



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

XIII Bieg Morskiego Komandosa  
OCR Events  
2022-08-27  
Gdynia  
22 km

## BMK 2022 - HARD 22KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Hard Hist - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>RUSZNICKI Dawid</b>	<b>A30</b>	SFORABMK	Hard Hist - M	1	01:05:13	02:27:00	<b>03:32:12.90</b>		9:38	6.2 (100%)
2	<b>KANIA Mateusz</b>	<b>A22</b>	WELL FITNESS BIELSKO-BIAŁA	Hard Hist - M	2	01:05:12	02:26:59	<b>03:34:23.00</b>	+00:02:10 (1.0%)	9:44	6.2 (100%)
3	<b>MORAWSKI Grzegorz</b>	<b>A57</b>		Hard Hist - M	3	01:09:07	02:41:04	<b>03:52:42.95</b>	+00:20:30 (8.8%)	10:34	5.7 (91.9%)
4	<b>BRZOZKA Tomasz</b>	<b>A40</b>		Hard Hist - M	4	01:09:59	02:41:19	<b>03:54:42.00</b>	+00:22:29 (9.6%)	10:40	5.6 (90.3%)
5	<b>LICHTOR Jacek</b>	<b>A42</b>		Hard Hist - M	5	01:13:50	02:52:31	<b>04:13:04.95</b>	+00:40:52 (16.1%)	11:30	5.2 (83.9%)
6	<b>STEFANOWSKI Daniel</b>	<b>A23</b>		Hard Hist - M	6	01:09:08	02:52:31	<b>04:13:16.05</b>	+00:41:03 (16.2%)	11:30	5.2 (83.9%)
7	<b>RAK Michał</b>	<b>A36</b>		Hard Hist - M	7	01:16:27	02:54:01	<b>04:28:46.80</b>	+00:56:33 (21.0%)	12:13	4.9 (79.0%)
8	<b>MALACH Dariusz</b>	<b>A3</b>	SFORA BMK	Hard Hist - M	8	01:13:27	02:54:09	<b>04:28:49.80</b>	+00:56:36 (21.1%)	12:13	4.9 (79.0%)
<b>Przekroczony limit czasu: 04:30:00</b>											
9	<b>STRONGOWSKI Sebastian</b>	<b>A46</b>		Hard Hist - M	9	01:13:52	02:59:16	<b>04:34:11.20</b>	+01:01:58 (22.6%)	12:27	4.8 (77.4%)
10	<b>BIELEWSKI Eryk</b>	<b>A20</b>		Hard Hist - M	10	01:27:52	03:09:53	<b>04:40:59.05</b>	+01:08:46 (24.5%)	12:46	4.7 (75.8%)
11	<b>KURZYDŁOWSKI Maciej</b>	<b>A48</b>		Hard Hist - M	11	01:22:14	03:09:54	<b>04:44:11.10</b>	+01:11:58 (25.3%)	12:55	4.6 (74.2%)
12	<b>KARCZEWSKI Marcin</b>	<b>A14</b>		Hard Hist - M	12	01:22:11	03:09:56	<b>04:44:15.45</b>	+01:12:02 (25.3%)	12:55	4.6 (74.2%)
13	<b>KWIATKOWSKI Kajetan</b>	<b>A34</b>		Hard Hist - M	13	01:22:30	03:09:54	<b>04:44:27.15</b>	+01:12:14 (25.4%)	12:55	4.6 (74.2%)
14	<b>WERNIO Dariusz</b>	<b>A6</b>		Hard Hist - M	14	01:31:33	03:42:39	<b>04:45:27.75</b>	+01:13:14 (25.7%)	12:58	4.6 (74.2%)
15	<b>BIAŁY Michał</b>	<b>A53</b>		Hard Hist - M	15	01:24:12	03:10:24	<b>04:58:51.50</b>	+01:26:38 (29.0%)	13:35	4.4 (71.0%)
16	<b>ORZECHOWSKI Tomasz</b>	<b>A49</b>		Hard Hist - M	16	01:24:12	03:10:30	<b>04:58:54.05</b>	+01:26:41 (29.0%)	13:35	4.4 (71.0%)
17	<b>KALENDA Grzegorz</b>	<b>A51</b>	MERCHANT HOUSE	Hard Hist - M	17	01:24:11	03:10:29	<b>04:58:55.00</b>	+01:26:42 (29.0%)	13:35	4.4 (71.0%)
18	<b>FORTUNIAK Patryk</b>	<b>A4</b>		Hard Hist - M	18	01:18:54	03:15:00	<b>05:00:03.50</b>	+01:27:50 (29.3%)	13:38	4.4 (71.0%)
19	<b>DOLEWSKI Konrad</b>	<b>A44</b>		Hard Hist - M	19	01:24:43	03:20:06	<b>05:03:21.45</b>	+01:31:08 (30.0%)	13:47	4.4 (71.0%)
20	<b>DOLEWSKI Karol</b>	<b>A45</b>		Hard Hist - M	20	01:24:43	03:20:04	<b>05:04:01.25</b>	+01:31:48 (30.2%)	13:49	4.3 (69.4%)
