

I BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" IM. ADMIRAŁA FLOTY ANDRZEJA KARWETY - 10 KM

B4SPORT

Organiser: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ
(CSMW)
Date: 2016-04-09
Place: Ustka
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	TEREFENKO Joanna	157		K-20	1	00:00:00	00:41:16.20	00:41:17.10		4:07	14.5 (100%)
2	BORYCHOWSKI Mariusz	12	7 BRYGADA OBRONY WYBRZEŻA	Mundur-M-OPEN	1	00:00:00	00:41:41.70	00:41:42.15	+00:00:25 (1.0%)	4:10	14.4 (99.3%)
3	BONISŁAWSKI Jarosław	10	FADOMODA TEAM	M-20	1	00:00:01	00:42:53.80	00:42:55.75	+00:01:37 (3.8%)	4:17	14 (96.6%)
4	CHUDY Henryk	18	K SOLSZEWSKI I SYNOWIE	M-60	1	00:00:01	00:42:57.95	00:42:59.65	+00:01:41 (3.9%)	4:17	14 (96.6%)
5	MŁYNARCZYK Zbyszek	80		M-30	1	00:00:12	00:43:46.30	00:43:58.35	+00:02:30 (5.7%)	4:22	13.7 (94.5%)
6	GOLAŃSKI Krzysztof	27		Mundur-M-OPEN	2	00:00:00	00:44:56.25	00:44:56.70	+00:03:40 (8.2%)	4:29	13.4 (92.4%)
7	PACHOLCZYK Krzysztof	88		M-20	2	00:00:03	00:45:32.35	00:45:35.40	+00:04:16 (9.4%)	4:33	13.2 (91.0%)
8	SADOWSKI Paweł	169	STOPA SŁUPSK	M-30	2	00:00:12	00:45:47.70	00:46:00.55	+00:04:31 (9.9%)	4:34	13.1 (90.3%)
9	ŻYLICZ Paweł	151	STOPA SŁUPSK	M-20	3	00:00:02	00:46:30.35	00:46:32.65	+00:05:14 (11.3%)	4:39	12.9 (89.0%)
10	DĘGA Ryszard	20	TUPOT USTKA	M-60	2	00:00:01	00:47:07.80	00:47:08.85	+00:05:51 (12.4%)	4:42	12.7 (87.6%)
11	JASKÓLSKI Piotr	167		M-30	3	00:00:04	00:47:12.75	00:47:17.60	+00:05:56 (12.6%)	4:43	12.7 (87.6%)
12	PRUS Mikołaj	165		M-OPEN	1	00:00:01	00:47:17.90	00:47:19.45	+00:06:01 (12.7%)	4:43	12.7 (87.6%)
13	NOWAK Kevin	84	CSMW USTKA	Mundur-M-OPEN	3	00:00:00	00:47:22.40	00:47:22.50	+00:06:06 (12.9%)	4:44	12.7 (87.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
14	NAGÓREK Kamil	166		Mundur-M-OPEN	4	00:00:00	00:47:26.70	00:47:27.10	+00:06:10 (13.0%)	4:44	12.6 (86.9%)
15	KUBIŃSKI Rafał	58	ALLIANZ RUNNING TEAM	M-50	1	00:00:02	00:47:53.70	00:47:56.00	+00:06:37 (13.8%)	4:47	12.5 (86.2%)
16	NIWIŃSKI Grzegorz	83	KB TUPOT USTKA	M-50	2	00:00:14	00:48:21.40	00:48:35.85	+00:07:05 (14.7%)	4:50	12.4 (85.5%)
17	SCHULZ Szymon	159	SZULIK TEAM	M-20	4	00:00:14	00:48:38.60	00:48:52.75	+00:07:22 (15.2%)	4:51	12.3 (84.8%)
18	NOWODWORSKA Justyna	85	ŚCIGAŁ TEAM	K-30	1	00:00:01	00:49:15.95	00:49:17.90	+00:07:59 (16.2%)	4:55	12.2 (84.1%)
