



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

B4SPORT

**Organizator:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ  
(CSMW)  
**Data:** 2016-04-09  
**Miejsce:** Ustka  
**Dystans:** 10 km

 **HERKULES**  
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Klasyfikacja: Wszyscy

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

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

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

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
152	<b>DREWNIAK Cezary</b>	<b>3</b>		Mundur-M-OPEN	71	00:00:09	<b>01:26:05.85</b>	<b>01:26:14.90</b>	+00:44:49 (52.1%)	8:36	7 (48.3%)
153	<b>KABACIŃSKI Bronisław</b>	<b>163</b>		M-60	6	00:00:12	<b>01:29:05.85</b>	<b>01:29:18.65</b>	+00:47:49 (53.7%)	8:54	6.7 (46.2%)
154	<b>KABAK Krzysztof</b>	<b>39</b>	SZKOŁA PODOFICERSKA MW	Mundur-M-OPEN	72	00:00:10	<b>01:34:22.85</b>	<b>01:34:33.50</b>	+00:53:06 (56.3%)	9:26	6.4 (44.1%)
155	<b>ZACZEK Alina</b>	<b>143</b>		Mundur-K-OPEN	12	00:00:05	<b>01:37:09.60</b>	<b>01:37:15.20</b>	+00:55:53 (57.5%)	9:43	6.2 (42.8%)

Znaleziono 155 wynik(ów)