



**Wydarzenie:** XIII Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2022-08-27  
**Miejsce:** Gdynia  
**Dystans:** 22 km

## BMK 2022 - HARD 22KM

B4SPORT

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Hard - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>PALIWODA Marcin</b>	<b>H147</b>		Hard - M	1	01:02:19	02:14:48		<b>03:20:23.95</b>		9:06	6.6 (100%)
2	<b>KUPIJAJ Marcin</b>	<b>H96</b>	SOCIOS SILESIA	Hard - M	2	01:03:21	02:21:35		<b>03:33:36.85</b>	+00:13:12 (6.2%)	9:42	6.2 (93.9%)
3	<b>SIENKIEWICZ Wojciech</b>	<b>H128</b>	SOCIOS SILESIA	Hard - M	3	01:05:06	02:21:38		<b>03:33:41.05</b>	+00:13:17 (6.2%)	9:42	6.2 (93.9%)
4	<b>GRZYBOWSKI Mateusz</b>	<b>H102</b>	SFORA BMK	Hard - M	4	01:05:06	02:21:35		<b>03:33:42.50</b>	+00:13:18 (6.2%)	9:42	6.2 (93.9%)
5	<b>ANTOSZKOW Mateusz</b>	<b>H111</b>	ZG POLKOWICE-SIEROSZOWICE/ OSP ŻUKLÓW	Hard - M	5	01:04:43		-00:20:00	<b>03:40:18.20</b>	+00:19:54 (9.0%)	10:55	5.5 (83.3%)
6	<b>KANCELAR Rafał</b>	<b>251</b>		Hard - M	6	01:07:14	02:44:13		<b>03:51:07.75</b>	+00:30:43 (13.3%)	10:30	5.7 (86.4%)
7	<b>DOMIŃSKI Henryk</b>	<b>H20</b>		Hard - M	7	01:07:16	02:44:16		<b>03:51:11.60</b>	+00:30:47 (13.3%)	10:30	5.7 (86.4%)
8	<b>ZIOBER Andrzej</b>	<b>H123</b>	9BBKPANC	Hard - M	8	01:06:08	02:29:19		<b>03:51:59.40</b>	+00:31:35 (13.6%)	10:32	5.7 (86.4%)
9	<b>SULEWSKI Krzysztof</b>	<b>H174</b>	DEFENDER BARCZEWO	Hard - M	9	01:03:06	02:27:52		<b>03:55:55.75</b>	+00:35:31 (15.1%)	10:43	5.6 (84.8%)
10	<b>ŚLIZEWSKI Kamil</b>	<b>H70</b>		Hard - M	10	01:08:36	02:35:54		<b>03:59:44.95</b>	+00:39:21 (16.4%)	10:53	5.5 (83.3%)
11	<b>KUREK Daniel</b>	<b>H76</b>		Hard - M	11	01:08:40	02:35:56		<b>03:59:48.90</b>	+00:39:24 (16.4%)	10:54	5.5 (83.3%)
12	<b>ZALIŃSKI Leszek</b>	<b>H172</b>		Hard - M	12	01:11:15	02:42:40		<b>04:01:13.15</b>	+00:40:49 (16.9%)	10:57	5.5 (83.3%)
13	<b>GOŁOŚ Mateusz</b>	<b>H38</b>	KM PSP WARSZAWA	Hard - M	13	01:11:11	02:43:45		<b>04:06:20.30</b>	+00:45:56 (18.6%)	11:11	5.4 (81.8%)
14	<b>SAKOSIK Krystian</b>	<b>H158</b>	KOSA	Hard - M	14	01:13:28	02:47:21		<b>04:13:01.50</b>	+00:52:37 (20.8%)	11:30	5.2 (78.8%)
15	<b>JABŁOŃSKI Robert</b>	<b>H62</b>	9 PUŁK ROZPOZNAWCZY	Hard - M	15	01:12:48	02:41:17		<b>04:14:25.90</b>	+00:54:01 (21.2%)	11:33	5.2 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
