



MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

Wydarzenie: III BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY
Organizator: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Data: 2018-04-07
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	DRWAL Piotr	44		M40-49	1	00:36:17.70		3:37	16.5 (100%)
2	RUDNIK Krzysztof	201	NIGHT RUNNERS SŁUPSK	M30-39	1	00:38:10.10	+00:01:52 (4.9%)	3:49	15.7 (95.2%)
3	PACHOLCZYK Krzysztof	164		M30-39	2	00:39:37.55	+00:03:19 (8.4%)	3:57	15.1 (91.5%)
4	KURKUL Przemek	123	9 DYWIZJON PRZECIWLOTNICZY	M18-29	1	00:41:36.50	+00:05:18 (12.8%)	4:09	14.4 (87.3%)
5	NAGÓREK Kamil	296	STOPA SŁUPSK	M30-39	3	00:41:42.20	+00:05:24 (13.0%)	4:10	14.4 (87.3%)
6	KAMIENIECKI Rafał	85	TUPOT-USTKA	M30-39	4	00:41:47.80	+00:05:30 (13.2%)	4:10	14.4 (87.3%)
7	CEJKO Dawid	352	BALTIC SEALS	M18-29	2	00:44:16.10	+00:07:58 (18.0%)	4:25	13.6 (82.4%)
8	CHUDY Henryk	29	K SOLSZEWSKI I SYNOWIE	M60+	1	00:45:05.40	+00:08:47 (19.5%)	4:30	13.3 (80.6%)
9	CENDER Szymon	26	W.P.K SŁOŃ TEAM USTKA	M18-29	3	00:45:16.25	+00:08:58 (19.8%)	4:31	13.2 (80.0%)
10	NOWAK Artur	158	A&G CARP TEAM	M40-49	2	00:45:17.25	+00:08:59 (19.9%)	4:31	13.2 (80.0%)
11	NAGÓREK Krzysztof	156	TUPOT USTKA	M60+	2	00:45:40.75	+00:09:23 (20.5%)	4:34	13.1 (79.4%)
12	WRÓBLEWSKI Mateusz	274	KORZYBSKIE REKINY	M18-29	4	00:45:42.50	+00:09:24 (20.6%)	4:34	13.1 (79.4%)
13	JANKOWSKI Grzegorz	80	ŚWIAT PŁYTEK U KRYSPIŃ	M40-49	3	00:45:42.90	+00:09:25 (20.6%)	4:34	13.1 (79.4%)
14	OLESEK Jerzy	324	SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ	M40-49	4	00:45:53.15	+00:09:35 (20.9%)	4:35	13.1 (79.4%)
15	GAŁAN Leszek	54		M50-59	1	00:46:02.45	+00:09:44 (21.2%)	4:36	13 (78.8%)
16	STENCEL Maciej	222	GTS CZARNA DĄBRÓWKA	M30-39	5	00:46:22.75	+00:10:05 (21.7%)	4:38	12.9 (78.2%)
17	FABICH Adrian	49	USB	M30-39	6	00:46:54.85	+00:10:37 (22.6%)	4:41	12.8 (77.6%)
18	GIERLACH Jacek	60	STOPA SŁUPSK	M18-29	5	00:47:03.70	+00:10:46 (22.9%)	4:42	12.7 (77.0%)
19	PRUS Mikołaj	186		M18-29	6	00:47:13.90	+00:10:56 (23.2%)	4:43	12.7 (77.0%)
20	PODLEŚNY Mieszko	327	AZS AWF KATOWICE	M30-39	7	00:47:31.50	+00:11:13 (23.6%)	4:45	12.6 (76.4%)
