



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

XIV Bieg Morskiego Komandosa
OCR Events
2023-08-26
Gdynia
11 km

BMK 2023 - SPRINT 11KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	PIONK Rafał	S017	KPW GDYNIA	Sprint - M	1	00:47:45	01:29:19.10		8:07	7.4 (100%)
2	ŁUKASIK Michał	S018		Sprint - M	2	00:51:25	01:33:17.90	+00:03:58 (4.3%)	8:28	7.1 (95.9%)
3	GOŁKO Jakub	S039		Sprint - M	3	00:49:13	01:39:43.70	+00:10:24 (10.4%)	9:03	6.6 (89.2%)
4	CZAPIEWSKI Sylwester	S008	BIGYELLOWFOOT ADVENTURE TEAM	Sprint - M	4	00:52:52	01:40:10.85	+00:10:51 (10.8%)	9:06	6.6 (89.2%)
5	FIGURA Jakub	S027		Sprint - M	5	00:56:39	01:47:36.45	+00:18:17 (17.0%)	9:46	6.1 (82.4%)
6	POLAK Jarosław	S004	BIGYELLOWFOOT ADVENTURE TEAM	Sprint - M	6	00:54:48	01:49:23.45	+00:20:04 (18.3%)	9:56	6 (81.1%)
7	GRZYBOWSKI Mateusz	S003	SFORA BMK	Sprint - M	7	00:54:45	01:50:12.05	+00:20:52 (18.9%)	10:01	6 (81.1%)
8	CIEŚLIK-ŚLUSAREK Ewa	S032	SAMEKONIE	Sprint - K	1	00:57:05	01:50:57.65	+00:21:38 (19.5%)	10:05	5.9 (79.7%)
9	BIELAK Tomasz	S024	WOLF TEAM	Sprint - M	8	00:50:06	01:52:15.35	+00:22:56 (20.4%)	10:12	5.9 (79.7%)
10	NIEMIEC Igor	S022		Sprint - M	9	00:53:42	01:52:24.60	+00:23:05 (20.5%)	10:13	5.9 (79.7%)
11	BUCZKOWSKI Michał	S014		Sprint - M	10	00:52:16	01:52:45.90	+00:23:26 (20.8%)	10:15	5.9 (79.7%)
12	WERONIECKI Mirosław	S030		Sprint - M	11	00:54:30	01:53:49.10	+00:24:30 (21.5%)	10:20	5.8 (78.4%)
13	SZUPRYCZYŃSKI Krzysztof	S034		Sprint - M	12	00:55:37	01:54:13.60	+00:24:54 (21.8%)	10:23	5.8 (78.4%)
14	BRASZKA Robert , BANACH Mateusz	T106		Team Sprint	1	01:00:00	01:59:27.85	+00:30:08 (25.2%)	10:51	5.5 (74.3%)
15	ZIĘTARSKA Sandra	S029	7PBOT	Sprint - K	2	00:58:03	02:04:15.60	+00:34:56 (28.1%)	11:17	5.3 (71.6%)

