



Event: XIV Bieg Morskiego Komandosa
Organiser: OCR Events
Date: 2023-08-26
Place: Gdynia
Distance: 22 km

BMK 2023 - HARD 22KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
1	KREFT Łukasz	H096	KPW GDYNIA	Hard - M	1	01:01:59	02:04:25	03:10:42.75		8:40	6.9 (100%)
2	RUSZNICKI Dawid	X25	10 ŚBOT / SFOR BMK	Hard X - M	1	01:07:34	02:20:05	03:15:09.50	+00:04:26 (2.3%)	8:52	6.8 (98.6%)
3	GRZYBOWSKI Mateusz	H183	SFORA BMK	Hard - M	2	01:03:06	02:16:07	03:26:45.85	+00:16:03 (7.8%)	9:23	6.4 (92.8%)
4	SAKOSIK Krystian	H154		Hard - M	3	01:02:00	02:16:03	03:26:57.55	+00:16:14 (7.9%)	9:24	6.4 (92.8%)
5	TRYZNO Jakub	X22		Hard X - M	2	01:07:20		03:30:27.75	+00:19:45 (9.4%)	9:33	6.3 (91.3%)
6	KADŁUBOWICZ Piotr	H082	TEAM MOCNE SKRZYDŁO	Hard - M	4	01:09:43	02:29:40	03:33:26.70	+00:22:43 (10.7%)	9:42	6.2 (89.9%)
7	ADAMCZEWSKI Szymon	H162	SFORA BMK	Hard - M	5	01:05:42	02:19:22	03:37:07.75	+00:26:25 (12.2%)	9:52	6.1 (88.4%)
8	SWINARSKI Maciej	X15	MOTOSYBERIA.COM	Hard X - M	3	01:08:18	02:24:14	03:42:14.65	+00:31:31 (14.2%)	10:06	5.9 (85.5%)
9	CHOMICZ Krzysztof	A030		Hard Hist - M	1			03:42:21.90	+00:31:39 (14.2%)	10:06	5.9 (85.5%)
10	KOT Marcin	H124	POWER TRAINING	Hard - M	6	01:06:28	02:24:34	03:45:07.35	+00:34:24 (15.3%)	10:13	5.9 (85.5%)
11	KANIA Mateusz	A021	MATEUSZ KANIA - TERAPIA RUCHEM	Hard Hist - M	2			03:47:17.55	+00:36:34 (16.1%)	10:19	5.8 (84.1%)
12	ŚLEDŹ Łukasz	H184		Hard - M	7	01:07:06	02:32:35	03:48:10.10	+00:37:27 (16.4%)	10:22	5.8 (84.1%)
13	MACIUKAJĆ Bartłomiej	H185		Hard - M	8	01:07:03	02:32:21	03:48:10.25	+00:37:27 (16.4%)	10:22	5.8 (84.1%)
14	QŻGA Pawel	H169	BIGYELLOWFOOT	Hard - M	9	01:05:54	02:36:17	03:51:14.40	+00:40:31 (17.5%)	10:30	5.7 (82.6%)
15	HOŁYŃSKI Leszek	A037	SFORA BMK	Hard Hist - M	3			03:51:36.45	+00:40:53 (17.7%)	10:31	5.7 (82.6%)

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
16	GOŁOŚ Mateusz	H033	KM PSP WARSZAWA	Hard - M	10	01:06:48	02:33:27	03:56:33.25	+00:45:50 (19.4%)	10:45	5.6 (81.2%)
17	CHMIELNIAK Krzysztof	H059	SFORA - BIEG MORSKIEGO KOMANDOSA	Hard - M	11	01:14:27	02:38:47	03:57:27.85	+00:46:45 (19.7%)	10:47	5.6 (81.2%)
18		H199				01:14:04	02:37:51	03:57:51.20	+00:47:08 (19.8%)	10:48	5.5 (79.7%)
19	CZECH Kamil	H048	AWL	Hard - M	12	01:10:30	02:34:39	04:02:04.75	+00:51:22 (21.2%)	11:00	5.5 (79.7%)
20	GŁOWACKI Adrian	A058	JW METAMORFOZA	Hard Hist - M	4			04:02:31.45	+00:51:48 (21.4%)	11:01	5.4 (78.3%)
21	MORAWSKI Grzegorz	X26		Hard X - M	4	01:07:37	02:42:20	04:04:01.35	+00:53:18 (21.8%)	11:05	5.4 (78.3%)
22	SOBECKI Sebastian	H065		Hard - M	13	01:14:17	02:41:26	04:04:37.70	+00:53:54 (22.0%)	11:07	5.4 (78.3%)
23	ŚWIERCZEWSKI Marcin	A007	5 MBOT / SFORA BMK	Hard Hist - M	5			04:06:31.45	+00:55:48 (22.6%)	11:12	5.4 (78.3%)
24	PIEKARSKI Paweł	X14	MŁODY VS. STARY	Hard X - M	5	01:12:25	02:46:04	04:07:59.85	+00:57:17 (23.1%)	11:16	5.3 (76.8%)
25	XX Xx	H072		Hard - M	14	01:14:10	02:45:36	04:08:27.30	+00:57:44 (23.2%)	11:17	5.3 (76.8%)
26	ESSI-EZINH Aleksander	X11	SFORA BMK	Hard X - M	6	01:12:27	02:46:07	04:08:57.05	+00:58:14 (23.4%)	11:18	5.3 (76.8%)
27	LICHTOR Jacek	A049		Hard Hist - M	6			04:08:58.80	+00:58:16 (23.4%)	11:19	5.3 (76.8%)
28	SENATOR Piotr	H198		Hard - M	15	01:11:10	02:38:56	04:09:17.05	+00:58:34 (23.5%)	11:19	5.3 (76.8%)
29	LUTY Michał	X12	MŁODY VS STARY	Hard X - M	7	01:17:21	02:52:04	04:09:19.20	+00:58:36 (23.5%)	11:19	5.3 (76.8%)
30	STEFANOWSKI Daniel	A065		Hard Hist - M	7			04:13:19.25	+01:02:36 (24.7%)	11:30	5.2 (75.4%)