21	PĘKAŁA Piotr	171	ROZBIEGANY KOSZALIN	M40-49	5	00:47:45.90	+00:11:28 (24.0%)	4:46	12.6 (76.4%)
22	WIECZOREK Łukasz	250	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M18-29	7	00:48:00.65	+00:11:42 (24.4%)	4:48	12.5 (75.8%)
23	STEFANIAK Marcin	221		M40-49	6	00:48:01.40	+00:11:43 (24.4%)	4:48	12.5 (75.8%)
24	ŻYLICZ Paweł	272	STOPA SŁUPSK	M18-29	8	00:48:30.35	+00:12:12 (25.2%)	4:51	12.4 (75.2%)
25	SKUMIAŁ Oskar	210	USB	M30-39	8	00:48:43.75	+00:12:26 (25.5%)	4:52	12.3 (74.5%)
26	GIERCZAK Paweł	58		M30-39	9	00:48:48.70	+00:12:31 (25.6%)	4:52	12.3 (74.5%)
27	KRZACZKOWSKI Paweł	116	LYNX	M40-49	7	00:49:01.25	+00:12:43 (26.0%)	4:54	12.2 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	KOCZOROWSKI Paweł	98	W.P.K. SŁOŃ TEAM USTKA	M40-49	8	00:49:06.00	+00:12:48 (26.1%)	4:54	12.2 (73.9%)
29	NADOLNY Piotr	155	BALTIC SEALS	M40-49	9	00:50:07.10	+00:13:49 (27.6%)	5:00	12 (72.7%)
30	SOBOLEWSKI Tomasz	347		M30-39	10	00:50:14.65	+00:13:56 (27.8%)	5:01	11.9 (72.1%)
31	WÓJCIK Damian	299	RUNNERWALDE	M40-49	10	00:50:19.50	+00:14:01 (27.9%)	5:02	11.9 (72.1%)
32	ADAMCZYK Karol	4		M30-39	11	00:50:24.65	+00:14:06 (28.0%)	5:02	11.9 (72.1%)
33	PROTASEWICZ Andrzej	185	SŁAWNO	M40-49	11	00:50:32.90	+00:14:15 (28.2%)	5:03	11.9 (72.1%)
34	GAWEŁ Zbigniew	57		M60+	3	00:50:52.35	+00:14:34 (28.7%)	5:05	11.8 (71.5%)
35	ANDRYSKOWSKI Marek	7	STOWARZYSZENIE 42,2 LĘBORK	M50-59	2	00:51:20.90	+00:15:03 (29.3%)	5:08	11.7 (70.9%)
36	MOROŃ Jarosław	152		M30-39	12	00:51:26.65	+00:15:08 (29.4%)	5:08	11.7 (70.9%)
37	KARAŚ Radosław	87	NIGHT RUNNERS SŁUPSK	M30-39	13	00:52:13.05	+00:15:55 (30.5%)	5:13	11.5 (69.7%)
38	BOWNIK Wojciech	21		M30-39	14	00:52:34.50	+00:16:16 (31.0%)	5:15	11.4 (69.1%)
39	SZAŁKOWSKI Wojtek	226	TUPOT USTKA	M40-49	12	00:52:37.60	+00:16:19 (31.0%)	5:15	11.4 (69.1%)
40	SZMIGIERO Arkadiusz	231	W.P.K. SŁOŃ TEAM	M40-49	13	00:52:38.95	+00:16:21 (31.1%)	5:15	11.4 (69.1%)
41	ZYGLER Zbigniew	269		M40-49	14	00:52:46.05	+00:16:28 (31.2%)	5:16	11.4 (69.1%)
42	BŁENCKI Piotr	16	NIGHTRUNNERS SŁUPSK	M30-39	15	00:52:59.15	+00:16:41 (31.5%)	5:17	11.3 (68.5%)
43	ZBLEWSKI Patryk	349	NIGHT RUNNERS SLUPSK	M30-39	16	00:53:02.40	+00:16:44 (31.6%)	5:18	11.3 (68.5%)
44	CEBULA Krystian	25		M18-29	9	00:53:05.20	+00:16:47 (31.6%)	5:18	11.3 (68.5%)