16	<b>KRAUZE Tomasz</b>	<b>H150</b>		Hard - M	16	01:18:33	02:58:47		<b>04:20:17.90</b>	+00:59:53 (23.0%)	11:49	5.1 (77.3%)
17	<b>SAKOSIK Imarcin</b>	<b>H160</b>	ŚWIR	Hard - M	17	01:14:30	02:48:45		<b>04:23:14.15</b>	+01:02:50 (23.9%)	11:57	5 (75.8%)
18	<b>ESSI-EZINH Aleksander</b>	<b>H22</b>	SFORA BMK	Hard - M	18	01:14:24	02:53:22		<b>04:24:19.70</b>	+01:03:55 (24.2%)	12:00	5 (75.8%)
19	<b>CHMIELNIAK Krzysztof</b>	<b>H90</b>		Hard - M	19	01:28:09	03:04:32		<b>04:26:06.35</b>	+01:05:42 (24.7%)	12:05	5 (75.8%)
20	<b>SENATOR Piotr</b>	<b>H157</b>	JEDNOŚĆ ŻABIENIEC	Hard - M	20	01:13:50	02:53:34	-00:14:00	<b>04:28:10.00</b>	+01:07:46 (25.3%)	12:49	4.7 (71.2%)
<b>Przekroczony limit czasu: 04:30:00</b>												
21	<b>WOJTASZEK Bartłomiej</b>	<b>H165</b>	JEBAĆPUTINA	Hard - M	21	01:22:14	02:55:39		<b>04:30:18.55</b>	+01:09:54 (25.9%)	12:17	4.9 (74.2%)
22	<b>URBAŃSKI Maciej</b>	<b>H95</b>		Hard - M	22	01:22:38	03:04:42		<b>04:31:09.05</b>	+01:10:45 (26.1%)	12:19	4.9 (74.2%)
23	<b>PAWŁOWSKI Patryk</b>	<b>H132</b>	WŚCIEKŁE PIĘŚCI WĘŻA	Hard - M	23	01:23:02	03:10:51		<b>04:31:46.30</b>	+01:11:22 (26.3%)	12:21	4.9 (74.2%)
24	<b>ZAWADZKI Filip</b>	<b>H65</b>	WAT	Hard - M	24	01:19:28	02:51:47		<b>04:36:17.55</b>	+01:15:53 (27.5%)	12:33	4.8 (72.7%)
25	<b>JESKA Tomasz</b>	<b>H12</b>	SFORA BMK	Hard - M	25	01:23:27	03:06:40		<b>04:38:48.75</b>	+01:18:24 (28.1%)	12:40	4.7 (71.2%)
26	<b>BILL Paweł</b>	<b>H115</b>		Hard - M	26	01:27:30	03:08:14		<b>04:42:21.50</b>	+01:21:57 (29.0%)	12:50	4.7 (71.2%)
27	<b>KESKA Krzysztof</b>	<b>H92</b>		Hard - M	27	01:27:10	03:02:04		<b>04:43:03.60</b>	+01:22:39 (29.2%)	12:51	4.7 (71.2%)
28	<b>ADAMCZEWSKI Szymon</b>	<b>H148</b>		Hard - M	28	01:28:11	03:13:45		<b>04:44:20.15</b>	+01:23:56 (29.5%)	12:55	4.6 (69.7%)
29	<b>ZWARA Konrad</b>	<b>H142</b>	NOWA KARCZMA	Hard - M	29	01:35:16	03:25:22		<b>04:47:42.35</b>	+01:27:18 (30.3%)	13:04	4.6 (69.7%)
30	<b>NOWAK Rafał</b>	<b>H144</b>	ENDORFINA	Hard - M	30	01:16:14	02:54:10		<b>04:48:21.25</b>	+01:27:57 (30.5%)	13:06	4.6 (69.7%)
31	<b>KAMIŃSKI Kamil</b>	<b>H77</b>		Hard - M	31	01:19:19	02:58:46		<b>04:49:10.25</b>	+01:28:46 (30.7%)	13:08	4.6 (69.7%)
32	<b>ŚWIERCZEWSKI Marcin</b>	<b>H149</b>	SFORA BMK	Hard - M	32	01:19:22	02:58:48		<b>04:49:13.95</b>	+01:28:50 (30.7%)	13:08	4.6 (69.7%)