31	SMYRSKI Rafał	H118	2 KOMPANIA REGULACJI RUCHU	Hard - M	16	01:17:12	02:55:39	04:15:31.30	+01:04:48 (25.4%)	11:36	5.2 (75.4%)
32	KACZOROWSKI Damian	H030	1. BAZA LOTNICTWA TRANSPORTOWEGO	Hard - M	17	01:21:36	02:56:09	04:15:42.20	+01:04:59 (25.4%)	11:37	5.2 (75.4%)
33	NOWAK Rafał	A063	SFORA BMK	Hard Hist - M	8			04:21:08.55	+01:10:25 (27.0%)	11:52	5.1 (73.9%)
34	MAKHNO Gabriel	H188	BIEGUN OCR TEAM	Hard - M	18	01:12:47	02:44:38	04:21:55.70	+01:11:12 (27.2%)	11:54	5 (72.5%)
35	HADRIAN Roman	A023	ZK SIERADZ	Hard Hist - M	9			04:25:32.00	+01:14:49 (28.2%)	12:04	5 (72.5%)
36	RESZKA Olga	H110	AKADEMIA WOJSK LĄDOWYCH	Hard - K	1	01:26:55	03:03:52	04:25:53.60	+01:15:10 (28.3%)	12:05	5 (72.5%)
37	SKOLIMOWSKI Patryk	H109	BESTIE OCR LEGIONOWO	Hard - M	19	01:17:46	02:53:25	04:26:42.15	+01:15:59 (28.5%)	12:07	4.9 (71.0%)
38	KRĘGIELSKI Bartosz	H195	BIEGUN OCR	Hard - M	20	01:21:15	02:57:40	04:26:51.15	+01:16:08 (28.5%)	12:07	4.9 (71.0%)

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
39	JUREK Arkadiusz	H079	AKADEMIA WOJSK LĄDOWYCH	Hard - M	21	01:24:17	03:05:36	04:27:28.60	+01:16:45 (28.7%)	12:09	4.9 (71.0%)
40	SAKOSIK Marcin	H192		Hard - M	22	01:18:46	03:01:25	04:27:29.40	+01:16:46 (28.7%)	12:09	4.9 (71.0%)
41	LENIK Kamil	H083	TEAM MOCNE SKRZYDŁO	Hard - M	23	01:13:12	02:46:05	04:27:41.50	+01:16:58 (28.8%)	12:10	4.9 (71.0%)
42	MIERZWIŃSKI Konrad	H070		Hard - M	24	01:24:02	03:02:30	04:27:58.65	+01:17:15 (28.8%)	12:10	4.9 (71.0%)
43	NIEMCZUK Daniel	H168		Hard - M	25	01:18:56	03:00:12	04:28:22.30	+01:17:39 (28.9%)	12:11	4.9 (71.0%)
44	KACZOR Krystian	H119	2 KOMPANIA REGULACJI RUCHU	Hard - M	26	01:16:59	02:55:35	04:28:42.65	+01:17:59 (29.0%)	12:12	4.9 (71.0%)
45	ŚWIĄTEK Michał	H071	SFORABKM	Hard - M	27	01:18:51	03:00:08	04:28:44.85	+01:18:02 (29.0%)	12:12	4.9 (71.0%)
46	DĘBIŃSKI Mateusz	H121	82 BATALION EWAKUACJI SPRZĘTU	Hard - M	28	01:19:17	02:58:29	04:28:50.10	+01:18:07 (29.1%)	12:13	4.9 (71.0%)
47	ŚLIZEWSKI Kamil , MATYSIAK Dawid , MILEJ Szymon , LEWANDOWSKI Szymon	T004		TEAM	1	01:24:19	03:02:57	04:28:59.00	+01:18:16 (29.1%)	12:13	4.9 (71.0%)
48	SZYMANEK Krzysztof	A061	KP PSP ŚWIDWIN	Hard Hist - M	10			04:29:13.10	+01:18:30 (29.2%)	12:14	4.9 (71.0%)
49	ZALIŃSKI Leszek	A064		Hard Hist - M	11			04:30:02.30	+01:19:19 (29.4%)	12:16	4.9 (71.0%)
50	OTTO Szymon	H197		Hard - M	29	01:15:02	02:50:15	04:30:16.80	+01:19:34 (29.4%)	12:17	4.9 (71.0%)
51	KOWALSKA Agnieszka	H190		Hard - K	2	01:27:29	03:06:06	04:30:46.70	+01:20:03 (29.6%)	12:18	4.9 (71.0%)
52	KONIECZNY Rafał	H073	AWL	Hard - M	30	01:26:20	03:06:10	04:31:23.25	+01:20:40 (29.7%)	12:20	4.9 (71.0%)
53	TĄŃSKI Michał	H159	XRUNNERS	Hard - M	31	01:21:17	03:05:15	04:31:59.55	+01:21:16 (29.9%)	12:21	4.9 (71.0%)
54	BLAJER Piotr	H164	5 BSP	Hard - M	32	01:24:25	03:04:15	04:32:22.35	+01:21:39 (30.0%)	12:22	4.8 (69.6%)
55	MACHTEL Adrian	H144		Hard - M	33	01:18:55	02:59:22	04:33:13.20	+01:22:30 (30.2%)	12:25	4.8 (69.6%)
56	MALACH Dariusz	A029	SFORA BMK	Hard Hist - M	12			04:36:10.05	+01:25:27 (30.9%)	12:33	4.8 (69.6%)
57	MIKOŁAJCZAK Adam	H146		Hard - M	34	01:29:03	03:09:36	04:37:23.35	+01:26:40 (31.2%)	12:36	4.8 (69.6%)
58	MALINOWSKI Karol	X6	MŁODY VS STARY	Hard X - M	8	01:18:41	03:02:36	04:37:28.40	+01:26:45 (31.3%)	12:36	4.8 (69.6%)
59	OLESIŃSKI Michał	H057	AKADEMIA WOJSK LĄDOWYCH	Hard - M	35	01:15:54	02:56:14	04:38:45.45	+01:28:02 (31.6%)	12:40	4.7 (68.1%)
60	WOJCIECHOWSKA Ines	X10	MŁODY VS STARY / SFORA BMK	Hard X - K	1	01:19:32	03:03:15	04:39:34.05	+01:28:51 (31.8%)	12:42	4.7 (68.1%)
