



# MARYNARSKA DYCHA NORDIC WALKING

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:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BRZOZOWSKI Piotr	284	AKTYWNI POSTOMINO	M-OPEN	1	00:35:09.84		7:02	8.5 (100%)
2	TOPOREK Rafał	335	LĘBORSKIE LWY	M-OPEN	2	00:36:17.74	+00:01:07 (3.1%)	7:15	8.3 (97.6%)
3	KORZEŃ Grzegorz	298		M-OPEN	3	00:37:21.30	+00:02:11 (5.9%)	7:28	8 (94.1%)
4	JASŁEK Przemysław	291		M-OPEN	4	00:39:19.64	+00:04:09 (10.6%)	7:52	7.6 (89.4%)
5	SMARSZCZ Wiesław	324	LĘBORSKIE LWY	M-OPEN	5	00:40:14.56	+00:05:04 (12.6%)	8:02	7.5 (88.2%)
6	SZPILMAN Katarzyna	328	ELITE TEAM	K-OPEN	1	00:41:40.20	+00:06:30 (15.6%)	8:20	7.2 (84.7%)
7	WOJCIEKIAN Stanisław	340	WATAHA	M-OPEN	6	00:42:09.92	+00:07:00 (16.6%)	8:26	7.1 (83.5%)
8	KOPCZEWSKI Dariusz	297	ELITE TEAM	M-OPEN	7	00:42:21.46	+00:07:11 (17.0%)	8:28	7.1 (83.5%)
9	RESEMAN Sylwia	323	FACENORDIC WALKING TEAM	K-OPEN	2	00:42:24.19	+00:07:14 (17.1%)	8:28	7.1 (83.5%)
10	GÓRSKA Iwona	290	LĘBORSKIE LWY	K-OPEN	3	00:42:36.22	+00:07:26 (17.5%)	8:31	7 (82.4%)
11	PANEK Aneta	318	STEP BY STEP TRÓJMIASTO	K-OPEN	4	00:43:09.54	+00:07:59 (18.5%)	8:37	7 (82.4%)
12	KOCOŃ Sławomir	295		M-OPEN	8	00:44:32.44	+00:09:22 (21.1%)	8:54	6.7 (78.8%)
13	MACIĄG Zbigniew	308	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M-OPEN	9	00:45:46.35	+00:10:36 (23.2%)	9:09	6.6 (77.6%)
14	BARCHANOWSKI Andrzej	282		M-OPEN	10	00:46:00.28	+00:10:50 (23.6%)	9:12	6.5 (76.5%)
15	BALCERZAK Żaneta	281	124 BATALION PIECHOTY LEKKIEJ W ŚREMIE	K-OPEN	5	00:46:28.77	+00:11:18 (24.3%)	9:17	6.5 (76.5%)
16	KUCHARCZYK Patrycja	304		K-OPEN	6	00:46:33.53	+00:11:23 (24.5%)	9:18	6.4 (75.3%)
17	RADOMSKA Joanna	322	STEP BY STEP TROJMIASTO	K-OPEN	7	00:46:37.07	+00:11:27 (24.6%)	9:19	6.4 (75.3%)
18	MACIEJEWSKI Tomasz	309		M-OPEN	11	00:46:37.94	+00:11:28 (24.6%)	9:19	6.4 (75.3%)
19	MARCINIAK Eugeniusz	311		M-OPEN	12	00:46:48.99	+00:11:39 (24.9%)	9:21	6.4 (75.3%)
20	SZYCKO Oliwia	332		K-OPEN	8	00:46:49.80	+00:11:39 (24.9%)	9:22	6.4 (75.3%)
21	KOZŁOWSKA Barbara	301	LEBORSKIE LWY	K-OPEN	9	00:46:51.21	+00:11:41 (24.9%)	9:22	6.4 (75.3%)
22	WOSS Anna	342	LĘBORSKIE LWY	K-OPEN	10	00:46:53.11	+00:11:43 (25.0%)	9:22	6.4 (75.3%)
23	PEĆ Anna	153	OSIEM	K-OPEN	11	00:47:12.31	+00:12:02 (25.5%)	9:26	6.4 (75.3%)
24	SZYCKO Radosław	331		M-OPEN	13	00:47:49.27	+00:12:39 (26.5%)	9:34	6.3 (74.1%)
25	KUSIAK Włodzimierz	306	STEP BY STEP	M-OPEN	14	00:47:55.58	+00:12:45 (26.6%)	9:35	6.3 (74.1%)
26	GÓRA Beata	289	STEP BY STEP	K-OPEN	12	00:48:01.97	+00:12:52 (26.8%)	9:36	6.2 (72.9%)
27	ŚMIETAŃSKI Ireneusz	200		M-OPEN	15	00:48:04.10	+00:12:54 (26.8%)	9:37	6.2 (72.9%)

