA Jan	H180		Hard - M	18	01:06:45	04:15:05.70	+01:00:13 (23.6%)	11:35	5.2 (76.5%)
19	KUREK Daniel	H200		Hard - M	19	01:08:02	04:18:00.10	+01:03:07 (24.5%)	11:43	5.1 (75.0%)
20	ŚLIZEWSKI Kamil	H186		Hard - M	20	01:08:02	04:18:01.10	+01:03:08 (24.5%)	11:43	5.1 (75.0%)
21	POSADZKI Paweł	H109	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	Hard - M	21	01:11:24	04:19:52.75	+01:05:00 (25.0%)	11:48	5.1 (75.0%)
22	ROMEJKO Adam	H237	7PBOT - 7KDOW	Hard - M	22	01:09:27	04:20:46.60	+01:05:54 (25.3%)	11:51	5.1 (75.0%)
23	SOBCZYK Paweł	H232	14ZBOT	Hard - M	23	01:05:38	04:23:55.50	+01:09:03 (26.2%)	11:59	5 (73.5%)
24	DUBIŃSKI Łukasz	H184		Hard - M	24	01:08:43	04:25:39.55	+01:10:47 (26.6%)	12:04	5 (73.5%)
25	WOJCIECHOWSKI Dariusz	H225	SFORABMK-KWATERYU WOJCIECHOWSKICH SWORNEGACIE	Hard - M	25	01:10:11	04:25:41.80	+01:10:49 (26.7%)	12:04	5 (73.5%)
26	DOROBCZYŃSKI Marek	H143	CHAŁUPY	Hard - M	26	01:21:15	04:26:04.85	+01:11:12 (26.8%)	12:05	5 (73.5%)
27	ŚWIĄTEK Michał	H113	SFORABMK	Hard - M	27	01:08:15	04:26:34.95	+01:11:42 (26.9%)	12:07	5 (73.5%)
28	LIBERA Grzegorz	H133		Hard - M	28	01:05:30	04:26:37.55	+01:11:45 (26.9%)	12:07	5 (73.5%)
29	WICZLING Daniel	H72		Hard - M	29	01:06:48	04:27:15.95	+01:12:23 (27.1%)	12:08	4.9 (72.1%)

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30	SZULC Michał	H144		Hard - M	30	01:11:29	04:27:45.05	+01:12:52 (27.2%)	12:10	4.9 (72.1%)
31	DURKA Paweł	H46	STRAŻ POŻARNA	Hard - M	31	01:14:28	04:28:53.85	+01:14:01 (27.5%)	12:13	4.9 (72.1%)
32	JESKA Tomasz	H24	SFORA BMK	Hard - M	32	01:10:08	04:29:54.05	+01:15:01 (27.8%)	12:16	4.9 (72.1%)
33	KOLARCZYK Piotr	H139		Hard - M	33	01:09:51	04:30:33.10	+01:15:40 (28.0%)	12:17	4.9 (72.1%)
34	BARDZIAK Piotr	H111		Hard - M	34	01:14:28	04:30:36.50	+01:15:44 (28.0%)	12:18	4.9 (72.1%)
35	WÓJCIK Rafał	H39		Hard - M	35	01:14:59	04:32:29.45	+01:17:37 (28.5%)	12:23	4.8 (70.6%)
36	PIEŚLAK Bartosz	H10		Hard - M	36	01:08:50	04:36:32.95	+01:21:40 (29.5%)	12:34	4.8 (70.6%)
37	ADACH Krzysztof	H123	SFORA BMK	Hard - M	37	01:07:10	04:39:44.55	+01:24:52 (30.3%)	12:42	4.7 (69.1%)
38	KOSTECKI Michał	H228		Hard - M	38	01:11:43	04:40:06.50	+01:25:14 (30.4%)	12:43	4.7 (69.1%)
39	SIDORSKI Kuba	H181	HOPSZTOSY	Hard - M	39	01:01:41	04:40:52.10	+01:25:59 (30.6%)	12:46	4.7 (69.1%)