45	GRULKOWSKI Damian	69		M40-49	15	00:53:12.35	+00:16:54 (31.8%)	5:19	11.3 (68.5%)
46	BRYZIK Dariusz	297	W.P.K. SŁOŃ TEAM USTKA	M30-39	17	00:54:04.30	+00:17:46 (32.9%)	5:24	11.1 (67.3%)
47	SOMINKA Andrzej	216	SSB(SOBIESAMBIEGAM)	M50-59	3	00:54:11.70	+00:17:54 (33.0%)	5:25	11.1 (67.3%)
48	DĘGA Ryszard	42	TUPOT USTKA	M60+	4	00:54:18.70	+00:18:01 (33.2%)	5:25	11 (66.7%)
49	POZORSKI Krzysztof	184	MARKOS RUNNING TEAM	M30-39	18	00:54:19.60	+00:18:01 (33.2%)	5:25	11 (66.7%)
50	KANIEWSKI Jacek	86	W.P.K. SŁOŃ TEAM USTKA	M40-49	16	00:54:37.10	+00:18:19 (33.5%)	5:27	11 (66.7%)
51	ZGANIACZ Andrzej	268	STOPA SŁUPSK	M40-49	17	00:54:44.90	+00:18:27 (33.7%)	5:28	11 (66.7%)
52	KWAŚNIAK Zdzisław	126	DECATHLON TRI TEAM	M50-59	4	00:55:28.35	+00:19:10 (34.6%)	5:32	10.8 (65.5%)
53	PŁAZA Ryszard	179		M40-49	18	00:55:29.80	+00:19:12 (34.6%)	5:32	10.8 (65.5%)
54	STAWICKI Marek	220	OSP SMOŁDZINO	M40-49	19	00:55:30.05	+00:19:12 (34.6%)	5:33	10.8 (65.5%)
55	ADRYAN Adam	6	CKB SŁUPSK	M40-49	20	00:55:40.55	+00:19:22 (34.8%)	5:34	10.8 (65.5%)
56	OLECHNOWICZ Zbigniew	162	TUPOT USTKA	M60+	5	00:55:45.80	+00:19:28 (34.9%)	5:34	10.8 (65.5%)
57	TUROWSKI Michał	285	DECATHLON SŁUPSK	M18-29	10	00:55:59.00	+00:19:41 (35.2%)	5:35	10.7 (64.8%)
58	WÓJCIK Sebastian	256		M30-39	19	00:56:16.25	+00:19:58 (35.5%)	5:37	10.7 (64.8%)
59	GREBIENIK Andrzej	68	W.P.K. SŁOŃ TEAM	M40-49	21	00:56:35.75	+00:20:18 (35.9%)	5:39	10.6 (64.2%)
60	SUTOWSKI Sebastian	224		M40-49	22	00:57:24.00	+00:21:06 (36.8%)	5:44	10.5 (63.6%)
61	KARWACKI Adrian	89	BEST BEASTS	M18-29	11	00:57:44.40	+00:21:26 (37.1%)	5:46	10.4 (63.0%)
62	GIERCZAK Piotr	59		M30-39	20	00:57:55.80	+00:21:38 (37.3%)	5:47	10.4 (63.0%)
63	BURDA Sebastian	23	WPK SŁOŃ TEAM	M40-49	23	00:57:57.70	+00:21:40 (37.4%)	5:47	10.4 (63.0%)
64	DELIGA Szymon	38		M30-39	21	00:57:59.85	+00:21:42 (37.4%)	5:48	10.3 (62.4%)
65	NOWACKI Marek	73		M40-49	24	00:58:17.25	+00:21:59 (37.7%)	5:49	10.3 (62.4%)
66	STANIASZEK Bogusław	217	TUPOT USTKA	M60+	6	00:58:34.60	+00:22:16 (38.0%)	5:51	10.2 (61.8%)
67	PAZDER Przemysław	168		M18-29	12	00:58:38.00	+00:22:20 (38.1%)	5:51	10.2 (61.8%)
68	GRABOWICZ Jerzy	65	TUPOT USTKA	M60+	7	00:58:45.90	+00:22:28 (38.2%)	5:52	10.2 (61.8%)