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28	<b>CZTERNASTEK Ryszard</b>	<b>285</b>		M-OPEN	16	<b>00:48:17.85</b>	+00:13:08 (27.2%)	9:39	6.2 (72.9%)
29	<b>GOMÓŁKA-BIGUS Monika</b>	<b>288</b>	STEP BY STEP TRÓJMIASTO	K-OPEN	13	<b>00:49:03.81</b>	+00:13:53 (28.3%)	9:48	6.1 (71.8%)
30	<b>BADZIĄG Waldemar</b>	<b>280</b>	ELITE TEAM	M-OPEN	17	<b>00:49:45.93</b>	+00:14:36 (29.3%)	9:57	6 (70.6%)
31	<b>UKLEJA Justyna</b>	<b>337</b>		K-OPEN	14	<b>00:49:50.49</b>	+00:14:40 (29.4%)	9:58	6 (70.6%)
32	<b>PIOTROWSKI Marek</b>	<b>320</b>	APTEKA GEMINI TEAM	M-OPEN	18	<b>00:51:14.64</b>	+00:16:04 (31.4%)	10:15	5.9 (69.4%)
33	<b>ŚMIETAŃSKI Andrzej</b>	<b>334</b>		M-OPEN	19	<b>00:53:01.22</b>	+00:17:51 (33.7%)	10:36	5.7 (67.1%)
34	<b>KOCOŃ Sylwia</b>	<b>294</b>		K-OPEN	15	<b>00:53:18.75</b>	+00:18:08 (34.0%)	10:39	5.6 (65.9%)
35	<b>WIRWICKA Agnieszka</b>	<b>339</b>		K-OPEN	16	<b>00:54:04.64</b>	+00:18:54 (35.0%)	10:49	5.5 (64.7%)
36	<b>KOCZOROWSKA Jadwiga</b>	<b>296</b>		K-OPEN	17	<b>00:54:21.17</b>	+00:19:11 (35.3%)	10:52	5.5 (64.7%)
37	<b>OLECHNOWICZ Magdalena</b>	<b>315</b>		K-OPEN	18	<b>00:54:53.72</b>	+00:19:43 (35.9%)	10:58	5.5 (64.7%)
38	<b>DZIĘCIELEWSKA Anna</b>	<b>38</b>		K-OPEN	19	<b>00:55:31.63</b>	+00:20:21 (36.7%)	11:06	5.4 (63.5%)
39	<b>KOZAN-KOWALSKA Anna</b>	<b>300</b>	KLUB CSMW	K-OPEN	20	<b>00:55:33.35</b>	+00:20:23 (36.7%)	11:06	5.4 (63.5%)
40	<b>JURENC Sylwia</b>	<b>292</b>		K-OPEN	21	<b>00:55:54.00</b>	+00:20:44 (37.1%)	11:10	5.4 (63.5%)
41	<b>KRUKOWSKA Anna</b>	<b>303</b>	SOŁTYS	K-OPEN	22	<b>00:56:53.91</b>	+00:21:44 (38.2%)	11:22	5.3 (62.4%)
42	<b>BOCZKOWSKA Agnieszka</b>	<b>283</b>		K-OPEN	23	<b>00:59:25.00</b>	+00:24:15 (40.8%)	11:53	5 (58.8%)
43	<b>MACIEJUK Małgorzata</b>	<b>310</b>		K-OPEN	24	<b>00:59:25.30</b>	+00:24:15 (40.8%)	11:53	5 (58.8%)
44	<b>BRONICKA Marta</b>	<b>344</b>		K-OPEN	25	<b>00:59:27.58</b>	+00:24:17 (40.9%)	11:53	5 (58.8%)
45	<b>KLAWIKOWSKA Agnieszka</b>	<b>293</b>		K-OPEN	26	<b>00:59:34.74</b>	+00:24:24 (41.0%)	11:54	5 (58.8%)
46	<b>STOCHNIAŁEK Jola</b>	<b>326</b>		K-OPEN	27	<b>00:59:58.01</b>	+00:24:48 (41.4%)	11:59	5 (58.8%)
47	<b>MUSIAŁ Basia</b>	<b>313</b>		K-OPEN	28	<b>00:59:58.80</b>	+00:24:48 (41.4%)	11:59	5 (58.8%)
48	<b>WYPORSKA-KAMIŃSKA Joanna</b>	<b>231</b>		K-OPEN	29	<b>01:00:20.85</b>	+00:25:11 (41.7%)	12:04	5 (58.8%)
49	<b>KOT Iwona</b>	<b>299</b>	KOT TEAM	K-OPEN	30	<b>01:00:22.03</b>	+00:25:12 (41.7%)	12:04	5 (58.8%)
50	<b>ŚMIETAŃSKA Joanna</b>	<b>333</b>		K-OPEN	31	<b>01:00:22.08</b>	+00:25:12 (41.8%)	12:04	5 (58.8%)
51	<b>SZADA - BORZYSZKOWSKA Teresa</b>	<b>327</b>		K-OPEN	32	<b>01:01:25.19</b>	+00:26:15 (42.7%)	12:17	4.9 (57.6%)
52	<b>KULCZYCKI Jan</b>	<b>305</b>		M-OPEN	20	<b>01:05:02.71</b>	+00:29:52 (45.9%)	13:00	4.6 (54.1%)
53	<b>GOMÓŁKA Maria</b>	<b>287</b>	STEP BY STEP TRÓJMIASTO	K-OPEN	33	<b>01:05:03.93</b>	+00:29:54 (46.0%)	13:00	4.6 (54.1%)
54	<b>WOJTACKA Roksana</b>	<b>341</b>	SOSNOWA TEAM GRUDZIĄDZ	K-OPEN	34	<b>01:05:42.98</b>	+00:30:33 (46.5%)	13:08	4.6 (54.1%)
55	<b>PROKOP Teresa</b>	<b>321</b>	USTKA	K-OPEN	35	<b>01:06:34.64</b>	+00:31:24 (47.2%)	13:19	4.5 (52.9%)
56	<b>ZIELASKIEWICZ Anna</b>	<b>343</b>		K-OPEN	36	<b>01:06:35.79</b>	+00:31:25 (47.2%)	13:19	4.5 (52.9%)

Znaleziono 56 wynik(ów)