



## V BIEG PRZEŁAJOWY MARYNARSKA DYCHA - 10 KM

B4SPORT

**Wydarzenie:** V BIEG PRZEŁAJOWY MARYNARSKA DYCHA im. admirała floty Andrzeja KARWETY  
**Organizator:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)  
**Data:** 2020-09-26  
**Miejsce:** Ustka  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>300</b>	1 BATALION ZMECHANIZOWANY LĘBORK	M40-49	1	<b>00:30:07.55</b>		3:45	15.9 (100%)
2	<b>PELO Artur</b>	<b>229</b>	7 BRYGADA OBRONY WYBRZEŻA	SM-M40-49	1	<b>00:32:03.70</b>	+00:01:56 (6.0%)	4:00	15 (94.3%)
3	<b>RUDNIK Krzysztof</b>	<b>157</b>		M40-49	2	<b>00:32:15.05</b>	+00:02:07 (6.6%)	4:01	14.9 (93.7%)
4	<b>PACHOLCZYK Krzysztof</b>	<b>133</b>		M30-39	1	<b>00:33:47.10</b>	+00:03:39 (10.8%)	4:13	14.2 (89.3%)
5	<b>BOKACZ Piotr</b>	<b>7</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30-39	2	<b>00:35:05.05</b>	+00:04:57 (14.1%)	4:23	13.7 (86.2%)
6	<b>PYTLAK Michał</b>	<b>150</b>	7 BRYGADA OBRONY WYBRZEŻA	SM-M18-29	1	<b>00:35:09.55</b>	+00:05:02 (14.3%)	4:23	13.7 (86.2%)
7	<b>WEGNER Stachu</b>	<b>203</b>		M30-39	3	<b>00:35:34.45</b>	+00:05:26 (15.3%)	4:26	13.5 (84.9%)
8	<b>PIONK Rafał</b>	<b>139</b>	KOMENDA PORTU WOJENNEGO GDYNIA	SM-M30-39	1	<b>00:35:50.10</b>	+00:05:42 (15.9%)	4:28	13.4 (84.3%)
9	<b>LACHOWCZ Adrian</b>	<b>92</b>		M30-39	4	<b>00:36:15.90</b>	+00:06:08 (16.9%)	4:31	13.2 (83.0%)
10	<b>WEGNER Przemysław</b>	<b>202</b>	MOWI RUNNING TEAM	M40-49	3	<b>00:36:56.55</b>	+00:06:49 (18.5%)	4:37	13 (81.8%)
11	<b>MIKICIUK Piotr</b>	<b>113</b>	USB USTKA	M40-49	4	<b>00:37:53.05</b>	+00:07:45 (20.5%)	4:44	12.7 (79.9%)
12	<b>JANKOWSKI Grzegorz</b>	<b>43</b>	POZYTYWNI NAKRĘCONY	M40-49	5	<b>00:38:04.80</b>	+00:07:57 (20.9%)	4:45	12.6 (79.2%)
13	<b>WŁAŚNIAK Łukasz</b>	<b>209</b>	MOWI	M18-29	1	<b>00:38:05.30</b>	+00:07:57 (20.9%)	4:45	12.6 (79.2%)
14	<b>NAGÓREK Krzysztof</b>	<b>118</b>	TUPOT USTKA	M60+	1	<b>00:38:25.40</b>	+00:08:17 (21.6%)	4:48	12.5 (78.6%)
15	<b>PĘKAŁA Piotr</b>	<b>136</b>	SP MANOWO	M40-49	6	<b>00:38:36.20</b>	+00:08:28 (22.0%)	4:49	12.4 (78.0%)
16	<b>DUDA Grzegorz</b>	<b>22</b>	BEST BEASTS	SM-M40-49	2	<b>00:39:08.80</b>	+00:09:01 (23.0%)	4:53	12.3 (77.4%)
17	<b>WIECZOREK Łukasz</b>	<b>206</b>		SM-M30-39	2	<b>00:39:16.85</b>	+00:09:09 (23.3%)	4:54	12.2 (76.7%)
18	<b>KALIŃSKI Przemysław</b>	<b>53</b>	FARM FRITES POLAND SA	M30-39	5	<b>00:39:38.25</b>	+00:09:30 (24.0%)	4:57	12.1 (76.1%)