19	CHORAŻY Karolina	17	FADOMODA TEAM	K-40	1	00:00:02	00:49:20.00	00:49:22.70	+00:08:03 (16.3%)	4:56	12.2 (84.1%)
20	DUDZIAK Piotr	21	BIEGNIJMY.PL	M-40	1	00:00:02	00:49:32.75	00:49:34.85	+00:08:16 (16.7%)	4:57	12.1 (83.4%)
21	POWARZYŃSKI Krzysztof	158	6WOG	Mundur-M-OPEN	5	00:00:01	00:49:48.30	00:49:50.00	+00:08:32 (17.1%)	4:58	12 (82.8%)
22	PRĘTNIK Dawid	101	OŚRODEK SZKOLENIA NURKÓW I PŁETWONURKÓW WP GDYNIA	Mundur-M-OPEN	6	00:00:02	00:49:59.20	00:50:01.50	+00:08:43 (17.4%)	4:59	12 (82.8%)
23	JÓSKOWSKI Seweryn	38	REKOWO BIEGA	M-20	5	00:00:00	00:49:59.40	00:50:00.35	+00:08:43 (17.4%)	5:00	12 (82.8%)
24	ŚWIETLIK Tomasz	130		M-50	3	00:00:00	00:50:14.00	00:50:14.75	+00:08:57 (17.8%)	5:01	11.9 (82.1%)
25	NIERADKA Iwona	82	3 FO	Mundur-K-OPEN	1	00:00:01	00:50:21.40	00:50:22.40	+00:09:05 (18.0%)	5:02	11.9 (82.1%)
26	SZCZEPANSKI Pawel	127	JA AGAT	Mundur-M-OPEN	7	00:00:00	00:50:38.25	00:50:38.90	+00:09:22 (18.5%)	5:03	11.8 (81.4%)
27	ZBLEWSKI Patryk	171	NIGHT RUNNERS SŁUPSK	M-30	4	00:00:04	00:51:06.35	00:51:10.95	+00:09:50 (19.2%)	5:06	11.7 (80.7%)
28	SKOWROŃSKI Łukasz	112	STOPA SŁUPSK	M-40	2	00:00:08	00:51:16.70	00:51:25.20	+00:10:00 (19.5%)	5:07	11.7 (80.7%)
29	PANASIUK Adrian	89	MORSKA JEDNOSTKA RAKIETOWA	Mundur-M-OPEN	8	00:00:00	00:51:23.00	00:51:23.65	+00:10:06 (19.7%)	5:08	11.7 (80.7%)
30	DZIELIŃSKI Daniel	23	GRUPA OKRĘTÓW ROZPOZNAWCZYCH	Mundur-M-OPEN	9	00:00:01	00:51:47.35	00:51:48.85	+00:10:31 (20.3%)	5:10	11.6 (80.0%)
31	OLESZEK Jerzy	86	SZKOŁA PODOFICERSKA MW	Mundur-M-OPEN	10	00:00:01	00:51:48.95	00:51:50.15	+00:10:32 (20.4%)	5:10	11.6 (80.0%)
32	KOTUSIEWICZ Karol	51	KSP CSMW USTKA	M-20	6	00:00:12	00:52:11.20	00:52:23.70	+00:10:55 (20.9%)	5:13	11.5 (79.3%)
33	KLUCZEWSKA Emilia	47		K-30	2	00:00:02	00:52:12.30	00:52:14.30	+00:10:56 (20.9%)	5:13	11.5 (79.3%)
34	WOJCIEKIAN Stanisław	140	WATAHA	M-60	3	00:00:08	00:52:20.65	00:52:29.25	+00:11:04 (21.2%)	5:14	11.5 (79.3%)
35	KARAŚ Radosław	41	NIGHT RUNNERS SŁUPSK	M-40	3	00:00:06	00:52:33.40	00:52:39.60	+00:11:17 (21.5%)	5:15	11.4 (78.6%)
36	KWIECIŃSKI Damian	62	SALUGEO.COM	M-30	5	00:00:07	00:52:40.80	00:52:48.10	+00:11:24 (21.7%)	5:16	11.4 (78.6%)

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37	MIELCZAREK Mateusz	168		M-30	6	00:00:03	00:52:41.75	00:52:45.25	+00:11:25 (21.7%)	5:16	11.4 (78.6%)
38	KARGUL Jacek	43	NIGHT RUNNERS SŁUPSK	M-30	7	00:00:05	00:52:42.60	00:52:48.05	+00:11:26 (21.7%)	5:16	11.4 (78.6%)
