

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM

Organizator: OCR Events
Data: 2019-08-31
Miejsce: Gdynia
Dystans: 11 km
Klasyfikacja wg czasów brutto.



BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|-----------------------------------------|------|--------------------------------|----------------------|------|-------------|--------|------|----------|-------------|-------------|--------|------|
| 1 | BAK DAINEL | A039 | | | POL | SPRINT - M | 1 | M 1 | | 01:22:42.15 | 01:22:42.15 | 7:31 | 8 |
| 2 | POWAŻNY MAREK | S005 | | | POL | SPRINT - M | 2 | M 2 | | 01:30:49.80 | 01:30:49.80 | 8:15 | 7.3 |
| 3 | DZIÓBEK LECH | S066 | | GDAŃSK | POL | SPRINT - M | 3 | M 3 | | 01:31:46.90 | 01:31:46.90 | 8:20 | 7.2 |
| 4 | BOBRYK ŁUKASZ HOLOPA PAWEŁ | T102 | KULAWIE WILKI | KATOWICE | POL | TEAM SPRINT | 1 | M 4 | | 01:39:39.20 | 01:39:39.20 | 9:03 | 6.6 |
| 5 | NIEDŹWIECKI DANIEL RUTKOWSKI MARIUSZ | T114 | SGO GDAŃSK | GDAŃSK | POL | TEAM SPRINT | 2 | M 5 | | 01:41:28.25 | 01:41:28.25 | 9:13 | 6.5 |
| 6 | JÓZWIK GRZEGORZ | S017 | | WARSZAWA | POL | SPRINT - M | 4 | M 6 | | 01:42:44.25 | 01:42:44.25 | 9:20 | 6.4 |
| 7 | KAFARSKI MARIUSZ | S045 | | CHOJNICE | POL | SPRINT - M | 5 | M 7 | | 01:44:24.85 | 01:44:24.85 | 9:29 | 6.3 |
| 8 | JAKUBCZYK ADAM | S029 | | MIŃSK MAZOWIECKI | POL | SPRINT - M | 6 | M 8 | | 01:45:46.30 | 01:45:46.30 | 9:36 | 6.2 |
| 9 | MERK MARIUSZ | S044 | | SULEJÓW | POL | SPRINT - M | 7 | M 9 | | 01:51:09.25 | 01:51:09.25 | 10:06 | 5.9 |
| 10 | PISAREK ADAM | S069 | | KARTUZY | | SPRINT - M | 8 | M 10 | | 01:51:40.40 | 01:51:40.40 | 10:09 | 5.9 |
| 11 | PIEC BARTŁOMIEJ | S028 | WOJOWNICY WÓDY | | POL | SPRINT - M | 9 | M 11 | | 01:52:56.60 | 01:52:56.60 | 10:16 | 5.8 |
| 12 | JANKOWIAK DOMINIK RYŚ PRZEMYSŁAW | T106 | | ŚREM | POL | TEAM SPRINT | 3 | M 12 | | 01:54:03.50 | 01:54:03.50 | 10:22 | 5.8 |
| 13 | OPELT PAWEŁ | S068 | | GDYNIA | | SPRINT - M | 10 | M 13 | | 01:55:08.75 | 01:55:08.75 | 10:28 | 5.7 |
| 14 | KOWALSKA NATALIA | S075 | | GDAŃSK | | SPRINT - K | 1 | K 1 | | 01:56:19.90 | 01:56:19.90 | 10:34 | 5.7 |
| 15 | MUŁKOWSKI JAKUB | H017 | | | POL | SPRINT - M | 11 | M 14 | | 01:57:34.40 | 01:57:34.40 | 10:41 | 5.6 |
| 16 | TATAREWICZ ARKADIUSZ TATAREWICZ | S009 | BIGYELLOWFOOT | GDAŃSK | POL | SPRINT - M | 12 | M 15 | | 01:57:49.40 | 01:57:49.40 | 10:42 | 5.6 |
| 17 | KAPICA DAMIAN | S039 | BIGYELLOWFOOT | GDYNIA | POL | SPRINT - M | 13 | M 16 | | 01:57:50.20 | 01:57:50.20 | 10:42 | 5.6 |
| 18 | FOKS JAREK | S023 | | ŻYRARDÓW | POL | SPRINT - M | 14 | M 17 | 00:20:00 | 01:57:53.00 | 01:57:53.00 | 8:53 | 6.7 |
| 19 | KUPIS HUBERT MIKOŁAJCZAK WOJCIECH | T110 | AKADEMIA MARYNARKI WOJENNEJ | OPOCZNO | POL | TEAM SPRINT | 4 | M 18 | | 01:57:56.25 | 01:57:56.25 | 10:43 | 5.6 |
| 20 | GAJEWSKI JACEK | S027 | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | SPRINT - M | 15 | M 19 | | 01:58:25.15 | 01:58:25.15 | 10:45 | 5.6 |
| 21 | JOACHIMIAK JAROSŁAW | S033 | | MROCZA | POL | SPRINT - M | 16 | M 20 | | 01:58:29.10 | 01:58:29.10 | 10:46 | 5.6 |
| 22 | BUDNIK BARTOSZ | S022 | | ŁEB CZ | POL | SPRINT - M | 17 | M 21 | | 01:59:43.90 | 01:59:43.90 | 10:53 | 5.5 |
| 23 | KREFT SYLWESTER KREFT ADAM | T107 | TEAM KREFT | RUMIA | POL | TEAM SPRINT | 5 | M 22 | | 02:01:22.65 | 02:01:22.65 | 11:02 | 5.4 |
| 24 | GOSZCZYŃSKA WIOLETA | S011 | HUSARIA RACE TEAM | NOWY DWÓR MAZOWIECKI | POL | SPRINT - K | 2 | K 2 | | 02:01:42.95 | 02:01:42.95 | 11:03 | 5.4 |
| 25 | KOSMOWSKI ARTUR | S071 | | | | SPRINT - M | 18 | M 23 | | 02:02:22.00 | 02:02:22.00 | 11:07 | 5.4 |
| 26 | | T126 | | | | TEAM SPRINT | 6 | 1 | | 02:04:25.45 | 02:04:25.45 | 11:18 | 5.3 |
| 27 | RUTKOWSKI MARIUSZ RUTKOWSKI MACIEJ | T127 | | | | TEAM SPRINT | 7 | M 24 | | 02:04:29.85 | 02:04:29.85 | 11:19 | 5.3 |
| 28 | SZADEJKO ADAM | S065 | | GDYNIA | POL | SPRINT - M | 19 | M 25 | | 02:06:35.20 | 02:06:35.20 | 11:30 | 5.2 |
| 29 | CICHAŃSKI BARTOSZ | S016 | | | POL | SPRINT - M | 20 | M 26 | | 02:07:10.15 | 02:07:10.15 | 11:33 | 5.2 |
| 30 | BARTECKA EWELINA | S050 | WIARUS OBORNIKI | ROŻNOWO | POL | SPRINT - K | 3 | K 3 | | 02:09:10.80 | 02:09:10.80 | 11:44 | 5.1 |
| 31 | DOLATA KRZYSZTOF | S049 | WIARUS OBORNIKI | OBORNIKI | POL | SPRINT - M | 21 | M 27 | | 02:09:11.25 | 02:09:11.25 | 11:44 | 5.1 |
| 32 | ROŚ JAKUB | A089 | | RUMIA | | SPRINT - M | 22 | M 28 | | 02:09:20.15 | 02:09:20.15 | 11:45 | 5.1 |
| 33 | -- | A094 | | | | | | 2 | | 02:09:51.55 | 02:09:51.55 | 11:48 | 5.1 |
| 34 | DUSZEŃKO DAWID | S060 | DEVIL'S GHOST | MŁAWA | POL | SPRINT - M | 23 | M 29 | | 02:10:35.05 | 02:10:35.05 | 11:52 | 5.1 |
| 35 | PRUSAK BARTOSZ | S025 | WOJOWNICY WÓDY | GDAŃSK | POL | SPRINT - M | 24 | M 30 | | 02:11:13.15 | 02:11:13.15 | 11:55 | 5 |
| 36 | RYCHERT SEWERYN | A091 | | | | SPRINT - M | 25 | M 31 | | 02:13:25.15 | 02:13:25.15 | 12:07 | 4.9 |
| 37 | TOMASZEWSKA KINGA | S063 | | NOWA WIEŚ | POL | SPRINT - K | 4 | K 4 | | 02:13:50.65 | 02:13:50.65 | 12:10 | 4.9 |
| 38 | DUSZEŃKO WOJCIECH | S059 | DEVIL'S GHOST | MŁAWA | POL | SPRINT - M | 26 | M 32 | | 02:14:10.75 | 02:14:10.75 | 12:11 | 4.9 |
| 39 | SZULC SZYMON | S046 | | BIAŁOGARD | POL | SPRINT - M | 27 | M 33 | | 02:16:23.90 | 02:16:23.90 | 12:23 | 4.8 |
