



MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

Wydarzenie: IV BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY
Organizator: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Data: 2019-04-13
Miejsce: Ustka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BŁASZCZYK Patryk	255	UKS JANTAR USTKA	M18-29	1	00:39:17.42		3:55	15.3 (100%)
2	DRWAL Piotr	34	USB USTKA	M40-49	1	00:40:42.86	+00:01:25 (3.5%)	4:04	14.7 (96.1%)
3	PELO Artur	256	7 BRYGADA OBRONY WYBRZEŻA	SM-M40-49	1	00:43:25.34	+00:04:07 (9.5%)	4:20	13.8 (90.2%)
4	PACHOLCZYK Krzysztof	146		M30-39	1	00:44:13.55	+00:04:56 (11.2%)	4:25	13.6 (88.9%)
5	KOWALSKI Mirosław	91	TEAM BIEGOWY SZCZECINEK	M50-59	1	00:45:18.79	+00:06:01 (13.3%)	4:31	13.2 (86.3%)
6	NAGÓREK Kamil	131	TUPOT USTKA	M30-39	2	00:46:48.37	+00:07:30 (16.1%)	4:40	12.8 (83.7%)
7	KRYSZAK Wacław	99	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	1	00:46:53.80	+00:07:36 (16.2%)	4:41	12.8 (83.7%)
8	TEREFENKO Joanna	203	LKS JANTAR USTKA	K18-29	1	00:47:14.72	+00:07:57 (16.8%)	4:43	12.7 (83.0%)
9	URZĘDOWSKI Przemysław	210	44 BAZA LOTNICTWA MORSKIEGO	M30-39	3	00:47:42.40	+00:08:24 (17.6%)	4:46	12.6 (82.4%)
10	WEGNER Przemysław	216		M40-49	2	00:48:04.38	+00:08:46 (18.3%)	4:48	12.5 (81.7%)
11	PATALON Przemysław	149	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	2	00:48:06.53	+00:08:49 (18.3%)	4:48	12.5 (81.7%)
12	KAMIENIECKI Rafał	67	TUPOT USTKA	M40-49	3	00:48:14.64	+00:08:57 (18.6%)	4:49	12.4 (81.0%)
13	PIONK Rafał	161	KOMENDA PORTU WOJENNEGO GDYNIA - ZESPÓŁ TECHNICZNY	SM-M30-39	1	00:48:44.42	+00:09:26 (19.4%)	4:52	12.3 (80.4%)
14	ROLBIECKI Łukasz	54		M30-39	4	00:48:51.02	+00:09:33 (19.6%)	4:53	12.3 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	WESOŁOWSKI Damian	217	META LUBLINIEC	SM-M30-39	2	00:49:18.25	+00:10:00 (20.3%)	4:55	12.2 (79.7%)
16	WĘGRZYN Rafał	218		M40-49	4	00:50:02.70	+00:10:45 (21.5%)	5:00	12 (78.4%)
17	PIEKARSKI Jacek	319		M30-39	5	00:50:43.06	+00:11:25 (22.5%)	5:04	11.8 (77.1%)
18	DUDA Grzegorz	35	METALCORP TEAM	SM-M40-49	2	00:51:05.69	+00:11:48 (23.1%)	5:06	11.7 (76.5%)
19	PICK Tomasz	156	DEAF KOSZALIN	M40-49	5	00:51:09.60	+00:11:52 (23.2%)	5:06	11.7 (76.5%)
20	GARAPUCZYK Agnieszka	46		K30-39	1	00:52:10.34	+00:12:52 (24.7%)	5:13	11.5 (75.2%)
21	KUPIS Hubert	104	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	3	00:52:37.08	+00:13:19 (25.3%)	5:15	11.4 (74.5%)
22	DĘGA Ryszard	33	TUPOT USTKA	M60+	1	00:52:37.77	+00:13:20 (25.3%)	5:15	11.4 (74.5%)
23	MICHNO Mariusz	123	JW 2980 BRANIEWO	SM-M40-49	3	00:52:41.88	+00:13:24 (25.4%)	5:16	11.4 (74.5%)
24	KOZA Kamil	92	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	SM-M30-39	3	00:52:50.34	+00:13:32 (25.6%)	5:17	11.4 (74.5%)
25	PANASIUK Adrian	147		SM-M18-29	4	00:53:14.60	+00:13:57 (26.2%)	5:19	11.3 (73.9%)
26	MYDŁO Mariusz	130		M30-39	6	00:53:16.87	+00:13:59 (26.3%)	5:19	11.3 (73.9%)
27	WASIAK Lukasz	213	JW 1905	SM-M30-39	4	00:53:20.01	+00:14:02 (26.3%)	5:20	11.3 (73.9%)