19	<b>ANDRYSKOWSKI Zdzisław</b>	<b>1</b>	STOWARZYSZENIE 42,2 LĘBORK	M50-59	1	<b>00:40:01.25</b>	+00:09:53 (24.7%)	5:00	12 (75.5%)
20	<b>GAWEŁ Zbigniew</b>	<b>28</b>	POMERIDERS SŁUPSK	M60+	2	<b>00:40:17.00</b>	+00:10:09 (25.2%)	5:02	11.9 (74.8%)
21	<b>GLINKA Agnieszka</b>	<b>30</b>	KREATIVSPORT	K30-39	1	<b>00:40:22.15</b>	+00:10:14 (25.4%)	5:02	11.9 (74.8%)
22	<b>PRĘTNIK Dawid</b>	<b>145</b>	OSNIP WP	SM-M30-39	3	<b>00:40:28.95</b>	+00:10:21 (25.6%)	5:03	11.9 (74.8%)
23	<b>TOMCZAK Dominik</b>	<b>189</b>	MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE	M40-49	7	<b>00:41:04.10</b>	+00:10:56 (26.6%)	5:08	11.7 (73.6%)
24	<b>SZYMAŃSKI Piotr</b>	<b>182</b>		M40-49	8	<b>00:41:13.40</b>	+00:11:05 (26.9%)	5:09	11.6 (73.0%)
25	<b>KAROLEWSKA Anna</b>	<b>60</b>	KOMENDA PORTU WOJENNEGO GDYNIA	K30-39	2	<b>00:41:28.95</b>	+00:11:21 (27.4%)	5:11	11.6 (73.0%)
26	<b>KARPOWICZ Tomek</b>	<b>61</b>		M30-39	6	<b>00:41:33.10</b>	+00:11:25 (27.5%)	5:11	11.6 (73.0%)
27	<b>KUNKE Tomasz</b>	<b>88</b>	13 WOG GRUDZIĄDZ	M40-49	9	<b>00:41:45.55</b>	+00:11:38 (27.9%)	5:13	11.5 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
28	WĘSIERSKA-MUŁYK Marzena	191	NIGHT RUNNERS SŁUPSK	K30-39	3	00:41:51.00	+00:11:43 (28.0%)	5:13	11.5 (72.3%)
29	SOMINKA Andrzej	162	SOBIESAMBIEGAM (SSB)	M50-59	2	00:41:54.60	+00:11:47 (28.1%)	5:14	11.5 (72.3%)
30	PAWLIK Krystian	134	USB USTKA	M18-29	2	00:42:11.35	+00:12:03 (28.6%)	5:16	11.4 (71.7%)
31	BOWNIK Wojciech	9	BALTIC SEALS	M30-39	7	00:42:22.90	+00:12:15 (28.9%)	5:17	11.3 (71.1%)
32	MAŃCZAK Roman	104		M30-39	8	00:42:33.70	+00:12:26 (29.2%)	5:19	11.3 (71.1%)
33	KOSIEDOWSKI Sebastian	74	USB USTKA	M30-39	9	00:42:42.65	+00:12:35 (29.5%)	5:20	11.2 (70.4%)
34	GIERCZAK Piotr	29		M30-39	10	00:42:46.30	+00:12:38 (29.6%)	5:20	11.2 (70.4%)
35	BLUMA Tomasz	5		M30-39	11	00:42:47.85	+00:12:40 (29.6%)	5:20	11.2 (70.4%)
36	KWIETNIEWSKI Daniel	91		M40-49	10	00:42:52.70	+00:12:45 (29.7%)	5:21	11.2 (70.4%)
37	KOŁAKOWSKI Piotr	67		M40-49	11	00:42:54.65	+00:12:47 (29.8%)	5:21	11.2 (70.4%)
38	ROŚLAWSKI Grzegorz	156	BIEGAJĄCE GASTRO DZIKI	M30-39	12	00:42:54.90	+00:12:47 (29.8%)	5:21	11.2 (70.4%)
39	OLSZAR Grzegorz	131	DARŁOWSKIE CHARTY	M30-39	13	00:43:03.75	+00:12:56 (30.0%)	5:22	11.1 (69.8%)
40	JASIŃSKI Stanisław	45		M30-39	14	00:43:08.45	+00:13:00 (30.2%)	5:23	11.1 (69.8%)
41	RACZYŃSKI Roman	152	GASTRO DZIKI	M40-49	12	00:43:13.20	+00:13:05 (30.3%)	5:24	11.1 (69.8%)