33	<b>GUEVARA Gabriel</b>	<b>H177</b>		Hard - M	33	01:40:40	03:18:39		<b>04:50:03.80</b>	+01:29:39 (30.9%)	13:11	4.6 (69.7%)
34	<b>CIESIELSKI Karol</b>	<b>H27</b>	9 PUŁK ROZPOZNAWCZY	Hard - M	34	01:22:23	03:11:54		<b>04:50:12.70</b>	+01:29:48 (30.9%)	13:11	4.5 (68.2%)
35	<b>STAWIARZ Paweł</b>	<b>H32</b>	GERIATRIC TEAM	Hard - M	35	01:24:47	03:13:31		<b>04:52:20.25</b>	+01:31:56 (31.4%)	13:17	4.5 (68.2%)
36	<b>MANIKOWSKI Daniel</b>	<b>H67</b>		Hard - M	36	01:27:44	03:20:17		<b>04:53:03.40</b>	+01:32:39 (31.6%)	13:19	4.5 (68.2%)
37	<b>MACHTEL Wiktor</b>	<b>H138</b>		Hard - M	37	01:25:30	03:11:13		<b>04:56:12.00</b>	+01:35:48 (32.3%)	13:27	4.5 (68.2%)
38	<b>MACHTEL Adrian</b>	<b>H137</b>		Hard - M	38	01:25:29	03:11:08		<b>04:56:38.55</b>	+01:36:14 (32.4%)	13:29	4.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
39	MAJEWSKI Maciej	H17		Hard - M	39	01:22:55	03:09:17		<b>04:57:07.05</b>	+01:36:43 (32.6%)	13:30	4.4 (66.7%)
40	PARTYKA Marcin	H54		Hard - M	40	01:29:33	03:15:48		<b>04:58:17.20</b>	+01:37:53 (32.8%)	13:33	4.4 (66.7%)
41	GOLDMANN Bartosz	H99		Hard - M	41	01:35:44	03:19:07		<b>04:58:24.80</b>	+01:38:00 (32.8%)	13:33	4.4 (66.7%)
42	GMITER Rafał	H169		Hard - M	42	01:34:39	03:25:28		<b>04:58:26.65</b>	+01:38:02 (32.9%)	13:33	4.4 (66.7%)
43	ANOWSKI Adrian	H134	OBSTACLE CENTER TEAM	Hard - M	43	01:23:39	03:15:49		<b>04:59:33.15</b>	+01:39:09 (33.1%)	13:36	4.4 (66.7%)
44	DŁUGOKENCKI Mateusz	H6	OŻW ELBLĄG / SFORA BMK	Hard - M	44	01:25:13	03:17:20		<b>04:59:41.25</b>	+01:39:17 (33.1%)	13:37	4.4 (66.7%)
45	GAJEWSKI Jacek	H68	DOGOŃ GRODZISK MASOWIECKI	Hard - M	45	01:27:35	03:16:46		<b>04:59:53.45</b>	+01:39:29 (33.2%)	13:37	4.4 (66.7%)
46	KRĘGIELSKI Bartosz	H122	BIEGUN OCR	Hard - M	46	01:24:02	03:16:41		<b>05:00:02.05</b>	+01:39:38 (33.2%)	13:38	4.4 (66.7%)
47	STANULA Fabian	H14		Hard - M	47	01:30:26	03:20:21		<b>05:00:03.80</b>	+01:39:39 (33.2%)	13:38	4.4 (66.7%)
48	SYGNATOWICZ Grzegorz	H173	SFORA BMK/ KSRG POLKOWICE-SIEROSZOWICE	Hard - M	48	01:25:24	03:17:31		<b>05:00:13.05</b>	+01:39:49 (33.2%)	13:38	4.4 (66.7%)
49	GAJEWSKI Krzysztof	H97		Hard - M	49	01:30:06	03:20:56		<b>05:02:22.95</b>	+01:41:59 (33.7%)	13:44	4.4 (66.7%)
50	SOBCZYK Paweł	H146	14ZBOT 141BLP	Hard - M	50	01:28:11	03:13:45		<b>05:03:40.80</b>	+01:43:16 (34.0%)	13:48	4.3 (65.2%)
