



Wydarzenie: XIV Bieg Morskiego Komandosa
Organizator: OCR Events
Data: 2023-08-26
Miejsce: Gdynia
Dystans: 22 km

BMK 2023 - HARD 22KM

B4SPORT

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INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Hard X - M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	RUSZNICKI Dawid	X25	10 ŚBOT / SFOR BMK	Hard X - M	1	01:07:34	02:20:05	03:15:09.50		8:52	6.8 (100%)
2	TRYZNO Jakub	X22		Hard X - M	2	01:07:20		03:30:27.75	+00:15:18 (7.3%)	9:33	6.3 (92.6%)
3	SWINARSKI Maciej	X15	MOTOSYBERIA.COM	Hard X - M	3	01:08:18	02:24:14	03:42:14.65	+00:27:05 (12.2%)	10:06	5.9 (86.8%)
4	MORAWSKI Grzegorz	X26		Hard X - M	4	01:07:37	02:42:20	04:04:01.35	+00:48:51 (20.0%)	11:05	5.4 (79.4%)
5	PIEKARSKI Paweł	X14	MŁODY VS. STARY	Hard X - M	5	01:12:25	02:46:04	04:07:59.85	+00:52:50 (21.3%)	11:16	5.3 (77.9%)
6	ESSI-EZINH Aleksander	X11	SFORA BMK	Hard X - M	6	01:12:27	02:46:07	04:08:57.05	+00:53:47 (21.6%)	11:18	5.3 (77.9%)
7	LUTY Michał	X12	MŁODY VS STARY	Hard X - M	7	01:17:21	02:52:04	04:09:19.20	+00:54:09 (21.7%)	11:19	5.3 (77.9%)
8	MALINOWSKI Karol	X6	MŁODY VS STARY	Hard X - M	8	01:18:41	03:02:36	04:37:28.40	+01:22:18 (29.7%)	12:36	4.8 (70.6%)
9	JANKIEWICZ Marek	X4	MŁODY VS STARY/SFORA BMK	Hard X - M	9	01:19:31	03:03:20	04:39:51.00	+01:24:41 (30.3%)	12:43	4.7 (69.1%)
10	GRABOWSKI Zbigniew	X20	SFORA BMK	Hard X - M	10	01:24:52	03:02:47	04:43:31.30	+01:28:21 (31.2%)	12:53	4.7 (69.1%)
11	GUGAŁA Maciek	X24		Hard X - M	11	01:17:28	02:57:48	04:46:32.45	+01:31:22 (31.9%)	13:01	4.6 (67.6%)
12	OLESKIEWICZ Kamil	X19		Hard X - M	12	03:18:18		05:00:30.75	+01:45:21 (35.1%)	13:39	4.4 (64.7%)
13	JANAS Szymon	X23	SFORA BMK	Hard X - M	13	01:27:50	03:19:11	05:02:15.45	+01:47:05 (35.4%)	13:44	4.4 (64.7%)
14	PRACHNIO Maciej	X28	SFORA BMK	Hard X - M	14	01:29:52	03:32:29	05:33:01.40	+02:17:51 (41.4%)	15:08	4 (58.8%)
15	KRZYMINSKI Piotr	X7	MILITARY TRAINING HAMBURG	Hard X - M	15	01:29:58	03:32:33	05:33:08.00	+02:17:58 (41.4%)	15:08	4 (58.8%)
16	DROŻYCKI Zbigniew	X2		Hard X - M	16	01:40:43	03:45:26	05:38:43.30	+02:23:33 (42.4%)	15:23	3.9 (57.4%)
17	MISIAK Jacek	X9		Hard X - M	17	01:40:52	03:45:36	05:38:51.15	+02:23:41 (42.4%)	15:24	3.9 (57.4%)
18	GŁOWACKI Andrzej	X5	MŁODY VS STARY	Hard X - M	18	02:07:00	04:28:50	06:49:57.85	+03:34:48 (52.4%)	18:38	3.2 (47.1%)

Znaleziono 18 wynik(ów)