42	ZIELIŃSKI Damian	223	KLUB BIEGACZA DARŁOWSKIE CHARTY	M30-39	15	00:43:16.80	+00:13:09 (30.4%)	5:24	11.1 (69.8%)
43	KWAS August	226	CSIL/BIEGUSIEM.PL	SM-M40-49	3	00:43:17.20	+00:13:09 (30.4%)	5:24	11.1 (69.8%)
44	LUBIŃSKI Kamil	97	GDYŃSKI DYWIZJON OKRĘTÓW BOJOWYCH	SM-M18-29	2	00:43:24.90	+00:13:17 (30.6%)	5:25	11.1 (69.8%)
45	STRUŚ Artur	230	KB BRYZA POSTOMINO	M50-59	3	00:43:27.25	+00:13:19 (30.7%)	5:25	11 (69.2%)
46	PIETRZYCKI Sławomir	138	BRYGADA LOTNICTWA MW	SM-M40-49	4	00:43:32.25	+00:13:24 (30.8%)	5:26	11 (69.2%)
47	GRZECHULSKI Piotr	36	MJR	M40-49	13	00:43:47.15	+00:13:39 (31.2%)	5:28	11 (69.2%)
48	PSZCZÓŁKOWSKI Tomasz	148	OŚRODEK SZKOLENIA NURKÓWPŁETWONURKÓW WP	M40-49	14	00:44:17.40	+00:14:09 (32.0%)	5:32	10.8 (67.9%)
49	WIŚNIEWSKI Krzysztof	208	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	SM-M40-49	5	00:44:28.95	+00:14:21 (32.3%)	5:33	10.8 (67.9%)
50	KARCZEWSKI Piotr	59	BEST BEASTS	SM-M30-39	4	00:44:32.30	+00:14:24 (32.4%)	5:34	10.8 (67.9%)
51	PLATA Wojciech	141		SM-M30-39	5	00:44:36.00	+00:14:28 (32.5%)	5:34	10.8 (67.9%)
52	OLESZEK Jerzy	130	SZKOŁA PODOFICERSKA MW	SM-M40-49	6	00:44:36.65	+00:14:29 (32.5%)	5:34	10.8 (67.9%)
53	NOWAK Paweł	123	BALTIC SEALS	M18-29	3	00:45:02.30	+00:14:54 (33.1%)	5:37	10.7 (67.3%)
54	NOWAK Agnieszka	267	7 BOW	SM-K30-39	1	00:45:03.55	+00:14:56 (33.1%)	5:37	10.7 (67.3%)
55	ZIELONKA Mateusz	224	BALTIC SEALS / 7BOW	M30-39	16	00:45:06.65	+00:14:59 (33.2%)	5:38	10.6 (66.7%)
56	GRÓDECKI Krzysztof	35	BERSERKERS TEAM	M30-39	17	00:45:08.00	+00:15:00 (33.3%)	5:38	10.6 (66.7%)
57	KWAPIS Wojciech	19		SM-M40-49	7	00:45:09.55	+00:15:02 (33.3%)	5:38	10.6 (66.7%)
58	ŚNIEŻKO Marek	184		M40-49	15	00:45:14.15	+00:15:06 (33.4%)	5:39	10.6 (66.7%)
59	RAPINCZUK Jan	154	BIURO DO SPRAW PROGRAMU ZOSTAŃ ŻOŁNIERZEM RZECZYPOSPOLITEJ	M40-49	16	00:45:19.40	+00:15:11 (33.5%)	5:39	10.6 (66.7%)
60	WÓJTOWICZ Robert	216	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	SM-M40-49	8	00:45:20.45	+00:15:12 (33.6%)	5:40	10.6 (66.7%)
61	NOWACKI Zbigniew	121		M50-59	4	00:45:20.80	+00:15:13 (33.6%)	5:40	10.6 (66.7%)
62	ZDUNEK Krzysztof	220	W.P.K. SŁOŃ TEAM USTKA	M40-49	17	00:45:22.20	+00:15:14 (33.6%)	5:40	10.6 (66.7%)
63	JANCZEWSKI Jacek	42	ROZBIEGANY KOSZALIN	M40-49	18	00:45:38.20	+00:15:30 (34.0%)	5:42	10.5 (66.0%)
64	SZYSZKOWSKI Tomasz	183	FOR-REST-RUN KOSZALIN	M30-39	18	00:45:49.55	+00:15:42 (34.3%)	5:43	10.5 (66.0%)