39	SOROKA Tomasz	114	NIGHT RUNNERS SŁUPSK	M-30	8	00:00:05	00:52:42.85	00:52:48.00	+00:11:26 (21.7%)	5:16	11.4 (78.6%)
40	CAŁKA Magdalena	15	NIGHT RUNNERS SŁUPSK	K-20	2	00:00:03	00:52:44.70	00:52:48.15	+00:11:28 (21.8%)	5:16	11.4 (78.6%)
41	KOŃCZALSKI Krzysztof	48		Mundur-M-OPEN	11	00:00:00	00:53:16.10	00:53:16.35	+00:11:59 (22.5%)	5:19	11.3 (77.9%)
42	RENC Piotr	106	BDOW WB LUBLIN	Mundur-M-OPEN	12	00:00:05	00:53:26.55	00:53:32.35	+00:12:10 (22.8%)	5:20	11.2 (77.2%)
43	MALINOWSKI Mariusz	68		Mundur-M-OPEN	13	00:00:05	00:53:30.70	00:53:35.70	+00:12:14 (22.9%)	5:21	11.2 (77.2%)
44	MUSIAŁ Jarosław	81	SZKOŁA PODOFICERSKA MW	Mundur-M-OPEN	14	00:00:02	00:53:32.00	00:53:34.80	+00:12:15 (22.9%)	5:21	11.2 (77.2%)
45	MATUSZEWSKI Rafał	76	7 BRYGADA OBRONY WYBRZEŻA	Mundur-M-OPEN	15	00:00:02	00:53:37.55	00:53:40.45	+00:12:21 (23.0%)	5:21	11.2 (77.2%)
46	MASZKA Emilia	75	OSP BORZYTUCHOM	K-30	3	00:00:01	00:53:44.45	00:53:46.40	+00:12:28 (23.2%)	5:22	11.2 (77.2%)
47	DZIUBEK Marcin	24	JW 3940	Mundur-M-OPEN	16	00:00:05	00:53:49.50	00:53:54.65	+00:12:33 (23.3%)	5:22	11.1 (76.6%)
48	GĘBKA Krzysztof	162		Mundur-M-OPEN	17	00:00:05	00:53:52.30	00:53:57.90	+00:12:36 (23.4%)	5:23	11.1 (76.6%)
49	BARCHANOWSKI Andrzej	7	SAMOTNY BIAŁY ŻAGIEL	M-40	4	00:00:11	00:54:03.25	00:54:14.95	+00:12:47 (23.7%)	5:24	11.1 (76.6%)
50	HRYHOROWICZ Joanna	33	NIGHT RUNNERS SŁUPSK	K-30	4	00:00:03	00:54:30.70	00:54:33.80	+00:13:14 (24.3%)	5:27	11 (75.9%)
51	ANDRZEJCZAK Sławomir	5	GRZESŁAW USTKA	M-40	5	00:00:04	00:54:57.05	00:55:01.80	+00:13:40 (24.9%)	5:29	10.9 (75.2%)
52	JANUSZEWSKI Jacek	36	17 WOG KOSZALIN	M-50	4	00:00:11	00:55:03.95	00:55:15.65	+00:13:47 (25.1%)	5:30	10.9 (75.2%)
53	SZAREK Paweł	125	7 BRYGADA OBRONY WYBRZEŻA	Mundur-M-OPEN	18	00:00:02	00:55:07.70	00:55:09.85	+00:13:51 (25.1%)	5:30	10.9 (75.2%)
54	KULIK Waldemar	60	BERLIN-MARATHON JUBILEE-CLUB	M-50	5	00:00:03	00:55:15.35	00:55:18.45	+00:13:59 (25.3%)	5:31	10.9 (75.2%)
55	NAPIERALSKI Piotr	156	GRZESŁAW USTKA	M-30	9	00:00:02	00:55:16.70	00:55:19.60	+00:14:00 (25.3%)	5:31	10.9 (75.2%)
56	BŁOŃSKI Roman	8	AKADEMIA MARYNARKI WOJENNEJ	Mundur-M-OPEN	19	00:00:01	00:55:34.90	00:55:35.95	+00:14:18 (25.7%)	5:33	10.8 (74.5%)
57	KRYGIER Ireneusz	54	W.P.K. SŁOŃ TEAM	M-30	10	00:00:08	00:55:37.35	00:55:45.95	+00:14:21 (25.8%)	5:33	10.8 (74.5%)
