



## VII BIEG PRZEŁAJOWY MARYNARSKA DYCHA - 10 KM

B4SPORT

**Wydarzenie:** VII MARYNARSKA DYCHA  
**Organizator:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)  
**Data:** 2022-09-25  
**Miejsce:** Ustka  
**Dystans:** 10 km

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Klasyfikacja: Wszyscy

| Msc | Zawodnik                   | Numer | Klub                            | Kategoria | Mkat | Mundur | Czas netto 8km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|-------|---------------------------------|-----------|------|--------|----------------|-------------------|--------------|--------------|
| 1   | BOKACZ Piotr               | 2     |                                 | M30-39    | 1    |        | 00:38:45.13    |                   | 4:50         | 12.4 (100%)  |
| 2   | RUDNIK Krzysztof           | 17    |                                 | M40-49    | 1    |        | 00:41:18.31    | +00:02:33 (6.2%)  | 5:09         | 11.6 (93.5%) |
| 3   | ZYCH Dariusz               | 66    | 12 WBOT                         | M50-59    | 1    |        | 00:42:26.19    | +00:03:41 (8.7%)  | 5:18         | 11.3 (91.1%) |
| 4   | STANIOCH Krzysztof         | 50    | 9DPLOT                          | M30-39    | 2    |        | 00:42:42.98    | +00:03:57 (9.3%)  | 5:20         | 11.2 (90.3%) |
| 5   | PIONK Rafał                | 42    | KOMENDA PORTU WOJENNEGO GDYNIA  | SM-M30-39 | 1    | TAK    | 00:42:54.63    | +00:04:09 (9.7%)  | 5:21         | 11.2 (90.3%) |
| 6   | WEGNER Przemysław          | 61    |                                 | M40-49    | 2    |        | 00:43:27.60    | +00:04:42 (10.8%) | 5:25         | 11 (88.7%)   |
| 7   | SZCZERBATY Paweł           | 55    | 12 DTR ŚWINOUJŚCIE              | M30-39    | 3    |        | 00:44:15.65    | +00:05:30 (12.4%) | 5:31         | 10.8 (87.1%) |
| 8   | TEREFENKO Joanna           | 57    | CSMW USTKA                      | K18-29    | 1    |        | 00:44:41.04    | +00:05:55 (13.3%) | 5:35         | 10.7 (86.3%) |
| 9   | UROWSKI Wojciech           | 60    | ENDURE TEAM                     | M40-49    | 3    |        | 00:45:06.42    | +00:06:21 (14.1%) | 5:38         | 10.6 (85.5%) |
| 10  | SZYSZKO Stanisław          | 56    | 12 WBOT                         | M30-39    | 4    |        | 00:45:23.80    | +00:06:38 (14.6%) | 5:40         | 10.6 (85.5%) |
| 11  | KIEŁCZYŃSKI Dawid          | 25    | TEAM DAVE BUKÓWKA               | M30-39    | 5    |        | 00:45:34.39    | +00:06:49 (15.0%) | 5:41         | 10.5 (84.7%) |
| 12  | DUDA Grzegorz              | 10    | OSP BUKÓWKO-BEST BEASTS         | M40-49    | 4    | TAK    | 00:46:34.95    | +00:07:49 (16.8%) | 5:49         | 10.3 (83.1%) |
| 13  | WŁAŚNIAK Łukasz            | 63    | MOWI RUNNING TEAM               | M30-39    | 6    |        | 00:46:44.39    | +00:07:59 (17.1%) | 5:50         | 10.3 (83.1%) |
| 14  | PIETKUN Sławomir           | 41    | OŚRODEK BADAWCZY SŁUŻBY MPS     | M50-59    | 2    | TAK    | 00:46:59.50    | +00:08:14 (17.5%) | 5:52         | 10.2 (82.3%) |
| 15  | JASIŃSKI Stanisław         | 19    |                                 | M30-39    | 7    |        | 00:47:07.74    | +00:08:22 (17.8%) | 5:53         | 10.2 (82.3%) |
| 16  | KUKLIŃSKA-NURKOWSKA Lucyna | 71    | USB USTKA                       | K40-49    | 1    |        | 00:47:19.97    | +00:08:34 (18.1%) | 5:54         | 10.1 (81.5%) |
