



## MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

**Event:** III BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY  
**Organiser:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)  
**Date:** 2018-04-07  
**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	WYGLĄDAŁA Bartek	257	MOŻW	SM-M30-39	1	00:45:37.05		4:33	13.2 (100%)
2	PIONK Rafał	177	KOMENDA PORTU WOJENNEGO GDYNIA, ZESPÓŁ TECHNICZY	SM-M30-39	2	00:46:06.30	+00:00:29 (1.1%)	4:36	13 (98.5%)
3	RÓŻAK Fabian	200	MORSKA JEDNOSTKA RAKIETOWA	SM-M30-39	3	00:46:49.10	+00:01:12 (2.6%)	4:40	12.8 (97.0%)
4	WLMONTI Krzysztof	284	CSMW	SM-M30-39	4	00:47:46.45	+00:02:09 (4.5%)	4:46	12.6 (95.5%)
5	DUDA Grzegorz	46	OSP BUKÓWKA	SM-M30-39	5	00:48:02.75	+00:02:25 (5.1%)	4:48	12.5 (94.7%)
6	MŁYNARCZYK Zbigniew	150	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	SM-M30-39	6	00:49:36.50	+00:03:59 (8.0%)	4:57	12.1 (91.7%)
7	KUSIAK Dariusz	124	ORP GOPIŁO 13DTR	SM-M30-39	7	00:49:59.00	+00:04:21 (8.7%)	4:59	12 (90.9%)
8	KARPOWICZ Grzegorz	88		SM-M30-39	8	00:50:31.40	+00:04:54 (9.7%)	5:03	11.9 (90.2%)
9	KOSTECKI Mariusz	104	7 BOW/3BZ	SM-M30-39	9	00:54:01.75	+00:08:24 (15.6%)	5:24	11.1 (84.1%)
10	KOZA Kamil	110		SM-M30-39	10	00:54:05.75	+00:08:28 (15.7%)	5:24	11.1 (84.1%)
11	HOPA Krzysztof	77	BATALION OCHRONY BAZY	SM-M30-39	11	00:55:16.05	+00:09:39 (17.5%)	5:31	10.9 (82.6%)
12	CICHAŁA Damian	280	BATALION OCHRONY BAZY	SM-M30-39	12	00:55:16.50	+00:09:39 (17.5%)	5:31	10.9 (82.6%)
13	GRANDA Marcin	290	21 BSP	SM-M30-39	13	00:55:51.10	+00:10:14 (18.3%)	5:35	10.7 (81.1%)
14	JABŁOŃSKI Kamil	78		SM-M30-39	14	00:55:51.30	+00:10:14 (18.3%)	5:35	10.7 (81.1%)
15	PIELICH Konrad	173		SM-M30-39	15	00:57:14.75	+00:11:37 (20.3%)	5:43	10.5 (79.5%)
16	HURKO Andrzej	279	BATALION OCHRONY BAZY	SM-M30-39	16	00:57:31.30	+00:11:54 (20.7%)	5:45	10.4 (78.8%)
17	WÓJCICKI Grzegorz	255	ARESZT ŚLEDZCY W SŁUPSKU	SM-M30-39	17	00:58:11.30	+00:12:34 (21.6%)	5:49	10.3 (78.0%)
18	MAKOWSKI Rafał	142	RCI GDYNIA	SM-M30-39	18	00:58:17.30	+00:12:40 (21.7%)	5:49	10.3 (78.0%)
19	SZAREK Paweł	227	7 BRYGADA OBRONY WYBRZEŻA	SM-M30-39	19	00:59:28.60	+00:13:51 (23.3%)	5:56	10.1 (76.5%)
20	REDLARSKI Maciej	194	9 BRYGADA KAWALERII PANCERNEJ	SM-M30-39	20	01:00:25.10	+00:14:48 (24.5%)	6:02	9.9 (75.0%)
21	BOSAK Jarosław	294	21 BSP	SM-M30-39	21	01:01:39.80	+00:16:02 (26.0%)	6:10	9.7 (73.5%)
22	GOSIEWSKI Janusz	64	MOŻW	SM-M30-39	22	01:02:47.20	+00:17:10 (27.3%)	6:16	9.6 (72.7%)
23	ZARZYCKI Darek	263		SM-M30-39	23	01:03:17.35	+00:17:40 (27.9%)	6:19	9.5 (72.0%)
24	POLAK Michał	183		SM-M30-39	24	01:03:18.75	+00:17:41 (27.9%)	6:19	9.5 (72.0%)
25	LISZEWSKI Damian	133	CSWIICH	SM-M30-39	25	01:04:44.80	+00:19:07 (29.5%)	6:28	9.3 (70.5%)
26	KOZŁOWSKI Paweł	112	6 BCHEM SP	SM-M30-39	26	01:05:39.45	+00:20:02 (30.5%)	6:34	9.1 (68.9%)
27	KOWALSKI Łukasz	108	MJR	SM-M30-39	27	01:06:14.00	+00:20:36 (31.1%)	6:37	9.1 (68.9%)