51	ROMANOWICZ Łukasz	H131	WŚCIEKŁE PIĘŚCI WĘŻA	Hard - M	51	01:23:03	03:10:53		<b>05:05:15.25</b>	+01:44:51 (34.4%)	13:52	4.3 (65.2%)
52	LEŚNIAK Grzegorz	H109	DIRTY SPARROWS	Hard - M	52	01:23:22	03:20:41		<b>05:06:43.75</b>	+01:46:19 (34.7%)	13:56	4.3 (65.2%)
53	KRZOSKA Krzysztof	H104	BYŚLAWIAK	Hard - M	53	01:25:35	03:16:48		<b>05:06:49.70</b>	+01:46:25 (34.7%)	13:56	4.3 (65.2%)
54	WYDRZYŃSKI Marek	H88		Hard - M	54	01:20:15	03:04:05		<b>05:08:06.55</b>	+01:47:42 (35.0%)	14:00	4.3 (65.2%)
55	KARGUL Grzegorz	H2	HUNTERS OCR TEAM	Hard - M	55	01:33:17	03:20:51		<b>05:09:53.00</b>	+01:49:29 (35.3%)	14:05	4.3 (65.2%)
56	PODSIADLIK Piotr	H166		Hard - M	56	01:22:35	03:16:58		<b>05:12:30.85</b>	+01:52:06 (35.9%)	14:12	4.2 (63.6%)
57	KOSMACZEWSKI Leszek	H112	NO EXCUSES TEAM	Hard - M	57	01:19:42	03:07:29		<b>05:14:34.40</b>	+01:54:10 (36.3%)	14:17	4.2 (63.6%)
58	TOMCZAK Artur	H105	SFORA BMK	Hard - M	58	01:25:43	03:20:46		<b>05:14:58.15</b>	+01:54:34 (36.4%)	14:19	4.2 (63.6%)
59	KUCHARSKI Krystian	H156	SOCIOS SILESIA	Hard - M	59	01:29:50	03:28:47		<b>05:15:06.45</b>	+01:54:42 (36.4%)	14:19	4.2 (63.6%)
60	MICHALSKI Grzegorz	H98		Hard - M	60	01:30:01	03:28:48		<b>05:15:12.30</b>	+01:54:48 (36.4%)	14:19	4.2 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
61	<b>JAGIELSKI Paweł</b>	<b>H116</b>		Hard - M	61	01:27:31	03:08:15		<b>05:15:38.80</b>	+01:55:14 (36.5%)	14:20	4.2 (63.6%)
62	<b>PRACHNIO Maciej</b>	<b>H117</b>	SFORA BMK	Hard - M	62	01:35:02	03:25:02		<b>05:18:15.70</b>	+01:57:51 (37.0%)	14:27	4.1 (62.1%)
63	<b>RZESZOTARSKI Tomasz</b>	<b>H106</b>		Hard - M	63	01:31:08	03:25:29		<b>05:18:37.70</b>	+01:58:13 (37.1%)	14:28	4.1 (62.1%)
64	<b>GRABOWSKI Zbigniew</b>	<b>H141</b>	SFORA BMK	Hard - M	64	01:34:50	03:24:49		<b>05:20:14.75</b>	+01:59:50 (37.4%)	14:33	4.1 (62.1%)
65	<b>HEBANOWSKI Łukasz</b>	<b>H163</b>		Hard - M	65	01:30:03	03:16:34		<b>05:20:34.90</b>	+02:00:10 (37.5%)	14:34	4.1 (62.1%)
66	<b>RADKIEWICZ Artur</b>	<b>H78</b>	9PR	Hard - M	66	01:22:19	03:18:14		<b>05:23:10.40</b>	+02:02:46 (38.0%)	14:41	4.1 (62.1%)
67	<b>FURMAN Paweł</b>	<b>H135</b>	SFORA BMK	Hard - M	67	01:30:36	03:32:15		<b>05:24:24.40</b>	+02:04:00 (38.2%)	14:44	4.1 (62.1%)