| 17  | ZGOŁA Tomasz               | 65    | 12 WBOT                         | M40-49    | 5    |        | 00:47:32.53    | +00:08:47 (18.5%) | 5:56         | 10.1 (81.5%) |
| 18  | SKOMOROWSKI Michał         | 49    | MOWI RUNNING TEAM               | M30-39    | 8    |        | 00:47:54.40    | +00:09:09 (19.1%) | 5:59         | 10 (80.6%)   |
| 19  | FIJAŁKA Ryszard            | 11    | MJDOP                           | M50-59    | 3    |        | 00:48:27.85    | +00:09:42 (20.0%) | 6:03         | 9.9 (79.8%)  |
| 20  | WILMONT Krzysztof          | 73    |                                 | SM-M30-39 | 2    | TAK    | 00:48:47.23    | +00:10:02 (20.6%) | 6:05         | 9.8 (79.0%)  |
| 21  | WIELGAT Łukasz             | 62    | KB BRYZA POSTOMINO              | M30-39    | 9    |        | 00:49:07.19    | +00:10:22 (21.1%) | 6:08         | 9.8 (79.0%)  |
| 22  | STRZELCZYK Maciej          | 53    | 12WBOT                          | M50-59    | 4    |        | 00:49:26.51    | +00:10:41 (21.6%) | 6:10         | 9.7 (78.2%)  |
| 23  | GAŁAN Leszek               | 12    |                                 | M50-59    | 5    |        | 00:49:39.72    | +00:10:54 (22.0%) | 6:12         | 9.7 (78.2%)  |
| 24  | KOSIDLAK Tomasz            | 31    |                                 | M40-49    | 6    |        | 00:50:40.37    | +00:11:55 (23.5%) | 6:20         | 9.5 (76.6%)  |
| 25  | KACZYKOWSKI Mariusz        | 21    | RCI GDYNIA PUNKTY OBSERWACYJNE  | M40-49    | 7    | TAK    | 00:50:44.00    | +00:11:58 (23.6%) | 6:20         | 9.5 (76.6%)  |
| 26  | PUDELSKI Józef             | 46    | MOWI RUNNING TEAM               | M40-49    | 8    |        | 00:50:55.00    | +00:12:09 (23.9%) | 6:21         | 9.4 (75.8%)  |
| 27  | STRUŚ Artur                | 52    | KLUB BIEGACZA „BRYZA” POSTOMINO | M50-59    | 6    |        | 00:50:53.53    | +00:12:08 (23.9%) | 6:21         | 9.4 (75.8%)  |

| Msc | Zawodnik                      | Numer | Klub                                   | Kategoria | Mkat | Mundur | Czas netto<br>8km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------|-------|----------------------------------------|-----------|------|--------|-------------------|-------------------|-----------------|---------------|
| 28  | KOREWO Andrzej                | 30    |                                        | M18-29    | 1    |        | 00:51:56.16       | +00:13:11 (25.4%) | 6:29            | 9.2 (74.2%)   |
| 29  | KOŃCZAL Tomek                 | 29    | KOMENDA PORTU WOJENNEGO W GDYNI        | SM-M18-29 | 1    | TAK    | 00:52:08.26       | +00:13:23 (25.7%) | 6:31            | 9.2 (74.2%)   |
| 30  | KOSIEDOWSKI Sebastian         | 32    | USB USTKA                              | M40-49    | 9    |        | 00:52:57.38       | +00:14:12 (26.8%) | 6:37            | 9.1 (73.4%)   |
| 31  | DĄBKOWSKI Kacper              | 70    |                                        | M18-29    | 2    |        | 00:53:00.86       | +00:14:15 (26.9%) | 6:37            | 9.1 (73.4%)   |
| 32  | PAWLIK Krystian               | 40    | USB USTKA                              | M18-29    | 3    |        | 00:53:01.79       | +00:14:16 (26.9%) | 6:37            | 9.1 (73.4%)   |
| 33  | KWAŚNIAK Zdzisław             | 34    | PRO DYSTANS                            | M60+      | 1    |        | 00:53:16.32       | +00:14:31 (27.3%) | 6:39            | 9 (72.6%)     |
