



# BMK 2021 - OPERACJA REKRUT

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**Wydarzenie:** XII Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2021-08-29  
**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	ZAWADZKI Piotr	312		Open M	1	00:00:02	00:43:26.90	00:43:29.05		6:12	9.7 (100%)
2	ŁYŚ Daniel	447		Open M	2	00:00:01	00:43:51.35	00:43:53.00	+00:00:24 (0.9%)	6:15	9.6 (99.0%)
3	BUKOWSKI Krzysztof	458	7PBOT	Open M	3	00:00:02	00:44:16.75	00:44:19.15	+00:00:49 (1.9%)	6:19	9.5 (97.9%)
4	TOTZKE Krzysztof	396		Open M	4	00:00:03	00:47:43.70	00:47:46.70	+00:04:16 (9.0%)	6:49	8.8 (90.7%)
5	DOMBROWSKI Paweł	319	WIEM ALE SIĘ DOMYŚLAM	Open M	5	00:00:03	00:48:06.25	00:48:09.85	+00:04:39 (9.7%)	6:52	8.7 (89.7%)
6	SZORNAK Paweł	398		Open M	6	00:00:03	00:48:11.55	00:48:14.80	+00:04:44 (9.8%)	6:53	8.7 (89.7%)
7	WIĘCKOWSKI Marcin	466	7PBOT	Open M	7	00:00:17	00:49:16.00	00:49:33.60	+00:05:49 (11.8%)	7:02	8.5 (87.6%)
8	FIGURA Jakub	320		Open M	8	00:00:03	00:51:40.75	00:51:44.70	+00:08:13 (15.9%)	7:22	8.1 (83.5%)
9	FIGURA Mateusz	305	WIEM ALE SIĘ DOMYŚLAM	Open M	9	00:00:04	00:51:44.30	00:51:48.85	+00:08:17 (16.0%)	7:23	8.1 (83.5%)
10	TEMPSKA Anna	439	TEAM PIASTOWSKA	Open K	1	00:00:08	00:52:29.10	00:52:37.30	+00:09:02 (17.2%)	7:29	8 (82.5%)
11	SKUPIŃSKI Wiktor	364		Open M	10	00:00:05	00:52:42.35	00:52:47.80	+00:09:15 (17.6%)	7:31	8 (82.5%)
12	ŚWIGOŃ Patryk	356		Open M	11	00:00:03	00:53:00.40	00:53:04.25	+00:09:33 (18.0%)	7:34	7.9 (81.4%)
13	DOMBROWSKI Dawid	359		Open M	12	00:00:04	00:53:28.25	00:53:32.95	+00:10:01 (18.7%)	7:38	7.9 (81.4%)
14	TESKA Michał	341		Open M	13	00:00:03	00:53:39.10	00:53:43.00	+00:10:12 (19.0%)	7:39	7.8 (80.4%)
15	WŁOCH Krzysztof	335	DRUŻYNA SBR	Open M	14	00:00:10	00:53:39.30	00:53:49.50	+00:10:12 (19.0%)	7:39	7.8 (80.4%)
16	TRYZNO Jakub	H202	NEPTUN GDAŃSK	Open M	15	00:00:03	00:53:57.85	00:54:00.85	+00:10:30 (19.5%)	7:42	7.8 (80.4%)
17	TRYZNO Żaneta	H122	NEPTUN GDAŃSK	Open K	2	00:00:03	00:54:10.40	00:54:13.90	+00:10:43 (19.8%)	7:44	7.8 (80.4%)
18	KĘDZIERSKI Jarosław	491	7PBOT	Open M	16	00:00:02	00:55:24.85	00:55:27.55	+00:11:57 (21.6%)	7:54	7.6 (78.4%)
19	FALKOWSKI Krystian	380		Open M	17	00:00:13	00:56:19.00	00:56:32.15	+00:12:52 (22.8%)	8:02	7.5 (77.3%)
20	BADAJ Aleks	477	7PBOT	Open M	18	00:00:12	00:57:28.35	00:57:41.10	+00:14:01 (24.4%)	8:12	7.3 (75.3%)
21	CZAPLA Marzena	493	7PBOT	Open K	3	00:00:03	00:58:23.05	00:58:26.35	+00:14:56 (25.6%)	8:20	7.2 (74.2%)