| 40 | ZABRONI RAFAŁ | S010 | 21 PRZEMYSKA DRUŻYNA HARCERSKA | PRZEMYSŁ | POL | SPRINT - M | 28 | M 34 | | 02:17:02.65 | 02:17:02.65 | 12:27 | 4.8 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|------------------------------------------|------|-------------------------|---------------------|------|-------------|--------|------|----------|-------------|-------------|--------|------|
| 41 | KUBIK KAROL | S040 | | WARSZAWA | POL | SPRINT - M | 29 | M 35 | | 02:17:08.55 | 02:17:08.55 | 12:28 | 4.8 |
| 42 | FURMANIAK MATEUSZ | S032 | HUSARIA RACE TEAM | MROWINO | POL | SPRINT - M | 30 | M 36 | 00:20:00 | 02:18:02.00 | 02:18:02.00 | 10:43 | 5.6 |
| 43 | KWIATKOWSKI TOMASZ KOWNACKI KRZYSZTOF | T125 | | | | TEAM SPRINT | 8 | M 37 | | 02:19:31.40 | 02:19:31.40 | 12:41 | 4.7 |
| 44 | KULCZAK PAWEŁ | S003 | DECORA RUNNING TEAM | BRODOWO | POL | SPRINT - M | 31 | M 38 | | 02:19:32.30 | 02:19:32.30 | 12:41 | 4.7 |
| 45 | SIPIORA SZYMON | S064 | | KOLECZKOWO | POL | SPRINT - M | 32 | M 39 | | 02:19:33.25 | 02:19:33.25 | 12:41 | 4.7 |
| 46 | LITZAU MICHAŁ | S002 | | WŁADYSŁAWOWO | POL | SPRINT - M | 33 | M 40 | | 02:19:49.75 | 02:19:49.75 | 12:42 | 4.7 |
| 47 | KOWALSKI TOMASZ | S001 | | GLIWICE | POL | SPRINT - M | 34 | M 41 | | 02:21:31.45 | 02:21:31.45 | 12:51 | 4.7 |
| 48 | WĘGIEL ANDRZEJ | S036 | | DZIERŻONIÓW | POL | SPRINT - M | 35 | M 42 | | 02:21:45.45 | 02:21:45.45 | 12:53 | 4.7 |
| 49 | KRASOŃ JAN | S074 | | | | SPRINT - M | 36 | M 43 | | 02:22:51.75 | 02:22:51.75 | 12:59 | 4.6 |
| 50 | POŁOMSKI MARCIN | S055 | | RUDNO | POL | SPRINT - M | 37 | M 44 | | 02:25:31.30 | 02:25:31.30 | 13:13 | 4.5 |
| 51 | KNITTER MAREK | S052 | | STAROGARD GDAŃSKI | POL | SPRINT - M | 38 | M 45 | | 02:25:31.80 | 02:25:31.80 | 13:13 | 4.5 |
| 52 | BANDOSZ RADOŚLAW DRESLER BARTOSZ | T100 | JW 1889 LĘBORK | SIEMIROWICE | POL | TEAM SPRINT | 9 | M 46 | | 02:25:50.20 | 02:25:50.20 | 13:15 | 4.5 |
| 53 | DATTA DAWID | S073 | | | | SPRINT - M | 39 | M 47 | | 02:26:30.00 | 02:26:30.00 | 13:19 | 4.5 |
| 54 | JONDA MICHAŁ | S035 | | STANICA | POL | SPRINT - M | 40 | M 48 | | 02:26:53.70 | 02:26:53.70 | 13:21 | 4.5 |
| 55 | KOŚKA ALEKSANDRA | S030 | HUSARIA RACE TEAM | POZNAŃ | POL | SPRINT - K | 5 | K 5 | | 02:27:53.80 | 02:27:53.80 | 13:26 | 4.5 |
| 56 | BŁASZCZYK BRUNON BŁASZCZYK DOMINIKA | T101 | GRAŻYŃKI OCR | KONSTANCIN-JEJIORNA | POL | TEAM SPRINT | 10 | M 49 | | 02:29:36.10 | 02:29:36.10 | 13:36 | 4.4 |
| 57 | GURBIEL TOMASZ | H019 | | GDYNIA | POL | SPRINT - M | 41 | M 50 | | 02:30:21.15 | 02:30:21.15 | 13:40 | 4.4 |
| 58 | KRZYWICKI MARCIN ZUCHOWICZ BARTEK | T108 | ZG RUDNA TEAM 13 | GŁOGÓW | POL | TEAM SPRINT | 11 | M 51 | | 02:31:26.45 | 02:31:26.45 | 13:46 | 4.4 |
| 59 | KURPIEWSKI PIOTR KURPIEWSKI MARCIN | T111 | | SKARBIMIERZYCE | POL | TEAM SPRINT | 12 | M 52 | | 02:31:49.75 | 02:31:49.75 | 13:48 | 4.3 |
| 60 | RÓŻYCKI ADRIAN BAJDALA ROBERT | T117 | JEDZIEMY Z TYM KOKSEM | WARSZAWA | POL | TEAM SPRINT | 13 | M 53 | | 02:32:05.65 | 02:32:05.65 | 13:49 | 4.3 |
| 61 | KOLK ANDRZEJ SZMYT DAWID | T104 | 49 BAZA LOTNICZA | | POL | TEAM SPRINT | 14 | M 54 | | 02:34:39.95 | 02:34:39.95 | 14:03 | 4.3 |
| 62 | HEIDAK PIOTR | S026 | | BYDGOSZCZ | POL | SPRINT - M | 42 | M 55 | | 02:35:06.05 | 02:35:06.05 | 14:06 | 4.3 |
| 63 | KAMIŃSKI ADAM KAMINSKI | S007 | | LONDON | GBR | SPRINT - M | 43 | M 56 | | 02:35:20.70 | 02:35:20.70 | 14:07 | 4.2 |
| 64 | ADAMCZYK NATALIA | S043 | AKADEMIA WOJSK ŁĄDOWYCH | ŁODYGOWICE | POL | SPRINT - K | 6 | K 6 | 00:40:00 | 02:43:31.00 | 02:43:31.00 | 11:13 | 5.3 |
| 65 | -- | A093 | | | | SPRINT - M | 44 | M 57 | | 02:47:55.50 | 02:47:55.50 | 15:15 | 3.9 |
| 66 | JUREKO ROBERT | S012 | | BRANIEWO | POL | SPRINT - M | 45 | M 58 | | 02:48:10.25 | 02:48:10.25 | 15:17 | 3.9 |
| 67 | KOZŁOWSKI MIKOŁAJ | S057 | | INOWROCŁAW | POL | SPRINT - M | 46 | M 59 | | 02:49:44.75 | 02:49:44.75 | 15:25 | 3.9 |
| 68 | RYNKIEWICZ DAMIAN SZMAGALSKI MICHAŁ | T118 | | TUREK | POL | TEAM SPRINT | 15 | M 60 | | 02:50:17.85 | 02:50:17.85 | 15:28 | 3.9 |
| 69 | PRZERYWACZ MICHAŁ KARCZEWSKI MARCIN | T116 | | BELCHATÓW | POL | TEAM SPRINT | 16 | M 61 | | 02:50:29.80 | 02:50:29.80 | 15:29 | 3.9 |
| 70 | S TOM | S053 | FTW | STARA HUTA | POL | SPRINT - M | 47 | M 62 | | 02:51:05.10 | 02:51:05.10 | 15:33 | 3.9 |
| 71 | CYGERT MAGDALENA | S072 | | MALBORK | | SPRINT - K | 7 | K 7 | | 02:52:55.10 | 02:52:55.10 | 15:43 | 3.8 |
| 72 | NARKUN AGNIESZKA | S067 | | GDYNIA | POL | SPRINT - K | 8 | K 8 | | 02:53:14.30 | 02:53:14.30 | 15:44 | 3.8 |
| 73 | DOMOSŁAWSKA JOANNA | S061 | | WROCŁAW | POL | SPRINT - K | 9 | K 9 | | 02:53:49.85 | 02:53:49.85 | 15:48 | 3.8 |
| 74 | DOMOSŁAWSKI PAWEŁ | S062 | | WROCŁAW | POL | SPRINT - M | 48 | M 63 | | 02:53:50.75 | 02:53:50.75 | 15:48 | 3.8 |
| 75 | GRABOWSKI ZBIGNIEW | S013 | | ŁOMIANKI DOLNE | POL | SPRINT - M | 49 | M 64 | | 02:53:58.10 | 02:53:58.10 | 15:48 | 3.8 |
| 76 | SARBINOWSKA OLA BILIŃSKA AGNIESZKA | T120 | PROGRESS | GŁOGÓW | POL | TEAM SPRINT | 17 | K 10 | | 02:54:44.20 | 02:54:44.20 | 15:53 | 3.8 |
| 77 | PĘCZKOWSKI JAROSŁAW | S051 | | WARSAW | POL | SPRINT - M | 50 | M 65 | | 02:55:46.85 | 02:55:46.85 | 15:58 | 3.8 |