| 34  | KOLIŃSKI Krzysztof            | 26    |                                        | M40-49    | 10   | TAK    | 00:53:16.60       | +00:14:31 (27.3%) | 6:39            | 9 (72.6%)     |
| 35  | GRZECHULSKI Piotr             | 16    | MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE | M40-49    | 11   | TAK    | 00:53:19.86       | +00:14:34 (27.3%) | 6:39            | 9 (72.6%)     |
| 36  | OLESZEK Jerzy                 | 39    | SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ | M50-59    | 7    | TAK    | 00:53:20.90       | +00:14:35 (27.4%) | 6:40            | 9 (72.6%)     |
| 37  | KRUKOWSKI Tadeusz             | 33    | BRAK                                   | M60+      | 2    |        | 00:53:28.32       | +00:14:43 (27.5%) | 6:41            | 9 (72.6%)     |
| 38  | WOJCIECHOWSKA Joanna          | 64    |                                        | K30-39    | 1    |        | 00:54:01.72       | +00:15:16 (28.3%) | 6:45            | 8.9 (71.8%)   |
| 39  | GROCH Piotr                   | 14    | CSMW                                   | SM-M30-39 | 3    | TAK    | 00:54:02.47       | +00:15:17 (28.3%) | 6:45            | 8.9 (71.8%)   |
| 40  | KAMIŃSKA Monika               | 22    |                                        | K30-39    | 2    |        | 00:54:34.41       | +00:15:49 (29.0%) | 6:49            | 8.8 (71.0%)   |
| 41  | CIESZYŃSKI Łukasz             | 5     |                                        | M30-39    | 10   |        | 00:54:53.13       | +00:16:08 (29.4%) | 6:51            | 8.7 (70.2%)   |
| 42  | CHABOWSKA Agnieszka           | 4     |                                        | K30-39    | 3    |        | 00:55:08.71       | +00:16:23 (29.7%) | 6:53            | 8.7 (70.2%)   |
| 43  | DALECKI Przemysław            | 8     | GDYNIA SPORT TEAM                      | M50-59    | 8    |        | 00:55:40.67       | +00:16:55 (30.4%) | 6:57            | 8.6 (69.4%)   |
| 44  | SUCHODOLSKA Aleksandra        | 54    |                                        | K30-39    | 4    |        | 00:56:42.16       | +00:17:57 (31.7%) | 7:05            | 8.5 (68.5%)   |
| 45  | SERWA Mariusz                 | 48    | ECOLIBRE                               | M40-49    | 12   |        | 00:56:52.26       | +00:18:07 (31.9%) | 7:06            | 8.4 (67.7%)   |
| 46  | RZYMYSZKIEWICZ-FIJAŁKA Miłosz | 47    |                                        | M18-29    | 4    |        | 00:56:54.78       | +00:18:09 (31.9%) | 7:06            | 8.4 (67.7%)   |
| 47  | ŻŁKA Milena                   | 67    |                                        | K30-39    | 5    |        | 00:57:44.93       | +00:18:59 (32.9%) | 7:13            | 8.3 (66.9%)   |
| 48  | NOWACKI Marek                 | 37    |                                        | M40-49    | 13   |        | 00:58:33.64       | +00:19:48 (33.8%) | 7:19            | 8.2 (66.1%)   |
| 49  | PODLAK Piotr                  | 45    |                                        | M30-39    | 11   |        | 00:58:40.65       | +00:19:55 (34.0%) | 7:20            | 8.2 (66.1%)   |
| 50  | MONIUSZKO Iwona               | 72    |                                        | K40-49    | 2    |        | 00:58:53.34       | +00:20:08 (34.2%) | 7:21            | 8.2 (66.1%)   |