40	ESSI-EZINH Oleksandr	H25	SFORA BMK	Hard - M	40	01:13:40	04:45:15.40	+01:30:23 (31.7%)	12:57	4.6 (67.6%)
41	KRĘGIELSKI Bartosz	H224	BIEGUN OCR TEAM	Hard - M	41	01:16:16	04:47:20.95	+01:32:28 (32.2%)	13:03	4.6 (67.6%)
42	MAĆKOWIAK Łukasz	H151		Hard - M	42	01:07:40	04:51:58.30	+01:37:06 (33.3%)	13:16	4.5 (66.2%)
43	KIZIŃSKI Mateusz	H77		Hard - M	43	01:09:10	04:52:58.25	+01:38:05 (33.5%)	13:19	4.5 (66.2%)
44	POHLE Holger	H182	TVB 09	Hard - M	44	01:16:35	04:53:36.65	+01:38:44 (33.6%)	13:20	4.5 (66.2%)
45	RONOWSKI Paweł	H89		Hard - M	45	01:18:53	04:54:15.55	+01:39:23 (33.8%)	13:22	4.5 (66.2%)
46	DŁUGOKENCKI Mateusz	H9	SFORABMK	Hard - M	46	01:10:57	04:54:28.85	+01:39:36 (33.8%)	13:23	4.5 (66.2%)
47	ŁOJEK Konrad	H80		Hard - M	47	01:14:09	04:55:33.45	+01:40:41 (34.1%)	13:26	4.5 (66.2%)
48	GAJEWSKI Jacek	H51	DOGOŃ GRODZISK MAZOWIECKI	Hard - M	48	01:18:25	05:00:10.90	+01:45:18 (35.1%)	13:38	4.4 (64.7%)
49	KĘDZIOR Grzegorz	H205		Hard - M	49	01:14:26	05:00:43.85	+01:45:51 (35.2%)	13:40	4.4 (64.7%)
50	WYDRZYŃSKI Marek	H56		Hard - M	50	01:15:23	05:01:51.40	+01:46:59 (35.4%)	13:43	4.4 (64.7%)
51	TOMASZEK Karol	H166		Hard - M	51	01:19:35	05:02:23.80	+01:47:31 (35.6%)	13:44	4.4 (64.7%)
52	MAKLES Paweł	H167		Hard - M	52	01:19:33	05:02:24.65	+01:47:32 (35.6%)	13:44	4.4 (64.7%)
53	KANCELARZ Rafał	H168		Hard - M	53	01:19:37	05:02:25.25	+01:47:32 (35.6%)	13:44	4.4 (64.7%)
54	SZYMAŃSKI Kamil	H161	ORP GEN T. KOŚCIUSZKO	Hard - M	54	01:18:29	05:03:42.70	+01:48:50 (35.8%)	13:48	4.3 (63.2%)
55	ADAMCZYK Kamil	H233	14ZBOT	Hard - M	55	01:15:35	05:04:13.00	+01:49:20 (35.9%)	13:49	4.3 (63.2%)
56	PODSIADLIK Piotr	H150		Hard - M	56	01:14:38	05:07:59.95	+01:53:07 (36.7%)	13:59	4.3 (63.2%)
57	BUCZKOWSKI Mateusz	H195	NO EXCUSES TEAM	Hard - M	57	01:21:11	05:08:02.30	+01:53:10 (36.7%)	14:00	4.3 (63.2%)
58	KAMIŃSKI Kamil	H128		Hard - M	58	01:18:41	05:08:14.50	+01:53:22 (36.8%)	14:00	4.3 (63.2%)
59	JABŁOŃSKI Hubert	H193		Hard - M	59	01:18:41	05:08:14.70	+01:53:22 (36.8%)	14:00	4.3 (63.2%)
60	LEWINSKI Jakub	H209		Hard - M	60	01:25:51	05:09:00.10	+01:54:07 (36.9%)	14:02	4.3 (63.2%)
61	SITKOWSKI Tomasz	H12		Hard - M	61	01:19:21	05:10:36.15	+01:55:43 (37.3%)	14:07	4.2 (61.8%)