22	DETLAFF Sławomir	369		Open M	19	00:00:02	00:58:24.40	00:58:26.65	+00:14:57 (25.6%)	8:20	7.2 (74.2%)
23	BOSAK Adam	358	JWKW MORĄG	Open M	20	00:00:12	00:58:33.10	00:58:45.15	+00:15:06 (25.8%)	8:21	7.2 (74.2%)
24	KRÓL Mateusz	343	JWKW MORĄG	Open M	21	00:00:10	00:58:34.10	00:58:45.00	+00:15:07 (25.8%)	8:22	7.2 (74.2%)
25	ZIEMANN Daniel	370		Open M	22	00:00:02	00:59:13.50	00:59:15.85	+00:15:46 (26.6%)	8:27	7.1 (73.2%)
26	ŁUKASIK Diana	393	ENDORFINA	Open K	4	00:00:02	00:59:31.65	00:59:34.05	+00:16:04 (27.0%)	8:30	7.1 (73.2%)
27		440				00:00:02	00:59:33.60	00:59:36.15	+00:16:06 (27.1%)	8:30	7.1 (73.2%)
28	KROLL Michał	489	7PBOT	Open M	23	00:00:15	00:59:38.30	00:59:54.10	+00:16:11 (27.1%)	8:31	7 (72.2%)
29	GURBIEL Tomasz	486	7PBOT	Open M	24	00:00:16	00:59:58.60	01:00:14.70	+00:16:31 (27.6%)	8:34	7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
30	<b>ŚWIĘTOSŁAWSKI Łukasz</b>	<b>366</b>		Open M	25	00:00:08	<b>00:59:58.85</b>	<b>01:00:07.05</b>	+00:16:31 (27.6%)	8:34	7 (72.2%)
31	<b>PRZYBYLSKI Kamil</b>	<b>355</b>		Open M	26	00:00:04	<b>01:00:02.60</b>	<b>01:00:07.05</b>	+00:16:35 (27.6%)	8:34	7 (72.2%)
32	<b>NIECKO Krzysztof</b>	<b>409</b>		Open M	27	00:00:12	<b>01:00:05.85</b>	<b>01:00:17.90</b>	+00:16:38 (27.7%)	8:35	7 (72.2%)
33	<b>JADRYCH Anna</b>	<b>347</b>		Open K	5	00:00:03	<b>01:00:23.90</b>	<b>01:00:27.45</b>	+00:16:57 (28.1%)	8:37	7 (72.2%)
34	<b>MAJEWSKA Marlena</b>	<b>307</b>	KETTLEBELL CROSS TEAM BARTOSZYCE	Open K	6	00:00:05	<b>01:00:38.75</b>	<b>01:00:44.70</b>	+00:17:11 (28.4%)	8:39	6.9 (71.1%)
35	<b>KAMIŃSKA Kamila</b>	<b>415</b>	7PBOT	Open K	7	00:00:12	<b>01:01:09.75</b>	<b>01:01:22.70</b>	+00:17:42 (29.0%)	8:44	6.9 (71.1%)
36	<b>ZIOMEK Anna</b>	<b>399</b>	OCR PARK TEAM	Open K	8	00:00:01	<b>01:01:15.00</b>	<b>01:01:16.45</b>	+00:17:48 (29.1%)	8:45	6.9 (71.1%)
37	<b>DUBAJ Jakub</b>	<b>357</b>		Open M	28	00:00:05	<b>01:01:28.85</b>	<b>01:01:33.90</b>	+00:18:01 (29.3%)	8:46	6.8 (70.1%)
38	<b>LIPSKA Urszula</b>	<b>353</b>	STRONG FAMILY	Open K	9	00:00:09	<b>01:02:30.45</b>	<b>01:02:39.45</b>	+00:19:03 (30.5%)	8:55	6.7 (69.1%)
39	<b>CESAK Grzegorz</b>	<b>389</b>		Open M	29	00:00:05	<b>01:02:33.25</b>	<b>01:02:38.60</b>	+00:19:06 (30.5%)	8:56	6.7 (69.1%)
40	<b>KOSTUCH Łukasz</b>	<b>372</b>		Open M	30	00:00:10	<b>01:02:40.15</b>	<b>01:02:51.05</b>	+00:19:13 (30.7%)	8:57	6.7 (69.1%)
41	<b>LEPPAK Małgorzata</b>	<b>388</b>		Open K	10	00:00:04	<b>01:03:03.15</b>	<b>01:03:07.85</b>	+00:19:36 (31.1%)	9:00	6.7 (69.1%)