69	TORL Andrzej	348		M60+	8	00:58:51.80	+00:22:34 (38.3%)	5:53	10.2 (61.8%)
70	ŁAŃCUCKI Jarosław	135		M30-39	22	00:58:53.10	+00:22:35 (38.4%)	5:53	10.2 (61.8%)
71	PATYNA Paweł	167		M30-39	23	00:58:57.20	+00:22:39 (38.4%)	5:53	10.2 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	LEWANDOWSKI Marek	129		M18-29	13	00:59:06.25	+00:22:48 (38.6%)	5:54	10.2 (61.8%)
73	BERENT Robert	13	TUPOT USTKA	M50-59	5	00:59:10.45	+00:22:52 (38.7%)	5:55	10.1 (61.2%)
74	ZALEWSKI Grzegorz	260	W.P.K SŁOŃ TEAM USTKA	M30-39	24	00:59:58.40	+00:23:40 (39.5%)	5:59	10 (60.6%)
75	KRYGIER Ireneusz	115	W.P.K. SŁOŃ TEAM USTKA	M40-49	25	01:00:06.35	+00:23:48 (39.6%)	6:00	10 (60.6%)
76	KRUPSKI Piotr	114	SLUPSK	M50-59	6	01:00:06.85	+00:23:49 (39.6%)	6:00	10 (60.6%)
77	ROGALA Łukasz	198	NIGHT RUNNERS SŁUPSK	M30-39	25	01:00:15.70	+00:23:58 (39.8%)	6:01	10 (60.6%)
78	ZANIEWSKI Grzegorz	262		M40-49	26	01:00:25.85	+00:24:08 (39.9%)	6:02	9.9 (60.0%)
79	MŁYNARSKI Zygmunt	281	WKB META LUBLINIEC	M50-59	7	01:00:36.35	+00:24:18 (40.1%)	6:03	9.9 (60.0%)
80	SZYSZKOWSKI Tomasz	235	ROZBIEGANY KOSZALIN	M30-39	26	01:00:38.80	+00:24:21 (40.2%)	6:03	9.9 (60.0%)
81	KARWASZ Krzysztof	90		M40-49	27	01:00:50.70	+00:24:33 (40.3%)	6:05	9.9 (60.0%)
82	PRZYMORSKI Waldemar	188	W.P.K. SŁOŃ TEAM USTKA	M40-49	28	01:00:57.00	+00:24:39 (40.5%)	6:05	9.8 (59.4%)
83	TURCZYN Grzegorz	240	NIGHT RUNNERS SŁUPSK	M40-49	29	01:01:53.20	+00:25:35 (41.4%)	6:11	9.7 (58.8%)
84	WOŹNIAK Grzegorz	254	GRZESŁAW USTKA	M50-59	8	01:02:12.10	+00:25:54 (41.6%)	6:13	9.6 (58.2%)
85	MICHALAK Kamil	277		M18-29	14	01:02:21.70	+00:26:04 (41.8%)	6:14	9.6 (58.2%)
86	FURSEWICZ Bartłomiej	52	KS BURZA	M30-39	27	01:02:23.90	+00:26:06 (41.8%)	6:14	9.6 (58.2%)
87	SZMIGIERO Sebastian	232	WOLNO PRZEMIERZAM KILOMETRY	M40-49	30	01:02:27.90	+00:26:10 (41.9%)	6:14	9.6 (58.2%)
88	SYNAKOWSKI Damian	225	WJBN TEAM	M30-39	28	01:02:35.95	+00:26:18 (42.0%)	6:15	9.6 (58.2%)
89	ANDRZEJCZAK Sławomir	8	GRZESŁAW USTKA	M40-49	31	01:02:45.70	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
90	DOMAROS Marcin	289	NR	M30-39	29	01:02:45.80	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