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28	<b>LITWIN Waldemar</b>	<b>292</b>	21 BSP	SM-M30-39	28	<b>01:06:18.70</b>	+00:20:41 (31.2%)	6:37	9 (68.2%)
29	<b>PRYMON Marcin</b>	<b>291</b>	21 BSP	SM-M30-39	29	<b>01:06:19.15</b>	+00:20:42 (31.2%)	6:37	9 (68.2%)
30	<b>ZAGÓRSKI Tomasz</b>	<b>259</b>	CSŁII ZEGRZE	SM-M30-39	30	<b>01:07:06.90</b>	+00:21:29 (32.0%)	6:42	8.9 (67.4%)
31	<b>KOSTRZEWA Paweł</b>	<b>105</b>	BATALION OCHRONY BAZY	SM-M30-39	31	<b>01:07:09.50</b>	+00:21:32 (32.1%)	6:43	8.9 (67.4%)
32	<b>CYRAN Przemysław</b>	<b>34</b>	CSMW USTKA	SM-M30-39	32	<b>01:08:17.30</b>	+00:22:40 (33.2%)	6:49	8.8 (66.7%)
33	<b>GRZEŻUŁKOWSKI Paweł</b>	<b>70</b>	CSMW USTKA	SM-M30-39	33	<b>01:10:07.20</b>	+00:24:30 (34.9%)	7:00	8.6 (65.2%)
34	<b>JELEŃSKI Adrian</b>	<b>81</b>		SM-M30-39	34	<b>01:10:09.50</b>	+00:24:32 (35.0%)	7:01	8.6 (65.2%)
35	<b>GŁOGOWSKI Piotr</b>	<b>62</b>	MOŻW	SM-M30-39	35	<b>01:11:25.95</b>	+00:25:48 (36.1%)	7:08	8.4 (63.6%)
36	<b>TÓRZ Michał</b>	<b>239</b>	13 DTR	SM-M30-39	36	<b>01:12:09.60</b>	+00:26:32 (36.8%)	7:13	8.3 (62.9%)
37	<b>NOWICKI Mateusz</b>	<b>160</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-M30-39	37	<b>01:13:00.15</b>	+00:27:23 (37.5%)	7:18	8.2 (62.1%)
38	<b>GRAJNERT Adam</b>	<b>287</b>		SM-M30-39	38	<b>01:13:50.95</b>	+00:28:13 (38.2%)	7:23	8.1 (61.4%)
39	<b>MICHALUK Michał</b>	<b>147</b>	9 DYWIZJON PRZECIWLOTNICZY	SM-M30-39	39	<b>01:14:40.05</b>	+00:29:03 (38.9%)	7:28	8 (60.6%)
40	<b>RZEPKA Krystian</b>	<b>204</b>	9 DYWIZJON PRZECIWLOTNICZY	SM-M30-39	40	<b>01:31:43.10</b>	+00:46:06 (50.3%)	9:10	6.5 (49.2%)

Total 40 results.