



# BMK 2021 - OPERACJA REKRUT

B4SPORT

**Wydarzenie:** XII Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2021-08-29  
**Miejsce:** Gdynia  
**Dystans:** 7 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	TEMPSKA Anna	439	TEAM PIASTOWSKA	Open K	1	00:00:08	00:52:29.10	00:52:37.30		7:29	8 (100%)
2	TRYZNO Żaneta	H122	NEPTUN GDAŃSK	Open K	2	00:00:03	00:54:10.40	00:54:13.90	+00:01:41 (3.1%)	7:44	7.8 (97.5%)
3	CZAPLA Marzena	493	7PBOT	Open K	3	00:00:03	00:58:23.05	00:58:26.35	+00:05:53 (10.1%)	8:20	7.2 (90.0%)
4	ŁUKASIK Diana	393	ENDORFINA	Open K	4	00:00:02	00:59:31.65	00:59:34.05	+00:07:02 (11.8%)	8:30	7.1 (88.8%)
5	JADRYCH Anna	347		Open K	5	00:00:03	01:00:23.90	01:00:27.45	+00:07:54 (13.1%)	8:37	7 (87.5%)
6	MAJEWSKA Marlena	307	KETTLEBELL CROSS TEAM BARTOSZYCE	Open K	6	00:00:05	01:00:38.75	01:00:44.70	+00:08:09 (13.5%)	8:39	6.9 (86.3%)
7	KAMIŃSKA Kamila	415	7PBOT	Open K	7	00:00:12	01:01:09.75	01:01:22.70	+00:08:40 (14.2%)	8:44	6.9 (86.3%)
8	ZIOMEK Anna	399	OCR PARK TEAM	Open K	8	00:00:01	01:01:15.00	01:01:16.45	+00:08:45 (14.3%)	8:45	6.9 (86.3%)
9	LIPSKA Urszula	353	STRONG FAMILY	Open K	9	00:00:09	01:02:30.45	01:02:39.45	+00:10:01 (16.0%)	8:55	6.7 (83.8%)
10	LEPPAK Małgorzata	388		Open K	10	00:00:04	01:03:03.15	01:03:07.85	+00:10:34 (16.8%)	9:00	6.7 (83.8%)
11	BOBKO Joanna	314	WILD MORSY	Open K	11	00:00:12	01:04:46.25	01:04:58.80	+00:12:17 (19.0%)	9:15	6.5 (81.3%)
12	LAMEK Natalia	316	SBR	Open K	12	00:00:08	01:05:36.85	01:05:45.65	+00:13:07 (20.0%)	9:22	6.4 (80.0%)
13	MOŁDA Urszula	342		Open K	13	00:00:02	01:09:31.10	01:09:33.80	+00:17:02 (24.5%)	9:55	6 (75.0%)
14	DOMBROWSKA Małgorzata	318	WIEM ALE SIĘ DOMYŚLAM	Open K	14	00:00:06	01:12:26.25	01:12:32.25	+00:19:57 (27.5%)	10:20	5.8 (72.5%)
15	MŁYŃSKA Joanna	394	R.AMBO	Open K	15	00:00:08	01:12:44.25	01:12:52.30	+00:20:15 (27.8%)	10:23	5.8 (72.5%)
16	GOTOWAŁA Karolina	365	QCZERA	Open K	16	00:00:02	01:13:11.05	01:13:13.40	+00:20:41 (28.3%)	10:27	5.7 (71.3%)
17	KALKOWSKA Klaudia	405	7PBOT	Open K	17	00:00:14	01:14:34.75	01:14:49.10	+00:22:05 (29.6%)	10:39	5.6 (70.0%)
18	SUDOŁ Dominika	419	7PBOT	Open K	18	00:00:14	01:14:35.00	01:14:49.65	+00:22:05 (29.6%)	10:39	5.6 (70.0%)
19	BADAJ Elżbieta	494	7PBOT	Open K	19	00:00:13	01:14:35.90	01:14:49.35	+00:22:06 (29.6%)	10:39	5.6 (70.0%)
20	SOLON Marlena	300	SFORA BMK	Open K	20	00:00:10	01:15:24.80	01:15:35.65	+00:22:55 (30.4%)	10:46	5.6 (70.0%)
21	SŁAPCZYŃSKA Marta	371		Open K	21	00:00:04	01:15:56.90	01:16:01.60	+00:23:27 (30.9%)	10:50	5.5 (68.8%)
22	DAHM Oliwia	456		Open K	22	00:00:14	01:16:49.75	01:17:04.25	+00:24:20 (31.7%)	10:58	5.5 (68.8%)
23	JAŹDŻEWSKA Elżbieta	367	BEST BEASTS	Open K	23	00:00:09	01:17:18.45	01:17:27.45	+00:24:49 (32.1%)	11:02	5.4 (67.5%)
24	BARTOCHA Edyta	309		Open K	24	00:00:03	01:17:44.75	01:17:47.75	+00:25:15 (32.5%)	11:06	5.4 (67.5%)
25	ŁAWICKA Sandra	408	7KDOW	Open K	25	00:00:14	01:18:53.25	01:19:08.05	+00:26:24 (33.5%)	11:16	5.3 (66.3%)
26	SKIERKA Agata	500	7PBOT	Open K	26	00:00:18	01:20:00.15	01:20:18.15	+00:27:31 (34.4%)	11:25	5.3 (66.3%)
27	ZAWORSKA Jagoda	406	7PBOT	Open K	27	00:00:17	01:23:22.30	01:23:40.15	+00:30:53 (37.0%)	11:54	5 (62.5%)
28	CZERWIŃSKA Anna	386	NIGHT WOLVES ULTRA RUNNERS	Open K	28	00:00:07	01:24:44.00	01:24:51.20	+00:32:14 (38.1%)	12:06	5 (62.5%)
29	WEILAND Agnieszka	385	NIGHT WOLVES ULTRA RUNNERS	Open K	29	00:00:06	01:24:44.45	01:24:50.90	+00:32:15 (38.1%)	12:06	5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
30	<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>	+00:32:36 (38.3%)	12:09	4.9 (61.3%)
31	<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>	+00:33:47 (39.2%)	12:19	4.9 (61.3%)
32	<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>	+00:34:45 (39.8%)	12:27	4.8 (60.0%)
33	<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>	+00:37:02 (41.4%)	12:47	4.7 (58.8%)
34	<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>	+00:37:17 (41.5%)	12:49	4.7 (58.8%)
35	<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>	+00:38:15 (42.2%)	12:57	4.6 (57.5%)
36	<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>	+00:38:44 (42.5%)	13:01	4.6 (57.5%)
37	<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>	+00:38:44 (42.5%)	13:02	4.6 (57.5%)
38	<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>	+00:38:47 (42.5%)	13:02	4.6 (57.5%)
39	<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>	+00:38:49 (42.5%)	13:02	4.6 (57.5%)
40	<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>	+00:42:40 (44.8%)	13:35	4.4 (55.0%)
41	<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>	+00:42:40 (44.8%)	13:35	4.4 (55.0%)
42	<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>	+00:53:50 (50.6%)	15:11	4 (50.0%)
42	<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>	+00:53:50 (50.6%)	15:11	4 (50.0%)
44	<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>	+00:53:50 (50.6%)	15:11	4 (50.0%)
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 (115.0%)

Znaleziono 45 wynik(ów)