58	WOŹNIAK Grzegorz	141	GRZESŁAW USTKA	M-40	6	00:00:03	00:55:37.55	00:55:41.50	+00:14:21 (25.8%)	5:33	10.8 (74.5%)
59	WOŹNIAK Monika	142		K-30	5	00:00:12	00:55:41.20	00:55:53.45	+00:14:25 (25.9%)	5:34	10.8 (74.5%)

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60	GOSIENIECKI Sebastian	28	CSMW USTKA	Mundur-M-OPEN	20	00:00:08	00:56:06.15	00:56:14.35	+00:14:49 (26.4%)	5:36	10.7 (73.8%)
61	KAPA Emil	30		M-20	7	00:00:10	00:56:09.40	00:56:19.55	+00:14:53 (26.5%)	5:36	10.7 (73.8%)
62	SULL Kacper	123	NIGHT RUNNERS SŁUPSK	M-20	8	00:00:08	00:56:12.40	00:56:20.75	+00:14:56 (26.6%)	5:37	10.7 (73.8%)
63	REDLARSKI Maciej	105	II PLUTON	Mundur-M-OPEN	21	00:00:05	00:56:31.20	00:56:36.95	+00:15:15 (27.0%)	5:39	10.6 (73.1%)
64	MARCZAK Andrzej	70		M-50	6	00:00:02	00:56:31.25	00:56:33.65	+00:15:15 (27.0%)	5:39	10.6 (73.1%)
65	MAZUREK Piotr	77	CSMW USTKA	Mundur-M-OPEN	22	00:00:02	00:56:35.30	00:56:37.55	+00:15:19 (27.1%)	5:39	10.6 (73.1%)
66	ROBAK Grzegorz	107		M-30	11	00:00:07	00:56:56.50	00:57:04.45	+00:15:40 (27.5%)	5:41	10.5 (72.4%)
67	GREBIENIK Andrzej	29		M-40	7	00:00:13	00:57:01.10	00:57:14.30	+00:15:44 (27.6%)	5:42	10.5 (72.4%)
68	BOGUSZ Marietta	9	NIGHT RANNERS SŁUPSK	K-20	3	00:00:04	00:57:09.60	00:57:13.85	+00:15:53 (27.8%)	5:42	10.5 (72.4%)
69	STANIASZEK Bogusław	117	TUPOT USTKA	M-60	4	00:00:03	00:57:18.35	00:57:21.40	+00:16:02 (28.0%)	5:43	10.5 (72.4%)
70	WENCŁAWSKI Michał	137	ARAGORTEAM	M-20	9	00:00:04	00:57:33.85	00:57:38.70	+00:16:17 (28.3%)	5:45	10.4 (71.7%)
71	LEWANDOWSKI Maciej	65	KOMENDA MIEJSKA POLICJI W SŁUPSKU	Mundur-M-OPEN	23	00:00:04	00:57:37.95	00:57:42.80	+00:16:21 (28.4%)	5:45	10.4 (71.7%)
72	WITCZAK Łukasz	139		Mundur-M-OPEN	24	00:00:07	00:57:46.10	00:57:53.45	+00:16:29 (28.6%)	5:46	10.4 (71.7%)
73	JÓSKOWSKI Bogdan	37	ZZWT GDYNIA PO-24 BIAŁOGÓRA	Mundur-M-OPEN	25	00:00:01	00:57:46.55	00:57:47.75	+00:16:30 (28.6%)	5:46	10.4 (71.7%)
74	ZAWADZKI Jacek	145		M-40	8	00:00:10	00:57:47.05	00:57:57.40	+00:16:30 (28.6%)	5:46	10.4 (71.7%)
75	PIETRZYCKI Sławek	93	BRYGADA LOTNICTWA MW	Mundur-M-OPEN	26	00:00:10	00:57:47.10	00:57:57.45	+00:16:30 (28.6%)	5:46	10.4 (71.7%)
76	LEWANDOWSKI Tomasz	64		Mundur-M-OPEN	27	00:00:01	00:57:53.55	00:57:55.10	+00:16:37 (28.7%)	5:47	10.4 (71.7%)
77	KASPERSKI Dariusz	45	CSMW USTKA	Mundur-M-OPEN	28	00:00:06	00:57:59.40	00:58:06.10	+00:16:43 (28.8%)	5:48	10.3 (71.0%)