42	<b>KAJZER Piotr</b>	<b>338</b>	KRWIOŻERCZE BORSUKI	Open M	31	00:00:09	<b>01:03:04.50</b>	<b>01:03:14.00</b>	+00:19:37 (31.1%)	9:00	6.7 (69.1%)
43	<b>POTOCKI Paweł</b>	<b>337</b>	SBR	Open M	32	00:00:06	<b>01:03:35.30</b>	<b>01:03:41.85</b>	+00:20:08 (31.7%)	9:05	6.6 (68.0%)
44	<b>MAJEWSKI Jacek</b>	<b>306</b>	KETTLEBELL CROSS TEAM BARTOSZYCE	Open M	33	00:00:06	<b>01:04:06.90</b>	<b>01:04:13.35</b>	+00:20:40 (32.2%)	9:09	6.6 (68.0%)
45	<b>ATOUN Mohamed</b>	<b>377</b>		Open M	34	00:00:03	<b>01:04:22.55</b>	<b>01:04:26.45</b>	+00:20:55 (32.5%)	9:11	6.5 (67.0%)
46		<b>451</b>				00:00:08	<b>01:04:43.90</b>	<b>01:04:52.25</b>	+00:21:17 (32.9%)	9:14	6.5 (67.0%)
47	<b>BOBKO Joanna</b>	<b>314</b>	WILD MORSY	Open K	11	00:00:12	<b>01:04:46.25</b>	<b>01:04:58.80</b>	+00:21:19 (32.9%)	9:15	6.5 (67.0%)
48	<b>MORITZ Seweryn</b>	<b>322</b>	SBR	Open M	35	00:00:09	<b>01:05:09.85</b>	<b>01:05:19.00</b>	+00:21:42 (33.3%)	9:18	6.4 (66.0%)
49	<b>LAMEK Natalia</b>	<b>316</b>	SBR	Open K	12	00:00:08	<b>01:05:36.85</b>	<b>01:05:45.65</b>	+00:22:09 (33.8%)	9:22	6.4 (66.0%)
50	<b>CHYŻYŃSKI Radek</b>	<b>H178</b>		Open M	36	00:00:18	<b>01:05:37.55</b>	<b>01:05:56.30</b>	+00:22:10 (33.8%)	9:22	6.4 (66.0%)
51	<b>MAKIŁA Jarosław</b>	<b>315</b>	SBR	Open M	37	00:00:07	<b>01:05:40.10</b>	<b>01:05:47.40</b>	+00:22:13 (33.8%)	9:22	6.4 (66.0%)
52	<b>NAWROCKI Krzysztof</b>	<b>374</b>	SHODAN ŁÓDŹ	Open M	38	00:00:08	<b>01:05:44.00</b>	<b>01:05:52.35</b>	+00:22:17 (33.9%)	9:23	6.4 (66.0%)
53	<b>BOGDAŃSKI Zbigniew</b>	<b>378</b>		Open M	39	00:00:11	<b>01:06:00.25</b>	<b>01:06:11.25</b>	+00:22:33 (34.2%)	9:25	6.4 (66.0%)
54	<b>ROJ Wojciech</b>	<b>492</b>	7PBOT	Open M	40	00:00:19	<b>01:06:24.85</b>	<b>01:06:44.05</b>	+00:22:57 (34.6%)	9:29	6.3 (64.9%)
55	<b>HELTA Paweł</b>	<b>328</b>		Open M	41	00:00:07	<b>01:06:48.40</b>	<b>01:06:56.00</b>	+00:23:21 (35.0%)	9:32	6.3 (64.9%)
56	<b>KUJAWSKI Mateusz</b>	<b>330</b>		Open M	42	00:00:07	<b>01:06:48.85</b>	<b>01:06:56.05</b>	+00:23:21 (35.0%)	9:32	6.3 (64.9%)
57	<b>CHOLEWSKI Bartłomiej</b>	<b>479</b>	7PBOT	Open M	43	00:00:15	<b>01:08:04.85</b>	<b>01:08:19.95</b>	+00:24:37 (36.2%)	9:43	6.2 (63.9%)
58	<b>WIŚNIEWSKI Rafał</b>	<b>336</b>	SBR	Open M	44	00:00:10	<b>01:08:17.35</b>	<b>01:08:27.90</b>	+00:24:50 (36.4%)	9:45	6.2 (63.9%)
59	<b>DAMASZK Piotr</b>	<b>404</b>	7KDOW	Open M	45	00:00:16	<b>01:08:21.15</b>	<b>01:08:37.85</b>	+00:24:54 (36.4%)	9:45	6.1 (62.9%)