62	STASZAK Wojciech	H175		Hard - M	62	01:15:16	05:11:17.40	+01:56:25 (37.4%)	14:08	4.2 (61.8%)
63	KOMISAREK Krzysztof	H136		Hard - M	63	01:21:06	05:14:52.30	+02:00:00 (38.1%)	14:18	4.2 (61.8%)
64	MIELCZAREK Jakub	H124	9ŁBOT	Hard - M	64	01:21:09	05:15:04.90	+02:00:12 (38.2%)	14:19	4.2 (61.8%)
65	WOŚ Tomasz	H48	KGHM	Hard - M	65	01:14:34	05:16:05.05	+02:01:12 (38.3%)	14:22	4.2 (61.8%)
66	GIENIUSZ Bartek	H108	SPARTA/SFORA BMK	Hard - M	66	01:11:33	05:16:21.05	+02:01:28 (38.4%)	14:22	4.2 (61.8%)
67	NIEMCZUK Daniel	H208	SFORA BMK / 10BKPANC	Hard - M	67	01:19:36	05:16:42.25	+02:01:49 (38.5%)	14:23	4.2 (61.8%)
68	ZIOBER Andrzej	H192	9BBKPANC	Hard - M	68	01:19:38	05:16:47.10	+02:01:54 (38.5%)	14:23	4.2 (61.8%)
69	RZESZOTARSKI Tomasz	H159	WYBITE JEDYNKI	Hard - M	69	01:16:53	05:19:12.80	+02:04:20 (39.0%)	14:30	4.1 (60.3%)
70	RYBAK Łukasz	H47	OSP KRZECZYN WIELKI / KSRG SIEROSZOWICE - POLKOWICE	Hard - M	70	01:14:37	05:19:28.50	+02:04:36 (39.0%)	14:31	4.1 (60.3%)
71	MAJEWSKI Maciej	H1	BRAVEHEARTS LEGIONOWO	Hard - M	71	01:21:27	05:20:39.90	+02:05:47 (39.2%)	14:34	4.1 (60.3%)
72	KOZŁOWSKI Paweł	H31	BESTIE OCR LEGIONOWO	Hard - M	72	01:21:17	05:20:40.00	+02:05:47 (39.2%)	14:34	4.1 (60.3%)
73	MACHTEL Adrian	H185		Hard - M	73	01:28:34	05:20:51.25	+02:05:58 (39.3%)	14:35	4.1 (60.3%)

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74	KOCHANIAK Andrzej	H163	PODLASKI BIMBER	Hard - M	74	01:27:36	05:20:57.35	+02:06:05 (39.3%)	14:35	4.1 (60.3%)
75	KUCHTA Pawel	H11		Hard - M	75	01:17:57	05:22:40.50	+02:07:48 (39.6%)	14:40	4.1 (60.3%)
76	POHLAND Paweł	H138		Hard - M	76	01:20:26	05:22:51.95	+02:07:59 (39.6%)	14:40	4.1 (60.3%)
77	ZAPART Bartosz	H211		Hard - M	77	01:25:50	05:24:01.60	+02:09:09 (39.9%)	14:43	4.1 (60.3%)
78	SARUGA Damian	H153	10ŚBOT	Hard - M	78	01:25:52	05:24:28.30	+02:09:36 (39.9%)	14:44	4.1 (60.3%)
79	KLONOWICZ Stanisław	H140		Hard - M	79	01:27:44	05:25:20.05	+02:10:27 (40.1%)	14:47	4.1 (60.3%)
80	FURMAN Paweł	H22	SFORABMK	Hard - M	80	01:20:15	05:25:22.70	+02:10:30 (40.1%)	14:47	4.1 (60.3%)
81	CZAJCZYŃSKI Daniel	H58	SFORA BMK	Hard - M	81	01:20:14	05:25:47.35	+02:10:55 (40.2%)	14:48	4.1 (60.3%)
82	ZWARA Konrad	H101		Hard - M	82	01:31:03	05:27:07.90	+02:12:15 (40.4%)	14:52	4 (58.8%)