78	TÓRZ Andrzej	132		M-60	5	00:00:09	00:58:05.70	00:58:14.85	+00:16:49 (29.0%)	5:48	10.3 (71.0%)
79	CHYREK Łukasz	172	NIGHT RUNNERS SŁUPSK	M-30	12	00:00:04	00:58:11.10	00:58:15.10	+00:16:54 (29.1%)	5:49	10.3 (71.0%)
80	FIJAŁKOWSKI Paweł	164		Mundur-M-OPEN	29	00:00:02	00:58:15.40	00:58:17.85	+00:16:59 (29.2%)	5:49	10.3 (71.0%)
81	POTOCZNY Bartosz	98	JW AGAT	Mundur-M-OPEN	30	00:00:01	00:58:18.00	00:58:19.20	+00:17:01 (29.2%)	5:49	10.3 (71.0%)
82	JAROSIŃSKI Andrzej	170		M-30	13	00:00:06	00:58:51.00	00:58:57.10	+00:17:34 (29.9%)	5:53	10.2 (70.3%)

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83	KURZYŃSKA Natalia	61	17. WOG	K-30	6	00:00:06	00:59:08.95	00:59:15.50	+00:17:52 (30.2%)	5:54	10.1 (69.7%)
84	BAGROWSKI Karol	6		Mundur-M-OPEN	31	00:00:07	00:59:41.90	00:59:48.90	+00:18:25 (30.9%)	5:58	10.1 (69.7%)
85	PACAN Mirosława	87	ŚWIAT PŁYTEK U KRYSPIŃ	K-20	4	00:00:04	00:59:51.40	00:59:55.65	+00:18:35 (31.1%)	5:59	10 (69.0%)
86	ROGAŁA Łukasz	108		M-30	14	00:00:10	00:59:53.00	01:00:03.05	+00:18:36 (31.1%)	5:59	10 (69.0%)
87	PRACOŃ Maciej	100		M-40	9	00:00:12	00:59:58.50	01:00:10.75	+00:18:42 (31.2%)	5:59	10 (69.0%)
88	KACZYŃSKI Dariusz	40		Mundur-M-OPEN	32	00:00:06	01:00:08.05	01:00:14.60	+00:18:51 (31.4%)	6:00	10 (69.0%)
89	ŻYŁKA Milena	152		K-30	7	00:00:04	01:00:26.25	01:00:30.55	+00:19:10 (31.7%)	6:02	9.9 (68.3%)
90	KRASIŃSKI Witold	52	JW 1223	Mundur-M-OPEN	33	00:00:05	01:00:33.90	01:00:39.20	+00:19:17 (31.9%)	6:03	9.9 (68.3%)
91	DUTKA Krzysztof	154		Mundur-M-OPEN	34	00:00:04	01:01:18.25	01:01:23.20	+00:20:02 (32.7%)	6:07	9.8 (67.6%)
92	CYRAN Przemysław	19		Mundur-M-OPEN	35	00:00:08	01:01:31.05	01:01:39.10	+00:20:14 (32.9%)	6:09	9.8 (67.6%)
93	BURANT Łukasz	14	KSP CSMW USTKA	Mundur-M-OPEN	36	00:00:03	01:01:32.60	01:01:36.25	+00:20:16 (32.9%)	6:09	9.7 (66.9%)
94	STOKŁOSA Krzysztof	121	BRYGADA LOTNICTWA MW	Mundur-M-OPEN	37	00:00:09	01:01:32.70	01:01:42.65	+00:20:16 (32.9%)	6:09	9.7 (66.9%)
95	LECHOWSKI Tomasz	63	BRYGADA LOTNICTWA MW	Mundur-M-OPEN	38	00:00:09	01:01:32.90	01:01:42.35	+00:20:16 (32.9%)	6:09	9.7 (66.9%)
96	KOŚMIDER Sebastian	50	KSP CSMW USTKA	Mundur-M-OPEN	39	00:00:02	01:01:33.60	01:01:36.50	+00:20:17 (33.0%)	6:09	9.7 (66.9%)
97	RAMA Janusz	104	WT KOŁOBRZEG	Mundur-M-OPEN	40	00:00:07	01:01:33.85	01:01:41.50	+00:20:17 (33.0%)	6:09	9.7 (66.9%)