60	<b>MOŁDA Urszula</b>	<b>342</b>		Open K	13	00:00:02	<b>01:09:31.10</b>	<b>01:09:33.80</b>	+00:26:04 (37.5%)	9:55	6 (61.9%)
61	<b>PAWŁOWSKI Wojciech</b>	<b>478</b>	7PBOT	Open M	46	00:00:14	<b>01:09:54.30</b>	<b>01:10:08.60</b>	+00:26:27 (37.8%)	9:59	6 (61.9%)
62	<b>KLISZCZ Adam</b>	<b>496</b>	7PBOT	Open M	47	00:00:16	<b>01:11:10.10</b>	<b>01:11:26.40</b>	+00:27:43 (38.9%)	10:10	5.9 (60.8%)
63	<b>PASZKO Zbigniew</b>	<b>413</b>		Open M	48	00:00:13	<b>01:11:14.50</b>	<b>01:11:27.75</b>	+00:27:47 (39.0%)	10:10	5.9 (60.8%)
64	<b>PAWŁOWSKI Kamil</b>	<b>363</b>		Open M	49	00:00:14	<b>01:11:42.10</b>	<b>01:11:56.10</b>	+00:28:15 (39.4%)	10:14	5.9 (60.8%)
65	<b>DOMBROWSKA Małgorzata</b>	<b>318</b>	WIEM ALE SIĘ DOMYŚLAM	Open K	14	00:00:06	<b>01:12:26.25</b>	<b>01:12:32.25</b>	+00:28:59 (40.0%)	10:20	5.8 (59.8%)
66	<b>FIBIR Maciej</b>	<b>442</b>	7PBOT	Open M	50	00:00:17	<b>01:12:38.40</b>	<b>01:12:55.75</b>	+00:29:11 (40.2%)	10:22	5.8 (59.8%)
67	<b>KOBZDEJ Piotr</b>	<b>495</b>	7PBOT	Open M	51	00:00:17	<b>01:12:43.50</b>	<b>01:13:00.55</b>	+00:29:16 (40.3%)	10:23	5.8 (59.8%)
68	<b>MŁYŃSKA Joanna</b>	<b>394</b>	R.AMBO	Open K	15	00:00:08	<b>01:12:44.25</b>	<b>01:12:52.30</b>	+00:29:17 (40.3%)	10:23	5.8 (59.8%)
69	<b>ZIELONKA Łukasz</b>	<b>333</b>		Open M	52	00:00:07	<b>01:13:03.95</b>	<b>01:13:11.85</b>	+00:29:37 (40.5%)	10:26	5.7 (58.8%)
70	<b>GOTOWAŁA Karolina</b>	<b>365</b>	QCZERA	Open K	16	00:00:02	<b>01:13:11.05</b>	<b>01:13:13.40</b>	+00:29:44 (40.6%)	10:27	5.7 (58.8%)
71	<b>GAŁUS Radosław</b>	<b>395</b>		Open M	53	00:00:07	<b>01:13:14.65</b>	<b>01:13:22.30</b>	+00:29:47 (40.7%)	10:27	5.7 (58.8%)
72	<b>ZIELONKA Marek</b>	<b>487</b>	7PBOT	Open M	54	00:00:17	<b>01:14:31.60</b>	<b>01:14:49.55</b>	+00:31:04 (41.7%)	10:38	5.6 (57.7%)
73	<b>SZYMIŃSKI Michał</b>	<b>455</b>		Open M	55	00:00:15	<b>01:14:33.70</b>	<b>01:14:49.15</b>	+00:31:06 (41.7%)	10:39	5.6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 7km	brutto 7km			
74	<b>KALKOWSKA Klaudia</b>	<b>405</b>	7PBOT	Open K	17	00:00:14	<b>01:14:34.75</b>	<b>01:14:49.10</b>	+00:31:07 (41.7%)	10:39	5.6 (57.7%)
75	<b>SUDOŁ Dominika</b>	<b>419</b>	7PBOT	Open K	18	00:00:14	<b>01:14:35.00</b>	<b>01:14:49.65</b>	+00:31:08 (41.7%)	10:39	5.6 (57.7%)
76	<b>BADAJ Elżbieta</b>	<b>494</b>	7PBOT	Open K	19	00:00:13	<b>01:14:35.90</b>	<b>01:14:49.35</b>	+00:31:09 (41.8%)	10:39	5.6 (57.7%)
77	<b>SOŁON Marlena</b>	<b>300</b>	SFORA BMK	Open K	20	00:00:10	<b>01:15:24.80</b>	<b>01:15:35.65</b>	+00:31:57 (42.4%)	10:46	5.6 (57.7%)