65	KONCEWICZ Aneta	68	6 OLIWSKI OŚRODEK RADIOELEKTRONICZNY	SM-K18-29	1	00:45:52.60	+00:15:45 (34.3%)	5:44	10.5 (66.0%)
66	KACZMARCZYK Remigiusz	51		M40-49	19	00:45:55.00	+00:15:47 (34.4%)	5:44	10.5 (66.0%)
67	KANIAK Sławomir	58		M40-49	20	00:45:57.00	+00:15:49 (34.4%)	5:44	10.4 (65.4%)
68	MATUSZEWSKI Rafał	108	7 BRYGADA OBRONY WYBRZEŻA	SM-M40-49	9	00:46:11.85	+00:16:04 (34.8%)	5:46	10.4 (65.4%)
69	ŻYCKA Ewelina	225		K30-39	4	00:46:15.30	+00:16:07 (34.9%)	5:46	10.4 (65.4%)
70	PIOTROWSKI Szymon	25	ACTIV TEAM OSNIP WP	SM-M30-39	6	00:46:19.25	+00:16:11 (35.0%)	5:47	10.4 (65.4%)
71	NIWIŃSKI Grzegorz	192	TUPOT USTKA	M60+	3	00:46:32.90	+00:16:25 (35.3%)	5:49	10.3 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
72	<b>KOZIOŁ Krzysztof</b>	<b>81</b>		M40-49	21	<b>00:46:42.60</b>	+00:16:35 (35.5%)	5:50	10.3 (64.8%)
73	<b>REPLAKOWSKI Krzysztof</b>	<b>155</b>	WE RUN	M40-49	22	<b>00:46:45.40</b>	+00:16:37 (35.6%)	5:50	10.3 (64.8%)
74	<b>STRASZAK Paweł</b>	<b>170</b>	OŚRODEK SZKOLENIA NURKÓWPŁETWONURKÓW WP	SM-M30-39	7	<b>00:46:55.00</b>	+00:16:47 (35.8%)	5:51	10.2 (64.2%)
75	<b>RACZYŃSKA Anna</b>	<b>151</b>	BALTIC SEALS / 7BOW (REZERWA)	SM-K40-49	1	<b>00:46:58.50</b>	+00:16:50 (35.9%)	5:52	10.2 (64.2%)
76	<b>DYRMO Ania</b>	<b>23</b>	BRAK	K30-39	5	<b>00:47:08.15</b>	+00:17:00 (36.1%)	5:53	10.2 (64.2%)
77	<b>KOWALEWSKI Maciej</b>	<b>77</b>	TP SKALAR SŁUPSK	M40-49	23	<b>00:47:13.90</b>	+00:17:06 (36.2%)	5:54	10.2 (64.2%)
78	<b>KOZIMOR Mariusz</b>	<b>80</b>	USB USTKA	M40-49	24	<b>00:47:15.00</b>	+00:17:07 (36.2%)	5:54	10.2 (64.2%)
79	<b>BURMAN Tomasz</b>	<b>13</b>		M18-29	4	<b>00:47:21.65</b>	+00:17:14 (36.4%)	5:55	10.1 (63.5%)
80	<b>KANIA Brajan</b>	<b>57</b>	„ROZBIEGANA AKADEMIA”, AKADEMIA POMORSKA W SŁUPSKU	M18-29	5	<b>00:47:29.90</b>	+00:17:22 (36.6%)	5:56	10.1 (63.5%)
81	<b>TÓRZ Andrzej</b>	<b>190</b>	USTKA	M60+	4	<b>00:47:31.10</b>	+00:17:23 (36.6%)	5:56	10.1 (63.5%)
82	<b>KOWALSKI Krzysztof</b>	<b>228</b>	STOPA SŁUPSK	M60+	5	<b>00:47:32.65</b>	+00:17:25 (36.6%)	5:56	10.1 (63.5%)
83	<b>KOWALIK Mariusz</b>	<b>78</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M40-49	10	<b>00:47:44.05</b>	+00:17:36 (36.9%)	5:58	10.1 (63.5%)
84	<b>KLUKOWSKI Marcin</b>	<b>63</b>	UNIA RACING TEAM LĘBORK	M30-39	19	<b>00:47:46.05</b>	+00:17:38 (36.9%)	5:58	10 (62.9%)
