



# 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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BŁASZCZYK Patryk</b>	<b>255</b>	UKS JANTAR USTKA	M18-29	1	<b>00:39:17.42</b>		3:55	15.3 (100%)
2	<b>DRWal Piotr</b>	<b>34</b>	USB USTKA	M40-49	1	<b>00:40:42.86</b>	+00:01:25 (3.5%)	4:04	14.7 (96.1%)
3	<b>PACHOLCZYK Krzysztof</b>	<b>146</b>		M30-39	1	<b>00:44:13.55</b>	+00:04:56 (11.2%)	4:25	13.6 (88.9%)
4	<b>KOWALSKI Mirosław</b>	<b>91</b>	TEAM BIEGOWY SZCZECINEK	M50-59	1	<b>00:45:18.79</b>	+00:06:01 (13.3%)	4:31	13.2 (86.3%)
5	<b>NAGÓREK Kamil</b>	<b>131</b>	TUPOT USTKA	M30-39	2	<b>00:46:48.37</b>	+00:07:30 (16.1%)	4:40	12.8 (83.7%)
6	<b>URZĘDOWSKI Przemysław</b>	<b>210</b>	44 BAZA LOTNICTWA MORSKIEGO	M30-39	3	<b>00:47:42.40</b>	+00:08:24 (17.6%)	4:46	12.6 (82.4%)
7	<b>WEGNER Przemysław</b>	<b>216</b>		M40-49	2	<b>00:48:04.38</b>	+00:08:46 (18.3%)	4:48	12.5 (81.7%)
8	<b>KAMIENIECKI Rafał</b>	<b>67</b>	TUPOT USTKA	M40-49	3	<b>00:48:14.64</b>	+00:08:57 (18.6%)	4:49	12.4 (81.0%)
9	<b>ROLBIECKI Łukasz</b>	<b>54</b>		M30-39	4	<b>00:48:51.02</b>	+00:09:33 (19.6%)	4:53	12.3 (80.4%)
10	<b>WĘGRZYŃ Rafał</b>	<b>218</b>		M40-49	4	<b>00:50:02.70</b>	+00:10:45 (21.5%)	5:00	12 (78.4%)
11	<b>PIEKARSKI Jacek</b>	<b>319</b>		M30-39	5	<b>00:50:43.06</b>	+00:11:25 (22.5%)	5:04	11.8 (77.1%)
12	<b>PICK Tomasz</b>	<b>156</b>	DEAF KOSZALIN	M40-49	5	<b>00:51:09.60</b>	+00:11:52 (23.2%)	5:06	11.7 (76.5%)
13	<b>DĘGA Ryszard</b>	<b>33</b>	TUPOT USTKA	M60+	1	<b>00:52:37.77</b>	+00:13:20 (25.3%)	5:15	11.4 (74.5%)
14	<b>MYDŁO Mariusz</b>	<b>130</b>		M30-39	6	<b>00:53:16.87</b>	+00:13:59 (26.3%)	5:19	11.3 (73.9%)
15	<b>PAWLIK Krystian</b>	<b>151</b>	USTKA	M18-29	2	<b>00:53:25.58</b>	+00:14:08 (26.5%)	5:20	11.2 (73.2%)
16	<b>ŻYJEWSKI Piotr</b>	<b>240</b>	KSW SZCZECINEK	M50-59	2	<b>00:54:30.00</b>	+00:15:12 (27.9%)	5:27	11 (71.9%)
17	<b>GAWEŁ Zbigniew</b>	<b>47</b>	POMERIDERS SŁUPSK	M60+	2	<b>00:54:33.80</b>	+00:15:16 (28.0%)	5:27	11 (71.9%)
18	<b>SOMINKA Andrzej</b>	<b>184</b>		M50-59	3	<b>00:54:48.71</b>	+00:15:31 (28.3%)	5:28	10.9 (71.2%)
19	<b>KAMIŃSKI Marcin</b>	<b>68</b>		M40-49	6	<b>00:54:51.81</b>	+00:15:34 (28.4%)	5:29	10.9 (71.2%)