83	KROPIDŁOWSKI Bartosz	H102		Hard - M	83	01:31:05	05:27:55.00	+02:13:02 (40.6%)	14:54	4 (58.8%)
84	PILARSKI Zbigniew	H227		Hard - M	84	01:19:11	05:27:55.30	+02:13:03 (40.6%)	14:54	4 (58.8%)
85	STUDZIŃSKI Patryk	H231	14ZBOT	Hard - M	85	01:16:31	05:29:18.80	+02:14:26 (40.8%)	14:58	4 (58.8%)
86	LUBIŃSKI Damian	H157		Hard - M	86	01:25:53	05:29:52.20	+02:14:59 (40.9%)	14:59	4 (58.8%)
87	JUREKO Robert	H176		Hard - M	87	01:18:47	05:30:54.90	+02:16:02 (41.1%)	15:02	4 (58.8%)
88	MIKOŚ Patryk	H217		Hard - M	88	01:13:41	05:31:06.50	+02:16:14 (41.1%)	15:03	4 (58.8%)
89	STAWIARZ Paweł	H41		Hard - M	89	01:28:04	05:32:11.40	+02:17:19 (41.3%)	15:05	4 (58.8%)
90	KARGUL Grzegorz	H52	HUNTERS OCR TEAM	Hard - M	90	01:27:47	05:32:36.75	+02:17:44 (41.4%)	15:07	4 (58.8%)
91	BÖHM Mario	H73		Hard - M	91	01:18:51	05:36:26.75	+02:21:34 (42.1%)	15:17	3.9 (57.4%)
92	BABIARZ Piotr	H62		Hard - M	92	01:13:42	05:37:10.65	+02:22:18 (42.2%)	15:19	3.9 (57.4%)
93	BRUS Konrad	H145		Hard - M	93	01:15:22	05:38:01.15	+02:23:08 (42.3%)	15:21	3.9 (57.4%)
94	HEBANOWSKI Łukasz	H234		Hard - M	94	01:22:28	05:38:34.35	+02:23:42 (42.4%)	15:23	3.9 (57.4%)
95	KARCZEWSKI Mariusz	H106		Hard - M	95	01:24:01	05:39:05.10	+02:24:12 (42.5%)	15:24	3.9 (57.4%)
96	KIZIŃSKI Kamil	H78		Hard - M	96	01:18:40	05:40:05.20	+02:25:12 (42.7%)	15:27	3.9 (57.4%)
97	RUDZIŃSKI Patryk	H169		Hard - M	97	01:26:22	05:41:06.05	+02:26:13 (42.9%)	15:30	3.9 (57.4%)
98	SZOTEK Maciej	H132		Hard - M	98	01:32:54	05:41:10.20	+02:26:17 (42.9%)	15:30	3.9 (57.4%)
99	KOBUS Łukasz	H18	SFORA BMK	Hard - M	99	01:22:36	05:41:29.35	+02:26:37 (42.9%)	15:31	3.9 (57.4%)
100	KOTALA Arkadiusz	H223		Hard - M	100	01:26:18	05:43:59.15	+02:29:06 (43.3%)	15:38	3.8 (55.9%)
101	POLANSKI Jerzy	H85	FANTOM KARTUZY	Hard - M	101	01:22:51	05:45:07.60	+02:30:15 (43.5%)	15:41	3.8 (55.9%)
102	STACHNIK Paweł	H171	9PR	Hard - M	102	01:22:45	05:45:22.75	+02:30:30 (43.6%)	15:41	3.8 (55.9%)
103	CIESIELSKI Karol	H214	9PR	Hard - M	103	01:22:48	05:45:24.80	+02:30:32 (43.6%)	15:42	3.8 (55.9%)
104	OSIŃSKI Dawid	H70		Hard - M	104	01:22:46	05:45:26.40	+02:30:34 (43.6%)	15:42	3.8 (55.9%)
105	GOŁĄB Radomir	H36		Hard - M	105	01:31:30	05:48:58.80	+02:34:06 (44.2%)	15:51	3.8 (55.9%)