85	<b>BODO Rafał</b>	<b>6</b>	ZOZKOSZ KOSZALIN	M30-39	20	<b>00:47:46.30</b>	+00:17:38 (36.9%)	5:58	10 (62.9%)
86	<b>SZOPA Marek</b>	<b>179</b>	RUNEDA	M40-49	25	<b>00:47:56.80</b>	+00:17:49 (37.2%)	5:59	10 (62.9%)
87	<b>KRUKOWSKI Łukasz</b>	<b>85</b>		M30-39	21	<b>00:47:57.30</b>	+00:17:49 (37.2%)	5:59	10 (62.9%)
88	<b>MAJEWSKI Paweł</b>	<b>103</b>	FARM FRITES POLAND	M30-39	22	<b>00:47:59.65</b>	+00:17:52 (37.2%)	5:59	10 (62.9%)
88	<b>GOITOWSKI Rafał</b>	<b>31</b>		M40-49	26	<b>00:47:59.65</b>	+00:17:52 (37.2%)	5:59	10 (62.9%)
90	<b>WRÓNSKA Daniela</b>	<b>217</b>	140MINUT.PL	K30-39	6	<b>00:48:04.65</b>	+00:17:57 (37.3%)	6:00	10 (62.9%)
91	<b>TOŁŁOCZKO Oliwia</b>	<b>187</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-K18-29	2	<b>00:48:07.10</b>	+00:17:59 (37.4%)	6:00	10 (62.9%)
92	<b>SZKLORZ Sylwester</b>	<b>176</b>	DZIKI PANEWNIKI	SM-M50+	1	<b>00:48:08.00</b>	+00:18:00 (37.4%)	6:01	10 (62.9%)
93	<b>ZDUNEK Katarzyna</b>	<b>219</b>	W.P.K. SŁOŃ TEAM USTKA	K40-49	1	<b>00:48:13.40</b>	+00:18:05 (37.5%)	6:01	10 (62.9%)
94	<b>ZANIEWSKI Grzegorz</b>	<b>218</b>		M40-49	27	<b>00:48:13.50</b>	+00:18:05 (37.5%)	6:01	10 (62.9%)
95	<b>LEMBICZ Elżbieta</b>	<b>94</b>	ORP KASZUB	SM-K40-49	2	<b>00:48:14.55</b>	+00:18:07 (37.6%)	6:01	10 (62.9%)
96	<b>RUSZKOWSKI Arkadiusz</b>	<b>158</b>		M30-39	23	<b>00:48:21.45</b>	+00:18:13 (37.7%)	6:02	9.9 (62.3%)
97	<b>MAJCHRZAK Dariusz</b>	<b>100</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M50+	2	<b>00:48:28.50</b>	+00:18:20 (37.9%)	6:03	9.9 (62.3%)
98	<b>MAJCHRZAK Łukasz</b>	<b>101</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M30-39	8	<b>00:48:29.10</b>	+00:18:21 (37.9%)	6:03	9.9 (62.3%)
99	<b>OLEKSY Andrzej</b>	<b>129</b>		M60+	6	<b>00:48:30.00</b>	+00:18:22 (37.9%)	6:03	9.9 (62.3%)
100	<b>KRUKOWSKI Tadeusz</b>	<b>86</b>		M60+	7	<b>00:48:30.75</b>	+00:18:23 (37.9%)	6:03	9.9 (62.3%)
101	<b>KALBARCZYK Ireneusz</b>	<b>52</b>	MAZURKI GOŃCZYCE	M60+	8	<b>00:48:34.40</b>	+00:18:26 (38.0%)	6:04	9.9 (62.3%)
102	<b>WALIŃSKA Agnieszka</b>	<b>197</b>	BBL	K40-49	2	<b>00:48:35.00</b>	+00:18:27 (38.0%)	6:04	9.9 (62.3%)
103	<b>KOT Daniel</b>	<b>76</b>	KOT TEAM	M40-49	28	<b>00:48:40.90</b>	+00:18:33 (38.1%)	6:05	9.9 (62.3%)
104	<b>POPŁAWSKI Paweł</b>	<b>144</b>		M30-39	24	<b>00:48:46.05</b>	+00:18:38 (38.2%)	6:05	9.8 (61.6%)
105	<b>KĄŁUŻA Kamila</b>	<b>54</b>		K30-39	7	<b>00:48:53.00</b>	+00:18:45 (38.4%)	6:06	9.8 (61.6%)