61	JANKIEWICZ Marek	X4	MŁODY VS STARY/SFORA BMK	Hard X - M	9	01:19:31	03:03:20	04:39:51.00	+01:29:08 (31.9%)	12:43	4.7 (68.1%)

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62	KARCZEWSKI Adam , KANAWKA Grzegorz , BĄBEL Krzysztof , LEWANDOWSKI Maciej	T003	HOLDTHELINE	TEAM	2	01:23:56	03:03:41	04:40:56.60	+01:30:13 (32.1%)	12:46	4.7 (68.1%)
63	GAJEWSKI Jacek	H007	DOGOŃ GRODZISK MAZOWIECKI	Hard - M	36	01:18:32	03:06:37	04:41:25.20	+01:30:42 (32.2%)	12:47	4.7 (68.1%)
64	KARPA Michał	A019		Hard - M	37	01:42:39		04:41:31.85	+01:30:49 (32.3%)	12:47	4.7 (68.1%)
65	MAJEWSKI Maciej	H009		Hard - M	38	01:20:15	03:01:18	04:41:32.45	+01:30:49 (32.3%)	12:47	4.7 (68.1%)
66	JABŁCZYŃSKI Igor	H182		Hard - M	39	01:20:30	03:06:30	04:41:55.90	+01:31:13 (32.4%)	12:48	4.7 (68.1%)
67	MATUSZAK Kamil	H112		Hard - M	40			04:41:57.00	+01:31:14 (32.4%)	12:48	4.7 (68.1%)
68	MACHTEL Wiktor	H142		Hard - M	41	01:20:26	03:06:24	04:41:57.35	+01:31:14 (32.4%)	12:48	4.7 (68.1%)
69	SZULIMOWICZ Maciej	H160		Hard - M	42	01:21:43	03:05:03	04:42:05.75	+01:31:23 (32.4%)	12:49	4.7 (68.1%)
70	RONOWSKI Paweł	H063	RONOŚ	Hard - M	43	01:23:43	03:09:25	04:42:28.15	+01:31:45 (32.5%)	12:50	4.7 (68.1%)
71	KOZŁOWSKI Paweł	H181	BESTIE OCR LEGIONOWO	Hard - M	44	01:20:09	03:01:20	04:42:51.10	+01:32:08 (32.6%)	12:51	4.7 (68.1%)
72	OLSZOWY Filip	A055		Hard Hist - M	13			04:42:51.95	+01:32:09 (32.6%)	12:51	4.7 (68.1%)
73	GAJEWSKI Krzysztof	H006		Hard - M	45	01:26:45	03:10:02	04:43:03.40	+01:32:20 (32.6%)	12:51	4.7 (68.1%)
74	GRABOWSKI Zbigniew	X20	SFORA BMK	Hard X - M	10	01:24:52	03:02:47	04:43:31.30	+01:32:48 (32.7%)	12:53	4.7 (68.1%)
75	ŻÓŁKIEWICZ Marcin	H111		Hard - M	46	01:26:10	03:06:29	04:44:01.20	+01:33:18 (32.9%)	12:54	4.6 (66.7%)
76	DĘBIŃSKI Krzysztof	H127	10 BRYGADA LOGISTYCZNA	Hard - M	47	01:17:11	03:00:58	04:44:22.05	+01:33:39 (32.9%)	12:55	4.6 (66.7%)
77	DULSKI Przemysław	H176	DLK SOLO	Hard - M	48	01:19:30	02:58:01	04:45:29.55	+01:34:46 (33.2%)	12:58	4.6 (66.7%)
78	MANIKOWSKI Daniel	H035		Hard - M	49	01:30:53	03:12:13	04:45:54.60	+01:35:11 (33.3%)	12:59	4.6 (66.7%)
79	GUGAŁA Maciek	X24		Hard X - M	11	01:17:28	02:57:48	04:46:32.45	+01:35:49 (33.4%)	13:01	4.6 (66.7%)
80	PIOTROWSKI Roman	H053	SPARTA RUNNERS	Hard - M	50	01:24:57	03:08:08	04:46:38.50	+01:35:55 (33.5%)	13:01	4.6 (66.7%)
81	DĘBSKI Mateusz	H126	82 BATALION EWAKUACJI SPRZĘTU	Hard - M	51	01:19:00	03:02:49	04:49:06.35	+01:38:23 (34.0%)	13:08	4.6 (66.7%)
82	PACAK Piotr	H175	OPP BYDGOSZCZ	Hard - M	52	01:31:37	03:12:47	04:49:14.25	+01:38:31 (34.1%)	13:08	4.6 (66.7%)
83	WOJNAR Nikodem	H179		Hard - M	53	01:22:38	03:03:35	04:49:29.50	+01:38:46 (34.1%)	13:09	4.6 (66.7%)
84	CZOCHRA Kamil	H125		Hard - M	54	01:20:28	03:05:42	04:49:52.65	+01:39:09 (34.2%)	13:10	4.6 (66.7%)

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85	OPOKA Piotr	A039	SFORA BMK	Hard Hist - M	14			04:50:21.55	+01:39:38 (34.3%)	13:11	4.5 (65.2%)
86	KOWALSKI Maciej	H106		Hard - M	55	01:23:15	03:05:17	04:50:37.20	+01:39:54 (34.4%)	13:12	4.5 (65.2%)
87	FORTUNIAK Patryk	A031	CHORE POJEBY	Hard Hist - M	15			04:51:08.80	+01:40:26 (34.5%)	13:14	4.5 (65.2%)
88	RAK Michał	A032	CHOREPOJEBY	Hard Hist - M	16			04:51:31.85	+01:40:49 (34.6%)	13:15	4.5 (65.2%)
89	CZELUŚNIAK Filip	A034		Hard Hist - M	17			04:51:45.05	+01:41:02 (34.6%)	13:15	4.5 (65.2%)
90	MICHALSKI Rafał	H157	OSP SZCZODRE	Hard - M	56	01:33:00	03:18:08	04:52:32.40	+01:41:49 (34.8%)	13:17	4.5 (65.2%)