| 78 | GÓRECKI WOJTEK | S058 | | STAPORKÓW | POL | SPRINT - M | 51 | M 66 | | 02:55:57.55 | 02:55:57.55 | 15:59 | 3.8 |
| 79 | KUBOT MATEUSZ FRYCZ ANDRZEJ | T109 | | KĘPNO | POL | TEAM SPRINT | 18 | M 67 | | 02:57:12.75 | 02:57:12.75 | 16:06 | 3.7 |
| 80 | DUSSEL MARCIN | S034 | | SZCZECIN | POL | SPRINT - M | 52 | M 68 | | 02:58:54.25 | 02:58:54.25 | 16:15 | 3.7 |
| 81 | SKORNOG ADRIANA RADOMSKI KACPER | T122 | | GDYNIA | POL | TEAM SPRINT | 19 | K 11 | | 03:03:16.95 | 03:03:16.95 | 16:39 | 3.6 |
| 82 | DUDA GOSIA KUREK ANNA | T105 | GAŚKI GŁOGÓW | GŁOGÓW | POL | TEAM SPRINT | 20 | K 12 | | 03:03:44.95 | 03:03:44.95 | 16:42 | 3.6 |
| 83 | KARWASZ KRZYSZTOF | S031 | | KWAKOWO | POL | SPRINT - M | 53 | M 69 | | 03:04:22.65 | 03:04:22.65 | 16:45 | 3.6 |
| 84 | BAK SYBILLA | H010 | | | POL | SPRINT - K | 10 | K 13 | | 03:06:28.50 | 03:06:28.50 | 16:57 | 3.5 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|---------------------------------------|------|------------------------|------------------|------|-------------|--------|------|----------|-------------|-------------|--------|------|
| 85 | WYSOCKA EDYTA | S070 | | | | SPRINT - K | 11 | K 14 | | 03:06:28.80 | 03:06:28.80 | 16:57 | 3.5 |
| 86 | JACYNA EMILIA | S047 | | WROCLAW | POL | SPRINT - K | 12 | K 15 | | 03:11:22.90 | 03:11:22.90 | 17:23 | 3.4 |
| 87 | AFTYKA JOANNA | S048 | | WROCLAW | POL | SPRINT - K | 13 | K 16 | | 03:11:23.20 | 03:11:23.20 | 17:23 | 3.4 |
| 88 | ANDRZEJEWSKI MIŁOSZ 'RAMBO' | S019 | BODY ART WARRIORS | STĘSZEW | POL | SPRINT - M | 54 | M 70 | | 03:14:04.40 | 03:14:04.40 | 17:38 | 3.4 |
| 89 | SELIGA ANIA 'CZAKI' | S020 | BODY ART WARRIORS | STĘSZEW | POL | SPRINT - K | 14 | K 17 | | 03:14:05.10 | 03:14:05.10 | 17:38 | 3.4 |
| 90 | SALA PAWEŁ BAŃKOWSKI ARTUR | T119 | BULLETRUN | TENCZYN | POL | TEAM SPRINT | 21 | M 71 | | 03:16:31.80 | 03:16:31.80 | 17:51 | 3.4 |
| 91 | ZAJEZIERSKI KAMIL | S008 | | PRZEMYŚL | POL | SPRINT - M | 55 | M 72 | | 03:17:55.70 | 03:17:55.70 | 17:59 | 3.3 |
| 92 | JĘDYCZOWSKI MACIEJ | S015 | 21PDH | PRZEMYŚL | POL | SPRINT - M | 56 | M 73 | | 03:21:19.50 | 03:21:19.50 | 18:18 | 3.3 |
| 93 | WILAMOWSKI MICHAŁ | S037 | | MOGILNO | POL | SPRINT - M | 57 | M 74 | | 03:25:21.30 | 03:25:21.30 | 18:40 | 3.2 |
| 94 | PIĘTKA PAULA AJZAK ELŻBIETA | T115 | HARDCOROWE WYCHYLYBYMY | OTWOCK | POL | TEAM SPRINT | 22 | K 18 | 00:20:00 | 03:37:22.00 | 03:37:22.00 | 17:56 | 3.3 |
| 95 | SZLACHCIC ALEKSANDER MRÓZ BENIAMIN | T123 | | WROCLAW | POL | TEAM SPRINT | 23 | M 75 | 00:20:00 | 03:50:20.00 | 03:50:20.00 | 19:07 | 3.1 |
| 96 | LEŚNIEWSKA LILIANA KOS KAROLINA | T112 | HARDCOROWE WYCHYLYBYMY | WARSZAWA | POL | TEAM SPRINT | 24 | K 19 | 00:20:00 | 03:55:01.00 | 03:55:01.00 | 19:32 | 3.1 |
| 97 | ZAWADZKI ARKADIUSZ | S042 | | BISZTYNEK | POL | SPRINT - M | 58 | M 76 | | 04:08:14.75 | 04:08:14.75 | 22:34 | 2.7 |
| 98 | ZAWADZKI TOMASZ | S041 | | GÓROWO IŁAWECKIE | POL | SPRINT - M | 59 | M 77 | | 04:08:14.90 | 04:08:14.90 | 22:34 | 2.7 |
| DNS | SOSNOWSKI PIOTR | H003 | | | POL | SPRINT - M | DNS | DNS | | 02:04:37.00 | 02:04:37.00 | 0:00 | 5.3 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, Team Sprint

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|------------------------------------------|------|-----------------------------|---------------------|------|-------------|--------|------|---------|-------------|-------------|--------|------|
| 1 | BOBRYK ŁUKASZ HOLOPA PAWEŁ | T102 | KULAWIE WILKI | KATOWICE | POL | TEAM SPRINT | 1 | M 4 | | 01:39:39.20 | 01:39:39.20 | 9:03 | 6.6 |
| 2 | NIEDŹWIECKI DANIEL RUTKOWSKI MARIUSZ | T114 | SGO GDAŃSK | GDAŃSK | POL | TEAM SPRINT | 2 | M 5 | | 01:41:28.25 | 01:41:28.25 | 9:13 | 6.5 |
| 3 | JANKOWIAK DOMINIK RYŚ PRZEMYSŁAW | T106 | | ŚREM | POL | TEAM SPRINT | 3 | M 12 | | 01:54:03.50 | 01:54:03.50 | 10:22 | 5.8 |
| 4 | KUPIS HUBERT MIKOŁAJCZAK WOJCIECH | T110 | AKADEMIA MARYNARKI WOJENNEJ | OPOCZNO | POL | TEAM SPRINT | 4 | M 18 | | 01:57:56.25 | 01:57:56.25 | 10:43 | 5.6 |
| 5 | KREFT SYLWESTER KREFT ADAM | T107 | TEAM KREFT | RUMIA | POL | TEAM SPRINT | 5 | M 22 | | 02:01:22.65 | 02:01:22.65 | 11:02 | 5.4 |
| 6 | | T126 | | | | TEAM SPRINT | 6 | 1 | | 02:04:25.45 | 02:04:25.45 | 11:18 | 5.3 |
| 7 | RUTKOWSKI MARIUSZ RUTKOWSKI MACIEJ | T127 | | | | TEAM SPRINT | 7 | M 24 | | 02:04:29.85 | 02:04:29.85 | 11:19 | 5.3 |
| 8 | KWIATKOWSKI TOMASZ KOWNACKI KRZYSZTOF | T125 | | | | TEAM SPRINT | 8 | M 37 | | 02:19:31.40 | 02:19:31.40 | 12:41 | 4.7 |
| 9 | BANDOSZ RADOSŁAW DRESLER BARTOSZ | T100 | JW 1889 LĘBORK | SIEMIROWICE | POL | TEAM SPRINT | 9 | M 46 | | 02:25:50.20 | 02:25:50.20 | 13:15 | 4.5 |
| 10 | BŁASZCZYK BRUNON BŁASZCZYK DOMINIKA | T101 | GRAŻYNKI OCR | KONSTANCIN-JEZIORNA | POL | TEAM SPRINT | 10 | M 49 | | 02:29:36.10 | 02:29:36.10 | 13:36 | 4.4 |
| 11 | KRZYWICKI MARCIN ZUCHOWICZ BARTEK | T108 | ZG RUDNA TEAM 13 | GŁOGÓW | POL | TEAM SPRINT | 11 | M 51 | | 02:31:26.45 | 02:31:26.45 | 13:46 | 4.4 |
| 12 | KURPIEWSKI PIOTR KURPIEWSKI MARCIN | T111 | | SKARBIMIERZYCE | POL | TEAM SPRINT | 12 | M 52 | | 02:31:49.75 | 02:31:49.75 | 13:48 | 4.3 |
| 13 | RÓŻYCKI ADRIAN BAJDALA ROBERT | T117 | JEDZIEMY Z TYM KOKSEM | WARSZAWA | POL | TEAM SPRINT | 13 | M 53 | | 02:32:05.65 | 02:32:05.65 | 13:49 | 4.3 |