106	<b>KĘSIK Roman</b>	<b>62</b>	13 WOG GRUDZIĄDZ	M50-59	5	<b>00:48:56.15</b>	+00:18:48 (38.4%)	6:07	9.8 (61.6%)
107	<b>MIELESZCZUK Piotr</b>	<b>112</b>		M30-39	25	<b>00:49:15.70</b>	+00:19:08 (38.8%)	6:09	9.7 (61.0%)
108	<b>MIZERA Agnieszka</b>	<b>114</b>		K50-59	1	<b>00:49:22.55</b>	+00:19:15 (39.0%)	6:10	9.7 (61.0%)
109	<b>USTJANOWSKA Katarzyna</b>	<b>196</b>		K30-39	8	<b>00:49:24.75</b>	+00:19:17 (39.0%)	6:10	9.7 (61.0%)
110	<b>MAJCHRZAK Paweł</b>	<b>102</b>	KOŁOBRZEG MARATON TEAM	M40-49	29	<b>00:49:34.70</b>	+00:19:27 (39.2%)	6:11	9.7 (61.0%)
111	<b>HARASIM Emila</b>	<b>39</b>		K30-39	9	<b>00:49:43.25</b>	+00:19:35 (39.4%)	6:12	9.7 (61.0%)
112	<b>KONKEL Joanna</b>	<b>69</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	<b>00:49:46.15</b>	+00:19:38 (39.5%)	6:13	9.6 (60.4%)
113	<b>ŁUBKOWSKA Magdalena</b>	<b>98</b>		K40-49	3	<b>00:49:50.00</b>	+00:19:42 (39.5%)	6:13	9.6 (60.4%)
114	<b>TALAŚKA Lucyna</b>	<b>185</b>	7 BRYGADA OBRONY WYBRZEŻA	K30-39	10	<b>00:50:02.20</b>	+00:19:54 (39.8%)	6:15	9.6 (60.4%)
115	<b>NOWACKI Kamil</b>	<b>119</b>		M18-29	6	<b>00:50:02.25</b>	+00:19:54 (39.8%)	6:15	9.6 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
116	<b>PISKÓRZ Justyna</b>	<b>140</b>		K30-39	11	<b>00:50:14.90</b>	+00:20:07 (40.0%)	6:16	9.6 (60.4%)
117	<b>ANDRZEJCZAK Sławomir</b>	<b>2</b>	GRZESŁAW USTKA	M50-59	6	<b>00:50:26.85</b>	+00:20:19 (40.3%)	6:18	9.5 (59.7%)
118	<b>JÓSKOWSKI Bogdan</b>	<b>48</b>	RCI GDYNIA	SM-M50+	3	<b>00:50:39.80</b>	+00:20:32 (40.5%)	6:19	9.5 (59.7%)
119	<b>BURZYŃSKI Piotr</b>	<b>14</b>		M40-49	30	<b>00:50:43.25</b>	+00:20:35 (40.6%)	6:20	9.5 (59.7%)
120	<b>RAKOWSKA Katarzyna</b>	<b>153</b>	W.P.K. SŁOŃ TEAM USTKA	K30-39	12	<b>00:50:51.60</b>	+00:20:44 (40.8%)	6:21	9.4 (59.1%)
121	<b>NOWICKI Mateusz</b>	<b>125</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-M30-39	9	<b>00:50:55.35</b>	+00:20:47 (40.8%)	6:21	9.4 (59.1%)
122	<b>NACZK Wiktoria</b>	<b>117</b>	KADET PCE LĘBORK, LKB IM BRACI PETK	SM-K18-29	3	<b>00:51:03.05</b>	+00:20:55 (41.0%)	6:22	9.4 (59.1%)
123	<b>GRABOWICZ Jerzy</b>	<b>32</b>	TUPOT USTKA	M60+	9	<b>00:51:13.20</b>	+00:21:05 (41.2%)	6:24	9.4 (59.1%)
124	<b>URBAN Ewelina</b>	<b>195</b>	GMINA SŁUPSK	K30-39	13	<b>00:51:50.60</b>	+00:21:43 (41.9%)	6:28	9.3 (58.5%)
125	<b>GAŁAN Leszek</b>	<b>27</b>		M50-59	7	<b>00:52:28.65</b>	+00:22:21 (42.6%)	6:33	9.1 (57.2%)