68	<b>KISIEL Artur</b>	<b>H50</b>		Hard - M	68	01:23:19	03:21:35		<b>05:24:27.80</b>	+02:04:03 (38.2%)	14:44	4.1 (62.1%)
69	<b>DOMIAN Arkadiusz</b>	<b>H162</b>	7PBOT	Hard - M	69	01:31:38	03:26:36		<b>05:26:49.35</b>	+02:06:25 (38.7%)	14:51	4 (60.6%)
70	<b>NOWICKI Olgierd</b>	<b>H46</b>		Hard - M	70	02:23:10			<b>05:27:25.65</b>	+02:07:01 (38.8%)	14:52	4 (60.6%)
71	<b>URBALA Marek</b>	<b>H58</b>	SFORA BMK/49 BAZA LOTNICZA	Hard - M	71	01:31:47	03:26:07		<b>05:28:25.85</b>	+02:08:01 (39.0%)	14:55	4 (60.6%)
72	<b>KIZIŃSKI Mateusz</b>	<b>H40</b>		Hard - M	72	01:29:47	03:28:29		<b>05:28:42.05</b>	+02:08:18 (39.0%)	14:56	4 (60.6%)
73	<b>CZAJCZYŃSKI Daniel</b>	<b>H10</b>	SFORA BMK	Hard - M	73	01:35:20	03:36:59		<b>05:29:05.70</b>	+02:08:41 (39.1%)	14:57	4 (60.6%)
74	<b>JANAS Szymon</b>	<b>H121</b>	SFORA BMK	Hard - M	74	01:36:16	03:31:31		<b>05:30:11.35</b>	+02:09:47 (39.3%)	15:00	4 (60.6%)
75	<b>KAMIONKA Andrzej</b>	<b>H168</b>	14ZBOT/141BLP	Hard - M	75	01:35:35	03:32:48		<b>05:34:55.45</b>	+02:14:31 (40.2%)	15:13	3.9 (59.1%)
76	<b>ŁANGOWSKI Damian</b>	<b>H143</b>	NOWA KARCZMA	Hard - M	76	01:34:12	03:27:17		<b>05:35:43.40</b>	+02:15:19 (40.3%)	15:15	3.9 (59.1%)
77	<b>POLANSKI Jerzy</b>	<b>H61</b>	FANTOM KARTUZY	Hard - M	77	01:31:33	03:32:53		<b>05:36:16.95</b>	+02:15:53 (40.4%)	15:17	3.9 (59.1%)
78	<b>DĘBOWSKI Artur</b>	<b>H171</b>		Hard - M	78	01:33:40	03:33:19		<b>05:38:34.45</b>	+02:18:10 (40.8%)	15:23	3.9 (59.1%)
79	<b>GORZUCH Mariusz</b>	<b>H34</b>		Hard - M	79	01:31:34	03:34:58		<b>05:40:40.25</b>	+02:20:16 (41.2%)	15:29	3.9 (59.1%)
79	<b>GUTOWICZ Marcin</b>	<b>H19</b>		Hard - M	79	01:31:30	03:34:59		<b>05:40:40.25</b>	+02:20:16 (41.2%)	15:29	3.9 (59.1%)
81	<b>ALEKSANDROWICZ Patryk</b>	<b>H21</b>		Hard - M	81	01:31:31	03:35:01		<b>05:40:41.00</b>	+02:20:17 (41.2%)	15:29	3.9 (59.1%)
82	<b>GRZYBOWSKI Patryk</b>	<b>H100</b>	SFORA BMK	Hard - M	82	01:38:01	03:42:30		<b>05:43:33.05</b>	+02:23:09 (41.7%)	15:36	3.8 (57.6%)
83	<b>KWAŚNIEWSKI Łukasz</b>	<b>H25</b>	OGIEŃ Z SZOPY!!!	Hard - M	83	01:32:30	03:37:13		<b>05:44:45.40</b>	+02:24:21 (41.9%)	15:40	3.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
84	<b>JANISZEWSKI Andrzej</b>	<b>H13</b>	CWAŁUJĄCE ŻÓŁWIE	Hard - M	84	01:36:52	03:39:30		<b>05:47:29.70</b>	+02:27:05 (42.3%)	15:47	3.8 (57.6%)