106	BUDZISZ Rafał	H142		Hard - M	106	01:24:58	05:49:00.90	+02:34:08 (44.2%)	15:51	3.8 (55.9%)
107	SAWICKI Nikodem	H69		Hard - M	107	01:24:23	05:49:44.25	+02:34:51 (44.3%)	15:53	3.8 (55.9%)
108	DĄBKOWSKI Dariusz	H68		Hard - M	108	01:24:01	05:49:46.35	+02:34:54 (44.3%)	15:53	3.8 (55.9%)
109	JANKIEWICZ Marek	H7	SFORA BMK	Hard - M	109	01:24:03	05:56:32.70	+02:41:40 (45.3%)	16:12	3.7 (54.4%)
110	MATYSEK Ireneusz	H213	KOMANDOS WAŁECKI	Hard - M	110	01:32:47	05:56:36.05	+02:41:43 (45.4%)	16:12	3.7 (54.4%)
111	GROT Jarosław	H239	7KDOW	Hard - M	111	01:29:13	05:58:15.30	+02:43:23 (45.6%)	16:17	3.7 (54.4%)
112	KUCHARSKI Krystian	H187		Hard - M	112	01:30:53	06:00:27.20	+02:45:34 (45.9%)	16:23	3.7 (54.4%)
113	WIŚNIEWSKI Maciej	H32	SFORA BMK	Hard - M	113	01:26:11	06:03:47.15	+02:48:54 (46.4%)	16:32	3.6 (52.9%)
114	WOLIŃSKI Karol	H20	SGO SFORABMK	Hard - M	114	01:26:13	06:03:47.55	+02:48:55 (46.4%)	16:32	3.6 (52.9%)
115	JANAS Szymon	H8	SFORA BMK	Hard - M	115	01:26:29	06:04:53.35	+02:50:01 (46.6%)	16:35	3.6 (52.9%)
116	SZULWACH Czarek	H235		Hard - M	116	01:20:01	06:05:04.55	+02:50:12 (46.6%)	16:35	3.6 (52.9%)
117	JANISZEWSKI Andrzej	H27	CWAŁUJĄCE ŻÓŁWIE	Hard - M	117	01:29:26	06:07:43.75	+02:52:51 (47.0%)	16:42	3.6 (52.9%)

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118	NIEMIRSKI Andrzej	H45		Hard - M	118	01:19:34	06:10:17.25	+02:55:24 (47.4%)	16:49	3.6 (52.9%)
119	WÓJCICKI Łukasz	H172	KOTWICA MIERZYN	Hard - M	119	01:28:28	06:10:37.70	+02:55:45 (47.4%)	16:50	3.6 (52.9%)
120	JAKSZEWICZ Sławomir	H117	GLADIATORS BY RMF4RT	Hard - M	120	01:32:17	06:10:44.95	+02:55:52 (47.4%)	16:51	3.6 (52.9%)
121	MALINOWSKI Karol	H65		Hard - M	121	01:24:04	06:11:11.50	+02:56:19 (47.5%)	16:52	3.6 (52.9%)
122	MICHALSKI Grzegorz	H119		Hard - M	122	01:42:06	06:11:17.50	+02:56:25 (47.5%)	16:52	3.6 (52.9%)
123	RYBICKI Tomasz	H112	SFORABMK	Hard - M	123	01:24:07	06:11:48.20	+02:56:55 (47.6%)	16:54	3.6 (52.9%)
124	BARTOCHOWSKI Damian	H210		Hard - M	124	01:21:06	06:11:50.75	+02:56:58 (47.6%)	16:54	3.5 (51.5%)
125	ŻUCHOWSKI Paweł	H4	SFORA BMK	Hard - M	125	01:25:20	06:12:01.05	+02:57:08 (47.6%)	16:54	3.5 (51.5%)
126	GRABOWSKI Zbigniew	H67	SFORA BMK	Hard - M	126	01:46:58	06:12:34.50	+02:57:42 (47.7%)	16:56	3.5 (51.5%)