78	<b>JANAS Szymon</b>	<b>302</b>		Open M	56	00:00:10	<b>01:15:25.80</b>	<b>01:15:36.70</b>	+00:31:58 (42.4%)	10:46	5.6 (57.7%)
79	<b>OSTROWSKI Mirosław</b>	<b>373</b>		Open M	57	00:00:04	<b>01:15:56.90</b>	<b>01:16:01.30</b>	+00:32:30 (42.8%)	10:50	5.5 (56.7%)
79	<b>SŁAPCZYŃSKA Marta</b>	<b>371</b>		Open K	21	00:00:04	<b>01:15:56.90</b>	<b>01:16:01.60</b>	+00:32:30 (42.8%)	10:50	5.5 (56.7%)
81		<b>457</b>				00:00:15	<b>01:16:48.80</b>	<b>01:17:03.90</b>	+00:33:21 (43.4%)	10:58	5.5 (56.7%)
82	<b>DAHM Oliwia</b>	<b>456</b>		Open K	22	00:00:14	<b>01:16:49.75</b>	<b>01:17:04.25</b>	+00:33:22 (43.4%)	10:58	5.5 (56.7%)
83	<b>JAŹDŹEWSKA Elżbieta</b>	<b>367</b>	BEST BEASTS	Open K	23	00:00:09	<b>01:17:18.45</b>	<b>01:17:27.45</b>	+00:33:51 (43.8%)	11:02	5.4 (55.7%)
84	<b>MULARCZYK Krzysztof</b>	<b>352</b>		Open M	58	00:00:08	<b>01:17:23.45</b>	<b>01:17:31.95</b>	+00:33:56 (43.9%)	11:03	5.4 (55.7%)
85	<b>BARTOCHA Edyta</b>	<b>309</b>		Open K	24	00:00:03	<b>01:17:44.75</b>	<b>01:17:47.75</b>	+00:34:17 (44.1%)	11:06	5.4 (55.7%)
86	<b>WIĘCKOWSKI Igor</b>	<b>392</b>	10ŚBOT	Open M	59	00:00:03	<b>01:17:45.45</b>	<b>01:17:48.60</b>	+00:34:18 (44.1%)	11:06	5.4 (55.7%)
87	<b>DOJLITKO Maciej</b>	<b>397</b>		Open M	60	00:00:16	<b>01:17:59.35</b>	<b>01:18:15.50</b>	+00:34:32 (44.3%)	11:08	5.4 (55.7%)
88	<b>BURZYŃSKI Tomasz</b>	<b>464</b>		Open M	61	00:00:19	<b>01:18:19.20</b>	<b>01:18:38.30</b>	+00:34:52 (44.5%)	11:11	5.4 (55.7%)
89	<b>GWOREK Piotr</b>	<b>334</b>		Open M	62	00:00:08	<b>01:18:46.40</b>	<b>01:18:54.65</b>	+00:35:19 (44.8%)	11:15	5.3 (54.6%)
90	<b>ŁAWICKA Sandra</b>	<b>408</b>	7KDOW	Open K	25	00:00:14	<b>01:18:53.25</b>	<b>01:19:08.05</b>	+00:35:26 (44.9%)	11:16	5.3 (54.6%)
91	<b>KUCHTA Jakub</b>	<b>332</b>	SBR	Open M	63	00:00:09	<b>01:19:02.90</b>	<b>01:19:12.50</b>	+00:35:36 (45.0%)	11:17	5.3 (54.6%)
92	<b>SKIERKA Agata</b>	<b>500</b>	7PBOT	Open K	26	00:00:18	<b>01:20:00.15</b>	<b>01:20:18.15</b>	+00:36:33 (45.7%)	11:25	5.3 (54.6%)
93	<b>SZWARC Andrzej</b>	<b>410</b>	7PBOT	Open M	64	00:00:17	<b>01:20:00.80</b>	<b>01:20:17.85</b>	+00:36:33 (45.7%)	11:25	5.3 (54.6%)
94	<b>KOMAR Tomasz</b>	<b>402</b>	NA PRZYPALE ALBO WCALE!!!	Open M	65	00:00:05	<b>01:20:32.85</b>	<b>01:20:38.75</b>	+00:37:05 (46.1%)	11:30	5.2 (53.6%)
95	<b>CISEWSKI Janusz</b>	<b>379</b>		Open M	66	00:00:06	<b>01:23:10.80</b>	<b>01:23:17.35</b>	+00:39:43 (47.8%)	11:52	5.1 (52.6%)