21	<b>KLUZA Karol</b>	<b>A37</b>		Hard Hist - M	21	01:40:26	03:34:31	<b>05:18:51.15</b>	+01:46:38 (33.4%)	14:29	4.1 (66.1%)
22	<b>PAWŁOWSKI Tadek</b>	<b>A31</b>		Hard Hist - M	22	01:43:36	03:36:32	<b>05:26:47.95</b>	+01:54:35 (35.1%)	14:51	4 (64.5%)
23	<b>PIERWOŁA Tomasz</b>	<b>A39</b>	GRUPA ROZPOZNAWCZA RYŚ	Hard Hist - M	23	01:44:44	03:34:05	<b>05:28:00.55</b>	+01:55:47 (35.3%)	14:54	4 (64.5%)
24	<b>ŁUSZCZAK Mirosław</b>	<b>A9</b>	GRR	Hard Hist - M	24	01:44:45	03:34:05	<b>05:28:01.70</b>	+01:55:48 (35.3%)	14:54	4 (64.5%)
25	<b>BAŁAZY Marcin</b>	<b>A19</b>	MAZURSKA WATAHA	Hard Hist - M	25	01:28:00	03:37:48	<b>05:28:24.05</b>	+01:56:11 (35.4%)	14:55	4 (64.5%)
26	<b>PIOTROWSKI Roman</b>	<b>A33</b>	SPARTA RUNNERS	Hard Hist - M	26	01:40:36	03:34:48	<b>05:28:44.90</b>	+01:56:32 (35.4%)	14:56	4 (64.5%)
27	<b>MIROTA Rafał</b>	<b>A38</b>	MAZURSKA WATAHA	Hard Hist - M	27	01:28:31	03:38:15	<b>05:28:53.45</b>	+01:56:40 (35.5%)	14:56	4 (64.5%)
28	<b>WLAŻLAK Damian</b>	<b>A10</b>		Hard Hist - M	28	01:28:45	03:38:55	<b>05:30:53.10</b>	+01:58:40 (35.9%)	15:02	4 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
29	<b>FIEDOR Tomasz</b>	<b>A50</b>	HUSARIA RACE TEAM	Hard Hist - M	29	01:28:46	03:38:51	<b>05:30:55.15</b>	+01:58:42 (35.9%)	15:02	4 (64.5%)
30	<b>KAVETSKI Ihar</b>	<b>A17</b>		Hard Hist - M	30	01:35:02	03:33:11	<b>05:31:04.20</b>	+01:58:51 (35.9%)	15:02	4 (64.5%)
31	<b>HADRIAN Roman</b>	<b>A12</b>		Hard Hist - M	31	01:36:20	03:36:49	<b>05:37:19.95</b>	+02:05:07 (37.1%)	15:19	3.9 (62.9%)
32	<b>ŁUCZEK Przemysław</b>	<b>A21</b>		Hard Hist - M	32	01:36:22	03:37:00	<b>05:37:21.95</b>	+02:05:09 (37.1%)	15:20	3.9 (62.9%)
33	<b>MILLER Robert</b>	<b>A29</b>		Hard Hist - M	33	01:31:29	03:34:07	<b>05:39:49.95</b>	+02:07:37 (37.6%)	15:26	3.9 (62.9%)
34	<b>ŁASKAWSKI Michał</b>	<b>A13</b>	BEFIT24TEAM	Hard Hist - M	34	01:29:59	03:34:12	<b>05:39:56.35</b>	+02:07:43 (37.6%)	15:27	3.9 (62.9%)
35	<b>WICHER Lesław</b>	<b>A62</b>	7PBOT	Hard Hist - M	35	01:43:28	03:46:39	<b>05:42:09.80</b>	+02:09:56 (38.0%)	15:33	3.9 (62.9%)
36	<b>KAJA Robert</b>	<b>A11</b>		Hard Hist - M	36	01:45:14	04:01:39	<b>06:19:50.60</b>	+02:47:37 (44.1%)	17:15	3.5 (56.5%)
37	<b>WIELGOSIŃSKI Przemysław</b>	<b>A5</b>		Hard Hist - M	37	01:45:15	04:01:41	<b>06:19:50.65</b>	+02:47:37 (44.1%)	17:15	3.5 (56.5%)
38	<b>TOMPSON Stefan</b>	<b>A28</b>		Hard Hist - M	38	01:53:45	04:36:17	<b>07:12:02.00</b>	+03:39:49 (50.9%)	19:38	3.1 (50.0%)
39	<b>NEY Patrick</b>	<b>A27</b>		Hard Hist - M	39	01:53:45	04:36:17	<b>07:12:02.65</b>	+03:39:49 (50.9%)	19:38	3.1 (50.0%)
40	<b>MATYSIAK Sławomir</b>	<b>A18</b>	OCR GRUBAS TEAM	Hard Hist - M	40	01:53:45	04:37:58	<b>07:24:28.20</b>	+03:52:15 (52.3%)	20:12	3 (48.4%)
	<b>ŁUSZCZAK Piotr</b>	<b>A41</b>	GRR	Hard Hist - M		DNF	DNF	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 41 wynik(ów)