91	WENCLAWSKI Michał	246	DECATHLON SŁUPSK	M18-29	15	01:02:52.00	+00:26:34 (42.3%)	6:17	9.5 (57.6%)
92	WESOŁEK Łukasz	247		M30-39	30	01:02:52.65	+00:26:34 (42.3%)	6:17	9.5 (57.6%)
93	ZALUSKI Adam	261		M30-39	31	01:03:00.25	+00:26:42 (42.4%)	6:18	9.5 (57.6%)
94	KUBERA Kajetan	353	BALTIC SEALS	M18-29	16	01:04:15.70	+00:27:58 (43.5%)	6:25	9.3 (56.4%)
95	REMUS Janusz	196	BEST BEASTS	M40-49	32	01:04:26.85	+00:28:09 (43.7%)	6:26	9.3 (56.4%)
96	SZKATULSKI Tomasz	230	DARŁOWSKIE CHARTY	M18-29	17	01:04:58.20	+00:28:40 (44.1%)	6:29	9.2 (55.8%)
97	NOWAK Rafał	159		M50-59	9	01:08:30.85	+00:32:13 (47.0%)	6:51	8.8 (53.3%)
98	KOT Daniel	106	KOT TEAM	M40-49	33	01:08:51.35	+00:32:33 (47.3%)	6:53	8.7 (52.7%)
99	KUSIAK Marek	72	CSMW	M40-49	34	01:08:57.50	+00:32:39 (47.4%)	6:53	8.7 (52.7%)
100	WASIAK Łukasz	244		M30-39	32	01:09:01.35	+00:32:43 (47.4%)	6:54	8.7 (52.7%)
101	WŁODARCZYK Tomasz	252		M30-39	33	01:09:01.65	+00:32:43 (47.4%)	6:54	8.7 (52.7%)
102	CZERWIŃSKI Waldemar	36	MARKOS RUNNING TEAM	M30-39	34	01:10:29.00	+00:34:11 (48.5%)	7:02	8.5 (51.5%)
103	POKORNY Edward	181	TUPOT USTKA	M60+	9	01:10:48.45	+00:34:30 (48.7%)	7:04	8.5 (51.5%)
104	KOZŁOWSKI Marek	111		M60+	10	01:10:49.15	+00:34:31 (48.7%)	7:04	8.5 (51.5%)
105	KOZACZEK Krzysztof	356	MJR	M30-39	35	01:13:13.60	+00:36:55 (50.4%)	7:19	8.2 (49.7%)
106	ANDRZEJEWSKI Rafał	10	DALEKO JESZCZE	M40-49	35	01:13:43.70	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
107	ZAWADZKI Jacek	264		M40-49	36	01:13:43.85	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
108	LEWANDOWSKI Adam	130	W.P.K SŁOŃ TEAM USTKA	M30-39	36	01:15:31.50	+00:39:13 (51.9%)	7:33	7.9 (47.9%)
109	GZIK Radosław	76	W.P.K. SŁOŃ TEAM USTKA	M30-39	37	01:15:31.55	+00:39:13 (51.9%)	7:33	7.9 (47.9%)
110	KULA Szymon	120		M40-49	37	01:16:41.05	+00:40:23 (52.7%)	7:40	7.8 (47.3%)
111	ŚMIETAŃSKI Krzysztof	5	CSMW	M18-29	18	01:22:52.95	+00:46:35 (56.2%)	8:17	7.2 (43.6%)
112	ŚMIETAŃSKI Ireneusz	75	CSMW	M40-49	38	01:22:53.20	+00:46:35 (56.2%)	8:17	7.2 (43.6%)
113	KABACIŃSKI Bronisław	84	TUPOT USTKA	M60+	11	01:23:53.30	+00:47:35 (56.7%)	8:23	7.2 (43.6%)
114	SULL Kacper	223	NIGHT RUNNERS SŁUPSK	M18-29	19	01:35:04.85	+00:58:47 (61.8%)	9:30	6.3 (38.2%)