96	<b>BABINSKI Błażej</b>	<b>327</b>		Open M	67	00:00:07	<b>01:23:11.55</b>	<b>01:23:18.60</b>	+00:39:44 (47.8%)	11:53	5 (51.5%)
97	<b>RADOMSKI Kamil</b>	<b>403</b>	7PBOT	Open M	68	00:00:17	<b>01:23:22.05</b>	<b>01:23:40.00</b>	+00:39:55 (47.9%)	11:54	5 (51.5%)
98	<b>ZAWORSKA Jagoda</b>	<b>406</b>	7PBOT	Open K	27	00:00:17	<b>01:23:22.30</b>	<b>01:23:40.15</b>	+00:39:55 (47.9%)	11:54	5 (51.5%)
99	<b>GIL Mateusz</b>	<b>360</b>		Open M	69	00:00:03	<b>01:23:32.60</b>	<b>01:23:35.60</b>	+00:40:05 (48.0%)	11:56	5 (51.5%)
100	<b>SPICA Andrzej</b>	<b>325</b>		Open M	70	00:00:05	<b>01:23:32.85</b>	<b>01:23:38.15</b>	+00:40:05 (48.0%)	11:56	5 (51.5%)
101	<b>SKOWROŃSKI Andrzej</b>	<b>476</b>	7PBOT	Open M	71	00:00:01	<b>01:23:33.55</b>	<b>01:23:35.40</b>	+00:40:06 (48.0%)	11:56	5 (51.5%)
102	<b>KARCZEWSKI Tomasz</b>	<b>324</b>		Open M	72	00:00:06	<b>01:23:41.00</b>	<b>01:23:47.60</b>	+00:40:14 (48.1%)	11:57	5 (51.5%)
103	<b>CHYREK Marek</b>	<b>400</b>		Open M	73	00:00:05	<b>01:24:03.25</b>	<b>01:24:08.85</b>	+00:40:36 (48.3%)	12:00	5 (51.5%)
104	<b>KOŚMIDER Dariusz</b>	<b>329</b>		Open M	74	00:00:06	<b>01:24:30.00</b>	<b>01:24:36.00</b>	+00:41:03 (48.6%)	12:04	5 (51.5%)
105	<b>KARCZEWSKI Jacek</b>	<b>326</b>		Open M	75	00:00:05	<b>01:24:32.55</b>	<b>01:24:38.05</b>	+00:41:05 (48.6%)	12:04	5 (51.5%)
106	<b>WEILAND Adrian</b>	<b>391</b>	NIGHT WOLVES ULTRA RUNNERS	Open M	76	00:00:07	<b>01:24:43.40</b>	<b>01:24:50.60</b>	+00:41:16 (48.7%)	12:06	5 (51.5%)
107	<b>RAHOZA Szymon</b>	<b>381</b>		Open M	77	00:00:07	<b>01:24:43.75</b>	<b>01:24:51.50</b>	+00:41:16 (48.7%)	12:06	5 (51.5%)
108	<b>CZERWIŃSKI Przemysław</b>	<b>387</b>	NIGHT WOLVES ULTRA RUNNERS	Open M	78	00:00:07	<b>01:24:43.80</b>	<b>01:24:51.25</b>	+00:41:16 (48.7%)	12:06	5 (51.5%)
109	<b>CZERWIŃSKA Anna</b>	<b>386</b>	NIGHT WOLVES ULTRA RUNNERS	Open K	28	00:00:07	<b>01:24:44.00</b>	<b>01:24:51.20</b>	+00:41:17 (48.7%)	12:06	5 (51.5%)
110	<b>WEILAND Agnieszka</b>	<b>385</b>	NIGHT WOLVES ULTRA RUNNERS	Open K	29	00:00:06	<b>01:24:44.45</b>	<b>01:24:50.90</b>	+00:41:17 (48.7%)	12:06	5 (51.5%)
111	<b>JĘDRZEJEWSKI Patryk</b>	<b>414</b>	7PBOT	Open M	79	00:00:13	<b>01:25:03.85</b>	<b>01:25:17.55</b>	+00:41:36 (48.9%)	12:09	4.9 (50.5%)
112	<b>JAKUBOWSKA Patrycja</b>	<b>H147</b>		Open K	30	00:00:14	<b>01:25:05.80</b>	<b>01:25:19.80</b>	+00:41:38 (48.9%)	12:09	4.9 (50.5%)