126	<b>GAŁAN Joanna</b>	<b>26</b>		K50-59	3	<b>00:52:28.90</b>	+00:22:21 (42.6%)	6:33	9.1 (57.2%)
127	<b>WOŹNIAK Grzegorz</b>	<b>215</b>	WPK IGMAR SŁOŃ TEAM	M50-59	8	<b>00:52:32.70</b>	+00:22:25 (42.7%)	6:34	9.1 (57.2%)
128	<b>HINC Mateusz</b>	<b>41</b>		SM-M18-29	3	<b>00:52:34.15</b>	+00:22:26 (42.7%)	6:34	9.1 (57.2%)
129	<b>PACAN Mira</b>	<b>132</b>		K30-39	14	<b>00:52:47.50</b>	+00:22:39 (42.9%)	6:35	9.1 (57.2%)
130	<b>STAWIARZ Anna</b>	<b>166</b>		K40-49	4	<b>00:53:04.40</b>	+00:22:56 (43.2%)	6:38	9 (56.6%)
131	<b>STAWIARZ Bartłomiej</b>	<b>167</b>		M40-49	31	<b>00:53:04.65</b>	+00:22:57 (43.2%)	6:38	9 (56.6%)
132	<b>NOWACKI Marek</b>	<b>120</b>		M40-49	32	<b>00:53:12.10</b>	+00:23:04 (43.4%)	6:39	9 (56.6%)
133	<b>CHODYNA Marlena</b>	<b>15</b>		K18-29	1	<b>00:53:42.30</b>	+00:23:34 (43.9%)	6:42	8.9 (56.0%)
134	<b>MARCZAK Małgorzata</b>	<b>107</b>	NIGHT RUNNERS SŁUPSK	K60+	1	<b>00:53:45.85</b>	+00:23:38 (44.0%)	6:43	8.9 (56.0%)
135	<b>KROK Krzysztof</b>	<b>84</b>	NIEZRZESZONY	M50-59	9	<b>00:53:47.70</b>	+00:23:40 (44.0%)	6:43	8.9 (56.0%)
136	<b>PUTRA Marek</b>	<b>149</b>	ZAKŁAD KARNY W PRZYTUŁACH STARYCH	SM-M30-39	10	<b>00:54:04.90</b>	+00:23:57 (44.3%)	6:45	8.9 (56.0%)
137	<b>WDOWIK-BOBOWICZ Kasia</b>	<b>201</b>	BRAK	K40-49	5	<b>00:54:15.95</b>	+00:24:08 (44.5%)	6:46	8.8 (55.3%)
138	<b>MARCZAK Andrzej</b>	<b>106</b>	NIGHT RUNNERS SŁUPSK	M60+	10	<b>00:55:10.65</b>	+00:25:03 (45.4%)	6:53	8.7 (54.7%)
139	<b>CHIŁOŃSKI Grzegorz</b>	<b>65</b>	W.P.K. SŁOŃ TEAM USTKA	M40-49	33	<b>00:56:02.00</b>	+00:25:54 (46.2%)	7:00	8.6 (54.1%)
140	<b>KRZESZOWSKI Łukasz</b>	<b>87</b>	GASTRO DZIKI	M30-39	26	<b>00:56:02.20</b>	+00:25:54 (46.2%)	7:00	8.6 (54.1%)
141	<b>STANIUK Bartosz</b>	<b>165</b>	TOYOTA KAWISBIKE TEAM SŁUPSK	M30-39	27	<b>00:56:20.70</b>	+00:26:13 (46.5%)	7:02	8.5 (53.5%)
142	<b>TEMSKI Amadeusz</b>	<b>186</b>	13 DTR	SM-M18-29	4	<b>00:56:39.55</b>	+00:26:32 (46.8%)	7:04	8.5 (53.5%)
143	<b>KOS Krystian</b>	<b>73</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M30-39	11	<b>00:57:01.70</b>	+00:26:54 (47.2%)	7:07	8.4 (52.8%)
144	<b>TURCZYN Grzegorz</b>	<b>194</b>	W.P.K. SŁOŃ TEAM USTKA	M50-59	10	<b>00:57:01.90</b>	+00:26:54 (47.2%)	7:07	8.4 (52.8%)
145	<b>SULEJA Joanna</b>	<b>171</b>	SZWLA	K60+	2	<b>00:57:10.00</b>	+00:27:02 (47.3%)	7:08	8.4 (52.8%)
146	<b>JAŹDŹEWSKA Elżbieta</b>	<b>46</b>	BEST BEASTS	SM-K30-39	2	<b>00:57:24.55</b>	+00:27:17 (47.5%)	7:10	8.4 (52.8%)