91	AMBO Rafał	H163		Hard - M	57	01:24:38	03:07:32	04:53:17.75	+01:42:35 (35.0%)	13:19	4.5 (65.2%)
92	DUBLASZEWSKI Marcin	H161	R.AMBO DRUGA CREW	Hard - M	58	01:24:52	03:07:30	04:53:18.15	+01:42:35 (35.0%)	13:19	4.5 (65.2%)
93	TRZCIŃSKA Agata	X17		Hard X - K	2	01:33:34	03:11:53	04:53:24.15	+01:42:41 (35.0%)	13:20	4.5 (65.2%)
94	PONINKIEWICZ Kacper	H113	AKADEMIA MARYNARKI WOJENNEJ	Hard - M	59	01:19:54	03:04:30	04:55:05.50	+01:44:22 (35.4%)	13:24	4.5 (65.2%)
95	KWIATKOWSKI Dominik	H084	AKADEMIA MARYNARKI WOJENNEJ	Hard - M	60	01:19:57	03:04:33	04:55:05.60	+01:44:22 (35.4%)	13:24	4.5 (65.2%)
96	DORAWA Hubert	H085	AKADEMIA MARYNARKI WOJENNEJ	Hard - M	61	01:20:06	03:04:48	04:55:14.70	+01:44:31 (35.4%)	13:25	4.5 (65.2%)
97	ŁUSZCZAK Mirek	H055	GRR	Hard - M	62	01:20:02	03:05:01	04:55:14.85	+01:44:32 (35.4%)	13:25	4.5 (65.2%)
98	ŚLEDŹ Kacper	A060	21. BLT ŚWIDWIN	Hard Hist - M	18			04:56:40.50	+01:45:57 (35.7%)	13:29	4.4 (63.8%)
99	KŁUBA Sławomir	H132	ZMECHTOPECH	Hard - M	63	01:26:59	03:13:52	04:57:48.35	+01:47:05 (36.0%)	13:32	4.4 (63.8%)
100	SZCZEPAŃSKI Patryk	H133	ZMECHTOPECH	Hard - M	64	01:27:04	03:13:59	04:57:56.75	+01:47:14 (36.0%)	13:32	4.4 (63.8%)
101	URBALA Marek	H088	SFORA BMK	Hard - M	65	01:25:30	03:07:49	04:57:57.95	+01:47:15 (36.0%)	13:32	4.4 (63.8%)
102	JESKA Tomasz	H008	SFORA BMK	Hard - M	66	01:18:19	03:03:23	04:58:16.75	+01:47:34 (36.1%)	13:33	4.4 (63.8%)
103	HNYTKO Michał	H034		Hard - M	67	01:22:29	03:03:33	04:58:42.30	+01:47:59 (36.2%)	13:34	4.4 (63.8%)
104	CIOSEK Ewelina	H148	82. BATALION EWAKUACJI SPRZĘTU	Hard - K	3	01:32:54	03:18:05	04:59:19.35	+01:48:36 (36.3%)	13:36	4.4 (63.8%)
105	CIOSEK Paweł	H156	OSP SZCZODRE	Hard - M	68	01:32:57	03:17:43	04:59:19.40	+01:48:36 (36.3%)	13:36	4.4 (63.8%)
106	GŁOWACKI Andrzej	A022	MŁODY VS STARY	Hard Hist - M	19			04:59:59.75	+01:49:17 (36.4%)	13:38	4.4 (63.8%)
107	SYGNATOWICZ Grzegorz	H064	SFORA BMK	Hard - M	69	01:24:00	03:11:13	05:00:06.50	+01:49:23 (36.5%)	13:38	4.4 (63.8%)

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108	OLESZKIEWICZ Kamil	X19		Hard X - M	12	03:18:18		05:00:30.75	+01:49:48 (36.5%)	13:39	4.4 (63.8%)
109	MIROTA Rafał	A026	MAZURSKA WATAHA	Hard Hist - M	20			05:01:25.80	+01:50:43 (36.7%)	13:42	4.4 (63.8%)
110	PUPIAŁO Agnieszka	X27	7PBOT	Hard X - K	3	01:28:28	03:19:40	05:02:05.85	+01:51:23 (36.9%)	13:43	4.4 (63.8%)
111	JANAS Szymon	X23	SFORA BMK	Hard X - M	13	01:27:50	03:19:11	05:02:15.45	+01:51:32 (36.9%)	13:44	4.4 (63.8%)
112	KACZMAREK Mateusz	H038		Hard - M	70	01:25:49	03:06:55	05:02:16.05	+01:51:33 (36.9%)	13:44	4.4 (63.8%)
113	KAVETSKI Ihar	A011	SFORA BMK	Hard Hist - M	21			05:02:34.00	+01:51:51 (37.0%)	13:45	4.4 (63.8%)
114	NIEMCZUK Daniel	H193	SFORA BMK	Hard - M	71	01:22:42	03:05:28	05:02:34.30	+01:51:51 (37.0%)	13:45	4.4 (63.8%)
115	DOLEWSKI Karol	A018		Hard Hist - M	22			05:05:37.40	+01:54:54 (37.6%)	13:53	4.3 (62.3%)
116	DOLEWSKI Konrad	A017		Hard Hist - M	23			05:05:40.60	+01:54:57 (37.6%)	13:53	4.3 (62.3%)
117	ROGACEWICZ Hubert	H091		Hard - M	72	01:29:04	03:24:42	05:05:56.20	+01:55:13 (37.7%)	13:54	4.3 (62.3%)
118	KAMIŃSKI Konrad	H074	AKADEMIA WOJSK LĄDOWYCH	Hard - M	73	01:31:04	03:33:51	05:05:58.65	+01:55:15 (37.7%)	13:54	4.3 (62.3%)
119	KOSCHEMBAHR-ŁYSKOWSKA Danuta	A005	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K	1			05:06:04.70	+01:55:21 (37.7%)	13:54	4.3 (62.3%)
120	KIERNOZEK Damian	H092	BRAK	Hard - M	74	01:21:00	03:03:03	05:10:17.90	+01:59:35 (38.5%)	14:06	4.3 (62.3%)
121	WOJCIECHOWSKI Patryk	H029	WAT	Hard - M	75	01:25:46	03:09:44	05:10:43.00	+02:00:00 (38.6%)	14:07	4.2 (60.9%)