113	<b>MICHEL-WIŚNIEWSKA Kamila</b>	<b>303</b>	SFORA BMK	Open K	31	00:00:12	<b>01:26:16.50</b>	<b>01:26:28.55</b>	+00:42:49 (49.6%)	12:19	4.9 (50.5%)
114	<b>SKOREK-MASZOTA Weronika</b>	<b>417</b>		Open K	32	00:00:09	<b>01:27:14.70</b>	<b>01:27:23.85</b>	+00:43:47 (50.2%)	12:27	4.8 (49.5%)
115		<b>418</b>				00:00:09	<b>01:27:15.25</b>	<b>01:27:24.70</b>	+00:43:48 (50.2%)	12:27	4.8 (49.5%)
116	<b>HEBANOWSKI Łukasz</b>	<b>416</b>		Open M	80	00:00:09	<b>01:27:16.05</b>	<b>01:27:25.55</b>	+00:43:49 (50.2%)	12:28	4.8 (49.5%)
117	<b>LEPA-ROMAN Magdalena</b>	<b>346</b>	SFORA BMK	Open K	33	00:00:12	<b>01:29:31.50</b>	<b>01:29:43.90</b>	+00:46:04 (51.5%)	12:47	4.7 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
118	<b>MAZURKIEWICZ Wojciech</b>	<b>349</b>		Open M	81	00:00:10	<b>01:29:44.65</b>	<b>01:29:55.00</b>	+00:46:17 (51.6%)	12:49	4.7 (48.5%)
119	<b>MAZURKIEWICZ Szymon</b>	<b>350</b>		Open M	82	00:00:10	<b>01:29:45.05</b>	<b>01:29:55.45</b>	+00:46:18 (51.6%)	12:49	4.7 (48.5%)
120	<b>BISKUP Magdalena</b>	<b>348</b>		Open K	34	00:00:09	<b>01:29:46.10</b>	<b>01:29:55.70</b>	+00:46:19 (51.6%)	12:49	4.7 (48.5%)
121	<b>GŁOWACKI Andrzej</b>	<b>376</b>	SFORA BMK	Open M	83	00:00:13	<b>01:30:43.65</b>	<b>01:30:57.20</b>	+00:47:16 (52.1%)	12:57	4.6 (47.4%)
122	<b>GŁOWACKA Aleksandra</b>	<b>304</b>	SFORA BMK	Open K	35	00:00:12	<b>01:30:44.10</b>	<b>01:30:56.25</b>	+00:47:17 (52.1%)	12:57	4.6 (47.4%)
123	<b>JEŻEWSKA Anna</b>	<b>482</b>	7PBOT	Open K	36	00:00:15	<b>01:31:13.65</b>	<b>01:31:28.75</b>	+00:47:46 (52.4%)	13:01	4.6 (47.4%)
124	<b>WIŚNIEWSKI Łukasz</b>	<b>488</b>	7PBOT	Open M	84	00:00:15	<b>01:31:13.75</b>	<b>01:31:29.15</b>	+00:47:46 (52.4%)	13:01	4.6 (47.4%)
125	<b>PRANGA Monika</b>	<b>483</b>	7PBOT	Open K	37	00:00:15	<b>01:31:14.00</b>	<b>01:31:29.60</b>	+00:47:47 (52.4%)	13:02	4.6 (47.4%)
126	<b>NOWICKI Paweł</b>	<b>317</b>		Open M	85	00:00:11	<b>01:31:15.65</b>	<b>01:31:27.20</b>	+00:47:48 (52.4%)	13:02	4.6 (47.4%)
127	<b>NARKUN Agnieszka</b>	<b>484</b>	7PBOT	Open K	38	00:00:14	<b>01:31:16.20</b>	<b>01:31:30.85</b>	+00:47:49 (52.4%)	13:02	4.6 (47.4%)
128	<b>WIŚNIEWSKI Wojciech</b>	<b>490</b>	7PBOT	Open M	86	00:00:14	<b>01:31:16.45</b>	<b>01:31:31.30</b>	+00:47:49 (52.4%)	13:02	4.6 (47.4%)
129	<b>BESTRY Juan</b>	<b>481</b>	7PBOT	Open M	87	00:00:16	<b>01:31:16.50</b>	<b>01:31:33.35</b>	+00:47:49 (52.4%)	13:02	4.6 (47.4%)
130	<b>MARTYSZ Bogumił</b>	<b>485</b>	7PBOT	Open M	88	00:00:14	<b>01:31:17.75</b>	<b>01:31:31.95</b>	+00:47:50 (52.4%)	13:02	4.6 (47.4%)