| 51  | POBŁOCKI Oskar                | 44    |                                        | SM-M18-29 | 2    | TAK    | 00:59:30.23       | +00:20:45 (34.9%) | 7:26            | 8.1 (65.3%)   |
| 52  | NOWICKI Mateusz               | 38    |                                        | SM-M30-39 | 4    | TAK    | 00:59:42.05       | +00:20:56 (35.1%) | 7:27            | 8 (64.5%)     |
| 53  | TÓRZ Andrzej                  | 59    | USTKA                                  | M60+      | 3    |        | 01:00:50.54       | +00:22:05 (36.3%) | 7:36            | 7.9 (63.7%)   |
| 54  | KANIA Brajan                  | 69    | BBL SŁUPSK                             | M18-29    | 5    |        | 01:01:50.99       | +00:23:05 (37.3%) | 7:43            | 7.8 (62.9%)   |
| 55  | KONWIŃSKI Michał              | 27    | MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE | SM-M18-29 | 3    | TAK    | 01:02:18.92       | +00:23:33 (37.8%) | 7:47            | 7.7 (62.1%)   |
| 56  | GAŁAN Joanna                  | 13    |                                        | K50-59    | 1    |        | 01:03:01.93       | +00:24:16 (38.5%) | 7:52            | 7.6 (61.3%)   |
| 57  | DOBOSZ Romuald                | 9     | 'TUPOT'USTKA                           | M60+      | 4    |        | 01:03:04.29       | +00:24:19 (38.6%) | 7:53            | 7.6 (61.3%)   |
| 58  | KONYSZ Bartłomiej             | 28    |                                        | SM-M30-39 | 5    | TAK    | 01:03:31.76       | +00:24:46 (39.0%) | 7:56            | 7.6 (61.3%)   |
| 59  | TOMCZAK Dominik               | 58    | MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE | M50-59    | 9    | TAK    | 01:03:40.59       | +00:24:55 (39.1%) | 7:57            | 7.5 (60.5%)   |
| 60  | PISKÓRZ Justyna               | 43    |                                        | K40-49    | 3    |        | 01:03:59.04       | +00:25:13 (39.4%) | 7:59            | 7.5 (60.5%)   |
| 61  | MIZERA Agnieszka              | 36    |                                        | K50-59    | 2    |        | 01:05:20.59       | +00:26:35 (40.7%) | 8:10            | 7.3 (58.9%)   |
| 62  | ŁOKUCIEJEWSKA Izabela         | 68    |                                        | K18-29    | 2    | TAK    | 01:07:06.64       | +00:28:21 (42.3%) | 8:23            | 7.2 (58.1%)   |
| 63  | BAŁUCH Paweł                  | 1     | 12 WBOT                                | M30-39    | 12   |        | 01:10:49.86       | +00:32:04 (45.3%) | 8:51            | 6.8 (54.8%)   |
| 64  | KEMPIŃSKI Łukasz              | 24    |                                        | SM-M30-39 | 6    | TAK    | 01:11:05.26       | +00:32:20 (45.5%) | 8:53            | 6.8 (54.8%)   |
| 65  | CYRAN Przemysław              | 6     | CSMW USTKA                             | SM-M30-39 | 7    | TAK    | 01:11:05.32       | +00:32:20 (45.5%) | 8:53            | 6.8 (54.8%)   |
| 66  | MARCZAK Małgorzata            | 35    | WPK SŁOŃ TEAM                          | K60+      | 1    |        | 01:15:00.26       | +00:36:15 (48.3%) | 9:22            | 6.4 (51.6%)   |
| 67  | STOPNICKI Ignacy              | 51    | TUPOT USTKA                            | M60+      | 5    |        | 01:20:54.87       | +00:42:09 (52.1%) | 10:06           | 5.9 (47.6%)   |
| 68  | KABACIŃSKI Bronisław          | 20    | TUPOTUSTKA                             | M60+      | 6    |        | 01:30:23.90       | +00:51:38 (57.1%) | 11:17           | 5.3 (42.7%)   |