98	PARDEJ Liliana	90		Mundur-K-OPEN	2	00:00:06	01:02:15.70	01:02:22.10	+00:20:59 (33.7%)	6:13	9.6 (66.2%)
99	BARANOWSKI Sławomir	155	GRZESŁAW USTKA	M-40	10	00:00:03	01:02:18.00	01:02:21.45	+00:21:01 (33.8%)	6:13	9.6 (66.2%)
100	KOS Krystian	49	BBL	Mundur-M-OPEN	41	00:00:10	01:02:20.20	01:02:30.75	+00:21:04 (33.8%)	6:14	9.6 (66.2%)
101	PIKTEL Wojciech	94	ZZWT PO-24 BIAŁOGÓRA	Mundur-M-OPEN	42	00:00:04	01:02:35.65	01:02:39.80	+00:21:19 (34.1%)	6:15	9.6 (66.2%)
102	SULL Agnieszka	122	NIGHT RUNNERS SŁUPSK	K-40	2	00:00:08	01:03:02.75	01:03:11.35	+00:21:46 (34.5%)	6:18	9.5 (65.5%)
103	ZIÓŁKOWSKI Wiesław	149	ZZWT GDYNIA	Mundur-M-OPEN	43	00:00:10	01:03:12.60	01:03:23.40	+00:21:56 (34.7%)	6:19	9.5 (65.5%)
104	GRZEŻUŁKOWSKI Paweł	31		Mundur-M-OPEN	44	00:00:07	01:03:15.55	01:03:23.05	+00:21:59 (34.8%)	6:19	9.5 (65.5%)
105	SZUDOBAJ Marta	129	STOPA SŁUPSK	K-20	5	00:00:12	01:03:34.35	01:03:46.55	+00:22:18 (35.1%)	6:21	9.4 (64.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
106	MARCZAK Małgorzata	69		K-50	1	00:00:03	01:03:38.90	01:03:41.95	+00:22:22 (35.2%)	6:21	9.4 (64.8%)
107	MACIASZEK Przemyslaw	67	RANGERSI	Mundur-M-OPEN	45	00:00:05	01:03:57.65	01:04:03.45	+00:22:41 (35.5%)	6:23	9.4 (64.8%)
108	SZMIGIERO Arkadiusz	128	W.P.K. SŁOŃ TEAM	Mundur-M-OPEN	46	00:00:09	01:04:14.30	01:04:23.75	+00:22:58 (35.8%)	6:25	9.3 (64.1%)
109	NOWACKI Marek	73	CSMW USTKA	Mundur-M-OPEN	47	00:00:04	01:04:23.70	01:04:28.30	+00:23:07 (35.9%)	6:26	9.3 (64.1%)
110	TOMCZAK Dominik	71	CSMW USTKA	Mundur-M-OPEN	48	00:00:04	01:04:24.70	01:04:29.30	+00:23:08 (35.9%)	6:26	9.3 (64.1%)
111	TOMCZAK Sebastian	131	6 WOG USTKA	Mundur-M-OPEN	49	00:00:04	01:04:24.75	01:04:29.35	+00:23:08 (35.9%)	6:26	9.3 (64.1%)
112	PRZYMORSKI Waldemar	103	STRAŻ MIEJSKA	Mundur-M-OPEN	50	00:00:09	01:04:37.70	01:04:47.05	+00:23:21 (36.1%)	6:27	9.3 (64.1%)
113	KARPOWICZ Joanna	44		K-30	8	00:00:14	01:04:44.35	01:04:58.60	+00:23:28 (36.3%)	6:28	9.3 (64.1%)
114	WARCZAK Sławomir	135	CSMW	Mundur-M-OPEN	51	00:00:04	01:05:45.00	01:05:49.35	+00:24:28 (37.2%)	6:34	9.1 (62.8%)
115	RYBA Anna	110		K-40	3	00:00:06	01:05:46.50	01:05:53.20	+00:24:30 (37.3%)	6:34	9.1 (62.8%)
116	WARDAK Robert	161		M-30	15	00:00:11	01:07:00.60	01:07:11.65	+00:25:44 (38.4%)	6:42	9 (62.1%)
117	KUBIAK Dominik	57		Mundur-M-OPEN	52	00:00:07	01:07:06.70	01:07:14.30	+00:25:50 (38.5%)	6:42	8.9 (61.4%)
