



V BIEG PRZEŁAJOWY MARYNARSKA DYCHA - 10 KM

B4SPORT

Event: V BIEG PRZEŁAJOWY MARYNARSKA DYCHA im. admirała floty Andrzeja KARWETY
Organiser: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Date: 2020-09-26
Place: Ustka
Distance: 10 km



Classification: M-OPEN

| Place | Participant | Number | Club | Category | MCat | Net time 8km | Gap | Pace min/km | Pace km/h |
|-------|------------------------------|------------|--|----------|------|--------------------|-------------------|-------------|--------------|
| 1 | BORYCHOWSKI Mariusz | 300 | 1 BATALION ZMECHANIZOWANY LĘBORK | M40-49 | 1 | 00:30:07.55 | | 3:45 | 15.9 (100%) |
| 2 | RUDNIK Krzysztof | 157 | | M40-49 | 2 | 00:32:15.05 | +00:02:07 (6.6%) | 4:01 | 14.9 (93.7%) |
| 3 | PACHOLCZYK Krzysztof | 133 | | M30-39 | 1 | 00:33:47.10 | +00:03:39 (10.8%) | 4:13 | 14.2 (89.3%) |
| 4 | BOKACZ Piotr | 7 | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ | M30-39 | 2 | 00:35:05.05 | +00:04:57 (14.1%) | 4:23 | 13.7 (86.2%) |
| 5 | WEGNER Stachu | 203 | | M30-39 | 3 | 00:35:34.45 | +00:05:26 (15.3%) | 4:26 | 13.5 (84.9%) |
| 6 | LACHOWCZ Adrian | 92 | | M30-39 | 4 | 00:36:15.90 | +00:06:08 (16.9%) | 4:31 | 13.2 (83.0%) |
| 7 | WEGNER Przemysław | 202 | MOWI RUNNING TEAM | M40-49 | 3 | 00:36:56.55 | +00:06:49 (18.5%) | 4:37 | 13 (81.8%) |
| 8 | MIKICIUK Piotr | 113 | USB USTKA | M40-49 | 4 | 00:37:53.05 | +00:07:45 (20.5%) | 4:44 | 12.7 (79.9%) |
| 9 | JANKOWSKI Grzegorz | 43 | POZYTYWNE NAKRĘCONY | M40-49 | 5 | 00:38:04.80 | +00:07:57 (20.9%) | 4:45 | 12.6 (79.2%) |
| 10 | WŁAŚNIAK Łukasz | 209 | MOWI | M18-29 | 1 | 00:38:05.30 | +00:07:57 (20.9%) | 4:45 | 12.6 (79.2%) |
| 11 | NAGÓREK Krzysztof | 118 | TUPOT USTKA | M60+ | 1 | 00:38:25.40 | +00:08:17 (21.6%) | 4:48 | 12.5 (78.6%) |
| 12 | PĘKAŁA Piotr | 136 | SP MANOWO | M40-49 | 6 | 00:38:36.20 | +00:08:28 (22.0%) | 4:49 | 12.4 (78.0%) |
| 13 | KALIŃSKI Przemysław | 53 | FARM FRITES POLAND SA | M30-39 | 5 | 00:39:38.25 | +00:09:30 (24.0%) | 4:57 | 12.1 (76.1%) |
| 14 | ANDRYKOWSKI Zdzisław | 1 | STOWARZYSZENIE 42,2 LĘBORK | M50-59 | 1 | 00:40:01.25 | +00:09:53 (24.7%) | 5:00 | 12 (75.5%) |
| 15 | GAWEŁ Zbigniew | 28 | POMERIDERS SŁUPSK | M60+ | 2 | 00:40:17.00 | +00:10:09 (25.2%) | 5:02 | 11.9 (74.8%) |