85	<b>WIĘSEK Artur</b>	<b>H151</b>		Hard - M	85	01:25:35	03:32:05		<b>05:47:31.00</b>	+02:27:07 (42.3%)	15:47	3.8 (57.6%)
86	<b>STASZAK Wojciech</b>	<b>H124</b>	KMP KOSZALIN	Hard - M	86	01:37:21	03:43:08		<b>05:47:53.45</b>	+02:27:29 (42.4%)	15:48	3.8 (57.6%)
87	<b>ŁADA Jarosław</b>	<b>H15</b>	DEFENDER BARCZEWO	Hard - M	87	01:33:00	03:37:49		<b>05:48:25.60</b>	+02:28:01 (42.5%)	15:50	3.8 (57.6%)
88	<b>KRZEMIŃSKI Krystian</b>	<b>H5</b>		Hard - M	88	01:33:09	03:39:09		<b>05:48:27.30</b>	+02:28:03 (42.5%)	15:50	3.8 (57.6%)
89	<b>AFTEWICZ Adrian</b>	<b>H16</b>	DEFENDER BARCZEWO	Hard - M	89	01:33:12	03:39:18		<b>05:49:57.45</b>	+02:29:33 (42.7%)	15:54	3.8 (57.6%)
90	<b>BABIARZ Piotr</b>	<b>H79</b>	B	Hard - M	90	01:33:04	03:39:15		<b>05:50:02.35</b>	+02:29:38 (42.7%)	15:54	3.8 (57.6%)
91	<b>JAKSZEWICZ Sławomir</b>	<b>H119</b>		Hard - M	91	01:41:37	03:44:31		<b>05:51:50.20</b>	+02:31:26 (43.0%)	15:59	3.8 (57.6%)
92	<b>SITKOWSKI Tomasz</b>	<b>H9</b>		Hard - M	92	01:23:17	03:24:31		<b>05:52:56.00</b>	+02:32:32 (43.2%)	16:02	3.7 (56.1%)
93	<b>DUBIELECKI Adadadamam</b>	<b>H51</b>	DEFENDER BARCZEWO	Hard - M	93	01:33:05	03:39:14		<b>05:53:17.60</b>	+02:32:53 (43.3%)	16:03	3.7 (56.1%)
94	<b>WIĘCEK Dandanieliel Daniel</b>	<b>H31</b>	DEFENDER BARCZEWO	Hard - M	94	01:33:13	03:39:19		<b>05:53:32.50</b>	+02:33:08 (43.3%)	16:04	3.7 (56.1%)
95	<b>KWIATKOWSKI Dominik</b>	<b>H130</b>	AMW	Hard - M	95	01:43:29	03:46:40		<b>05:53:56.30</b>	+02:33:32 (43.4%)	16:05	3.7 (56.1%)
96	<b>DORAWA Hubert</b>	<b>H152</b>	AKADEMIA MARYNARKI WOJENNEJ	Hard - M	96	01:43:29	03:46:42		<b>05:53:57.45</b>	+02:33:33 (43.4%)	16:05	3.7 (56.1%)
97	<b>WIŚNIEWSKI Włodzimierz</b>	<b>H84</b>	SPC	Hard - M	97	01:43:55	03:59:10		<b>05:54:30.95</b>	+02:34:07 (43.5%)	16:06	3.7 (56.1%)
98	<b>BAUKE David Bauke</b>	<b>H127</b>		Hard - M	98	01:36:11	03:45:08		<b>05:54:57.95</b>	+02:34:34 (43.5%)	16:08	3.7 (56.1%)
99	<b>BÖHM Mario</b>	<b>H55</b>	MILITARY TRAINING HAMBURG	Hard - M	99	01:36:17	03:45:11		<b>05:55:06.10</b>	+02:34:42 (43.6%)	16:08	3.7 (56.1%)
100	<b>ŁAKOMY Jakub</b>	<b>H52</b>	1109	Hard - M	100	01:32:48	03:35:19		<b>05:57:13.60</b>	+02:36:49 (43.9%)	16:14	3.7 (56.1%)
101	<b>SZABLEWSKI Artur</b>	<b>H53</b>	1109	Hard - M	101	01:32:45	03:35:17		<b>05:57:14.05</b>	+02:36:50 (43.9%)	16:14	3.7 (56.1%)