28	PAWLIK Krystian	151	USTKA	M18-29	2	00:53:25.58	+00:14:08 (26.5%)	5:20	11.2 (73.2%)
29	MŁYNARCZYK Zbigniew	125	CENTRALNY POLIGON SIŁ POWIETRZNYCH W USTCE	SM-M30-39	5	00:53:38.25	+00:14:20 (26.7%)	5:21	11.2 (73.2%)
30	KUKLIŃSKA-NURKOWSKA Lucyna	102	USB USTKA	K40-49	1	00:53:45.87	+00:14:28 (26.9%)	5:22	11.2 (73.2%)
31	JEZERSKI Łukasz	63	RCI GDYNIA	SM-M30-39	6	00:54:07.23	+00:14:49 (27.4%)	5:24	11.1 (72.5%)
32	STAŃCZYK Kamil	185	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	5	00:54:18.02	+00:15:00 (27.6%)	5:25	11 (71.9%)
33	ŻYJEWSKI Piotr	240	KSW SZCZECINEK	M50-59	2	00:54:30.00	+00:15:12 (27.9%)	5:27	11 (71.9%)
34	GAWEŁ Zbigniew	47	POMERIDERS SŁUPSK	M60+	2	00:54:33.80	+00:15:16 (28.0%)	5:27	11 (71.9%)
35	WÓJTOWICZ Robert	230	ZK PRZYTUŁY STARE/ AMATOR_SPORTU	SM-M40-49	4	00:54:42.57	+00:15:25 (28.2%)	5:28	11 (71.9%)
36	BARGAŃSKA Justyna	11	RUNTASTYCZNI TEAM BYTÓW	K40-49	2	00:54:42.59	+00:15:25 (28.2%)	5:28	11 (71.9%)
37	SOMINKA Andrzej	184		M50-59	3	00:54:48.71	+00:15:31 (28.3%)	5:28	10.9 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	KAMIŃSKI Marcin	68		M40-49	6	00:54:51.81	+00:15:34 (28.4%)	5:29	10.9 (71.2%)
39	WIATROWSKI Krzysztof	219	KOMENDA PORTU WOJENNEGO GDYNIA ZESPÓŁ TECHNICZNY	SM-M18-29	6	00:54:54.46	+00:15:37 (28.4%)	5:29	10.9 (71.2%)
40	TOMCZAK Dominik	205	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ USTKA	M40-49	7	00:55:11.39	+00:15:53 (28.8%)	5:31	10.9 (71.2%)
41	SKOMOROWSKI Michał	181	USTKA	M30-39	7	00:55:16.04	+00:15:58 (28.9%)	5:31	10.9 (71.2%)
42	SKOCZYŃSKA Renata	180	USB USTKA	K30-39	2	00:55:18.23	+00:16:00 (29.0%)	5:31	10.8 (70.6%)
43	ŻURAWSKI Patryk	238		SM-M18-29	7	00:55:29.34	+00:16:11 (29.2%)	5:32	10.8 (70.6%)
44	KOZŁOWSKI Daniel	95		SM-M30-39	7	00:56:18.64	+00:17:01 (30.2%)	5:37	10.7 (69.9%)
45	LANGNER-KAPCZYŃSKA Edyta	111	BEST BEASTS	K30-39	3	00:56:21.47	+00:17:04 (30.3%)	5:38	10.6 (69.3%)
46	STAWICKI Marek	187	STAWICKI MAREK	SM-M40-49	5	00:56:33.96	+00:17:16 (30.5%)	5:39	10.6 (69.3%)
47	BŁENCKI Piotr	13	NIGHTRUNNERS SŁUPSK	M30-39	8	00:56:46.33	+00:17:28 (30.8%)	5:40	10.6 (69.3%)
48	DYŚ Jarosław	37	MARKOS RUNNING TEAM	M40-49	8	00:57:09.63	+00:17:52 (31.3%)	5:43	10.5 (68.6%)
49	KLUCZEWSKA Emilia	78	RUNTASTYCZNI TEAM BYTÓW	K30-39	4	00:57:23.37	+00:18:05 (31.5%)	5:44	10.5 (68.6%)
50	PODLAK Piotr	163		M30-39	9	00:57:37.14	+00:18:19 (31.8%)	5:45	10.4 (68.0%)
51	DUDEK Daniel	36	USB USTKA	M18-29	3	00:57:40.97	+00:18:23 (31.9%)	5:46	10.4 (68.0%)
52	BORKOWSKI Patryk	18	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	8	00:57:41.81	+00:18:24 (31.9%)	5:46	10.4 (68.0%)
53	WIŚNIEWSKI Krzysztof	222	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	SM-M40-49	6	00:57:42.69	+00:18:25 (31.9%)	5:46	10.4 (68.0%)
54	SADZIŃSKI Karol	178		M30-39	10	00:57:43.26	+00:18:25 (31.9%)	5:46	10.4 (68.0%)
55	WOLIŃSKI Karol	225		M30-39	11	00:57:45.45	+00:18:28 (32.0%)	5:46	10.4 (68.0%)