122	GUZDRAJ Tomasz	H172	TUCZNO	Hard - M	76	01:22:18	03:09:59	05:11:07.65	+02:00:24 (38.7%)	14:08	4.2 (60.9%)
123	GALIŃSKI Mateusz	H117		Hard - M	77	01:27:33	03:24:13	05:11:45.45	+02:01:02 (38.8%)	14:10	4.2 (60.9%)
124	IWAŃSKI Adam	H093		Hard - M	78	01:34:56	03:30:46	05:11:54.30	+02:01:11 (38.9%)	14:10	4.2 (60.9%)
125	WOŹNIAK Michał	H062	SFORA BMK	Hard - M	79	01:24:00	03:11:14	05:12:14.00	+02:01:31 (38.9%)	14:11	4.2 (60.9%)
126	LEONARCZYK Marcin	H152		Hard - M	80	01:34:24	03:23:28	05:12:44.90	+02:02:02 (39.0%)	14:12	4.2 (60.9%)
127	KOŁACZ Aleksandra	H151		Hard - K	4	01:37:31	03:26:34	05:15:53.50	+02:05:10 (39.6%)	14:21	4.2 (60.9%)
128	JAŚKIEWICZ Grzegorz	H068	HUNTER MMA	Hard - M	81	01:31:46	03:14:46	05:19:33.05	+02:08:50 (40.3%)	14:31	4.1 (59.4%)
129	LISIECKI Adam	H137		Hard - M	82	01:26:17	03:27:54	05:20:12.05	+02:09:29 (40.4%)	14:33	4.1 (59.4%)
130	ŁASKAWSKI Michał	A001	BEFIT24TEAM	Hard Hist - M	24			05:20:19.45	+02:09:36 (40.5%)	14:33	4.1 (59.4%)

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
131	ROMANOWICZ Łukasz	H130		Hard - M	83	01:28:14	03:20:15	05:22:42.35	+02:11:59 (40.9%)	14:40	4.1 (59.4%)
132	KACZMARCZYK Jakub	H131		Hard - M	84	01:28:12	03:20:17	05:22:58.80	+02:12:16 (41.0%)	14:40	4.1 (59.4%)
133	TOMASZEWSKI Krzysztof	H039		Hard - M	85	01:32:31	03:36:16	05:24:47.45	+02:14:04 (41.3%)	14:45	4.1 (59.4%)
134	PROKOP Piotr	H122		Hard - M	86	01:33:00	03:37:56	05:25:37.70	+02:14:54 (41.4%)	14:48	4.1 (59.4%)
135	KOPERSKI Kacper	H086		Hard - M	87	01:29:32	03:21:27	05:31:29.90	+02:20:47 (42.5%)	15:04	4 (58.0%)
136	PRACHNIO Maciej	X28	SFORA BMK	Hard X - M	14	01:29:52	03:32:29	05:33:01.40	+02:22:18 (42.7%)	15:08	4 (58.0%)
137	KRZYMINSKI Piotr	X7	MILITARY TRAINING HAMBURG	Hard X - M	15	01:29:58	03:32:33	05:33:08.00	+02:22:25 (42.8%)	15:08	4 (58.0%)
138	BAJDA Dawid	H108	5PA	Hard - M	88	01:31:36	03:24:28	05:34:35.35	+02:23:52 (43.0%)	15:12	3.9 (56.5%)
139	GRZYBOWSKI Patryk	H018	SFORA BMK	Hard - M	89	01:38:26	03:46:32	05:34:45.45	+02:24:02 (43.0%)	15:12	3.9 (56.5%)
140	SKRUCHA Malwina	H075	5 PUŁK ARTYLERII	Hard - K	5	01:31:29	03:28:19	05:37:25.35	+02:26:42 (43.5%)	15:20	3.9 (56.5%)
141	ALEKSANDROWICZ Patryk	H139		Hard - M	90	01:32:28		05:38:13.60	+02:27:30 (43.6%)	15:22	3.9 (56.5%)
142	GUTOWICZ Marcin	H045		Hard - M	91	01:32:32	03:32:07	05:38:13.95	+02:27:31 (43.6%)	15:22	3.9 (56.5%)
143	GORZUCH Mariusz	H138	MGX	Hard - M	92	01:32:26	03:32:05	05:38:14.00	+02:27:31 (43.6%)	15:22	3.9 (56.5%)
144	DROŻYCKI Zbigniew	X2		Hard X - M	16	01:40:43	03:45:26	05:38:43.30	+02:28:00 (43.7%)	15:23	3.9 (56.5%)
145	MISIAK Jacek	X9		Hard X - M	17	01:40:52	03:45:36	05:38:51.15	+02:28:08 (43.7%)	15:24	3.9 (56.5%)
146	DZBAŃSKI Rafał	H120	CSłII	Hard - M	93	01:32:54	03:39:57	05:39:46.95	+02:29:04 (43.9%)	15:26	3.9 (56.5%)
147	SLOMSKI Cyprian	A066	7PBOT	Hard Hist - M	25	03:29:17		05:40:00.25	+02:29:17 (43.9%)	15:27	3.9 (56.5%)
148	STRONGOWSKI Sebastian	A051		Hard Hist - M	26	03:28:54		05:40:09.05	+02:29:26 (43.9%)	15:27	3.9 (56.5%)
149	MOŁDA Urszula	H021		Hard - K	6	01:36:12	03:31:30	05:40:23.60	+02:29:40 (44.0%)	15:28	3.9 (56.5%)
150	SROCZYŃSKA Justyna	H099	OSTRESROKI	Hard - K	7	01:37:38	03:37:49	05:41:08.50	+02:30:25 (44.1%)	15:30	3.9 (56.5%)
151	SROCZYŃSKI Marcin	H101	OSTRESROKI	Hard - M	94	01:37:35	03:37:46	05:41:08.75	+02:30:26 (44.1%)	15:30	3.9 (56.5%)
152	BARGIELSKI Michał	H042	KD 310	Hard - M	95	01:34:28	03:37:48	05:43:46.90	+02:33:04 (44.5%)	15:37	3.8 (55.1%)