20	<b>TOMCZAK Dominik</b>	<b>205</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ USTKA	M40-49	7	<b>00:55:11.39</b>	+00:15:53 (28.8%)	5:31	10.9 (71.2%)
21	<b>SKOMOROWSKI Michał</b>	<b>181</b>	USTKA	M30-39	7	<b>00:55:16.04</b>	+00:15:58 (28.9%)	5:31	10.9 (71.2%)
22	<b>BŁENCKI Piotr</b>	<b>13</b>	NIGHTRUNNERS SŁUPSK	M30-39	8	<b>00:56:46.33</b>	+00:17:28 (30.8%)	5:40	10.6 (69.3%)
23	<b>DYŚ Jarosław</b>	<b>37</b>	MARKOS RUNNING TEAM	M40-49	8	<b>00:57:09.63</b>	+00:17:52 (31.3%)	5:43	10.5 (68.6%)
24	<b>PODLAK Piotr</b>	<b>163</b>		M30-39	9	<b>00:57:37.14</b>	+00:18:19 (31.8%)	5:45	10.4 (68.0%)
25	<b>DUDEK Daniel</b>	<b>36</b>	USB USTKA	M18-29	3	<b>00:57:40.97</b>	+00:18:23 (31.9%)	5:46	10.4 (68.0%)
26	<b>SADZIŃSKI Karol</b>	<b>178</b>		M30-39	10	<b>00:57:43.26</b>	+00:18:25 (31.9%)	5:46	10.4 (68.0%)
27	<b>WOLIŃSKI Karol</b>	<b>225</b>		M30-39	11	<b>00:57:45.45</b>	+00:18:28 (32.0%)	5:46	10.4 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
28	<b>TOMCZAK Sebastian</b>	<b>206</b>	6 WOJSKOWY ODDZIAŁ GOSPODARCZY USTKA	M40-49	9	<b>00:57:56.77</b>	+00:18:39 (32.2%)	5:47	10.4 (68.0%)
29	<b>KUCHARSKI Radek</b>	<b>101</b>		M40-49	10	<b>00:58:09.38</b>	+00:18:51 (32.4%)	5:48	10.3 (67.3%)
30	<b>ADRYAN Adam</b>	<b>1</b>		M40-49	11	<b>00:58:10.22</b>	+00:18:52 (32.5%)	5:49	10.3 (67.3%)
31	<b>SZMIGIERO Arkadiusz</b>	<b>196</b>	W.P.K. SŁOŃ TEAM	M40-49	12	<b>00:58:49.84</b>	+00:19:32 (33.2%)	5:53	10.2 (66.7%)
32	<b>ŚWIETLIK Tomasz</b>	<b>202</b>	LEO TEAM	M50-59	4	<b>00:59:04.62</b>	+00:19:47 (33.5%)	5:54	10.2 (66.7%)
33	<b>DADACZ Rafał</b>	<b>29</b>		M30-39	12	<b>00:59:22.98</b>	+00:20:05 (33.8%)	5:56	10.1 (66.0%)
34	<b>OSOBNIAK Ryszard</b>	<b>144</b>		M60+	3	<b>00:59:59.57</b>	+00:20:42 (34.5%)	5:59	10 (65.4%)
35	<b>GIERCZAK Piotr</b>	<b>49</b>		M30-39	13	<b>01:00:19.30</b>	+00:21:01 (34.9%)	6:02	9.9 (64.7%)
36	<b>WOŹNIAK Filip</b>	<b>227</b>		M30-39	14	<b>01:00:45.09</b>	+00:21:27 (35.3%)	6:04	9.9 (64.7%)
37	<b>WOJTACKI Tomasz</b>	<b>224</b>	SOSNOWA TEAM GRUDZIĄDZ	M40-49	13	<b>01:01:07.96</b>	+00:21:50 (35.7%)	6:06	9.8 (64.1%)
38	<b>BODO Rafał</b>	<b>16</b>		M30-39	15	<b>01:01:32.37</b>	+00:22:14 (36.2%)	6:09	9.8 (64.1%)
39	<b>PIŁAT Paweł</b>	<b>160</b>	BEST BEASTS	M30-39	16	<b>01:01:36.50</b>	+00:22:19 (36.2%)	6:09	9.7 (63.4%)