| 14 | KOLK ANDRZEJ SZMYT DAWID | T104 | 49 BAZA LOTNICZA | | POL | TEAM SPRINT | 14 | M 54 | | 02:34:39.95 | 02:34:39.95 | 14:03 | 4.3 |
| 15 | RYNKIEWICZ DAMIAN SZMAGALSKI MICHAŁ | T118 | | TUREK | POL | TEAM SPRINT | 15 | M 60 | | 02:50:17.85 | 02:50:17.85 | 15:28 | 3.9 |
| 16 | PRZERYWACZ MICHAŁ KARCZEWSKI MARCIN | T116 | | BELCHATÓW | POL | TEAM SPRINT | 16 | M 61 | | 02:50:29.80 | 02:50:29.80 | 15:29 | 3.9 |
| 17 | SARBINOWSKA OLA BILIŃSKA AGNIESZKA | T120 | PROGRESS | GŁOGÓW | POL | TEAM SPRINT | 17 | K 10 | | 02:54:44.20 | 02:54:44.20 | 15:53 | 3.8 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, Team Sprint c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|---------------------------------------|------|------------------------|-----------|------|-------------|--------|------|----------|-------------|-------------|--------|------|
| 18 | KUBOT MATEUSZ FRYCZ ANDRZEJ | T109 | | KĘPNO | POL | TEAM SPRINT | 18 | M 67 | | 02:57:12.75 | 02:57:12.75 | 16:06 | 3.7 |
| 19 | SKORNÓG ADRIANA RADOMSKI KACPER | T122 | | GDYNIA | POL | TEAM SPRINT | 19 | K 11 | | 03:03:16.95 | 03:03:16.95 | 16:39 | 3.6 |
| 20 | DUDA GOSIA KUREK ANNA | T105 | GĄSKI GŁOGÓW | GŁOGÓW | POL | TEAM SPRINT | 20 | K 12 | | 03:03:44.95 | 03:03:44.95 | 16:42 | 3.6 |
| 21 | SALA PAWEŁ BAŃKOWSKI ARTUR | T119 | BULLETRUN | TENCZYŃ | POL | TEAM SPRINT | 21 | M 71 | | 03:16:31.80 | 03:16:31.80 | 17:51 | 3.4 |
| 22 | PIĘTKA PAULA AJZAK ELŻBIETA | T115 | HARDCOROWE WYCHYLYBYMY | OTWOCK | POL | TEAM SPRINT | 22 | K 18 | 00:20:00 | 03:37:22.00 | 03:37:22.00 | 17:56 | 3.3 |
| 23 | SZLACHCIC ALEKSANDER MRÓZ BENIAMIN | T123 | | WROCŁAW | POL | TEAM SPRINT | 23 | M 75 | 00:20:00 | 03:50:20.00 | 03:50:20.00 | 19:07 | 3.1 |
| 24 | LEŚNIEWSKA LILIANA KOS KAROLINA | T112 | HARDCOROWE WYCHYLYBYMY | WARSZAWA | POL | TEAM SPRINT | 24 | K 19 | 00:20:00 | 03:55:01.00 | 03:55:01.00 | 19:32 | 3.1 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, Sprint - K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|---------------------|------|-------------------------|----------------------|------|------------|--------|------|----------|-------------|-------------|--------|------|
| 1 | KOWALSKA NATALIA | S075 | | GDAŃSK | | SPRINT - K | 1 | K 1 | | 01:56:19.90 | 01:56:19.90 | 10:34 | 5.7 |
| 2 | GOSZCZYŃSKA WIOLETA | S011 | HUSARIA RACE TEAM | NOWY DWÓR MAZOWIECKI | POL | SPRINT - K | 2 | K 2 | | 02:01:42.95 | 02:01:42.95 | 11:03 | 5.4 |
| 3 | BARTECKA EWELINA | S050 | WIARUS OBORNIKI | ROŻNOWO | POL | SPRINT - K | 3 | K 3 | | 02:09:10.80 | 02:09:10.80 | 11:44 | 5.1 |
| 4 | TOMASZEWSKA KINGA | S063 | | NOWA WIEŚ | POL | SPRINT - K | 4 | K 4 | | 02:13:50.65 | 02:13:50.65 | 12:10 | 4.9 |
| 5 | KOŚKA ALEKSANDRA | S030 | HUSARIA RACE TEAM | POZNAŃ | POL | SPRINT - K | 5 | K 5 | | 02:27:53.80 | 02:27:53.80 | 13:26 | 4.5 |
| 6 | ADAMCZYK NATALIA | S043 | AKADEMIA WOJSK ŁĄDOWYCH | ŁODYGOWICE | POL | SPRINT - K | 6 | K 6 | 00:40:00 | 02:43:31.00 | 02:43:31.00 | 11:13 | 5.3 |
| 7 | CYGERT MAGDALENA | S072 | | MALBORK | | SPRINT - K | 7 | K 7 | | 02:52:55.10 | 02:52:55.10 | 15:43 | 3.8 |
| 8 | NARKUN AGNIESZKA | S067 | | GDYNIA | POL | SPRINT - K | 8 | K 8 | | 02:53:14.30 | 02:53:14.30 | 15:44 | 3.8 |
| 9 | DOMOSŁAWSKA JOANNA | S061 | | WROCŁAW | POL | SPRINT - K | 9 | K 9 | | 02:53:49.85 | 02:53:49.85 | 15:48 | 3.8 |
| 10 | BAK SYBILLA | H010 | | | POL | SPRINT - K | 10 | K 13 | | 03:06:28.50 | 03:06:28.50 | 16:57 | 3.5 |
| 11 | WYSOCKA EDYTA | S070 | | | | SPRINT - K | 11 | K 14 | | 03:06:28.80 | 03:06:28.80 | 16:57 | 3.5 |
| 12 | JACYNA EMILIA | S047 | | WROCŁAW | POL | SPRINT - K | 12 | K 15 | | 03:11:22.90 | 03:11:22.90 | 17:23 | 3.4 |
| 13 | AFTYKA JOANNA | S048 | | WROCŁAW | POL | SPRINT - K | 13 | K 16 | | 03:11:23.20 | 03:11:23.20 | 17:23 | 3.4 |
| 14 | SELIGA ANIA 'CZAKI' | S020 | BODY ART WARRIORS | STĘSZEW | POL | SPRINT - K | 14 | K 17 | | 03:14:05.10 | 03:14:05.10 | 17:38 | 3.4 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, Sprint - M

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|---------------------------------|------|---------------------------|---------------------|------|------------|--------|------|----------|-------------|-------------|--------|------|
| 1 | BAK DAINEL | A039 | | | POL | SPRINT - M | 1 | M 1 | | 01:22:42.15 | 01:22:42.15 | 7:31 | 8 |
| 2 | POWAŻNY MAREK | S005 | | | POL | SPRINT - M | 2 | M 2 | | 01:30:49.80 | 01:30:49.80 | 8:15 | 7.3 |
| 3 | DZIÓBEK LECH | S066 | | GDAŃSK | POL | SPRINT - M | 3 | M 3 | | 01:31:46.90 | 01:31:46.90 | 8:20 | 7.2 |
| 4 | JÓŻWIK GRZEGORZ | S017 | | WARSZAWA | POL | SPRINT - M | 4 | M 6 | | 01:42:44.25 | 01:42:44.25 | 9:20 | 6.4 |
| 5 | KAFARSKI MARIUSZ | S045 | | CHOJNICE | POL | SPRINT - M | 5 | M 7 | | 01:44:24.85 | 01:44:24.85 | 9:29 | 6.3 |
| 6 | JAKUBCZYK ADAM | S029 | | MIŃSK MAZOWIECKI | POL | SPRINT - M | 6 | M 8 | | 01:45:46.30 | 01:45:46.30 | 9:36 | 6.2 |
| 7 | MERK MARIUSZ | S044 | | SULEJÓW | POL | SPRINT - M | 7 | M 9 | | 01:51:09.25 | 01:51:09.25 | 10:06 | 5.9 |
| 8 | PISAREK ADAM | S069 | | KARTUZY | | SPRINT - M | 8 | M 10 | | 01:51:40.40 | 01:51:40.40 | 10:09 | 5.9 |