56	WOJLANIS Dariusz	252	7 BRYGADA OBRONY WYBRZEŻA	SM-M18-29	9	00:57:49.62	+00:18:32 (32.1%)	5:47	10.4 (68.0%)
57	TOMCZAK Sebastian	206	6 WOJSKOWY ODDZIAŁ GOSPODARCZY USTKA	M40-49	9	00:57:56.77	+00:18:39 (32.2%)	5:47	10.4 (68.0%)
58	KUCHARSKI Radek	101		M40-49	10	00:58:09.38	+00:18:51 (32.4%)	5:48	10.3 (67.3%)
59	ADRYAN Adam	1		M40-49	11	00:58:10.22	+00:18:52 (32.5%)	5:49	10.3 (67.3%)
60	KRUKOWSKA Magdalena	97	12 BRYGADA ZMECHANIZOWANA	K30-39	5	00:58:14.73	+00:18:57 (32.5%)	5:49	10.3 (67.3%)

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61	SZALATY Marcin	192	BAZA 44/ 44 BAZA LOTNICTWA MORSKIEGO	SM-M30-39	8	00:58:17.85	+00:19:00 (32.6%)	5:49	10.3 (67.3%)
62	KRUK Ireneusz	96	STOWARZYSZENIE KLUB 42,2 LĘBORK	SM-M40-49	7	00:58:24.57	+00:19:07 (32.7%)	5:50	10.3 (67.3%)
63	CICHAŁA Damian	27	BATALION OCHRONY BAZY	SM-M30-39	9	00:58:39.94	+00:19:22 (33.0%)	5:52	10.2 (66.7%)
64	WIATRZYK Krzysztof	220	DARŁOWO	SM-M40-49	8	00:58:40.72	+00:19:23 (33.0%)	5:52	10.2 (66.7%)
65	SZMIGIERO Arkadiusz	196	W.P.K. SŁOŃ TEAM	M40-49	12	00:58:49.84	+00:19:32 (33.2%)	5:53	10.2 (66.7%)
66	WAŃKOWSKI Adam	211	JW 2980 BRANIEWO	SM-M18-29	10	00:59:04.13	+00:19:46 (33.5%)	5:54	10.2 (66.7%)
67	ŚWIETLIK Tomasz	202	LEO TEAM	M50-59	4	00:59:04.62	+00:19:47 (33.5%)	5:54	10.2 (66.7%)
68	PIETRZYCKI Sławek	159	BRYGADA LOTNICTWA MW	SM-M40-49	9	00:59:13.93	+00:19:56 (33.7%)	5:55	10.1 (66.0%)
69	KARA Kinga	69		SM-K30-39	1	00:59:16.77	+00:19:59 (33.7%)	5:55	10.1 (66.0%)
70	FIALKOWSKI Mateusz	39	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	11	00:59:18.93	+00:20:01 (33.8%)	5:55	10.1 (66.0%)
71	ŚWIERCZ Iwona	201	BYLEDOBIEC ANIN	K50-59	1	00:59:22.44	+00:20:05 (33.8%)	5:56	10.1 (66.0%)
72	DADACZ Rafał	29		M30-39	12	00:59:22.98	+00:20:05 (33.8%)	5:56	10.1 (66.0%)
73	TOMASZEWSKA Kinga	204	AKADEMIA MARYNARKI WOJENNEJ	SM-K18-29	1	00:59:23.88	+00:20:06 (33.9%)	5:56	10.1 (66.0%)
74	KĘSIK Agnieszka	254		K30-39	6	00:59:25.49	+00:20:08 (33.9%)	5:56	10.1 (66.0%)
75	KULCZYK Katarzyna	103	KB BRYZA POSTOMINO	K30-39	7	00:59:33.06	+00:20:15 (34.0%)	5:57	10.1 (66.0%)
76	KUSIAK Dariusz	109	13 DTR ORP CZAJKA	SM-M30-39	10	00:59:44.71	+00:20:27 (34.2%)	5:58	10 (65.4%)
77	OSOBNIAK Ryszard	144		M60+	3	00:59:59.57	+00:20:42 (34.5%)	5:59	10 (65.4%)
78	OLESZEK Jerzy	142	SZKOŁA PODOFICERSKA MW	SM-M40-49	10	01:00:01.24	+00:20:43 (34.5%)	6:00	10 (65.4%)
79	KOZIEŁ Krzysztof	94	SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ USTKA	SM-M40-49	11	01:00:01.24	+00:20:43 (34.5%)	6:00	10 (65.4%)
80	GIERCZAK Piotr	49		M30-39	13	01:00:19.30	+00:21:01 (34.9%)	6:02	9.9 (64.7%)
81	KRZOSKA Dorota	100		K40-49	3	01:00:19.32	+00:21:01 (34.9%)	6:01	9.9 (64.7%)
82	MATUSZEWSKI Rafał	120	7 BRYGADA OBRONY WYBRZEŻA	SM-M40-49	12	01:00:38.61	+00:21:21 (35.2%)	6:03	9.9 (64.7%)
83	WOŹNIAK Filip	227		M30-39	14	01:00:45.09	+00:21:27 (35.3%)	6:04	9.9 (64.7%)

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84	RYSZKA Krzysztof	177	WKB META	SM-M40-49	13	01:00:56.34	+00:21:38 (35.5%)	6:05	9.8 (64.1%)
