



**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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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Hard X - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	KREFT Łukasz	X4		Hard X - M	1	00:56:44	<b>03:16:59.40</b>		8:57	6.7 (100%)
2	SULEWSKI Krzysztof	X20	SALKA FIT	Hard X - M	2	00:58:08	<b>03:26:08.00</b>	+00:09:08 (4.4%)	9:22	6.4 (95.5%)
3	ŁUKASZEWSKI Jakub	X30		Hard X - M	3	01:00:34	<b>03:46:10.30</b>	+00:29:10 (12.9%)	10:16	5.8 (86.6%)
4	PIEŚKIEWICZ Mateusz	X9		Hard X - M	4	01:05:19	<b>03:53:30.95</b>	+00:36:31 (15.6%)	10:36	5.7 (85.1%)
5	STAWIARSKI Krzysztof	X22		Hard X - M	5	01:03:23	<b>03:59:30.75</b>	+00:42:31 (17.8%)	10:53	5.5 (82.1%)
6	TRYZNO Jakub	X21	NEPTUN GDAŃSK	Hard X - M	6	01:05:02	<b>04:00:14.35</b>	+00:43:14 (18.0%)	10:55	5.5 (82.1%)
7	WOJTASZEK Bartłomiej	X14	COMBAT TJW	Hard X - M	7	01:03:02	<b>04:03:35.25</b>	+00:46:35 (19.1%)	11:04	5.4 (80.6%)
8	ZALIŃSKI Leszek	X29		Hard X - M	8	01:07:36	<b>04:05:51.30</b>	+00:48:51 (19.9%)	11:10	5.4 (80.6%)
9	GŁOWACKI Andrzej	X1	SFORA BMK	Hard X - M	9	01:05:16	<b>04:19:23.70</b>	+01:02:24 (24.1%)	11:47	5.1 (76.1%)
10	PAWELEK Patryk	X27		Hard X - M	10	01:07:54	<b>04:22:22.55</b>	+01:05:23 (24.9%)	11:55	5 (74.6%)
11	LANGOŚ Łukasz	X23	CROSSFIT MUSA	Hard X - M	11	01:07:58	<b>04:25:43.85</b>	+01:08:44 (25.9%)	12:04	5 (74.6%)
11	OŻGA Arkadiusz	X24	CROSSFIT MUSA	Hard X - M	11	01:07:54	<b>04:25:43.85</b>	+01:08:44 (25.9%)	12:04	5 (74.6%)
13	DZIĄBKOWSKI Radosław	X25		Hard X - M	13	01:07:21	<b>04:26:09.95</b>	+01:09:10 (26.0%)	12:05	5 (74.6%)
14	BULA Oliwier	X26	ŚLĄSKA AKADEMIA SPORTÓW WALKI	Hard X - M	14	01:07:59	<b>04:27:05.90</b>	+01:10:06 (26.2%)	12:08	4.9 (73.1%)
15	NIEDZIELSKI Mirosław	X11		Hard X - M	15	01:07:52	<b>04:30:05.20</b>	+01:13:05 (27.1%)	12:16	4.9 (73.1%)
16	MORAWSKI Piotr	X18	NAWOHUCKI KOMBINAT SPORTOWY	Hard X - M	16	01:11:30	<b>04:33:05.00</b>	+01:16:05 (27.9%)	12:24	4.8 (71.6%)
17	KURA Krzysztof	X12	16BPD	Hard X - M	17	01:11:38	<b>04:33:15.90</b>	+01:16:16 (27.9%)	12:25	4.8 (71.6%)
18	ROMAN Krzysztof	X28		Hard X - M	18	01:15:15	<b>04:35:32.45</b>	+01:18:33 (28.5%)	12:31	4.8 (71.6%)
19	SROCZYŃSKI Marcin	X10	OSTRESROKI	Hard X - M	19	01:19:02	<b>04:48:47.75</b>	+01:31:48 (31.8%)	13:07	4.6 (68.7%)
20	CIERPIŃSKI Grzegorz	X31		Hard X - M	20	01:11:01	<b>04:57:08.15</b>	+01:40:08 (33.7%)	13:30	4.4 (65.7%)
21	SIROCKI Dawid	X34	BIEGUN OCR TEAM	Hard X - M	21	01:14:29	<b>05:05:11.60</b>	+01:48:12 (35.5%)	13:52	4.3 (64.2%)
22	PRACHNIO Maciej	X8	SFORA BMK	Hard X - M	22	01:27:06	<b>05:08:48.25</b>	+01:51:48 (36.2%)	14:02	4.3 (64.2%)
23	IWAŃSKI Adam	X15		Hard X - M	23	01:22:41	<b>05:14:47.80</b>	+01:57:48 (37.4%)	14:18	4.2 (62.7%)
24	LISEK Mateusz	X19	WAT	Hard X - M	24	01:24:06	<b>05:42:24.65</b>	+02:25:25 (42.5%)	15:33	3.9 (58.2%)
25	SMOLIŃSKI Rafał	X17		Hard X - M	25	01:19:41	<b>05:50:50.55</b>	+02:33:51 (43.9%)	15:56	3.8 (56.7%)
26	RYBICKI Aleksander	X32	SŁUŻBA WIĘZIENNA	Hard X - M	26	01:19:51	<b>05:57:37.60</b>	+02:40:38 (44.9%)	16:15	3.7 (55.2%)
27	DROZD Mateusz	X33		Hard X - M	27	01:26:57	<b>06:10:12.05</b>	+02:53:12 (46.8%)	16:49	3.6 (53.7%)
28	MILCZAREK Piotr	H170	HARD BOX	Hard X - M	28	01:29:08	<b>06:10:42.05</b>	+02:53:42 (46.9%)	16:51	3.6 (53.7%)
29	GURBIEL Michał	X7		Hard X - M	29	01:28:44	<b>06:13:07.00</b>	+02:56:07 (47.2%)	16:57	3.5 (52.2%)

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DNC	<b>BRZESKI Robert</b>	<b>X35</b>	CROSSELITE	Hard X - M		00:58:10	<b>02:41:53.60</b>		0:00	8.2 (122.4%)

Znaleziono 30 wynik(ów)