147	<b>OLEKSY Zdzisław</b>	<b>128</b>	AMATOR	M60+	11	<b>00:57:43.95</b>	+00:27:36 (47.8%)	7:12	8.3 (52.2%)
148	<b>BRAC-WALCZYK Małgorzata</b>	<b>10</b>	BIEGNĘ DLA MARYSI	K60+	3	<b>00:58:06.90</b>	+00:27:59 (48.2%)	7:15	8.3 (52.2%)
149	<b>PIETRZYCKA Renata</b>	<b>137</b>	RUNEDA	K40-49	6	<b>00:58:09.30</b>	+00:28:01 (48.2%)	7:16	8.3 (52.2%)
150	<b>SZOPA Małgorzata</b>	<b>178</b>	RUNEDA	K40-49	7	<b>00:58:09.45</b>	+00:28:01 (48.2%)	7:16	8.3 (52.2%)
151	<b>SZYMANCZAK Julia</b>	<b>180</b>		K30-39	15	<b>00:58:56.30</b>	+00:28:48 (48.9%)	7:22	8.1 (50.9%)
152	<b>SZYMAŃCZAK Marek</b>	<b>181</b>		M30-39	28	<b>00:58:57.15</b>	+00:28:49 (48.9%)	7:22	8.1 (50.9%)
153	<b>WOJANOWSKI Zbigniew</b>	<b>212</b>	13 WOG GRUDZIĄDZ	M60+	12	<b>00:59:00.65</b>	+00:28:53 (48.9%)	7:22	8.1 (50.9%)
154	<b>WOJANOWSKA Maryla</b>	<b>211</b>	13 WOG GRUDZIĄDZ	K60+	4	<b>00:59:00.75</b>	+00:28:53 (49.0%)	7:22	8.1 (50.9%)
155	<b>KURCZ Barbara</b>	<b>89</b>	BABECZKI KOSZALIN	K40-49	8	<b>00:59:05.25</b>	+00:28:57 (49.0%)	7:23	8.1 (50.9%)
156	<b>NOWACZYK Agata</b>	<b>122</b>		K30-39	16	<b>01:00:08.85</b>	+00:30:01 (49.9%)	7:31	8 (50.3%)
157	<b>STANIASZEK Bogusław</b>	<b>163</b>	TUPOT USTKA	M60+	13	<b>01:01:51.65</b>	+00:31:44 (51.3%)	7:43	7.8 (49.1%)
158	<b>GRODEK Krzysztof</b>	<b>34</b>		M50-59	11	<b>01:02:44.55</b>	+00:32:37 (52.0%)	7:50	7.7 (48.4%)
159	<b>STEMPNIAK Zbigniew</b>	<b>169</b>	REBELS LEGION TEAM	SM-M40-49	11	<b>01:03:47.35</b>	+00:33:39 (52.8%)	7:58	7.5 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
160	<b>STEMPNIAK Katarzyna</b>	<b>168</b>	REBELS LEGION TEAM	K30-39	17	<b>01:03:47.65</b>	+00:33:40 (52.8%)	7:58	7.5 (47.2%)
161	<b>TRZASKA Józef</b>	<b>193</b>	JÓZEF TRZASKA	M60+	14	<b>01:06:19.75</b>	+00:36:12 (54.6%)	8:17	7.2 (45.3%)
162	<b>BALCERZAK Żaneta</b>	<b>3</b>	124 BATALION LEKKIEJ PIECHOTY W ŚREMIE	K50-59	4	<b>01:06:20.15</b>	+00:36:12 (54.6%)	8:17	7.2 (45.3%)
163	<b>WĘGRZYNOWSKA Anna</b>	<b>204</b>		K30-39	18	<b>01:06:23.35</b>	+00:36:15 (54.6%)	8:17	7.2 (45.3%)
164	<b>KAMIŃSKI Artur</b>	<b>55</b>		M50-59	12	<b>01:06:23.95</b>	+00:36:16 (54.6%)	8:17	7.2 (45.3%)
165	<b>KABACIŃSKI Bronisław</b>	<b>50</b>	TUPOT USTKA	M60+	15	<b>01:07:23.55</b>	+00:37:16 (55.3%)	8:25	7.1 (44.7%)
166	<b>BUDZYŃSKA Elżbieta</b>	<b>11</b>		K50-59	5	<b>01:08:52.80</b>	+00:38:45 (56.3%)	8:36	7 (44.0%)

Znaleziono 166 wynik(ów)