| 16 | TOMCZAK Dominik | 189 | MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE | M40-49 | 7 | 00:41:04.10 | +00:10:56 (26.6%) | 5:08 | 11.7 (73.6%) |
| 17 | SZYMAŃSKI Piotr | 182 | | M40-49 | 8 | 00:41:13.40 | +00:11:05 (26.9%) | 5:09 | 11.6 (73.0%) |
| 18 | KARPOWICZ Tomek | 61 | | M30-39 | 6 | 00:41:33.10 | +00:11:25 (27.5%) | 5:11 | 11.6 (73.0%) |
| 19 | KUNKE Tomasz | 88 | 13 WOG GRUDZIĄDZ | M40-49 | 9 | 00:41:45.55 | +00:11:38 (27.9%) | 5:13 | 11.5 (72.3%) |
| 20 | SOMINKA Andrzej | 162 | SOBIESAMBIEGAM (SSB) | M50-59 | 2 | 00:41:54.60 | +00:11:47 (28.1%) | 5:14 | 11.5 (72.3%) |
| 21 | PAWLIK Krystian | 134 | USB USTKA | M18-29 | 2 | 00:42:11.35 | +00:12:03 (28.6%) | 5:16 | 11.4 (71.7%) |
| 22 | BOWNIK Wojciech | 9 | BALTIC SEALS | M30-39 | 7 | 00:42:22.90 | +00:12:15 (28.9%) | 5:17 | 11.3 (71.1%) |
| 23 | MAŃCZAK Roman | 104 | | M30-39 | 8 | 00:42:33.70 | +00:12:26 (29.2%) | 5:19 | 11.3 (71.1%) |
| 24 | KOSIEDOWSKI Sebastian | 74 | USB USTKA | M30-39 | 9 | 00:42:42.65 | +00:12:35 (29.5%) | 5:20 | 11.2 (70.4%) |
| 25 | GIERCZAK Piotr | 29 | | M30-39 | 10 | 00:42:46.30 | +00:12:38 (29.6%) | 5:20 | 11.2 (70.4%) |
| 26 | BLUMA Tomasz | 5 | | M30-39 | 11 | 00:42:47.85 | +00:12:40 (29.6%) | 5:20 | 11.2 (70.4%) |
| 27 | KWIETNIEWSKI Daniel | 91 | | M40-49 | 10 | 00:42:52.70 | +00:12:45 (29.7%) | 5:21 | 11.2 (70.4%) |

| Place | Participant | Number | Club | Category | MCat | Net time 8km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------|--------|--|----------|------|--------------|-------------------|-------------|--------------|
| 28 | KOŁAKOWSKI Piotr | 67 | | M40-49 | 11 | 00:42:54.65 | +00:12:47 (29.8%) | 5:21 | 11.2 (70.4%) |
| 29 | ROCLAWSKI Grzegorz | 156 | BIEGAJĄCE GASTRO DZIKI | M30-39 | 12 | 00:42:54.90 | +00:12:47 (29.8%) | 5:21 | 11.2 (70.4%) |
| 30 | OLSZAR Grzegorz | 131 | DARŁOWSKIE CHARTY | M30-39 | 13 | 00:43:03.75 | +00:12:56 (30.0%) | 5:22 | 11.1 (69.8%) |
| 31 | JASIŃSKI Stanisław | 45 | | M30-39 | 14 | 00:43:08.45 | +00:13:00 (30.2%) | 5:23 | 11.1 (69.8%) |
| 32 | RACZYŃSKI Roman | 152 | GASTRO DZIKI | M40-49 | 12 | 00:43:13.20 | +00:13:05 (30.3%) | 5:24 | 11.1 (69.8%) |
| 33 | 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%) |
| 34 | STRUŚ Artur | 230 | KB BRYZA POSTOMINO | M50-59 | 3 | 00:43:27.25 | +00:13:19 (30.7%) | 5:25 | 11 (69.2%) |