| 9 | PIEC BARTŁOMIEJ | S028 | WOJOWNICY WÓDY | | POL | SPRINT - M | 9 | M 11 | | 01:52:56.60 | 01:52:56.60 | 10:16 | 5.8 |
| 10 | OPELT PAWEŁ | S068 | | GDYNIA | | SPRINT - M | 10 | M 13 | | 01:55:08.75 | 01:55:08.75 | 10:28 | 5.7 |
| 11 | MULKOWSKI JAKUB | H017 | | | POL | SPRINT - M | 11 | M 14 | | 01:57:34.40 | 01:57:34.40 | 10:41 | 5.6 |
| 12 | TATAREWICZ ARKADIUSZ TATAREWICZ | S009 | BIGYELLOWFOOT | GDAŃSK | POL | SPRINT - M | 12 | M 15 | | 01:57:49.40 | 01:57:49.40 | 10:42 | 5.6 |
| 13 | KAPICA DAMIAN | S039 | BIGYELLOWFOOT | GDYNIA | POL | SPRINT - M | 13 | M 16 | | 01:57:50.20 | 01:57:50.20 | 10:42 | 5.6 |
| 14 | FOKS JAREK | S023 | | ŻYRARDÓW | POL | SPRINT - M | 14 | M 17 | 00:20:00 | 01:57:53.00 | 01:57:53.00 | 8:53 | 6.7 |
| 15 | GAJEWSKI JACEK | S027 | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | SPRINT - M | 15 | M 19 | | 01:58:25.15 | 01:58:25.15 | 10:45 | 5.6 |
| 16 | JOACHIMIAK JAROSŁAW | S033 | | MROCZA | POL | SPRINT - M | 16 | M 20 | | 01:58:29.10 | 01:58:29.10 | 10:46 | 5.6 |
| 17 | BUDNIK BARTOSZ | S022 | | ŁEB CZ | POL | SPRINT - M | 17 | M 21 | | 01:59:43.90 | 01:59:43.90 | 10:53 | 5.5 |
| 18 | KOSMOWSKI ARTUR | S071 | | | | SPRINT - M | 18 | M 23 | | 02:02:22.00 | 02:02:22.00 | 11:07 | 5.4 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, Sprint - M c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|-----------------------------|------|--------------------------------|-------------------|------|------------|--------|------|----------|-------------|-------------|--------|------|
| 19 | SZADEJKO ADAM | S065 | | GDYNIA | POL | SPRINT - M | 19 | M 25 | | 02:06:35.20 | 02:06:35.20 | 11:30 | 5.2 |
| 20 | CICHAŃSKI BARTOSZ | S016 | | | POL | SPRINT - M | 20 | M 26 | | 02:07:10.15 | 02:07:10.15 | 11:33 | 5.2 |
| 21 | DOLATA KRZYSZTOF | S049 | WIARUS OBORNIKI | OBORNIKI | POL | SPRINT - M | 21 | M 27 | | 02:09:11.25 | 02:09:11.25 | 11:44 | 5.1 |
| 22 | ROŚ JAKUB | A089 | | RUMIA | | SPRINT - M | 22 | M 28 | | 02:09:20.15 | 02:09:20.15 | 11:45 | 5.1 |
| 23 | DUSZEŃKO DAWID | S060 | DEVIL'S GHOST | MŁAWA | POL | SPRINT - M | 23 | M 29 | | 02:10:35.05 | 02:10:35.05 | 11:52 | 5.1 |
| 24 | PRUSAK BARTOSZ | S025 | WOJOWNICY WODY | GDAŃSK | POL | SPRINT - M | 24 | M 30 | | 02:11:13.15 | 02:11:13.15 | 11:55 | 5 |
| 25 | RYCHERT SEWERYN | A091 | | | | SPRINT - M | 25 | M 31 | | 02:13:25.15 | 02:13:25.15 | 12:07 | 4.9 |
| 26 | DUSZEŃKO WOJCIECH | S059 | DEVIL'S GHOST | MŁAWA | POL | SPRINT - M | 26 | M 32 | | 02:14:10.75 | 02:14:10.75 | 12:11 | 4.9 |
| 27 | SZULC SZYMON | S046 | | BIĄŁOGARD | POL | SPRINT - M | 27 | M 33 | | 02:16:23.90 | 02:16:23.90 | 12:23 | 4.8 |
| 28 | ZABRONI RAFAŁ | S010 | 21 PRZEMYSKA DRUŻYNA HARCERSKA | PRZEMYSŁ | POL | SPRINT - M | 28 | M 34 | | 02:17:02.65 | 02:17:02.65 | 12:27 | 4.8 |
| 29 | KUBIK KAROL | S040 | | WARSZAWA | POL | SPRINT - M | 29 | M 35 | | 02:17:08.55 | 02:17:08.55 | 12:28 | 4.8 |
| 30 | FURMANIAK MATEUSZ | S032 | HUSARIA RACE TEAM | MROWINO | POL | SPRINT - M | 30 | M 36 | 00:20:00 | 02:18:02.00 | 02:18:02.00 | 10:43 | 5.6 |
| 31 | KULCZAK PAWEŁ | S003 | DECORA RUNNING TEAM | BRODOWO | POL | SPRINT - M | 31 | M 38 | | 02:19:32.30 | 02:19:32.30 | 12:41 | 4.7 |
| 32 | SIPIORA SZYMON | S064 | | KOLECZKOWO | POL | SPRINT - M | 32 | M 39 | | 02:19:33.25 | 02:19:33.25 | 12:41 | 4.7 |
| 33 | LITZAU MICHAŁ | S002 | | WŁADYSŁAWOWO | POL | SPRINT - M | 33 | M 40 | | 02:19:49.75 | 02:19:49.75 | 12:42 | 4.7 |
| 34 | KOWALSKI TOMASZ | S001 | | GLIWICE | POL | SPRINT - M | 34 | M 41 | | 02:21:31.45 | 02:21:31.45 | 12:51 | 4.7 |
| 35 | WĘGIEL ANDRZEJ | S036 | | DZIERŻONIÓW | POL | SPRINT - M | 35 | M 42 | | 02:21:45.45 | 02:21:45.45 | 12:53 | 4.7 |
| 36 | KRASOŃ JAN | S074 | | | | SPRINT - M | 36 | M 43 | | 02:22:51.75 | 02:22:51.75 | 12:59 | 4.6 |
| 37 | POŁOMSKI MARCIN | S055 | | RUDNO | POL | SPRINT - M | 37 | M 44 | | 02:25:31.30 | 02:25:31.30 | 13:13 | 4.5 |
| 38 | KNITTER MAREK | S052 | | STAROGARD GDAŃSKI | POL | SPRINT - M | 38 | M 45 | | 02:25:31.80 | 02:25:31.80 | 13:13 | 4.5 |
| 39 | DATTA DAWID | S073 | | | | SPRINT - M | 39 | M 47 | | 02:26:30.00 | 02:26:30.00 | 13:19 | 4.5 |
| 40 | JONDA MICHAŁ | S035 | | STANICA | POL | SPRINT - M | 40 | M 48 | | 02:26:53.70 | 02:26:53.70 | 13:21 | 4.5 |
| 41 | GURBIEL TOMASZ | H019 | | GDYNIA | POL | SPRINT - M | 41 | M 50 | | 02:30:21.15 | 02:30:21.15 | 13:40 | 4.4 |
| 42 | HEIDAK PIOTR | S026 | | BYDGOSZCZ | POL | SPRINT - M | 42 | M 55 | | 02:35:06.05 | 02:35:06.05 | 14:06 | 4.3 |
| 43 | KAMIŃSKI ADAM KAMINSKI | S007 | | LONDON | GBR | SPRINT - M | 43 | M 56 | | 02:35:20.70 | 02:35:20.70 | 14:07 | 4.2 |
| 44 | -- | A093 | | | | SPRINT - M | 44 | M 57 | | 02:47:55.50 | 02:47:55.50 | 15:15 | 3.9 |
| 45 | JUREKO ROBERT | S012 | | BRANIEWO | POL | SPRINT - M | 45 | M 58 | | 02:48:10.25 | 02:48:10.25 | 15:17 | 3.9 |
| 46 | KOZŁOWSKI MIKOŁAJ | S057 | | INOWROCŁAW | POL | SPRINT - M | 46 | M 59 | | 02:49:44.75 | 02:49:44.75 | 15:25 | 3.9 |
| 47 | S TOM | S053 | FTW | STARA HUTA | POL | SPRINT - M | 47 | M 62 | | 02:51:05.10 | 02:51:05.10 | 15:33 | 3.9 |
| 48 | DOMOSŁAWSKI PAWEŁ | S062 | | WROCŁAW | POL | SPRINT - M | 48 | M 63 | | 02:53:50.75 | 02:53:50.75 | 15:48 | 3.8 |
