



MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

Event: IV BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY
Organiser: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Date: 2019-04-13
Place: Ustka
Distance: 10 km



Classification: SM-M30-39

Place	Participant	Number	Club	Category	MCat	Net time 10km	Gap	Pace min/km	Pace km/h
1	PIONK Rafał	161	KOMENDA PORTU WOJENNEGO GDYNIA - ZESPÓŁ TECHNICZNY	SM-M30-39	1	00:48:44.42		4:52	12.3 (100%)
2	WESOŁOWSKI Damian	217	META LUBLINIEC	SM-M30-39	2	00:49:18.25	+00:00:33 (1.1%)	4:55	12.2 (99.2%)
3	KOZA Kamil	92	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	SM-M30-39	3	00:52:50.34	+00:04:05 (7.8%)	5:17	11.4 (92.7%)
4	WASIAK Łukasz	213	JW 1905	SM-M30-39	4	00:53:20.01	+00:04:35 (8.6%)	5:20	11.3 (91.9%)
5	MŁYNARCZYK Zbigniew	125	CENTRALNY POLIGON SIŁ POWIETRZNYCH W USTCE	SM-M30-39	5	00:53:38.25	+00:04:53 (9.1%)	5:21	11.2 (91.1%)
6	JEZIERSKI Łukasz	63	RCI GDYNIA	SM-M30-39	6	00:54:07.23	+00:05:22 (9.9%)	5:24	11.1 (90.2%)
7	KOZŁOWSKI Daniel	95		SM-M30-39	7	00:56:18.64	+00:07:34 (13.4%)	5:37	10.7 (87.0%)
8	SZALATY Marcin	192	BAZA 44/ 44 BAZA LOTNICTWA MORSKIEGO	SM-M30-39	8	00:58:17.85	+00:09:33 (16.4%)	5:49	10.3 (83.7%)
9	CICHAŁA Damian	27	BATALION OCHRONY BAZY	SM-M30-39	9	00:58:39.94	+00:09:55 (16.9%)	5:52	10.2 (82.9%)
10	KUSIAK Dariusz	109	13 DTR ORP CZAJKA	SM-M30-39	10	00:59:44.71	+00:11:00 (18.4%)	5:58	10 (81.3%)
11	KOSTECKI Mariusz	251	7 BRYGADA OBRONY WYBRZEŻA	SM-M30-39	11	01:01:05.07	+00:12:20 (20.2%)	6:06	9.8 (79.7%)
12	MATUSZEWSKI Marek	121	13DTR	SM-M30-39	12	01:01:24.03	+00:12:39 (20.6%)	6:08	9.8 (79.7%)
13	PIELICH Konrad	157		SM-M30-39	13	01:01:38.88	+00:12:54 (20.9%)	6:09	9.7 (78.9%)
14	SZYMAŃSKI Kamil	199	ORP . GEN. T . KOŚCIUSZKO	SM-M30-39	14	01:01:57.69	+00:13:13 (21.3%)	6:11	9.7 (78.9%)
15	OKPIS Wojciech	140	7 PBOT	SM-M30-39	15	01:02:35.69	+00:13:51 (22.1%)	6:15	9.6 (78.0%)
16	GRZEŻUŁKOWSKI Paweł	55	CSMW USTKA	SM-M30-39	16	01:02:46.91	+00:14:02 (22.4%)	6:16	9.6 (78.0%)
17	WÓJCICKI Grzegorz	228	SPOKO SŁAWNO	SM-M30-39	17	01:03:01.02	+00:14:16 (22.7%)	6:18	9.5 (77.2%)
18	NOWICKI Mateusz	137	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-M30-39	18	01:04:41.38	+00:15:56 (24.7%)	6:28	9.3 (75.6%)
19	BYKOWSKI Bartłomiej	24	4PPLOT	SM-M30-39	19	01:04:50.74	+00:16:06 (24.8%)	6:29	9.3 (75.6%)
20	SZAREK Paweł	194	7 BRYGADA OBRONY WYBRZEŻA	SM-M30-39	20	01:04:52.99	+00:16:08 (24.9%)	6:29	9.2 (74.8%)
21	OLSZAR Grzegorz	143	MSWIA	SM-M30-39	21	01:05:16.08	+00:16:31 (25.3%)	6:31	9.2 (74.8%)
22	KEMPIŃSKI Łukasz	74	JW 2980	SM-M30-39	22	01:06:50.48	+00:18:06 (27.1%)	6:41	9 (73.2%)
23	WARSZAWIK Tomasz	212	ZK PRZYTUŁU STARE/ AMATOR_SPORTU	SM-M30-39	23	01:07:26.93	+00:18:42 (27.7%)	6:44	8.9 (72.4%)
24	PEĆ Marcin	152	OSNIP WP	SM-M30-39	24	01:09:15.60	+00:20:31 (29.6%)	6:55	8.7 (70.7%)
25	JANIK Radosław	60	1 BATALION ZMECHANIZOWANY	SM-M30-39	25	01:09:34.75	+00:20:50 (29.9%)	6:57	8.6 (69.9%)
26	PIWOŃSKI Robert	162		SM-M30-39	26	01:11:06.56	+00:22:22 (31.5%)	7:06	8.4 (68.3%)
27	PAWELSKI Marek	150	OSNIP WP	SM-M30-39	27	01:11:48.12	+00:23:03 (32.1%)	7:10	8.4 (68.3%)

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28	TÓRZ Michał	207	13 DTR	SM-M30-39	28	01:11:51.18	+00:23:06 (32.2%)	7:11	8.3 (67.5%)
29	WŁODARCZYK Tomasz	223		SM-M30-39	29	01:12:19.79	+00:23:35 (32.6%)	7:14	8.3 (67.5%)
30	FRANKOWSKI Adrian	44		SM-M30-39	30	01:15:21.13	+00:26:36 (35.3%)	7:32	8 (65.0%)
31	ALBINIAK Przemysław	2	RCI	SM-M30-39	31	01:15:22.48	+00:26:38 (35.3%)	7:32	8 (65.0%)
32	PUTRA Marek	171	ZK PRZYTUŁY STARE/AMATOR_SPORTU	SM-M30-39	32	01:15:25.55	+00:26:41 (35.4%)	7:32	8 (65.0%)
33	RYCHLIŃSKI Damian	176	WATAHA-ŁĄCZY NAS BIEGANIE	SM-M30-39	33	01:19:21.13	+00:30:36 (38.6%)	7:56	7.6 (61.8%)

Total 33 results.