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16	SZYSZKOWSKI Piotr	S025		Sprint - M	13	01:03:37	02:07:07.05	+00:37:47 (29.7%)	11:33	5.2 (70.3%)
17	WIELOGÓRSKI Mateusz , WĄDOŁKOWSKA Paulina	T102	BIGYELLOWFOOT ADVENTURE TEAM	Team Sprint	2	01:03:39	02:08:33.35	+00:39:14 (30.5%)	11:41	5.1 (68.9%)
18	TROSZYŃSKI Piotr	S026	12 BBSP MIROSLAWIEC	Sprint - M	14	01:03:30	02:09:23.90	+00:40:04 (31.0%)	11:45	5.1 (68.9%)
19	OKPIS Wojciech	T110	7PBOT	Team Sprint	3	01:04:05	02:12:31.30	+00:43:12 (32.6%)	12:02	5 (67.6%)
20	SZWAJKOWSKI Przemysław	S028		Sprint - M	15	01:08:57	02:23:32.75	+00:54:13 (37.8%)	13:02	4.6 (62.2%)
21	SCHWEIZER Mirka , KOTŁOWSKI Marcin	T101	BIGYELLOWFOOT ADVENTURE TEAM	Team Sprint	4	01:08:15	02:25:15.75	+00:55:56 (38.5%)	13:12	4.5 (60.8%)
22	NOWAK Kaja	S033	ENDORFINA	Sprint - K	3	01:10:31	02:25:16.10	+00:55:57 (38.5%)	13:12	4.5 (60.8%)
23	SZYMAŃSKI Jakub	S023	REHA PRESTIGE	Sprint - M	16	01:09:06	02:25:26.80	+00:56:07 (38.6%)	13:13	4.5 (60.8%)
24	FELCZAK Romuald	S021	BRYGADA RR	Sprint - M	17	01:09:07	02:30:07.65	+01:00:48 (40.5%)	13:38	4.4 (59.5%)
25	WITCZYŃSKI Mateusz	S005		Sprint - M	18	01:11:19	02:31:17.85	+01:01:58 (41.0%)	13:45	4.4 (59.5%)
26	WITCZYŃSKI Andrzej	S006		Sprint - M	19	01:11:22	02:31:25.25	+01:02:06 (41.0%)	13:45	4.4 (59.5%)
27	YAHORAVA Natallia	S016		Sprint - K	4	01:15:25	02:32:04.80	+01:02:45 (41.3%)	13:49	4.3 (58.1%)
28	SPISAK Tomasz	S031		Sprint - M	20	01:16:39	02:35:51.00	+01:06:31 (42.7%)	14:10	4.2 (56.8%)
29	KENTNER Maciej	S015		Sprint - M	21	01:15:05	02:40:37.15	+01:11:18 (44.4%)	14:36	4.1 (55.4%)
30	FELCZAK Robert	S020	BRYGADA RR	Sprint - M	22	01:16:18	02:44:13.10	+01:14:54 (45.6%)	14:55	4 (54.1%)
31	KOSSAKOWSKI Edward , KOSSAKOWSKI Adam	T105		Team Sprint	5	01:21:55	02:50:04.90	+01:20:45 (47.5%)	15:27	3.9 (52.7%)
32	AUGUSTYN Kamila , ZIELIŃSKI Michał	T108		Team Sprint	6	01:18:59	02:53:47.90	+01:24:28 (48.6%)	15:47	3.8 (51.4%)
33	CHWAŁEK Łukasz , GROMKIEWICZ Konrad	T100	BIEGNIEMY PO AED	Team Sprint	7	01:22:33	02:59:29.65	+01:30:10 (50.2%)	16:19	3.7 (50.0%)
Przekroczony limit czasu: 03:00:00										
34	HEIDAK Piotr	S010		Sprint - M	23	01:15:00	03:06:37.60	+01:37:18 (52.1%)	16:57	3.5 (47.3%)
35	. .	S050				01:20:12	03:08:50.50	+01:39:31 (52.7%)	17:10	3.5 (47.3%)
36	OPOKA Paweł	S012		Sprint - M	24	01:20:06	03:08:52.65	+01:39:33 (52.7%)	17:10	3.5 (47.3%)
37	ZAJĄC Magdalena , GORGOL-JANIAK MARCA R S Aleksandra	T107		Team Sprint	8	01:37:44	03:15:44.90	+01:46:25 (54.4%)	17:47	3.4 (45.9%)
38	JANIAK Łukasz , ŚNIEŻEK Stanisław	T109	GRUPA HOLOWNIKOW	Team Sprint	9	01:37:48	03:15:49.15	+01:46:30 (54.4%)	17:48	3.4 (45.9%)

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39	MARSZAŁEK Jarosław	S007		Sprint - M	25	01:16:15	03:18:13.15	+01:48:54 (54.9%)	18:01	3.3 (44.6%)
40	CECHEL Dominik	S001		Sprint - M	26	01:22:08	03:20:07.75	+01:50:48 (55.4%)	18:11	3.3 (44.6%)
41	RUDNIK Paweł	S009		Sprint - M	27	01:22:14	03:20:08.65	+01:50:49 (55.4%)	18:11	3.3 (44.6%)

Znaleziono 41 wynik(ów)