40	<b>ŁUCZEJKO Sławomir</b>	<b>116</b>	TEAM BIEGOWY SZCZECINEK	M50-59	5	<b>01:01:48.26</b>	+00:22:30 (36.4%)	6:10	9.7 (63.4%)
41	<b>NIWIŃSKI Grzegorz</b>	<b>132</b>	KB TUPOT USTKA	M60+	4	<b>01:02:22.34</b>	+00:23:04 (37.0%)	6:14	9.6 (62.7%)
42	<b>NURKOWSKI Marcin</b>	<b>139</b>	USB USTKA	M40-49	14	<b>01:02:33.21</b>	+00:23:15 (37.2%)	6:15	9.6 (62.7%)
43	<b>KOCEJKO Marek</b>	<b>81</b>	USB USTKA	M60+	5	<b>01:03:16.79</b>	+00:23:59 (37.9%)	6:19	9.5 (62.1%)
44	<b>POZORSKI Krzysztof</b>	<b>166</b>	MARKOS RUNNING TEAM	M30-39	17	<b>01:03:56.61</b>	+00:24:39 (38.6%)	6:23	9.4 (61.4%)
45	<b>GRÓDECKI Krzysztof</b>	<b>53</b>	BERSERKERS TEAM	M30-39	18	<b>01:03:57.79</b>	+00:24:40 (38.6%)	6:23	9.4 (61.4%)
46	<b>PRZERACKI Mirosław</b>	<b>169</b>	SZOSZONI	M40-49	15	<b>01:04:19.59</b>	+00:25:02 (38.9%)	6:25	9.3 (60.8%)
47	<b>BOŹEK Łukasz</b>	<b>245</b>	MOWI	M30-39	19	<b>01:04:49.59</b>	+00:25:32 (39.4%)	6:29	9.3 (60.8%)
48	<b>ROBAK Grzegorz</b>	<b>241</b>	W.P.K. SŁOŃ TEAM	M30-39	20	<b>01:05:12.41</b>	+00:25:54 (39.7%)	6:31	9.2 (60.1%)
49	<b>ANDRZEJCZAK Sławomir</b>	<b>6</b>	GRZESŁAW USTKA	M40-49	16	<b>01:05:28.24</b>	+00:26:10 (40.0%)	6:32	9.2 (60.1%)
50	<b>BURDA Sebastian</b>	<b>23</b>	WPK SŁOŃ TEAM	M40-49	17	<b>01:05:45.33</b>	+00:26:27 (40.2%)	6:34	9.1 (59.5%)
51	<b>NOWAK Paweł</b>	<b>135</b>	HUSARIA RACE TEAM	M18-29	4	<b>01:06:41.41</b>	+00:27:23 (41.1%)	6:40	9 (58.8%)
52	<b>ZANIEWSKI Grzegorz</b>	<b>233</b>		M40-49	18	<b>01:06:52.25</b>	+00:27:34 (41.2%)	6:41	9 (58.8%)
53	<b>STANIASZEK Bogusław</b>	<b>253</b>	TUPOT USTKA	M60+	6	<b>01:07:10.81</b>	+00:27:53 (41.5%)	6:43	8.9 (58.2%)
54	<b>BRYSIK Dariusz</b>	<b>21</b>	W.P.K SŁOŃ TEAM	M30-39	21	<b>01:07:14.56</b>	+00:27:57 (41.6%)	6:43	8.9 (58.2%)
55	<b>TÓRZ Andrzej</b>	<b>208</b>		M60+	7	<b>01:08:04.25</b>	+00:28:46 (42.3%)	6:48	8.8 (57.5%)
56	<b>KOT Daniel</b>	<b>88</b>	KOT TEAM	M40-49	19	<b>01:08:07.85</b>	+00:28:50 (42.3%)	6:48	8.8 (57.5%)
57	<b>ZDZIARSKI Adam</b>	<b>234</b>		M40-49	20	<b>01:08:29.42</b>	+00:29:12 (42.6%)	6:50	8.8 (57.5%)
58	<b>MOROŃ Jarosław</b>	<b>249</b>	USB USTKA	M30-39	22	<b>01:08:35.07</b>	+00:29:17 (42.7%)	6:51	8.7 (56.9%)
59	<b>WOŹNIAK Grzegorz</b>	<b>226</b>	GRZESŁAW/WPK SŁOŃ TEAM USTKA	M50-59	6	<b>01:08:52.30</b>	+00:29:34 (43.0%)	6:53	8.7 (56.9%)