118	TURCZYN Grzegorz	134	6 WOG NIGHT RUNNERS SŁUPSK	Mundur-M-OPEN	53	00:00:09	01:07:59.05	01:08:08.70	+00:26:42 (39.3%)	6:47	8.8 (60.7%)
119	FRAŃCZEK Dawid	25	OŚRODEK SZKOLENIA NURKÓW I PŁETWONURKÓW	Mundur-M-OPEN	54	00:00:02	01:08:00.85	01:08:03.30	+00:26:44 (39.3%)	6:48	8.8 (60.7%)
119	KRZYŻANOWSKA Agnieszka	55	RANGERSI	Mundur-K-OPEN	3	00:00:06	01:08:00.85	01:08:07.70	+00:26:44 (39.3%)	6:48	8.8 (60.7%)
121	SAWICKA Małgosia	111	CSMW	Mundur-K-OPEN	4	00:00:09	01:08:02.65	01:08:11.65	+00:26:46 (39.3%)	6:48	8.8 (60.7%)
122	WILCZEWSKI Bogdan	138	OŚRODEK SZKOLENIA NURKÓW I PŁETWONURKÓW WP	Mundur-M-OPEN	55	00:00:02	01:08:17.10	01:08:19.80	+00:27:00 (39.6%)	6:49	8.8 (60.7%)
123	SOLARCZYK Urszula	115		K-20	6	00:00:07	01:08:34.20	01:08:42.15	+00:27:18 (39.8%)	6:51	8.7 (60.0%)
124	PIKTEL Urszula	95	HELSKIE MORSY 'COLD WATER'	K-30	9	00:00:04	01:08:34.30	01:08:38.55	+00:27:18 (39.8%)	6:51	8.8 (60.7%)
125	MIKLASIŃSKA Izabela	79		Mundur-K-OPEN	5	00:00:07	01:09:04.35	01:09:12.00	+00:27:48 (40.3%)	6:54	8.7 (60.0%)
126	SZARSZEWSKA Natalia	126		Mundur-K-OPEN	6	00:00:07	01:09:04.90	01:09:12.20	+00:27:48 (40.3%)	6:54	8.7 (60.0%)
127	GAFFKE Krzysztof	26	SZKOŁA PODOFICERSKA MW	Mundur-M-OPEN	56	00:00:06	01:09:24.85	01:09:31.25	+00:28:08 (40.5%)	6:56	8.6 (59.3%)
128	MICZKO Krzysztof	78	ZZWT GDYNIA	Mundur-M-OPEN	57	00:00:09	01:09:54.40	01:10:04.25	+00:28:38 (41.0%)	6:59	8.6 (59.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
129	KULA Szymon	59	1RBLOG SKŁAD GDYNIA	M-40	11	00:00:16	01:10:07.90	01:10:24.10	+00:28:51 (41.2%)	7:00	8.6 (59.3%)
130	ŻYWOT Norbert	153	WT KOŁOBRZEG	Mundur-M-OPEN	58	00:00:07	01:10:17.15	01:10:24.80	+00:29:00 (41.3%)	7:01	8.5 (58.6%)
131	ZIÓŁKOWSKI Albert	148		Mundur-M-OPEN	59	00:00:05	01:10:18.25	01:10:23.40	+00:29:02 (41.3%)	7:01	8.5 (58.6%)
132	ZAWISZA Tomasz	146	CSMWUSTKA	Mundur-M-OPEN	60	00:00:03	01:10:20.80	01:10:24.50	+00:29:04 (41.3%)	7:02	8.5 (58.6%)
133	LIŚNIEWSKI Andrzej	66	WKB META LUBLINIEC/52 BREM	Mundur-M-OPEN	61	00:00:13	01:10:42.85	01:10:56.25	+00:29:26 (41.6%)	7:04	8.5 (58.6%)
134	JAGIEŁOWICZ Piotr	34	ZZWT GDYNIA	Mundur-M-OPEN	62	00:00:03	01:10:48.10	01:10:51.55	+00:29:31 (41.7%)	7:04	8.5 (58.6%)
135	PROCAK Mateusz	99	I PLUTON KSS	Mundur-M-OPEN	63	00:00:08	01:10:54.90	01:11:03.15	+00:29:38 (41.8%)	7:05	8.5 (58.6%)