85	KOSTECKI Mariusz	251	7 BRYGADA OBRONY WYBRZEŻA	SM-M30-39	11	01:01:05.07	+00:21:47 (35.7%)	6:06	9.8 (64.1%)
86	WOJTACKI Tomasz	224	SOSNOWA TEAM GRUDZIĄDZ	M40-49	13	01:01:07.96	+00:21:50 (35.7%)	6:06	9.8 (64.1%)
87	POWARZYŃSKI Daniel	165	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	12	01:01:17.75	+00:22:00 (35.9%)	6:07	9.8 (64.1%)
88	SZTAFIJ Kamil	198	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	13	01:01:18.77	+00:22:01 (35.9%)	6:07	9.8 (64.1%)
89	GULBERTOWICZ Kamil	56	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	14	01:01:19.45	+00:22:02 (35.9%)	6:08	9.8 (64.1%)
90	MATUSZEWSKI Marek	121	13DTR	SM-M30-39	12	01:01:24.03	+00:22:06 (36.0%)	6:08	9.8 (64.1%)
91	BODO Rafał	16		M30-39	15	01:01:32.37	+00:22:14 (36.2%)	6:09	9.8 (64.1%)
92	PIŁAT Paweł	160	BEST BEASTS	M30-39	16	01:01:36.50	+00:22:19 (36.2%)	6:09	9.7 (63.4%)
93	PIELICH Konrad	157		SM-M30-39	13	01:01:38.88	+00:22:21 (36.3%)	6:09	9.7 (63.4%)
94	ŁUCZEJKO Sławomir	116	TEAM BIEGOWY SZCZECINEK	M50-59	5	01:01:48.26	+00:22:30 (36.4%)	6:10	9.7 (63.4%)
95	PELA Hanna	154	USB USTKA	K40-49	4	01:01:48.86	+00:22:31 (36.4%)	6:10	9.7 (63.4%)
96	SZYMAŃSKI Kamil	199	ORP . GEN. T . KOŚCIUSZKO	SM-M30-39	14	01:01:57.69	+00:22:40 (36.6%)	6:11	9.7 (63.4%)
97	BAJDA Grzegorz	9	ORP GEN. T. KOŚCIUSZKO	SM-M18-29	15	01:01:59.34	+00:22:41 (36.6%)	6:12	9.7 (63.4%)
98	BOGUSZ Marietta	17	NIGHT RUNNERS	K18-29	2	01:02:06.25	+00:22:48 (36.7%)	6:12	9.7 (63.4%)
99	NIWIŃSKI Grzegorz	132	KB TUPOT USTKA	M60+	4	01:02:22.34	+00:23:04 (37.0%)	6:14	9.6 (62.7%)
100	ZIELIŃSKA Marzena	236	DECATHLON POWER SŁUPSK	K40-49	5	01:02:31.02	+00:23:13 (37.2%)	6:15	9.6 (62.7%)
101	NURKOWSKI Marcin	139	USB USTKA	M40-49	14	01:02:33.21	+00:23:15 (37.2%)	6:15	9.6 (62.7%)
102	OKPIS Wojciech	140	7 PBOT	SM-M30-39	15	01:02:35.69	+00:23:18 (37.2%)	6:15	9.6 (62.7%)
103	MIZERA Agnieszka	124		K50-59	2	01:02:40.47	+00:23:23 (37.3%)	6:16	9.6 (62.7%)
104	GRZEŻUŁKOWSKI Paweł	55	CSMW USTKA	SM-M30-39	16	01:02:46.91	+00:23:29 (37.4%)	6:16	9.6 (62.7%)
105	WÓJCICKI Grzegorz	228	SPOKO SŁAWNO	SM-M30-39	17	01:03:01.02	+00:23:43 (37.7%)	6:18	9.5 (62.1%)
106	PACAN Mira	145	ŚWIAT PŁYTEK U KRYSPIŃA	K30-39	8	01:03:08.56	+00:23:51 (37.8%)	6:18	9.5 (62.1%)

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107	KOS Krystian	87	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M18-29	16	01:03:14.19	+00:23:56 (37.9%)	6:19	9.5 (62.1%)
108	GERTNER Anna	48	BŁĘKITNE MORSY ŁEBA	K40-49	6	01:03:15.74	+00:23:58 (37.9%)	6:19	9.5 (62.1%)
109	KOCEJKO Marek	81	USB USTKA	M60+	5	01:03:16.79	+00:23:59 (37.9%)	6:19	9.5 (62.1%)
110	RUTECKA Sylwia	175	TUPOT USTKA	K30-39	9	01:03:17.54	+00:24:00 (37.9%)	6:19	9.5 (62.1%)
111	ĆWIGOŃ-SZYMCZAK Kinga	247	USB USTKA	K30-39	10	01:03:29.22	+00:24:11 (38.1%)	6:20	9.5 (62.1%)
112	SIECIŃSKA Emilia	248	USB USTKA	K30-39	11	01:03:29.27	+00:24:11 (38.1%)	6:20	9.5 (62.1%)
113	POZORSKI Krzysztof	166	MARKOS RUNNING TEAM	M30-39	17	01:03:56.61	+00:24:39 (38.6%)	6:23	9.4 (61.4%)