| 49 | GRABOWSKI ZBIGNIEW | S013 | | ŁOMIANKI DOLNE | POL | SPRINT - M | 49 | M 64 | | 02:53:58.10 | 02:53:58.10 | 15:48 | 3.8 |
| 50 | PĘCZKOWSKI JAROSŁAW | S051 | | WARSAW | POL | SPRINT - M | 50 | M 65 | | 02:55:46.85 | 02:55:46.85 | 15:58 | 3.8 |
| 51 | GÓRECKI WOJTEK | S058 | | STAPORKÓW | POL | SPRINT - M | 51 | M 66 | | 02:55:57.55 | 02:55:57.55 | 15:59 | 3.8 |
| 52 | DUSSEL MARCIN | S034 | | SZCZECIN | POL | SPRINT - M | 52 | M 68 | | 02:58:54.25 | 02:58:54.25 | 16:15 | 3.7 |
| 53 | KARWASZ KRZYSZTOF | S031 | | KWAKOWO | POL | SPRINT - M | 53 | M 69 | | 03:04:22.65 | 03:04:22.65 | 16:45 | 3.6 |
| 54 | ANDRZEJEWSKI MIŁOSZ 'RAMBO' | S019 | BODY ART WARRIORS | STĘSZEW | POL | SPRINT - M | 54 | M 70 | | 03:14:04.40 | 03:14:04.40 | 17:38 | 3.4 |
| 55 | ZAJEZIERSKI KAMIL | S008 | | PRZEMYSŁ | POL | SPRINT - M | 55 | M 72 | | 03:17:55.70 | 03:17:55.70 | 17:59 | 3.3 |
| 56 | JĘDYCZOWSKI MACIEJ | S015 | 21PDH | PRZEMYSŁ | POL | SPRINT - M | 56 | M 73 | | 03:21:19.50 | 03:21:19.50 | 18:18 | 3.3 |
| 57 | WILAMOWSKI MICHAŁ | S037 | | MOGILNO | POL | SPRINT - M | 57 | M 74 | | 03:25:21.30 | 03:25:21.30 | 18:40 | 3.2 |
| 58 | ZAWADZKI ARKADIUSZ | S042 | | BISZTYNEK | POL | SPRINT - M | 58 | M 76 | | 04:08:14.75 | 04:08:14.75 | 22:34 | 2.7 |
| 59 | ZAWADZKI TOMASZ | S041 | | GÓROWO IŁAWECKIE | POL | SPRINT - M | 59 | M 77 | | 04:08:14.90 | 04:08:14.90 | 22:34 | 2.7 |
| DNS | SOSNOWSKI PIOTR | H003 | | | POL | SPRINT - M | DNS | DNS | | 02:04:37.00 | 02:04:37.00 | 0:00 | 5.3 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, 13:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|-----------------------------------------|------|-----------------------------|-----------|------|-------------|--------|------|---------|-------------|-------------|--------|------|
| 1 | BOBRYK ŁUKASZ HOŁOPA PAWEŁ | T102 | KULAWIE WILKI | KATOWICE | POL | TEAM SPRINT | 1 | M 4 | | 01:39:39.20 | 01:39:39.20 | 9:03 | 6.6 |
| 2 | NIEDŹWIECKI DANIEL RUTKOWSKI MARIUSZ | T114 | SGO GDAŃSK | GDAŃSK | POL | TEAM SPRINT | 2 | M 5 | | 01:41:28.25 | 01:41:28.25 | 9:13 | 6.5 |
| 3 | JANKOWIAK DOMINIK RYŚ PRZEMYSŁAW | T106 | | ŚREM | POL | TEAM SPRINT | 3 | M 12 | | 01:54:03.50 | 01:54:03.50 | 10:22 | 5.8 |
| 4 | KUPIS HUBERT MIKOŁAJCZAK WOJCIECH | T110 | AKADEMIA MARYNARKI WOJENNEJ | OPOCZNO | POL | TEAM SPRINT | 4 | M 18 | | 01:57:56.25 | 01:57:56.25 | 10:43 | 5.6 |
| 5 | KREFT SYLWESTER KREFT ADAM | T107 | TEAM KREFT | RUMIA | POL | TEAM SPRINT | 5 | M 22 | | 02:01:22.65 | 02:01:22.65 | 11:02 | 5.4 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, 13:00 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|------------------------------------------|------|------------------------|---------------------|------|-------------|--------|------|----------|-------------|-------------|--------|------|
| 6 | | T126 | | | | TEAM SPRINT | 6 | 1 | | 02:04:25.45 | 02:04:25.45 | 11:18 | 5.3 |
| 7 | RUTKOWSKI MARIUSZ RUTKOWSKI MACIEJ | T127 | | | | TEAM SPRINT | 7 | M 24 | | 02:04:29.85 | 02:04:29.85 | 11:19 | 5.3 |
| 8 | KWIATKOWSKI TOMASZ KOWNACKI KRZYSZTOF | T125 | | | | TEAM SPRINT | 8 | M 37 | | 02:19:31.40 | 02:19:31.40 | 12:41 | 4.7 |
| 9 | BANDOSZ RADOŚLAW DRESLER BARTOSZ | T100 | JW 1889 LĘBORK | SIEMIROWICE | POL | TEAM SPRINT | 9 | M 46 | | 02:25:50.20 | 02:25:50.20 | 13:15 | 4.5 |
| 10 | BŁASZCZYK BRUNON BŁASZCZYK DOMINIKA | T101 | GRAŻYŃKI OCR | KONSTANCIN-JEZIORNA | POL | TEAM SPRINT | 10 | M 49 | | 02:29:36.10 | 02:29:36.10 | 13:36 | 4.4 |
| 11 | KRZYWICKI MARCIN ZUCHOWICZ BARTEK | T108 | ZG RUDNA TEAM 13 | GŁOGÓW | POL | TEAM SPRINT | 11 | M 51 | | 02:31:26.45 | 02:31:26.45 | 13:46 | 4.4 |
| 12 | KURPIEWSKI PIOTR KURPIEWSKI MARCIN | T111 | | SKARBIMIERZYCE | POL | TEAM SPRINT | 12 | M 52 | | 02:31:49.75 | 02:31:49.75 | 13:48 | 4.3 |
| 13 | RÓŻYCKI ADRIAN BAJDALA ROBERT | T117 | JEDZIEMY Z TYM KOKSEM | WARSZAWA | POL | TEAM SPRINT | 13 | M 53 | | 02:32:05.65 | 02:32:05.65 | 13:49 | 4.3 |
| 14 | KOLK ANDRZEJ SZMYT DAWID | T104 | 49 BAZA LOTNICZA | | POL | TEAM SPRINT | 14 | M 54 | | 02:34:39.95 | 02:34:39.95 | 14:03 | 4.3 |
| 15 | RYNKIEWICZ DAMIAN SZMAGALSKI MICHAŁ | T118 | | TUREK | POL | TEAM SPRINT | 15 | M 60 | | 02:50:17.85 | 02:50:17.85 | 15:28 | 3.9 |
| 16 | PRZERYWACZ MICHAŁ KARCZEWSKI MARCIN | T116 | | BEŁCHATÓW | POL | TEAM SPRINT | 16 | M 61 | | 02:50:29.80 | 02:50:29.80 | 15:29 | 3.9 |
| 17 | SARBINOWSKA OLA BILIŃSKA AGNIESZKA | T120 | PROGRESS | GŁOGÓW | POL | TEAM SPRINT | 17 | K 10 | | 02:54:44.20 | 02:54:44.20 | 15:53 | 3.8 |
| 18 | KUBOT MATEUSZ FRYCZ ANDRZEJ | T109 | | KĘPNO | POL | TEAM SPRINT | 18 | M 67 | | 02:57:12.75 | 02:57:12.75 | 16:06 | 3.7 |
| 19 | SKORNÓG ADRIANA RADOMSKI KACPER | T122 | | GDYNIA | POL | TEAM SPRINT | 19 | K 11 | | 03:03:16.95 | 03:03:16.95 | 16:39 | 3.6 |
| 20 | DUDA GOSIA KUREK ANNA | T105 | GĄSKI GŁOGÓW | GŁOGÓW | POL | TEAM SPRINT | 20 | K 12 | | 03:03:44.95 | 03:03:44.95 | 16:42 | 3.6 |
| 21 | SALA PAWEŁ BAŃKOWSKI ARTUR | T119 | BULLETRUN | TENCZYN | POL | TEAM SPRINT | 21 | M 71 | | 03:16:31.80 | 03:16:31.80 | 17:51 | 3.4 |
| 22 | PIĘTKA PAULA AJZAK ELŻBIETA | T115 | HARDCOROWE WYCHYLYBYMY | OTWOCK | POL | TEAM SPRINT | 22 | K 18 | 00:20:00 | 03:37:22.00 | 03:37:22.00 | 17:56 | 3.3 |