153	VANLITSENBURGH Baptiste	H003	KD310	Hard - M	96	01:34:37	03:37:31	05:43:51.30	+02:33:08 (44.5%)	15:37	3.8 (55.1%)

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
154	POLAŃSKI Jerzy	H060	FANTOM KARTUZY	Hard - M	97	01:31:29	03:33:37	05:44:27.45	+02:33:44 (44.6%)	15:39	3.8 (55.1%)
155	WANDT Emil	H123		Hard - M	98	01:37:49	03:35:51	05:44:44.65	+02:34:01 (44.7%)	15:40	3.8 (55.1%)
156	KOSTRZON Maciej	A013	SFORA BMK	Hard Hist - M	27	03:48:08		05:45:35.95	+02:34:53 (44.8%)	15:42	3.8 (55.1%)
157	KONIKOWSKI Mateusz	H043	KD310	Hard - M	99	01:35:03	03:44:19	05:45:52.20	+02:35:09 (44.9%)	15:43	3.8 (55.1%)
158	CUPIAŁ Dawid	H150		Hard - M	100	01:18:18	03:14:46	05:46:23.70	+02:35:40 (44.9%)	15:44	3.8 (55.1%)
159	KIDOŃ Przemysław	H027	WAT	Hard - M	101	01:35:53	03:35:42	05:48:37.05	+02:37:54 (45.3%)	15:50	3.8 (55.1%)
160	LEWANDOWSKI Radosław	H023	WAT	Hard - M	102	01:35:57	03:35:40	05:48:38.05	+02:37:55 (45.3%)	15:50	3.8 (55.1%)
161	HEDA Kacper	H016		Hard - M	103	01:36:13	03:38:52	05:48:40.25	+02:37:57 (45.3%)	15:50	3.8 (55.1%)
162	WIŚNIEWSKI Włodzimierz	H040	SPC	Hard - M	104	01:40:07	03:52:30	05:49:26.10	+02:38:43 (45.4%)	15:53	3.8 (55.1%)
163	ŁADA Jarosław	A015	DEFENDER BARCZEWO	Hard Hist - M	28	03:42:37		05:50:10.10	+02:39:27 (45.5%)	15:55	3.8 (55.1%)
164	SOWA Dawid	A020	DEFENDER BARCZEWO	Hard Hist - M	29	03:42:54		05:50:15.55	+02:39:32 (45.6%)	15:55	3.8 (55.1%)
165	DUBIELECKI Adam	A025	DEFENDER GARCZEWO	Hard Hist - M	30	03:43:01		05:50:15.75	+02:39:33 (45.6%)	15:55	3.8 (55.1%)
166	AFTEWICZ Adrian	A016	DEFENDER BARCZEWO	Hard Hist - M	31	03:43:18		05:50:21.50	+02:39:38 (45.6%)	15:55	3.8 (55.1%)
167	WIĘCEK Daniel	A027	DEFENDER BARCZEWO	Hard Hist - M	32	03:42:57		05:50:23.65	+02:39:40 (45.6%)	15:55	3.8 (55.1%)
168	SZAFRAN Konrad	H032		Hard - M	105	01:29:50	03:30:57	05:50:31.10	+02:39:48 (45.6%)	15:55	3.8 (55.1%)
169	PSKOWSKI Paweł , PRZYBYŁOWSKI Szymon , STADNYK Mareysz , SZLACHTOWICZ Jakub	T002		TEAM	3	01:39:05	03:48:00	05:50:45.85	+02:40:03 (45.6%)	15:56	3.8 (55.1%)
170	PIOTROWSKI Łukasz	H134	JW 1747	Hard - M	106	03:41:28		05:51:46.80	+02:41:04 (45.8%)	15:59	3.8 (55.1%)
171	KULCZAK Paweł	H041	SFORA BMK	Hard - M	107	01:35:23	03:42:54	05:52:33.00	+02:41:50 (45.9%)	16:01	3.7 (53.6%)
172	SZYMECKI Bartosz	H020		Hard - M	108	01:35:31	03:45:30	05:52:38.15	+02:41:55 (45.9%)	16:01	3.7 (53.6%)
173	MOSZCZYŃSKI Radosław	H180		Hard - M	109	01:28:17	03:30:32	05:54:36.80	+02:43:54 (46.2%)	16:07	3.7 (53.6%)
174	MIŁKOWSKI Michał	H145		Hard - M	110	01:35:16	03:44:48	05:55:28.45	+02:44:45 (46.3%)	16:09	3.7 (53.6%)
175	TOMCZAK Artur	A009	12WBOT/SFORA BMK	Hard Hist - M	33	03:47:55		05:56:50.80	+02:46:08 (46.6%)	16:13	3.7 (53.6%)
176	TOMCZAK Joanna	A010	SFORA BMK	Hard Hist - K	2	03:48:45		05:56:51.65	+02:46:08 (46.6%)	16:13	3.7 (53.6%)

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
177	SZCZYPLIŃSKA Anna	A003	MŁODY VS STARY/SFORA BMK	Hard Hist - K	3	03:48:59		05:57:00.95	+02:46:18 (46.6%)	16:13	3.7 (53.6%)
178	MALISZEWSKI Jakub	A014		Hard Hist - M	34	03:55:46		05:57:28.70	+02:46:45 (46.7%)	16:14	3.7 (53.6%)
179	GRĄBSKI Rafał	H046		Hard - M	111	01:36:42	03:48:22	05:58:01.30	+02:47:18 (46.7%)	16:16	3.7 (53.6%)
180	KAJA Robert	A047	WIELUŃ BIEGA	Hard Hist - M	35	03:56:38		05:58:37.35	+02:47:54 (46.8%)	16:18	3.7 (53.6%)
181	WĘGRODZKI Paweł , SZYMAŃSKI Łukasz , PASTURSKI Maciej , STAŃCZYK Jan	T001	DEFENDER BARCZEWO	TEAM	4	01:57:34	04:38:40	05:58:48.65	+02:48:05 (46.8%)	16:18	3.7 (53.6%)