| 35 | GRZECHULSKI Piotr | 36 | MJR | M40-49 | 13 | 00:43:47.15 | +00:13:39 (31.2%) | 5:28 | 11 (69.2%) |
| 36 | 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%) |
| 37 | NOWAK Paweł | 123 | BALTIC SEALS | M18-29 | 3 | 00:45:02.30 | +00:14:54 (33.1%) | 5:37 | 10.7 (67.3%) |
| 38 | ZIELONKA Mateusz | 224 | BALTIC SEALS / 7BOW | M30-39 | 16 | 00:45:06.65 | +00:14:59 (33.2%) | 5:38 | 10.6 (66.7%) |
| 39 | GRÓDECKI Krzysztof | 35 | BERSERKERS TEAM | M30-39 | 17 | 00:45:08.00 | +00:15:00 (33.3%) | 5:38 | 10.6 (66.7%) |
| 40 | ŚNIEŻKO Marek | 184 | | M40-49 | 15 | 00:45:14.15 | +00:15:06 (33.4%) | 5:39 | 10.6 (66.7%) |
| 41 | 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%) |
| 42 | NOWACKI Zbigniew | 121 | | M50-59 | 4 | 00:45:20.80 | +00:15:13 (33.6%) | 5:40 | 10.6 (66.7%) |
| 43 | 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%) |
| 44 | JANCZEWSKI Jacek | 42 | ROZBIEGANY KOSZALIN | M40-49 | 18 | 00:45:38.20 | +00:15:30 (34.0%) | 5:42 | 10.5 (66.0%) |
| 45 | 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%) |
| 46 | KACZMARCZYK Remigiusz | 51 | | M40-49 | 19 | 00:45:55.00 | +00:15:47 (34.4%) | 5:44 | 10.5 (66.0%) |
| 47 | KANIAK Sławomir | 58 | | M40-49 | 20 | 00:45:57.00 | +00:15:49 (34.4%) | 5:44 | 10.4 (65.4%) |
| 48 | NIWIŃSKI Grzegorz | 192 | TUPOT USTKA | M60+ | 3 | 00:46:32.90 | +00:16:25 (35.3%) | 5:49 | 10.3 (64.8%) |
| 49 | KOZIOŁ Krzysztof | 81 | | M40-49 | 21 | 00:46:42.60 | +00:16:35 (35.5%) | 5:50 | 10.3 (64.8%) |
| 50 | REMLAKOWSKI Krzysztof | 155 | WE RUN | M40-49 | 22 | 00:46:45.40 | +00:16:37 (35.6%) | 5:50 | 10.3 (64.8%) |
| 51 | KOWALEWSKI Maciej | 77 | TP SKALAR SŁUPSK | M40-49 | 23 | 00:47:13.90 | +00:17:06 (36.2%) | 5:54 | 10.2 (64.2%) |
| 52 | KOZIMOR Mariusz | 80 | USB USTKA | M40-49 | 24 | 00:47:15.00 | +00:17:07 (36.2%) | 5:54 | 10.2 (64.2%) |
| 53 | BURMAN Tomasz | 13 | | M18-29 | 4 | 00:47:21.65 | +00:17:14 (36.4%) | 5:55 | 10.1 (63.5%) |
| 54 | KANIA Brajan | 57 | „ROZBIEGANA AKADEMIA”, AKADEMIA POMORSKA W SŁUPSKU | M18-29 | 5 | 00:47:29.90 | +00:17:22 (36.6%) | 5:56 | 10.1 (63.5%) |
| 55 | TÓRZ Andrzej | 190 | USTKA | M60+ | 4 | 00:47:31.10 | +00:17:23 (36.6%) | 5:56 | 10.1 (63.5%) |