114	GRÓDECKI Krzysztof	53	BERSERKERS TEAM	M30-39	18	01:03:57.79	+00:24:40 (38.6%)	6:23	9.4 (61.4%)
115	MAJCHRZAK Dariusz	118	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M50+	1	01:04:10.92	+00:24:53 (38.8%)	6:25	9.3 (60.8%)
116	MAJCHRZAK Łukasz	117		SM-M18-29	17	01:04:12.29	+00:24:54 (38.8%)	6:25	9.3 (60.8%)
117	PRZERACKI Mirosław	169	SZOSZONI	M40-49	15	01:04:19.59	+00:25:02 (38.9%)	6:25	9.3 (60.8%)
118	KASPERSKI Dariusz	72		SM-M40-49	14	01:04:20.60	+00:25:03 (38.9%)	6:26	9.3 (60.8%)
119	REMUS Monika	172	BEST BEASTS	K40-49	7	01:04:21.39	+00:25:03 (38.9%)	6:26	9.3 (60.8%)
120	NOWICKI Mateusz	137	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-M30-39	18	01:04:41.38	+00:25:23 (39.3%)	6:28	9.3 (60.8%)
121	ŻYCKA Ewelina	239		K30-39	12	01:04:43.57	+00:25:26 (39.3%)	6:28	9.3 (60.8%)
122	SŁOWIŃSKA Sabina	182	CSMW USTKA	SM-K18-29	2	01:04:46.15	+00:25:28 (39.3%)	6:28	9.3 (60.8%)
123	BOŻEK Łukasz	245	MOWI	M30-39	19	01:04:49.59	+00:25:32 (39.4%)	6:29	9.3 (60.8%)
124	BYKOWSKI Bartłomiej	24	4PLOT	SM-M30-39	19	01:04:50.74	+00:25:33 (39.4%)	6:29	9.3 (60.8%)
125	SZAREK Paweł	194	7 BRYGADA OBRONY WYBRZEŻA	SM-M30-39	20	01:04:52.99	+00:25:35 (39.4%)	6:29	9.2 (60.1%)
126	ROBAK Grzegorz	241	W.P.K. SŁOŃ TEAM	M30-39	20	01:05:12.41	+00:25:54 (39.7%)	6:31	9.2 (60.1%)
127	KOZA Joanna	93	USB USTKA	K30-39	13	01:05:15.35	+00:25:57 (39.8%)	6:31	9.2 (60.1%)
128	OLSZAR Grzegorz	143	MSWIA	SM-M30-39	21	01:05:16.08	+00:25:58 (39.8%)	6:31	9.2 (60.1%)
129	STASIAK Przemysław	186	CSMW USTKA	SM-M18-29	18	01:05:19.68	+00:26:02 (39.9%)	6:32	9.2 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
130	KURZAWIŃSKA-JABŁOŃSKA Kasia	108	CZARNE BIEGA	K40-49	8	01:05:26.26	+00:26:08 (40.0%)	6:32	9.2 (60.1%)
131	ANDRZEJCZAK Sławomir	6	GRZESŁAW USTKA	M40-49	16	01:05:28.24	+00:26:10 (40.0%)	6:32	9.2 (60.1%)
132	BORUC Barbara	19		K50-59	3	01:05:34.83	+00:26:17 (40.1%)	6:33	9.1 (59.5%)
133	NOWAK Marcin	136	21BLT	SM-M40-49	15	01:05:35.62	+00:26:18 (40.1%)	6:33	9.1 (59.5%)
134	MOCNY Adriana	126		K18-29	3	01:05:36.28	+00:26:18 (40.1%)	6:33	9.1 (59.5%)
135	KONCEWICZ Aneta	84	6 OŚRODEK RADIOELEKTRONICZNY	SM-K18-29	3	01:05:41.81	+00:26:24 (40.2%)	6:34	9.1 (59.5%)
136	BURDA Sebastian	23	WPK SLON TEAM	M40-49	17	01:05:45.33	+00:26:27 (40.2%)	6:34	9.1 (59.5%)
137	TYRKA Małgorzata	336		K30-39	14	01:05:55.10	+00:26:37 (40.4%)	6:35	9.1 (59.5%)
138	JAŹDŹEWSKA Elżbieta	243	BEST BEASTS	K30-39	15	01:05:56.77	+00:26:39 (40.4%)	6:35	9.1 (59.5%)
139	BIELEWICZ Anna	12	STOPA SŁUPSK	K40-49	9	01:05:58.93	+00:26:41 (40.5%)	6:35	9.1 (59.5%)
140	DĄBROWSKA Dagmara	31	BALTIC SEALS IGMAR AD	K30-39	16	01:06:03.27	+00:26:45 (40.5%)	6:36	9.1 (59.5%)
141	PRUSZAK Aneta	167	RUNTASTYCZNI TEAM BYTOW	K30-39	17	01:06:06.60	+00:26:49 (40.6%)	6:36	9.1 (59.5%)
142	KOLOWCA Agnieszka	82	2. CKOP	SM-K18-29	4	01:06:31.57	+00:27:14 (40.9%)	6:39	9 (58.8%)
143	NOWAK Paweł	135	HUSARIA RACE TEAM	M18-29	4	01:06:41.41	+00:27:23 (41.1%)	6:40	9 (58.8%)