182	JANISZEWSKI Andrzej	H005	CWAŁUJĄCE ŻÓŁWIE/SFORA BMK	Hard - M	112	01:36:16	03:40:36	05:59:24.30	+02:48:41 (46.9%)	16:20	3.7 (53.6%)
183	KORSAK Mateusz	H061	SFORA BMK	Hard - M	113	01:30:53	03:40:41	05:59:44.40	+02:49:01 (47.0%)	16:21	3.7 (53.6%)
184	WIELGOSIŃSKI Przemysław	A044		Hard Hist - M	36	03:56:46		05:59:47.10	+02:49:04 (47.0%)	16:21	3.7 (53.6%)
185	KOMAR Tomasz	A046	NA PRZYPALE ALBO WCALE!!!	Hard Hist - M	37	03:55:30		06:00:42.45	+02:49:59 (47.1%)	16:23	3.7 (53.6%)
186	BARTOCHOWSKI Damian	H186		Hard - M	114	01:35:51	03:54:31	06:02:48.40	+02:52:05 (47.4%)	16:29	3.6 (52.2%)
187	WITANOWSKI Bartosz	H013	DBTL POLAND	Hard - M	115	01:38:53	03:48:46	06:03:00.80	+02:52:18 (47.5%)	16:30	3.6 (52.2%)
188	BIAŁY Michał	A041		Hard Hist - M	38	03:56:39		06:03:30.00	+02:52:47 (47.5%)	16:31	3.6 (52.2%)
189	KALEŃDA Grzegorz	A056	MERCHANT HOUSE	Hard Hist - M	39	03:56:36		06:03:30.15	+02:52:47 (47.5%)	16:31	3.6 (52.2%)
190	KONKOLEWSKI Krystian	A040		Hard Hist - M	40	03:58:32		06:03:43.30	+02:53:00 (47.6%)	16:31	3.6 (52.2%)
191	JEKA Dagmara	A054	NO NAME SONS	Hard Hist - K	4	03:58:43		06:03:45.25	+02:53:02 (47.6%)	16:32	3.6 (52.2%)
192	ORZECZOWSKI Tomasz	A038	SPORTMANIA	Hard Hist - M	41	03:58:23		06:03:45.40	+02:53:02 (47.6%)	16:32	3.6 (52.2%)
193	LUBINSKI Łukasz	H167		Hard - M	116	01:38:23	03:48:29	06:10:25.95	+02:59:43 (48.5%)	16:50	3.6 (52.2%)
194	MATYSEK Ireneusz	H135	KOMANDOS WAŁECKI	Hard - M	117	01:42:48	03:49:26	06:14:26.35	+03:03:43 (49.1%)	17:01	3.5 (50.7%)
195	JAMRÓZ Renata	A004	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K	5	04:01:01		06:14:57.55	+03:04:14 (49.1%)	17:02	3.5 (50.7%)
196	PASIECZNY Mirosław	H081	4 REGIONALNA BAZA LOGISTYCZNA	Hard - M	118	01:33:44	03:40:16	06:17:06.05	+03:06:23 (49.4%)	17:08	3.5 (50.7%)
197	KOWALCZUK-FIJAŁKOWSKI Mikołaj	H107		Hard - M	119	01:35:00	03:51:12	06:18:08.20	+03:07:25 (49.6%)	17:11	3.5 (50.7%)
198	KURAŚ Beata	A045	SFORA BMK	Hard Hist - K	6	04:01:21		06:19:34.80	+03:08:52 (49.8%)	17:15	3.5 (50.7%)
199	SZUMAŃSKI Arkadiusz	H095		Hard - M	120	01:43:23	03:49:52	06:19:57.55	+03:09:14 (49.8%)	17:16	3.5 (50.7%)

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
200	ZYSKOWSKI Michał	H102		Hard - M	121	01:43:25	03:49:56	06:19:59.65	+03:09:16 (49.8%)	17:16	3.5 (50.7%)
201	MACIEJEWSKI Maciej	H026		Hard - M	122	01:40:14	03:42:24	06:20:26.40	+03:09:43 (49.9%)	17:17	3.5 (50.7%)
202	DOMIAN Arkadiusz	A057		Hard Hist - M	42	04:01:04		06:20:41.50	+03:09:58 (49.9%)	17:18	3.5 (50.7%)
203	SITKOWSKI Tomasz	A002		Hard Hist - M	43	03:56:32		06:21:50.95	+03:11:08 (50.1%)	17:21	3.5 (50.7%)
204	CZEKALSKI Wojciech	H178		Hard - M	123	01:34:55	03:46:58	06:23:01.55	+03:12:18 (50.2%)	17:24	3.4 (49.3%)
205	KARCZEWSKI Marcin	H128	1 BATALION ETK	Hard - M	124	01:33:29	03:45:11	06:23:31.85	+03:12:49 (50.3%)	17:25	3.4 (49.3%)
206	BIRNBAUM Piotr	H129	1 BATALION ETK	Hard - M	125	01:33:31	03:45:29	06:23:32.25	+03:12:49 (50.3%)	17:26	3.4 (49.3%)
207	GDOWSKI Filip	H143		Hard - M	126	01:32:55	03:44:03	06:24:32.55	+03:13:49 (50.4%)	17:28	3.4 (49.3%)
208	ŁAKOMY Jakub	H058	1109	Hard - M	127	01:46:10	03:48:31	06:25:18.10	+03:14:35 (50.5%)	17:30	3.4 (49.3%)
209	MATYSIAK Sławomir	A048	DZIKI SPECJALNEJ TROSKI	Hard Hist - M	44	04:06:07		06:26:08.15	+03:15:25 (50.6%)	17:33	3.4 (49.3%)
210	JĘDRYKA Anna	A042		Hard Hist - K	7	04:06:20		06:26:12.25	+03:15:29 (50.6%)	17:33	3.4 (49.3%)
211	ANDRZEJEWSKI Mariusz	A035		Hard Hist - M	45	04:20:35		06:26:16.15	+03:15:33 (50.6%)	17:33	3.4 (49.3%)