102	<b>UKLEJA Mateusz</b>	<b>H139</b>		Hard - M	102	01:35:28	03:45:16		<b>05:58:35.85</b>	+02:38:11 (44.1%)	16:17	3.7 (56.1%)
103	<b>KULCZAK Paweł</b>	<b>H3</b>		Hard - M	103	01:41:38	03:55:14		<b>05:59:03.55</b>	+02:38:39 (44.2%)	16:19	3.7 (56.1%)
104	<b>BURSKI Paweł</b>	<b>H11</b>	SFORABMK	Hard - M	104	01:31:31	03:39:00		<b>05:59:27.90</b>	+02:39:03 (44.3%)	16:20	3.7 (56.1%)
105	<b>SZWAJKOWSKI Przemysław</b>	<b>H107</b>		Hard - M	105	01:36:14	03:44:54		<b>06:00:24.00</b>	+02:40:00 (44.4%)	16:22	3.7 (56.1%)
106	<b>GRĄBSKI Rafał</b>	<b>H118</b>		Hard - M	106	01:36:27	03:44:58		<b>06:00:26.35</b>	+02:40:02 (44.4%)	16:23	3.7 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
107	<b>MATYSEK Ireneusz</b>	<b>H120</b>	KOMANDOS WAŁECKI	Hard - M	107	01:41:50	03:48:37		<b>06:02:09.05</b>	+02:41:45 (44.7%)	16:27	3.6 (54.5%)
108	<b>SAJNOK Oskar</b>	<b>H155</b>		Hard - M	108	01:27:17	03:46:18		<b>06:03:18.95</b>	+02:42:55 (44.8%)	16:30	3.6 (54.5%)
109	<b>RYBARCZYK Tomasz</b>	<b>H133</b>		Hard - M	109	01:36:17	03:56:29		<b>06:09:45.20</b>	+02:49:21 (45.8%)	16:48	3.6 (54.5%)
110	<b>BARGIELSKI Michał</b>	<b>H18</b>	KD310	Hard - M	110	01:40:29	03:47:00		<b>06:13:52.70</b>	+02:53:28 (46.4%)	16:59	3.5 (53.0%)
111	<b>FESTOROWSKI Patryk</b>	<b>H57</b>		Hard - M	111	01:36:26	03:47:03		<b>06:13:57.80</b>	+02:53:33 (46.4%)	16:59	3.5 (53.0%)
112	<b>STALSKI Paweł</b>	<b>H4</b>		Hard - M	112	01:36:52	03:52:44		<b>06:15:33.90</b>	+02:55:09 (46.6%)	17:04	3.5 (53.0%)
113	<b>BARTOCHOWSKI Damian</b>	<b>H154</b>		Hard - M	113	01:28:28	03:28:28		<b>06:15:41.45</b>	+02:55:17 (46.7%)	17:04	3.5 (53.0%)
114	<b>CZEKALSKI Wojciech</b>	<b>H91</b>		Hard - M	114	01:36:51	03:41:29		<b>06:20:57.35</b>	+03:00:33 (47.4%)	17:18	3.5 (53.0%)
115	<b>KUŚNIERZ Aleksander</b>	<b>H129</b>		Hard - M	115	01:35:51	03:57:37		<b>06:22:08.75</b>	+03:01:44 (47.6%)	17:22	3.5 (53.0%)
116	<b>BORKOWSKI Dawid</b>	<b>H136</b>		Hard - M	116	01:35:51	03:57:39		<b>06:22:19.00</b>	+03:01:55 (47.6%)	17:22	3.5 (53.0%)
117	<b>ZASOWSKI Grzegorz</b>	<b>H64</b>		Hard - M	117	01:46:32	04:03:29		<b>06:23:03.60</b>	+03:02:39 (47.7%)	17:24	3.4 (51.5%)
118	<b>NIEWIAROWSKI Jarosław</b>	<b>H35</b>	BIEGIEM PO PIWO	Hard - M	118	01:43:58	03:47:03		<b>06:26:14.25</b>	+03:05:50 (48.1%)	17:33	3.4 (51.5%)