| 23 | LEŚNIEWSKA LILIANA KOS KAROLINA | T112 | HARDCOROWE WYCHYLYBYMY | WARSZAWA | POL | TEAM SPRINT | 24 | K 19 | 00:20:00 | 03:55:01.00 | 03:55:01.00 | 19:32 | 3.1 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, 14:00

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|------------------------------------|------|---------------------------|---------------------|------|------------|--------|------|---------|-------------|-------------|--------|------|
| 1 | BAK DAINEL | A039 | | | POL | SPRINT - M | 1 | M 1 | | 01:22:42.15 | 01:22:42.15 | 7:31 | 8 |
| 2 | POWAŻNY MAREK | S005 | | | POL | SPRINT - M | 2 | M 2 | | 01:30:49.80 | 01:30:49.80 | 8:15 | 7.3 |
| 3 | DZIÓBEK LECH | S066 | | GDAŃSK | POL | SPRINT - M | 3 | M 3 | | 01:31:46.90 | 01:31:46.90 | 8:20 | 7.2 |
| 4 | JÓŻWIK GRZEGORZ | S017 | | WARSZAWA | POL | SPRINT - M | 4 | M 6 | | 01:42:44.25 | 01:42:44.25 | 9:20 | 6.4 |
| 5 | KAFARSKI MARIUSZ | S045 | | CHOJNICE | POL | SPRINT - M | 5 | M 7 | | 01:44:24.85 | 01:44:24.85 | 9:29 | 6.3 |
| 6 | JAKUBCZYK ADAM | S029 | | MIŃSK MAZOWIECKI | POL | SPRINT - M | 6 | M 8 | | 01:45:46.30 | 01:45:46.30 | 9:36 | 6.2 |
| 7 | MERK MARIUSZ | S044 | | SULEJÓW | POL | SPRINT - M | 7 | M 9 | | 01:51:09.25 | 01:51:09.25 | 10:06 | 5.9 |
| 8 | PISAREK ADAM | S069 | | KARTUZY | | SPRINT - M | 8 | M 10 | | 01:51:40.40 | 01:51:40.40 | 10:09 | 5.9 |
| 9 | PIEC BARTŁOMIEJ | S028 | WOJOWNICY WODY | | POL | SPRINT - M | 9 | M 11 | | 01:52:56.60 | 01:52:56.60 | 10:16 | 5.8 |
| 10 | OPELT PAWEŁ | S068 | | GDYNIA | | SPRINT - M | 10 | M 13 | | 01:55:08.75 | 01:55:08.75 | 10:28 | 5.7 |
| 11 | KOWALSKA NATALIA | S075 | | GDAŃSK | | SPRINT - K | 1 | K 1 | | 01:56:19.90 | 01:56:19.90 | 10:34 | 5.7 |
| 12 | MUŁKOWSKI JAKUB | H017 | | | POL | SPRINT - M | 11 | M 14 | | 01:57:34.40 | 01:57:34.40 | 10:41 | 5.6 |
| 13 | TATAREWICZ ARKADIUSZ TATAREWICZ | S009 | BIGYELLOWFOOT | GDAŃSK | POL | SPRINT - M | 12 | M 15 | | 01:57:49.40 | 01:57:49.40 | 10:42 | 5.6 |
| 14 | KAPICA DAMIAN | S039 | BIGYELLOWFOOT | GDYNIA | POL | SPRINT - M | 13 | M 16 | | 01:57:50.20 | 01:57:50.20 | 10:42 | 5.6 |
| 15 | FOKS JAREK | S023 | | ŻYRARDÓW | POL | SPRINT - M | 14 | M 17 | | 01:57:53.00 | 01:57:53.00 | 8:53 | 6.7 |
| 16 | GAJEWSKI JACEK | S027 | DOGOŃ GRODZISK MAZOWIECKI | GRODZISK MAZOWIECKI | POL | SPRINT - M | 15 | M 19 | | 01:58:25.15 | 01:58:25.15 | 10:45 | 5.6 |
| 17 | JOACHIMIAK JAROSŁAW | S033 | | MRODZA | POL | SPRINT - M | 16 | M 20 | | 01:58:29.10 | 01:58:29.10 | 10:46 | 5.6 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, 14:00 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|---------------------------------------|------|--------------------------------|----------------------|------|-------------|--------|------|----------|-------------|-------------|--------|------|
| 18 | BUDNIK BARTOSZ | S022 | | ŁEBCZ | POL | SPRINT - M | 17 | M 21 | | 01:59:43.90 | 01:59:43.90 | 10:53 | 5.5 |
| 19 | GOSZCZYŃSKA WIOLETA | S011 | HUSARIA RACE TEAM | NOWY DWÓR MAZOWIECKI | POL | SPRINT - K | 2 | K 2 | | 02:01:42.95 | 02:01:42.95 | 11:03 | 5.4 |
| 20 | KOSMOWSKI ARTUR | S071 | | | | SPRINT - M | 18 | M 23 | | 02:02:22.00 | 02:02:22.00 | 11:07 | 5.4 |
| 21 | SZAJEKO ADAM | S065 | | GDYNIA | POL | SPRINT - M | 19 | M 25 | | 02:06:35.20 | 02:06:35.20 | 11:30 | 5.2 |
| 22 | CICHAŃSKI BARTOSZ | S016 | | | POL | SPRINT - M | 20 | M 26 | | 02:07:10.15 | 02:07:10.15 | 11:33 | 5.2 |
| 23 | BARTECKA EWELINA | S050 | WIARUS OBORNIKI | ROŻNOWO | POL | SPRINT - K | 3 | K 3 | | 02:09:10.80 | 02:09:10.80 | 11:44 | 5.1 |
| 24 | DOLATA KRZYSZTOF | S049 | WIARUS OBORNIKI | OBORNIKI | POL | SPRINT - M | 21 | M 27 | | 02:09:11.25 | 02:09:11.25 | 11:44 | 5.1 |
| 25 | ROŚ JAKUB | A089 | | RUMIA | | SPRINT - M | 22 | M 28 | | 02:09:20.15 | 02:09:20.15 | 11:45 | 5.1 |
| 26 | -- | A094 | | | | | 2 | | | 02:09:51.55 | 02:09:51.55 | 11:48 | 5.1 |
| 27 | DUSZEŃKO DAWID | S060 | DEVIL'S GHOST | MŁAWA | POL | SPRINT - M | 23 | M 29 | | 02:10:35.05 | 02:10:35.05 | 11:52 | 5.1 |
| 28 | PRUSAK BARTOSZ | S025 | WOJOWNICY WÓDY | GDANSK | POL | SPRINT - M | 24 | M 30 | | 02:11:13.15 | 02:11:13.15 | 11:55 | 5 |
| 29 | RYCHERT SEWERYN | A091 | | | | SPRINT - M | 25 | M 31 | | 02:13:25.15 | 02:13:25.15 | 12:07 | 4.9 |
| 30 | TOMASZEWSKA KINGA | S063 | | NOWA WIEŚ | POL | SPRINT - K | 4 | K 4 | | 02:13:50.65 | 02:13:50.65 | 12:10 | 4.9 |
| 31 | DUSZEŃKO WOJCIECH | S059 | DEVIL'S GHOST | MŁAWA | POL | SPRINT - M | 26 | M 32 | | 02:14:10.75 | 02:14:10.75 | 12:11 | 4.9 |
| 32 | SZULC SZYMON | S046 | | BIĄŁOGARD | POL | SPRINT - M | 27 | M 33 | | 02:16:23.90 | 02:16:23.90 | 12:23 | 4.8 |
| 33 | ZABRONI RAFAŁ | S010 | 21 PRZEMYSKA DRUŻYNA HARCERSKA | PRZEMYŚL | POL | SPRINT - M | 28 | M 34 | | 02:17:02.65 | 02:17:02.65 | 12:27 | 4.8 |
| 34 | KUBIK KAROL | S040 | | WARSZAWA | POL | SPRINT - M | 29 | M 35 | | 02:17:08.55 | 02:17:08.55 | 12:28 | 4.8 |
| 35 | FURMANIAK MATEUSZ | S032 | HUSARIA RACE TEAM | MROWINO | POL | SPRINT - M | 30 | M 36 | 00:20:00 | 02:18:02.00 | 02:18:02.00 | 10:43 | 5.6 |
| 36 | KULCZAK PAWEŁ | S003 | DECORA RUNNING TEAM | BRODOWO | POL | SPRINT - M | 31 | M 38 | | 02:19:32.30 | 02:19:32.30 | 12:41 | 4.7 |