144	JASKOWSKI Krzysztof	61	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M18-29	19	01:06:46.85	+00:27:29 (41.2%)	6:40	9 (58.8%)
145	FINFANDO Anita	41	AKADEMIA MARYNARKI WOJENNEJ	SM-K18-29	5	01:06:48.49	+00:27:31 (41.2%)	6:40	9 (58.8%)
146	KEMPIŃSKI Łukasz	74	JW 2980	SM-M30-39	22	01:06:50.48	+00:27:33 (41.2%)	6:41	9 (58.8%)
147	ZANIEWSKI Grzegorz	233		M40-49	18	01:06:52.25	+00:27:34 (41.2%)	6:41	9 (58.8%)
148	KLUK Sylwia	79		K40-49	10	01:06:58.74	+00:27:41 (41.3%)	6:41	9 (58.8%)
149	STANIASZEK Bogusław	253	TUPOT USTKA	M60+	6	01:07:10.81	+00:27:53 (41.5%)	6:43	8.9 (58.2%)
150	BRYSIK Dariusz	21	W.P.K SŁOŃ TEAM	M30-39	21	01:07:14.56	+00:27:57 (41.6%)	6:43	8.9 (58.2%)
151	KAZIÓW Mateusz	73	4 ZIELONOGÓRSKI PUŁK PRZECIWLOTNICZY	SM-M18-29	20	01:07:24.58	+00:28:07 (41.7%)	6:44	8.9 (58.2%)
152	WARSZAWIK Tomasz	212	ZK PRZYTUŁU STARE/ AMATOR_SPORTU	SM-M30-39	23	01:07:26.93	+00:28:09 (41.7%)	6:44	8.9 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
153	FRANCZYK Karolina	43	AKADEMIA MARYNARKI WOJENNEJ	SM-K18-29	6	01:07:28.33	+00:28:10 (41.8%)	6:44	8.9 (58.2%)
154	BOBOWICZ Katarzyna	14		K40-49	11	01:07:46.43	+00:28:29 (42.0%)	6:46	8.9 (58.2%)
155	AL-SUBAIE Abdulrahman	5	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	21	01:07:58.11	+00:28:40 (42.2%)	6:47	8.8 (57.5%)
156	TÓRZ Andrzej	208		M60+	7	01:08:04.25	+00:28:46 (42.3%)	6:48	8.8 (57.5%)
157	KOT Daniel	88	KOT TEAM	M40-49	19	01:08:07.85	+00:28:50 (42.3%)	6:48	8.8 (57.5%)
158	MARCZEWSKA Małgorzata	244	JW3775	K40-49	12	01:08:13.69	+00:28:56 (42.4%)	6:49	8.8 (57.5%)
159	SZRAMA Marian	197	44 BAZA LOTNICTWA MORSKIEGO	SM-M50+	2	01:08:18.14	+00:29:00 (42.5%)	6:49	8.8 (57.5%)
160	ZDZIARSKI Adam	234		M40-49	20	01:08:29.42	+00:29:12 (42.6%)	6:50	8.8 (57.5%)
161	MOROŃ Jarosław	249	USB USTKA	M30-39	22	01:08:35.07	+00:29:17 (42.7%)	6:51	8.7 (56.9%)
162	GOŁGOWSKA Małgorzata	51	USB USTKA	K40-49	13	01:08:36.32	+00:29:18 (42.7%)	6:51	8.7 (56.9%)
163	DERESZ Rafał	242	4PPLOT	SM-M40-49	16	01:08:49.32	+00:29:31 (42.9%)	6:52	8.7 (56.9%)
164	WOŹNIAK Grzegorz	226	GRZESŁAW/WPK SŁOŃ TEAM USTKA	M50-59	6	01:08:52.30	+00:29:34 (43.0%)	6:53	8.7 (56.9%)
165	MÜLLER Patrycja	129		K18-29	4	01:09:14.26	+00:29:56 (43.3%)	6:55	8.7 (56.9%)
166	NOWACKI Marek	134	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ USTKA	M40-49	21	01:09:15.48	+00:29:58 (43.3%)	6:55	8.7 (56.9%)
167	PEĆ Marcin	152	OSNIP WP	SM-M30-39	24	01:09:15.60	+00:29:58 (43.3%)	6:55	8.7 (56.9%)
168	PRZYMORSKI Waldemar	170	W.P.K. SŁOŃ TEAM USTKA	M40-49	22	01:09:18.71	+00:30:01 (43.3%)	6:55	8.7 (56.9%)
169	JANIK Radosław	60	1 BATALION ZMECHANIZOWANY	SM-M30-39	25	01:09:34.75	+00:30:17 (43.5%)	6:57	8.6 (56.2%)
170	MRUGALSKI Stanisław	128	MTS HAMER MIASTKO	M50-59	7	01:09:35.22	+00:30:17 (43.5%)	6:57	8.6 (56.2%)
171	FIRLONG Maciej	42	MARKOS RUNNING TEAM	M30-39	23	01:09:39.80	+00:30:22 (43.6%)	6:58	8.6 (56.2%)