| 56 | KOWALSKI Krzysztof | 228 | STOPA SŁUPSK | M60+ | 5 | 00:47:32.65 | +00:17:25 (36.6%) | 5:56 | 10.1 (63.5%) |
| 57 | KLUKOWSKI Marcin | 63 | UNIA RACING TEAM LĘBORK | M30-39 | 19 | 00:47:46.05 | +00:17:38 (36.9%) | 5:58 | 10 (62.9%) |
| 58 | BODO Rafał | 6 | ZOSKOSZ KOSZALIN | M30-39 | 20 | 00:47:46.30 | +00:17:38 (36.9%) | 5:58 | 10 (62.9%) |
| 59 | SZOPA Marek | 179 | RUNEDA | M40-49 | 25 | 00:47:56.80 | +00:17:49 (37.2%) | 5:59 | 10 (62.9%) |
| 60 | KRUKOWSKI Łukasz | 85 | | M30-39 | 21 | 00:47:57.30 | +00:17:49 (37.2%) | 5:59 | 10 (62.9%) |
| 61 | MAJEWSKI Paweł | 103 | FARM FRITES POLAND | M30-39 | 22 | 00:47:59.65 | +00:17:52 (37.2%) | 5:59 | 10 (62.9%) |
| 61 | GOITOWSKI Rafał | 31 | | M40-49 | 26 | 00:47:59.65 | +00:17:52 (37.2%) | 5:59 | 10 (62.9%) |
| 63 | ZANIEWSKI Grzegorz | 218 | | M40-49 | 27 | 00:48:13.50 | +00:18:05 (37.5%) | 6:01 | 10 (62.9%) |
| 64 | RUSZKOWSKI Arkadiusz | 158 | | M30-39 | 23 | 00:48:21.45 | +00:18:13 (37.7%) | 6:02 | 9.9 (62.3%) |
| 65 | OLEKSY Andrzej | 129 | | M60+ | 6 | 00:48:30.00 | +00:18:22 (37.9%) | 6:03 | 9.9 (62.3%) |
| 66 | KRUKOWSKI Tadeusz | 86 | | M60+ | 7 | 00:48:30.75 | +00:18:23 (37.9%) | 6:03 | 9.9 (62.3%) |
| 67 | KALBARCZYK Ireneusz | 52 | MAZURKI GOŃCZYCE | M60+ | 8 | 00:48:34.40 | +00:18:26 (38.0%) | 6:04 | 9.9 (62.3%) |
| 68 | KOT Daniel | 76 | KOT TEAM | M40-49 | 28 | 00:48:40.90 | +00:18:33 (38.1%) | 6:05 | 9.9 (62.3%) |
| 69 | POPŁAWSKI Paweł | 144 | | M30-39 | 24 | 00:48:46.05 | +00:18:38 (38.2%) | 6:05 | 9.8 (61.6%) |
| 70 | KĘSIK Roman | 62 | 13 WOG GRUDZIĄDZ | M50-59 | 5 | 00:48:56.15 | +00:18:48 (38.4%) | 6:07 | 9.8 (61.6%) |
| 71 | MIELESZCZUK Piotr | 112 | | M30-39 | 25 | 00:49:15.70 | +00:19:08 (38.8%) | 6:09 | 9.7 (61.0%) |

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|-------|-----------------------------|------------|------------------------------|----------|------|--------------------|-------------------|-------------|-------------|
| 72 | MAJCHRZAK Paweł | 102 | KOŁOBRZEG MARATON TEAM | M40-49 | 29 | 00:49:34.70 | +00:19:27 (39.2%) | 6:11 | 9.7 (61.0%) |
| 73 | NOWACKI Kamil | 119 | | M18-29 | 6 | 00:50:02.25 | +00:19:54 (39.8%) | 6:15 | 9.6 (60.4%) |
| 74 | ANDRZEJCZAK Sławomir | 2 | GRZESŁAW USTKA | M50-59 | 6 | 00:50:26.85 | +00:20:19 (40.3%) | 6:18 | 9.5 (59.7%) |