136	JONIK Maciej	4		Mundur-M-OPEN	64	00:00:08	01:11:18.95	01:11:27.70	+00:30:02 (42.1%)	7:07	8.4 (57.9%)
137	JAŁOSZYŃSKA Paulina	35	SŁUŻBA PRZYGOTOWAWCZA USTKA	Mundur-K-OPEN	7	00:00:06	01:11:48.60	01:11:55.00	+00:30:32 (42.5%)	7:10	8.4 (57.9%)
138	KOSA .	2		M-OPEN	2	00:00:10	01:11:51.70	01:12:02.25	+00:30:35 (42.6%)	7:11	8.3 (57.2%)
139	TRACZ Joanna	133	BDOW MW	K-40	4	00:00:10	01:11:51.80	01:12:02.15	+00:30:35 (42.6%)	7:11	8.3 (57.2%)
140	STEMPNIAK Katarzyna	119	REBELS LEGION TEAM	K-30	10	00:00:11	01:11:54.95	01:12:06.35	+00:30:38 (42.6%)	7:11	8.3 (57.2%)
141	STEMPNIAK Zbigniew	120		Mundur-M-OPEN	65	00:00:11	01:11:55.50	01:12:06.55	+00:30:39 (42.6%)	7:11	8.3 (57.2%)
142	KUSIAK Marek	72	CSMW USTKA	Mundur-M-OPEN	66	00:00:03	01:13:39.80	01:13:43.75	+00:32:23 (44.0%)	7:22	8.1 (55.9%)
143	KUBAŁA Jacek	56	CSMW USTKA	Mundur-M-OPEN	67	00:00:04	01:13:39.90	01:13:44.85	+00:32:23 (44.0%)	7:22	8.1 (55.9%)
144	MARCZAK Monika	74		K-30	11	00:00:11	01:15:58.70	01:16:09.75	+00:34:42 (45.7%)	7:35	7.9 (54.5%)
145	SOBOLEWSKI Marek	113	17. WOG	Mundur-M-OPEN	68	00:00:01	01:16:42.90	01:16:44.20	+00:35:26 (46.2%)	7:40	7.8 (53.8%)
146	PICHÓRZ Kamila	92		Mundur-K-OPEN	8	00:00:07	01:17:39.75	01:17:47.35	+00:36:23 (46.9%)	7:46	7.7 (53.1%)
147	PYSZNIAK Agnieszka	91		Mundur-K-OPEN	9	00:00:05	01:22:41.10	01:22:46.90	+00:41:24 (50.1%)	8:16	7.3 (50.3%)
148	ROGUSKA Katarzyna	109	SŁUŻBA PRZYGOTOWAWCZA USTKA	Mundur-K-OPEN	10	00:00:07	01:23:17.90	01:23:24.95	+00:42:01 (50.5%)	8:19	7.2 (49.7%)
149	WASIELEWSKA Aleksandra	136		Mundur-K-OPEN	11	00:00:05	01:23:19.25	01:23:24.85	+00:42:03 (50.5%)	8:19	7.2 (49.7%)
150	ZALEWSKI Grzegorz	144	SZKOŁA PODOFICERSKA MW	Mundur-M-OPEN	69	00:00:07	01:23:49.10	01:23:56.30	+00:42:32 (50.8%)	8:22	7.2 (49.7%)
151	ANTONOWICZ Sebastian	160		Mundur-M-OPEN	70	00:00:11	01:25:15.35	01:25:26.65	+00:43:59 (51.6%)	8:31	7 (48.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
152	DREWNIAK Cezary	3		Mundur-M-OPEN	71	00:00:09	01:26:05.85	01:26:14.90	+00:44:49 (52.1%)	8:36	7 (48.3%)
153	KABACIŃSKI Bronisław	163		M-60	6	00:00:12	01:29:05.85	01:29:18.65	+00:47:49 (53.7%)	8:54	6.7 (46.2%)
154	KABAK Krzysztof	39	SZKOŁA PODOFICERSKA MW	Mundur-M-OPEN	72	00:00:10	01:34:22.85	01:34:33.50	+00:53:06 (56.3%)	9:26	6.4 (44.1%)
155	ZACZEK Alina	143		Mundur-K-OPEN	12	00:00:05	01:37:09.60	01:37:15.20	+00:55:53 (57.5%)	9:43	6.2 (42.8%)

Total 155 results.