172	KONKEL Joanna	85	MKS 'ŚWIĘC' SŁAWNO	K50-59	4	01:09:39.90	+00:30:22 (43.6%)	6:58	8.6 (56.2%)
173	WÓJCIK Sebastian	229		M30-39	24	01:09:41.21	+00:30:23 (43.6%)	6:58	8.6 (56.2%)
174	JÓSKOWSKI Bogdan	65	REKOWO BIEGA	SM-M40-49	17	01:09:49.95	+00:30:32 (43.7%)	6:59	8.6 (56.2%)
175	LEMBICZ Elżbieta	113		SM-K40-49	1	01:09:56.65	+00:30:39 (43.8%)	6:59	8.6 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
176	FURSEWICZ-WRÓBEL Monika	45	BEST BEASTS	K30-39	18	01:10:02.49	+00:30:45 (43.9%)	7:00	8.6 (56.2%)
177	CEGLARSKA Małgorzata	25	12 BZ	SM-K30-39	2	01:10:03.82	+00:30:46 (43.9%)	7:00	8.6 (56.2%)
178	TURCZYN Grzegorz	209	NIGHT RUNNERS SŁUPSK	M40-49	23	01:10:32.83	+00:31:15 (44.3%)	7:03	8.5 (55.6%)
179	KARWACKI Adrian	71	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M18-29	22	01:11:00.32	+00:31:42 (44.7%)	7:06	8.5 (55.6%)
180	WÓJCICKI Adrian	257		M30-39	25	01:11:06.52	+00:31:49 (44.7%)	7:06	8.4 (54.9%)
181	PIWOŃSKI Robert	162		SM-M30-39	26	01:11:06.56	+00:31:49 (44.7%)	7:06	8.4 (54.9%)
182	GŁĘBICKI Marcin	50	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	23	01:11:28.42	+00:32:11 (45.0%)	7:08	8.4 (54.9%)
183	KRYGIER Ireneusz	98	W.P.K.SŁOŃ TEAM	M40-49	24	01:11:40.15	+00:32:22 (45.2%)	7:10	8.4 (54.9%)
184	PAWELSKI Marek	150	OSNIP WP	SM-M30-39	27	01:11:48.12	+00:32:30 (45.3%)	7:10	8.4 (54.9%)
185	TÓRZ Michał	207	13 DTR	SM-M30-39	28	01:11:51.18	+00:32:33 (45.3%)	7:11	8.3 (54.2%)
186	NIZIOŁ Małgorzata	133	BEST BEASTS	K40-49	14	01:12:13.94	+00:32:56 (45.6%)	7:13	8.3 (54.2%)
187	WŁODARCZYK Tomasz	223		SM-M30-39	29	01:12:19.79	+00:33:02 (45.7%)	7:14	8.3 (54.2%)
188	REMUS Janusz	173	BEST BEASTS	M40-49	25	01:12:29.16	+00:33:11 (45.8%)	7:14	8.3 (54.2%)
189	PIETRZYCKA Renata	158	RUNEDA	K40-49	15	01:13:11.26	+00:33:53 (46.3%)	7:19	8.2 (53.6%)
190	SAWICKA Małgorzata	179	CSMW USTKA	SM-K40-49	2	01:13:47.32	+00:34:29 (46.8%)	7:22	8.1 (52.9%)
191	GRAABOWICZ Jerzy	52	TUPOT USTKA	M60+	8	01:14:22.30	+00:35:04 (47.2%)	7:26	8.1 (52.9%)
192	PRZEDNÓWEK Mariola	168	CZARNE BIEGA	K30-39	19	01:14:26.34	+00:35:08 (47.2%)	7:26	8.1 (52.9%)
193	JÓSKOWSKA Beata	64	REKOWO BIEGA	K30-39	20	01:15:12.32	+00:35:54 (47.8%)	7:31	8 (52.3%)
194	FRANKOWSKI Adrian	44		SM-M30-39	30	01:15:21.13	+00:36:03 (47.9%)	7:32	8 (52.3%)
195	HAZUKA Rafał	58		SM-M40-49	18	01:15:21.13	+00:36:03 (47.9%)	7:32	8 (52.3%)
196	ALBINIAK Przemysław	2	RCI	SM-M30-39	31	01:15:22.48	+00:36:05 (47.9%)	7:32	8 (52.3%)
197	PUTRA Marek	171	ZK PRZYTUŁY STARE/AMATOR_SPORTU	SM-M30-39	32	01:15:25.55	+00:36:08 (47.9%)	7:32	8 (52.3%)
198	BRODAŁA Jola	20		K40-49	16	01:15:39.24	+00:36:21 (48.1%)	7:34	7.9 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
199	AL-KANDERI Ebraheem	3	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	24	01:16:10.94	+00:36:53 (48.4%)	7:37	7.9 (51.6%)
200	POLEWIK Małgorzata	164		K40-49	17	01:16:35.29	+00:37:17 (48.7%)	7:39	7.8 (51.0%)
201	MARCZAK Małgorzata	119	-	K50-59	5	01:16:36.14	+00:37:18 (48.7%)	7:39	7.8 (51.0%)