60	<b>NOWACKI Marek</b>	<b>134</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ USTKA	M40-49	21	<b>01:09:15.48</b>	+00:29:58 (43.3%)	6:55	8.7 (56.9%)
61	<b>PRZYMORSKI Waldemar</b>	<b>170</b>	W.P.K. SŁOŃ TEAM USTKA	M40-49	22	<b>01:09:18.71</b>	+00:30:01 (43.3%)	6:55	8.7 (56.9%)
62	<b>MRUGALSKI Stanisław</b>	<b>128</b>	MTS HAMER MIASTKO	M50-59	7	<b>01:09:35.22</b>	+00:30:17 (43.5%)	6:57	8.6 (56.2%)
63	<b>FIRLONG Maciej</b>	<b>42</b>	MARKOS RUNNING TEAM	M30-39	23	<b>01:09:39.80</b>	+00:30:22 (43.6%)	6:58	8.6 (56.2%)
64	<b>WÓJCIK Sebastian</b>	<b>229</b>		M30-39	24	<b>01:09:41.21</b>	+00:30:23 (43.6%)	6:58	8.6 (56.2%)
65	<b>TURCZYN Grzegorz</b>	<b>209</b>	NIGHT RUNNERS SŁUPSK	M40-49	23	<b>01:10:32.83</b>	+00:31:15 (44.3%)	7:03	8.5 (55.6%)
66	<b>WÓJCICKI Adrian</b>	<b>257</b>		M30-39	25	<b>01:11:06.52</b>	+00:31:49 (44.7%)	7:06	8.4 (54.9%)
67	<b>KRYGIER Ireneusz</b>	<b>98</b>	W.P.K.SŁOŃ TEAM	M40-49	24	<b>01:11:40.15</b>	+00:32:22 (45.2%)	7:10	8.4 (54.9%)
68	<b>REMUS Janusz</b>	<b>173</b>	BEST BEASTS	M40-49	25	<b>01:12:29.16</b>	+00:33:11 (45.8%)	7:14	8.3 (54.2%)
69	<b>GRAABOWICZ Jerzy</b>	<b>52</b>	TUPOT USTKA	M60+	8	<b>01:14:22.30</b>	+00:35:04 (47.2%)	7:26	8.1 (52.9%)
70	<b>OLCZYKOWSKI Bartosz</b>	<b>141</b>		M40-49	26	<b>01:17:25.88</b>	+00:38:08 (49.3%)	7:44	7.7 (50.3%)
71	<b>GZIK Radosław</b>	<b>57</b>	W.P.K. SŁOŃ TEAM USTKA	M30-39	26	<b>01:18:49.69</b>	+00:39:32 (50.2%)	7:53	7.6 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>HENDRICH Kamil</b>	<b>59</b>	BATALION OCHRONY BAZY	M30-39	27	<b>01:19:19.62</b>	+00:40:02 (50.5%)	7:56	7.6 (49.7%)
73	<b>ZDZIARSKI Dawid</b>	<b>235</b>	SOSNOWA TEAM	M18-29	5	<b>01:21:28.94</b>	+00:42:11 (51.8%)	8:08	7.4 (48.4%)
74	<b>KORPAL Krzysztof</b>	<b>86</b>	W.P.K SŁOŃ TEAM USTKA	M40-49	27	<b>01:26:17.81</b>	+00:47:00 (54.5%)	8:37	7 (45.8%)
75	<b>SURMA Tomasz</b>	<b>191</b>		M40-49	28	<b>01:28:38.36</b>	+00:49:20 (55.7%)	8:51	6.8 (44.4%)
76	<b>SULL Kacper</b>	<b>189</b>	NIGHT RUNNER SŁUPSK	M18-29	6	<b>01:39:15.93</b>	+00:59:58 (60.4%)	9:55	6 (39.2%)
77	<b>KABACIŃSKI Bronisław</b>	<b>66</b>	TUPOT USTKA	M60+	9	<b>01:39:28.85</b>	+01:00:11 (60.5%)	9:56	6 (39.2%)

Znaleziono 77 wynik(ów)