131	<b>SZENK Agnieszka</b>	<b>480</b>	7PBOT	Open K	39	00:00:14	<b>01:31:18.75</b>	<b>01:31:33.55</b>	+00:47:51 (52.4%)	13:02	4.6 (47.4%)
132	<b>KUROWSKI Łukasz</b>	<b>323</b>		Open M	89	00:00:11	<b>01:31:32.70</b>	<b>01:31:44.45</b>	+00:48:05 (52.5%)	13:04	4.6 (47.4%)
133	<b>GEREJ Szymon</b>	<b>310</b>		Open M	90	00:00:11	<b>01:31:51.95</b>	<b>01:32:03.70</b>	+00:48:25 (52.7%)	13:07	4.6 (47.4%)
134	<b>SAWICKI Marcin</b>	<b>354</b>		Open M	91	00:00:10	<b>01:31:53.70</b>	<b>01:32:03.90</b>	+00:48:26 (52.7%)	13:07	4.6 (47.4%)
135	<b>KUCZKOWSKI Jan</b>	<b>390</b>		Open M	92	00:00:06	<b>01:34:28.00</b>	<b>01:34:34.20</b>	+00:51:01 (54.0%)	13:29	4.4 (45.4%)
136	<b>NURZYŃSKA Monika</b>	<b>382</b>		Open K	40	00:00:05	<b>01:35:09.15</b>	<b>01:35:14.50</b>	+00:51:42 (54.3%)	13:35	4.4 (45.4%)
137	<b>MARZEC Joanna</b>	<b>383</b>	BIGYELLOWFOOT ADVENTURE TEAM	Open K	41	00:00:05	<b>01:35:09.45</b>	<b>01:35:14.50</b>	+00:51:42 (54.3%)	13:35	4.4 (45.4%)
138	<b>MELERSKI Tomasz</b>	<b>412</b>	7PBOT	Open M	93	00:00:15	<b>01:35:23.15</b>	<b>01:35:39.05</b>	+00:51:56 (54.4%)	13:37	4.4 (45.4%)
139	<b>GIZIŃSKI Piotr</b>	<b>339</b>		Open M	94	00:00:11	<b>01:36:31.70</b>	<b>01:36:43.20</b>	+00:53:04 (55.0%)	13:47	4.4 (45.4%)
140	<b>RHODE Agata</b>	<b>497</b>	7KDOW	Open K	42	00:00:15	<b>01:46:19.10</b>	<b>01:46:34.50</b>	+01:02:52 (59.1%)	15:11	4 (41.2%)
140	<b>TOMCZYK Klaudia</b>	<b>420</b>	7PBOT	Open K	42	00:00:15	<b>01:46:19.10</b>	<b>01:46:34.55</b>	+01:02:52 (59.1%)	15:11	4 (41.2%)
142	<b>HOŁOWIECKI Bartosz</b>	<b>499</b>	7PBOT	Open M	95	00:00:15	<b>01:46:19.45</b>	<b>01:46:35.00</b>	+01:02:52 (59.1%)	15:11	4 (41.2%)
143	<b>NOWAK Monika</b>	<b>407</b>		Open K	44	00:00:15	<b>01:46:19.50</b>	<b>01:46:34.80</b>	+01:02:52 (59.1%)	15:11	4 (41.2%)
144	<b>DOMERADZKI Paweł</b>	<b>498</b>	7PBOT	Open M	96	00:00:13	<b>01:46:21.20</b>	<b>01:46:34.35</b>	+01:02:54 (59.1%)	15:11	3.9 (40.2%)
145	<b>MORAWSKI Jarosław</b>	<b>361</b>		Open M	97	00:00:12	<b>01:46:22.25</b>	<b>01:46:34.50</b>	+01:02:55 (59.2%)	15:11	3.9 (40.2%)
146	<b>WYDRA Marek</b>	<b>351</b>		Open M	98	00:00:04	<b>01:48:10.85</b>	<b>01:48:15.55</b>	+01:04:43 (59.8%)	15:27	3.9 (40.2%)
147	<b>KIJEWSKI Jacek</b>	<b>301</b>		Open M	99	00:00:04	<b>01:48:41.50</b>	<b>01:48:45.65</b>	+01:05:14 (60.0%)	15:31	3.9 (40.2%)
DNC	<b>TESKA Patrycja</b>	<b>340</b>	BIEGUN OCR TEAM	Open K		00:00:01	<b>00:45:52.30</b>	<b>00:45:53.70</b>		0:00	9.2 (94.8%)

Znaleziono 148 wynik(ów)