202	OLCZYKOWSKI Bartosz	141		M40-49	26	01:17:25.88	+00:38:08 (49.3%)	7:44	7.7 (50.3%)
203	DEREŃ Grzegorz	32	21. BAZA LOTNICTWA TAKTYCZNEGO	SM-M40-49	19	01:17:48.56	+00:38:31 (49.5%)	7:46	7.7 (50.3%)
204	KOWALCZYK Justyna	89	WPK SŁOŃ TEAM USTKA	K30-39	21	01:18:02.29	+00:38:44 (49.7%)	7:48	7.7 (50.3%)
205	ZAGÓRSKI Tomasz	232	CSŁII ZEGRZE	SM-M40-49	20	01:18:25.45	+00:39:08 (49.9%)	7:50	7.7 (50.3%)
206	KIEDROWSKI Mariusz	75	CSŁII	SM-M40-49	21	01:18:25.60	+00:39:08 (49.9%)	7:50	7.6 (49.7%)
207	STĘPIEŃ Marcin	188	CSŁII ZEGRZE	SM-M40-49	22	01:18:25.67	+00:39:08 (49.9%)	7:50	7.7 (50.3%)
208	GZIK Radosław	57	W.P.K. SŁOŃ TEAM USTKA	M30-39	26	01:18:49.69	+00:39:32 (50.2%)	7:53	7.6 (49.7%)
209	WASILEWSKI Marcin	215	DOWÓDZTWO 3. FLOTYLLI OKRĘTÓW / APTEKA GEMINI TEAM	SM-M40-49	23	01:18:51.14	+00:39:33 (50.2%)	7:53	7.6 (49.7%)
210	HENDRICH Kamil	59	BATALION OCHRONY BAZY	M30-39	27	01:19:19.62	+00:40:02 (50.5%)	7:56	7.6 (49.7%)
211	MORA Mariusz	127	BATALION OCHRONY BAZY REDZIKOWO	SM-M40-49	24	01:19:20.95	+00:40:03 (50.5%)	7:56	7.6 (49.7%)
212	RYCHLIŃSKI Damian	176	WATAHA-ŁĄCZY NAS BIEGANIE	SM-M30-39	33	01:19:21.13	+00:40:03 (50.5%)	7:56	7.6 (49.7%)
213	KURCZ Barbara	105	BABECZKI KOSZALIN	K40-49	18	01:19:54.51	+00:40:37 (50.8%)	7:59	7.5 (49.0%)
214	ZDZIARSKI Dawid	235	SOSNOWA TEAM	M18-29	5	01:21:28.94	+00:42:11 (51.8%)	8:08	7.4 (48.4%)
215	BUDZYŃSKA Elżbieta	22	PRACOWNIA POLIGRAFICZNO-REKLAMOWA ' SERITEXT ' TOMASZ SMOCZYŃSKI	K50-59	6	01:23:05.79	+00:43:48 (52.7%)	8:18	7.2 (47.1%)
216	KOWALSKA Kasia	90	WOJSKA OBRONY TERYTORIALNEJ	SM-K40-49	3	01:24:02.08	+00:44:44 (53.2%)	8:24	7.1 (46.4%)
217	AL-SAEIDI Abdulaziz	4	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	25	01:24:59.86	+00:45:42 (53.8%)	8:30	7.1 (46.4%)
218	KORPAL Krzysztof	86	W.P.K SŁOŃ TEAM USTKA	M40-49	27	01:26:17.81	+00:47:00 (54.5%)	8:37	7 (45.8%)
219	SURMA Tomasz	191		M40-49	28	01:28:38.36	+00:49:20 (55.7%)	8:51	6.8 (44.4%)
220	LABRYGA Wioletta	110		K40-49	19	01:32:03.30	+00:52:45 (57.3%)	9:12	6.5 (42.5%)
221	KLAWA Marta	76		K30-39	22	01:32:03.73	+00:52:46 (57.3%)	9:12	6.5 (42.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
222	WASILEWSKA Agata	214		K30-39	23	01:32:03.95	+00:52:46 (57.3%)	9:12	6.5 (42.5%)
223	JEZIERSKA Eliza	62		K30-39	24	01:35:50.08	+00:56:32 (59.0%)	9:35	6.3 (41.2%)
224	FIGIEL Dominika	40	NIGHT RUNNERS SŁUPSK	K18-29	5	01:39:15.80	+00:59:58 (60.4%)	9:55	6 (39.2%)
225	SULL Kacper	189	NIGHT RUNNER SŁUPSK	M18-29	6	01:39:15.93	+00:59:58 (60.4%)	9:55	6 (39.2%)
226	DAMPS Julita	30	NIGHT RUNNERS SŁUPSK	K30-39	25	01:39:16.47	+00:59:59 (60.4%)	9:55	6 (39.2%)
227	PAZDA-POZORSKA Małgorzata	246	NIGHT RUNNERS SŁUPSK	K30-39	26	01:39:17.25	+00:59:59 (60.4%)	9:55	6 (39.2%)
228	KABACIŃSKI Bronisław	66	TUPOT USTKA	M60+	9	01:39:28.85	+01:00:11 (60.5%)	9:56	6 (39.2%)
229	BOCZKOWSKI Krzysztof	15		SM-M40-49	25	01:43:34.28	+01:04:16 (62.1%)	10:21	5.8 (37.9%)
	ŁUBKOWSKA Magdalena	115		K40-49		DNF		-	- (0.0%)

Znaleziono 230 wynik(ów)