| 37 | SIPIORA SZYMON | S064 | | KOLECZKOWO | POL | SPRINT - M | 32 | M 39 | | 02:19:33.25 | 02:19:33.25 | 12:41 | 4.7 |
| 38 | LITZAU MICHAŁ | S002 | | WŁADYSŁAWOWO | POL | SPRINT - M | 33 | M 40 | | 02:19:49.75 | 02:19:49.75 | 12:42 | 4.7 |
| 39 | KOWALSKI TOMASZ | S001 | | GLIWICE | POL | SPRINT - M | 34 | M 41 | | 02:21:31.45 | 02:21:31.45 | 12:51 | 4.7 |
| 40 | WĘGIEL ANDRZEJ | S036 | | DZIERŻONIÓW | POL | SPRINT - M | 35 | M 42 | | 02:21:45.45 | 02:21:45.45 | 12:53 | 4.7 |
| 41 | KRASOŃ JAN | S074 | | | | SPRINT - M | 36 | M 43 | | 02:22:51.75 | 02:22:51.75 | 12:59 | 4.6 |
| 42 | POŁOMSKI MARCIN | S055 | | RUDNO | POL | SPRINT - M | 37 | M 44 | | 02:25:31.30 | 02:25:31.30 | 13:13 | 4.5 |
| 43 | KNITTER MAREK | S052 | | STAROGARD GDANSKI | POL | SPRINT - M | 38 | M 45 | | 02:25:31.80 | 02:25:31.80 | 13:13 | 4.5 |
| 44 | DATTA DAWID | S073 | | | | SPRINT - M | 39 | M 47 | | 02:26:30.00 | 02:26:30.00 | 13:19 | 4.5 |
| 45 | JONDA MICHAŁ | S035 | | STANICA | POL | SPRINT - M | 40 | M 48 | | 02:26:53.70 | 02:26:53.70 | 13:21 | 4.5 |
| 46 | KOŚKA ALEKSANDRA | S030 | HUSARIA RACE TEAM | POZNAŃ | POL | SPRINT - K | 5 | K 5 | | 02:27:53.80 | 02:27:53.80 | 13:26 | 4.5 |
| 47 | GURBIEL TOMASZ | H019 | | GDYNIA | POL | SPRINT - M | 41 | M 50 | | 02:30:21.15 | 02:30:21.15 | 13:40 | 4.4 |
| 48 | HEIDAK PIOTR | S026 | | BYDGOSZCZ | POL | SPRINT - M | 42 | M 55 | | 02:35:06.05 | 02:35:06.05 | 14:06 | 4.3 |
| 49 | KAMIŃSKI ADAM KAMINSKI | S007 | | LONDON | GBR | SPRINT - M | 43 | M 56 | | 02:35:20.70 | 02:35:20.70 | 14:07 | 4.2 |
| 50 | ADAMCZYK NATALIA | S043 | AKADEMIA WOJSK ŁĄDOWYCH | ŁODYGOWICE | POL | SPRINT - K | 6 | K 6 | 00:40:00 | 02:43:31.00 | 02:43:31.00 | 11:13 | 5.3 |
| 51 | -- | A093 | | | | SPRINT - M | 44 | M 57 | | 02:47:55.50 | 02:47:55.50 | 15:15 | 3.9 |
| 52 | JUREKO ROBERT | S012 | | BRANIEWO | POL | SPRINT - M | 45 | M 58 | | 02:48:10.25 | 02:48:10.25 | 15:17 | 3.9 |
| 53 | KOZŁOWSKI MIKOŁAJ | S057 | | INOWROCŁAW | POL | SPRINT - M | 46 | M 59 | | 02:49:44.75 | 02:49:44.75 | 15:25 | 3.9 |
| 54 | S TOM | S053 | FTW | STARA HUTA | POL | SPRINT - M | 47 | M 62 | | 02:51:05.10 | 02:51:05.10 | 15:33 | 3.9 |
| 55 | CYGERT MAGDALENA | S072 | | MALBORK | | SPRINT - K | 7 | K 7 | | 02:52:55.10 | 02:52:55.10 | 15:43 | 3.8 |
| 56 | NARKUN AGNIESZKA | S067 | | GDYNIA | POL | SPRINT - K | 8 | K 8 | | 02:53:14.30 | 02:53:14.30 | 15:44 | 3.8 |
| 57 | DOMOSŁAWSKA JOANNA | S061 | | WROCŁAW | POL | SPRINT - K | 9 | K 9 | | 02:53:49.85 | 02:53:49.85 | 15:48 | 3.8 |
| 58 | DOMOSŁAWSKI PAWEŁ | S062 | | WROCŁAW | POL | SPRINT - M | 48 | M 63 | | 02:53:50.75 | 02:53:50.75 | 15:48 | 3.8 |
| 59 | GRABOWSKI ZBIGNIEW | S013 | | ŁOMIANKI DOLNE | POL | SPRINT - M | 49 | M 64 | | 02:53:58.10 | 02:53:58.10 | 15:48 | 3.8 |
| 60 | PĘCZKOWSKI JAROSŁAW | S051 | | WARSAW | POL | SPRINT - M | 50 | M 65 | | 02:55:46.85 | 02:55:46.85 | 15:58 | 3.8 |
| 61 | GÓRECKI WOJTEK | S058 | | STAPORKÓW | POL | SPRINT - M | 51 | M 66 | | 02:55:57.55 | 02:55:57.55 | 15:59 | 3.8 |
| 62 | DUSSEL MARCIN | S034 | | SZCZECIN | POL | SPRINT - M | 52 | M 68 | | 02:58:54.25 | 02:58:54.25 | 16:15 | 3.7 |
| 63 | KARWASZ KRZYSZTOF | S031 | | KWAKOWO | POL | SPRINT - M | 53 | M 69 | | 03:04:22.65 | 03:04:22.65 | 16:45 | 3.6 |
| 64 | BAK SYBILLA | H010 | | | POL | SPRINT - K | 10 | K 13 | | 03:06:28.50 | 03:06:28.50 | 16:57 | 3.5 |
| 65 | WYSOCKA EDYTA | S070 | | | | SPRINT - K | 11 | K 14 | | 03:06:28.80 | 03:06:28.80 | 16:57 | 3.5 |
| 66 | JACYNA EMILIA | S047 | | WROCŁAW | POL | SPRINT - K | 12 | K 15 | | 03:11:22.90 | 03:11:22.90 | 17:23 | 3.4 |
| 67 | AFTYKA JOANNA | S048 | | WROCŁAW | POL | SPRINT - K | 13 | K 16 | | 03:11:23.20 | 03:11:23.20 | 17:23 | 3.4 |
| 68 | ANDRZEJEWSKI MIŁOSZ 'RAMBO' | S019 | BODY ART WARRIORS | STĘSZEW | POL | SPRINT - M | 54 | M 70 | | 03:14:04.40 | 03:14:04.40 | 17:38 | 3.4 |
| 69 | SELIGA ANIA 'CZAKI' | S020 | BODY ART WARRIORS | STĘSZEW | POL | SPRINT - K | 14 | K 17 | | 03:14:05.10 | 03:14:05.10 | 17:38 | 3.4 |
| 70 | ZAJEZIERSKI KAMIL | S008 | | PRZEMYŚL | POL | SPRINT - M | 55 | M 72 | | 03:17:55.70 | 03:17:55.70 | 17:59 | 3.3 |
| 71 | JĘDYCZOWSKI MACIEJ | S015 | 21PDH | PRZEMYŚL | POL | SPRINT - M | 56 | M 73 | | 03:21:19.50 | 03:21:19.50 | 18:18 | 3.3 |
| 72 | WILAMOWSKI MICHAŁ | S037 | | MOGIŁNO | POL | SPRINT - M | 57 | M 74 | | 03:25:21.30 | 03:25:21.30 | 18:40 | 3.2 |
| 73 | SZLACHCIC ALEKSANDER MRÓZ BENIAMIN | T123 | | WROCŁAW | POL | TEAM SPRINT | 23 | M 75 | 00:20:00 | 03:50:20.00 | 03:50:20.00 | 19:07 | 3.1 |

BIEG MORSKIEGO KOMANDOSA 2019 - SPRINT 11KM, 14:00 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Kar/Bon | Netto | Brutto | min/km | km/h |
|------|--------------------|------|------|-----------------|------|------------|--------|------|---------|-------------|-------------|--------|------|
| 74 | ZAWADZKI ARKADIUSZ | S042 | | BISZTYNEK | POL | SPRINT - M | 58 | M 76 | | 04:08:14.75 | 04:08:14.75 | 22:34 | 2.7 |
| 75 | ZAWADZKI TOMASZ | S041 | | GÓROWO ŁAWECKIE | POL | SPRINT - M | 59 | M 77 | | 04:08:14.90 | 04:08:14.90 | 22:34 | 2.7 |
| DNS | SOSNOWSKI PIOTR | H003 | | | POL | SPRINT - M | DNS | DNS | | 02:04:37.00 | 02:04:37.00 | 0:00 | 5.3 |