212	WARSICKI Michał	H094		Hard - M	128	01:46:12	03:48:35	06:26:29.15	+03:15:46 (50.7%)	17:34	3.4 (49.3%)
213	CARL Marwin	H012	MILITARY TRAINING HAMBURG	Hard - M	129	01:44:18	03:58:55	06:33:55.60	+03:23:12 (51.6%)	17:54	3.4 (49.3%)
214	CIESIELSKA Agnieszka	H115	KŻR WIARUS OBORNIKI	Hard - K	8	01:38:23	04:16:23	06:36:06.15	+03:25:23 (51.9%)	18:00	3.3 (47.8%)
215	DOLATA Krzysztof	H114	KŻR WIARUS OBORNIKI	Hard - M	130	01:39:01	04:16:20	06:36:39.70	+03:25:56 (51.9%)	18:01	3.3 (47.8%)
216		H200					04:10:33	06:39:05.85	+03:28:23 (52.2%)	18:08	3.3 (47.8%)
217	FLESZER Natan	A028	SFORA BMK	Hard Hist - M	46	04:08:34		06:39:43.35	+03:29:00 (52.3%)	18:10	3.3 (47.8%)
218	JARZĘBSKI Grzegorz	H196	LEVEL 360 SERVICE GRZEGORZ JARZĘBSKI	Hard - M	131	01:37:28	04:12:05	06:40:14.20	+03:29:31 (52.4%)	18:11	3.3 (47.8%)
219	CYBAL Maciej	A062		Hard Hist - M	47	03:58:42		06:44:13.00	+03:33:30 (52.8%)	18:22	3.3 (47.8%)
220	GŁOWACKI Andrzej	X5	MŁODY VS STARY	Hard X - M	18	02:07:00	04:28:50	06:49:57.85	+03:39:15 (53.5%)	18:38	3.2 (46.4%)
221	NOWICKI Olgierd	H155		Hard - M	132	01:50:51	04:23:25	06:52:10.10	+03:41:27 (53.7%)	18:44	3.2 (46.4%)
222	DROZD Mateusz	H191		Hard - M	133	01:46:31	04:16:32	06:52:13.65	+03:41:30 (53.7%)	18:44	3.2 (46.4%)

Place	Participant	Number	Club	Category	MCat	7km	14km	Net time 22km	Gap	Pace min/km	Pace km/h
223	SUPIŃSKI Damian	H050		Hard - M	134	01:45:25	04:03:52	06:57:31.70	+03:46:48 (54.3%)	18:58	3.2 (46.4%)
224	SOSNOWSKI Andrzej	H052	100MIL TRAINING	Hard - M	135	01:45:40	04:03:58	06:57:32.55	+03:46:49 (54.3%)	18:58	3.2 (46.4%)
225	KUR Joanna	H051		Hard - K	9	01:45:37	04:03:56	06:57:33.15	+03:46:50 (54.3%)	18:58	3.2 (46.4%)
226	OLESZEK Marcin	H166		Hard - M	136	01:47:19	04:13:35	07:01:26.00	+03:50:43 (54.7%)	19:09	3.1 (44.9%)
227	WŁODARCZYK Teresa	H098	SPC	Hard - K	10	01:55:49	04:26:00	07:02:25.45	+03:51:42 (54.9%)	19:12	3.1 (44.9%)
228	BĄK Andrzej	H105	SPC	Hard - M	137	01:55:18	04:25:53	07:02:25.95	+03:51:43 (54.9%)	19:12	3.1 (44.9%)
229	CHLEBOŚ Jakub	A059	1 BATALION KAWALERII POWIETRZNEJ	Hard Hist - M	48	04:20:42		07:06:24.80	+03:55:42 (55.3%)	19:22	3.1 (44.9%)
230	KRAWCZYK Marcin	A024		Hard Hist - M	49	04:20:26		07:06:34.75	+03:55:52 (55.3%)	19:23	3.1 (44.9%)
231	OLESZEK Joanna	H165		Hard - K	11	01:53:17	04:19:31	07:07:18.05	+03:56:35 (55.4%)	19:25	3.1 (44.9%)
232	KOSIŃSKI Kacper	A050		Hard Hist - M	50	04:30:06		07:24:07.55	+04:13:24 (57.1%)	20:11	3 (43.5%)
233	KUROPATWIŃSKA Sylwia	H022		Hard - K	12	02:04:32	04:45:34	07:32:24.20	+04:21:41 (57.8%)	20:33	2.9 (42.0%)
234	LEWANDOWSKI Łukasz	H044		Hard - M	138	02:04:04	05:05:12	07:44:02.90	+04:33:20 (58.9%)	21:05	2.8 (40.6%)
235	MOSKAL Marta	H047		Hard - K	13	02:10:00	05:11:08	07:49:55.15	+04:39:12 (59.4%)	21:21	2.8 (40.6%)
236	CAÑIZARES RIVAS Cristian	H087		Hard - M	139	01:55:58	04:46:49	07:52:50.95	+04:42:08 (59.7%)	21:29	2.8 (40.6%)
237	KAŁKOWSKA Karolina	A036	POGOTOWIE RODZINNE POZNAŃ	Hard Hist - K	8	04:55:28		07:54:05.90	+04:43:23 (59.8%)	21:32	2.8 (40.6%)
238	WYSOCKI Kamil	H077	AWL	Hard - M	140	01:31:56	03:36:01		+01:31:36	15:25	3.9 (56.5%)
239	MAGREZ Antoine	H089	310	Hard - M	141	01:37:47	03:40:59		+01:36:34	15:47	3.8 (55.1%)
240	SZAFRAŃSKI Dawid	H100		Hard - M	142	01:43:29	03:49:54		+01:45:29	16:25	3.7 (53.6%)
241	PRZEKWAS Aleksander	H015		Hard - M	143	01:39:47			+00:37:48	14:15	4.2 (60.9%)
242	SAKOSIK Marcin	H136	KOSAKŁUSOWNIK	Hard - M	144	03:35:46			+02:33:47	30:49	1.9 (27.5%)
243	BUGAJSKI Jakub	A043		Hard Hist - M	51						(0.0%)

Total 243 results.