| 75 | BURZYŃSKI Piotr | 14 | | M40-49 | 30 | 00:50:43.25 | +00:20:35 (40.6%) | 6:20 | 9.5 (59.7%) |
| 76 | GRABOWICZ Jerzy | 32 | TUPOT USTKA | M60+ | 9 | 00:51:13.20 | +00:21:05 (41.2%) | 6:24 | 9.4 (59.1%) |
| 77 | GAŁAN Leszek | 27 | | M50-59 | 7 | 00:52:28.65 | +00:22:21 (42.6%) | 6:33 | 9.1 (57.2%) |
| 78 | WOŹNIAK Grzegorz | 215 | WPK IGMAR SŁOŃ TEAM | M50-59 | 8 | 00:52:32.70 | +00:22:25 (42.7%) | 6:34 | 9.1 (57.2%) |
| 79 | STAWIARZ Bartłomiej | 167 | | M40-49 | 31 | 00:53:04.65 | +00:22:57 (43.2%) | 6:38 | 9 (56.6%) |
| 80 | NOWACKI Marek | 120 | | M40-49 | 32 | 00:53:12.10 | +00:23:04 (43.4%) | 6:39 | 9 (56.6%) |
| 81 | KROK Krzysztof | 84 | NIEZRZESZONY | M50-59 | 9 | 00:53:47.70 | +00:23:40 (44.0%) | 6:43 | 8.9 (56.0%) |
| 82 | MARCZAK Andrzej | 106 | NIGHT RUNNERS SŁUPSK | M60+ | 10 | 00:55:10.65 | +00:25:03 (45.4%) | 6:53 | 8.7 (54.7%) |
| 83 | CHIŁOŃSKI Grzegorz | 65 | W.P.K. SŁOŃ TEAM USTKA | M40-49 | 33 | 00:56:02.00 | +00:25:54 (46.2%) | 7:00 | 8.6 (54.1%) |
| 84 | KRZESZOWSKI Łukasz | 87 | GASTRO DZIKI | M30-39 | 26 | 00:56:02.20 | +00:25:54 (46.2%) | 7:00 | 8.6 (54.1%) |
| 85 | STANIUK Bartosz | 165 | TOYOTA KAWISBIKE TEAM SŁUPSK | M30-39 | 27 | 00:56:20.70 | +00:26:13 (46.5%) | 7:02 | 8.5 (53.5%) |
| 86 | TURCZYN Grzegorz | 194 | W.P.K. SŁOŃ TEAM USTKA | M50-59 | 10 | 00:57:01.90 | +00:26:54 (47.2%) | 7:07 | 8.4 (52.8%) |
| 87 | OLEKSY Zdzisław | 128 | AMATOR | M60+ | 11 | 00:57:43.95 | +00:27:36 (47.8%) | 7:12 | 8.3 (52.2%) |
| 88 | SZYMAŃCZAK Marek | 181 | | M30-39 | 28 | 00:58:57.15 | +00:28:49 (48.9%) | 7:22 | 8.1 (50.9%) |
| 89 | WOJANOWSKI Zbigniew | 212 | 13 WOG GRUDZIĄDZ | M60+ | 12 | 00:59:00.65 | +00:28:53 (48.9%) | 7:22 | 8.1 (50.9%) |
| 90 | STANIASZEK Bogusław | 163 | TUPOT USTKA | M60+ | 13 | 01:01:51.65 | +00:31:44 (51.3%) | 7:43 | 7.8 (49.1%) |
| 91 | GRODEK Krzysztof | 34 | | M50-59 | 11 | 01:02:44.55 | +00:32:37 (52.0%) | 7:50 | 7.7 (48.4%) |
| 92 | TRZASKA Józef | 193 | JÓZEF TRZASKA | M60+ | 14 | 01:06:19.75 | +00:36:12 (54.6%) | 8:17 | 7.2 (45.3%) |
| 93 | KAMIŃSKI Artur | 55 | | M50-59 | 12 | 01:06:23.95 | +00:36:16 (54.6%) | 8:17 | 7.2 (45.3%) |
| 94 | KABACIŃSKI Bronisław | 50 | TUPOT USTKA | M60+ | 15 | 01:07:23.55 | +00:37:16 (55.3%) | 8:25 | 7.1 (44.7%) |

Total 94 results.