127	SYGNATOWICZ Grzegorz	H179		Hard - M	127	01:26:31	06:12:47.65	+02:57:55 (47.7%)	16:56	3.5 (51.5%)
128	OLCHOWY Kacper	H156		Hard - M	128	01:27:31	06:15:31.45	+03:00:39 (48.1%)	17:04	3.5 (51.5%)
129	ALEKSANDROWICZ Patryk	T104		Hard - M	129	01:26:21	06:16:11.30	+03:01:19 (48.2%)	17:05	3.5 (51.5%)
130	DZIUDZIEL Maciej	H218		Hard - M	130	01:33:49	06:18:09.10	+03:03:16 (48.5%)	17:11	3.5 (51.5%)
131	KOTŁOWSKI Marcin	H229	BIGYELLOWFOOT ADVENTURE TEAM	Hard - M	131	01:28:47	06:18:58.85	+03:04:06 (48.6%)	17:13	3.5 (51.5%)
132	JABŁOŃSKI Kamil	H54		Hard - M	132	01:26:03	06:19:15.60	+03:04:23 (48.6%)	17:14	3.5 (51.5%)
133	STALSKI Paweł	H95	UR JAWOR	Hard - M	133	01:39:55	06:25:50.60	+03:10:58 (49.5%)	17:32	3.4 (50.0%)
134	SZULC Łukasz	H114	KSIĘGOWIPOWER	Hard - M	134	01:35:42	06:26:59.95	+03:12:07 (49.6%)	17:35	3.4 (50.0%)
135	CYGAN Mariusz	H196		Hard - M	135	01:30:00	06:35:29.80	+03:20:37 (50.7%)	17:58	3.3 (48.5%)
136	BRZOSKA Marek	H148		Hard - M	136	01:30:57	06:36:09.20	+03:21:16 (50.8%)	18:00	3.3 (48.5%)
137	NOWICKI Olgierd	H194		Hard - M	137	01:25:31	06:38:59.75	+03:24:07 (51.2%)	18:08	3.3 (48.5%)
138	KULCZAK Paweł	H13		Hard - M	138	01:38:34	06:41:04.25	+03:26:11 (51.4%)	18:13	3.3 (48.5%)
139	WAGA Paweł	H16	MASADA	Hard - M	139	01:39:43	06:45:58.20	+03:31:05 (52.0%)	18:27	3.3 (48.5%)
140	CHWALISZ Paweł	H146		Hard - M	140	01:34:04	06:46:11.50	+03:31:19 (52.0%)	18:27	3.2 (47.1%)
141	ŻYGADŁO Adam	H53	BIG RED ONE	Hard - M	141	01:39:53	06:55:44.00	+03:40:51 (53.1%)	18:53	3.2 (47.1%)
142	FRENCEL Radosław	H37		Hard - M	142	01:39:52	06:55:44.20	+03:40:51 (53.1%)	18:53	3.2 (47.1%)
143	STEMPNIAK Paweł	H15	BIG RED ONE	Hard - M	143	01:39:56	06:55:44.50	+03:40:52 (53.1%)	18:53	3.2 (47.1%)
144	PRZERYWACZ Michał	H83		Hard - M	144	01:37:14	06:55:46.80	+03:40:54 (53.1%)	18:53	3.2 (47.1%)
145	KARCZEWSKI Marcin	H81		Hard - M	145	01:37:06	06:55:47.25	+03:40:54 (53.1%)	18:53	3.2 (47.1%)
146	SOSNOWSKI Andrzej	H63		Hard - M	146	01:39:12	06:59:06.80	+03:44:14 (53.5%)	19:03	3.1 (45.6%)
147	NIEWADZI Szymon	H135		Hard - M	147	01:40:11	06:59:07.95	+03:44:15 (53.5%)	19:03	3.1 (45.6%)
148	WOLCZYNSKI Seweryn	H64		Hard - M	148	01:38:44	07:00:15.65	+03:45:23 (53.6%)	19:06	3.1 (45.6%)
149	GRZYBOWSKI Patryk	H125	SFORA BMK	Hard - M	149	01:42:08	07:00:23.60	+03:45:31 (53.6%)	19:06	3.1 (45.6%)