119	<b>BUDZISZ Rafał</b>	<b>H164</b>		Hard - M	119	01:37:36	03:50:03		<b>06:27:46.15</b>	+03:07:22 (48.3%)	17:37	3.4 (51.5%)
120	<b>RUMAK Józef</b>	<b>H159</b>	AKADEMIA SZTUKI WOJENNEJ	Hard - M	120	01:45:35	03:52:03		<b>06:28:17.50</b>	+03:07:53 (48.4%)	17:38	3.4 (51.5%)
121	<b>KONIKOWSKI Mateusz</b>	<b>H72</b>	KD310	Hard - M	121	01:40:30	03:47:01		<b>06:31:01.25</b>	+03:10:37 (48.7%)	17:46	3.4 (51.5%)
122	<b>KOMAR Tomasz</b>	<b>H47</b>	NA PRZYPALE ALBO WCALE!!!	Hard - M	122	01:39:55	04:03:52		<b>06:33:56.55</b>	+03:13:32 (49.1%)	17:54	3.4 (51.5%)
123	<b>KWATER Jan</b>	<b>H45</b>		Hard - M	123	01:40:45	03:58:41		<b>06:34:54.65</b>	+03:14:30 (49.3%)	17:57	3.3 (50.0%)
124	<b>PUŁAWSKI Kamil</b>	<b>H110</b>	WAT	Hard - M	124	01:41:01	04:19:07		<b>06:37:22.20</b>	+03:16:58 (49.6%)	18:03	3.3 (50.0%)
125	<b>CHWALISZ Paweł</b>	<b>H94</b>		Hard - M	125	01:48:56	04:22:32		<b>06:52:51.10</b>	+03:32:27 (51.5%)	18:45	3.2 (48.5%)
126	<b>DROZD Mateusz</b>	<b>281</b>		Hard - M	126	01:32:02	04:05:17		<b>06:55:21.10</b>	+03:34:57 (51.8%)	18:52	3.2 (48.5%)
127	<b>ŻYGADŁO Adam</b>	<b>H29</b>	BIG RED ONE	Hard - M	127	01:58:12	04:40:37		<b>07:24:24.40</b>	+04:04:00 (54.9%)	20:12	3 (45.5%)
128	<b>PLAGA Adam</b>	<b>H33</b>	BIG RED ONE	Hard - M	128	01:58:14	04:40:38		<b>07:24:24.90</b>	+04:04:00 (54.9%)	20:12	3 (45.5%)
129	<b>STEMPNIAK Paweł</b>	<b>H43</b>	BIG RED ONE POLAND	Hard - M	129	01:58:54	04:41:02		<b>07:24:25.45</b>	+04:04:01 (54.9%)	20:12	3 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
130	<b>FRENCEL Radosław</b>	<b>H23</b>	BIG RED ONE	Hard - M	130	01:58:41	04:40:54		<b>07:24:26.20</b>	+04:04:02 (54.9%)	20:12	3 (45.5%)
131	<b>LANGENFELD Karol</b>	<b>H66</b>	SRH BIG RED ONE	Hard - M	131	02:09:20	04:51:08		<b>07:34:54.05</b>	+04:14:30 (55.9%)	20:40	2.9 (43.9%)
132	<b>CAÑIZARES RIVAS Cristian</b>	<b>H114</b>		Hard - M	132	01:54:47	04:51:14		<b>08:09:55.35</b>	+04:49:31 (59.1%)	22:16	2.7 (40.9%)
DNC	<b>SĘK Konrad</b>	<b>H73</b>		Hard - M					<b>01:35:26.55</b>		0:00	13.8 (209.1%)
	<b>OLSZEWSKI Dawid</b>	<b>H153</b>		Hard - M		01:42:07 DNF	03:47:56 DNF		<b>DNF</b>		-	- (0.0%)
	<b>ZIĘBA Dominik</b>	<b>H80</b>		Hard - M		01:46:08 DNF	08:05:07 DNF		<b>DNF</b>		-	- (0.0%)
	<b>KOWALIKOWSKI Wojciech</b>	<b>H44</b>		Hard - M		01:37:29 DNF	DNF		<b>DNF</b>		-	- (0.0%)

Znaleziono 136 wynik(ów)