150	MICHNA Daniel	H207	PELPLIŃSCY NAPINACZE	Hard - M	150	01:38:46	07:00:30.20	+03:45:37 (53.7%)	19:06	3.1 (45.6%)
151	MICHNA Łukasz	H90		Hard - M	151	01:39:16	07:00:40.85	+03:45:48 (53.7%)	19:07	3.1 (45.6%)
152	CHRZANOWSKI Błażej	H84	SFORA BMK	Hard - M	152	01:38:46	07:00:50.90	+03:45:58 (53.7%)	19:07	3.1 (45.6%)
153	PADUCH Jakub	H204	SFORA BMK	Hard - M	153	01:32:14	07:01:56.25	+03:47:03 (53.8%)	19:10	3.1 (45.6%)
154	FLESZER Natan	H183	12WBOT\151 BATALION LEKKIEJ PIECHOTY	Hard - M	154	01:31:38	07:05:10.65	+03:50:18 (54.2%)	19:19	3.1 (45.6%)
155	SZAFRAN Konrad	H155		Hard - M	155	01:27:59	07:10:28.20	+03:55:35 (54.7%)	19:34	3.1 (45.6%)
156	MOLASY Karol	H57	SFORA BMK	Hard - M	156	01:28:29	07:12:31.15	+03:57:38 (54.9%)	19:39	3.1 (45.6%)
157	ORZECH Damian	H127		Hard - M	157	01:43:44	07:12:40.75	+03:57:48 (55.0%)	19:40	3.1 (45.6%)
158	TERLECKI Władysław	H42	SFORA BMK	Hard - M	158	01:45:42	07:19:46.45	+04:04:54 (55.7%)	19:59	3 (44.1%)
159	CHOMICZ Daniel	H38		Hard - M	159	01:39:34	07:20:09.55	+04:05:17 (55.7%)	20:00	3 (44.1%)
160	PIEKARSKI Paweł	H33	SFORABMK	Hard - M	160	01:45:37	07:20:49.90	+04:05:57 (55.8%)	20:02	3 (44.1%)
161	ŻYTKOWSKI Adam	H199	SPC	Hard - M	161	01:36:42	07:21:19.75	+04:06:27 (55.8%)	20:03	3 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
162	ROBACZEWSKI Patryk	H201		Hard - M	162	01:36:41	07:21:20.35	+04:06:28 (55.8%)	20:03	3 (44.1%)
163	WIŚNIEWSKI Włodzimierz	H198	SPC	Hard - M	163	01:36:23	07:21:20.45	+04:06:28 (55.8%)	20:03	3 (44.1%)
164	NIETUPSKI Krzysztof	H129	RCI GDYNIA	Hard - M	164	02:08:00	07:22:22.70	+04:07:30 (55.9%)	20:06	3 (44.1%)
165	ZASOWSKI Grzegorz	H104	CROSS MILAN	Hard - M	165	01:45:40	07:22:44.45	+04:07:52 (56.0%)	20:07	3 (44.1%)
166	SADZAWICKI Adam	H131		Hard - M	166	01:41:50	07:43:32.35	+04:28:40 (58.0%)	21:04	2.8 (41.2%)
167	ERDMANN Erik	H74	MILITARY TRAINING HAMBURG	Hard - M	167	02:13:59	09:34:32.10	+06:19:39 (66.1%)	26:06	2.3 (33.8%)
	MACIĄG Damian	H162	PUŁK REPREZENTACYJNY WOJSKA POLSKIEGO	Hard - M		01:20:58 DNF	DNF		-	- (0.0%)
	GRABOWSKI Łukasz	H71		Hard - M		01:24:24 DNF	DNF		-	- (0.0%)
	RUFF Benjamin	H222	MILITARY TRAINING HAMBURG	Hard - M		02:02:47 DNF	DNF		-	- (0.0%)

Znaleziono 170 wynik(ów)