



## 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: M30-39

Place	Participant	Number	Club	Category	MCat	Net time 8km	Gap	Pace min/km	Pace km/h
1	PACHOLCZYK Krzysztof	133		M30-39	1	00:33:47.10		4:13	14.2 (100%)
2	BOKACZ Piotr	7	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30-39	2	00:35:05.05	+00:01:17 (3.7%)	4:23	13.7 (96.5%)
3	WEGNER Stachu	203		M30-39	3	00:35:34.45	+00:01:47 (5.0%)	4:26	13.5 (95.1%)
4	LACHOWCZ Adrian	92		M30-39	4	00:36:15.90	+00:02:28 (6.8%)	4:31	13.2 (93.0%)
5	KALIŃSKI Przemysław	53	FARM FRITES POLAND SA	M30-39	5	00:39:38.25	+00:05:51 (14.8%)	4:57	12.1 (85.2%)
6	KARPOWICZ Tomek	61		M30-39	6	00:41:33.10	+00:07:46 (18.7%)	5:11	11.6 (81.7%)
7	BOWNIK Wojciech	9	BALTIC SEALS	M30-39	7	00:42:22.90	+00:08:35 (20.3%)	5:17	11.3 (79.6%)
8	MAŃCZAK Roman	104		M30-39	8	00:42:33.70	+00:08:46 (20.6%)	5:19	11.3 (79.6%)
9	KOSIEDOWSKI Sebastian	74	USB USTKA	M30-39	9	00:42:42.65	+00:08:55 (20.9%)	5:20	11.2 (78.9%)
10	GIERCZAK Piotr	29		M30-39	10	00:42:46.30	+00:08:59 (21.0%)	5:20	11.2 (78.9%)
11	BLUMA Tomasz	5		M30-39	11	00:42:47.85	+00:09:00 (21.1%)	5:20	11.2 (78.9%)
12	ROŚLAWSKI Grzegorz	156	BIEGAJĄCE GASTRO DZIKI	M30-39	12	00:42:54.90	+00:09:07 (21.3%)	5:21	11.2 (78.9%)
13	OLSZAR Grzegorz	131	DARŁOWSKIE CHARTY	M30-39	13	00:43:03.75	+00:09:16 (21.5%)	5:22	11.1 (78.2%)
14	JASIŃSKI Stanisław	45		M30-39	14	00:43:08.45	+00:09:21 (21.7%)	5:23	11.1 (78.2%)
15	ZIELIŃSKI Damian	223	KLUB BIEGACZA DARŁOWSKIE CHARTY	M30-39	15	00:43:16.80	+00:09:29 (21.9%)	5:24	11.1 (78.2%)
16	ZIELONKA Mateusz	224	BALTIC SEALS / 7BOW	M30-39	16	00:45:06.65	+00:11:19 (25.1%)	5:38	10.6 (74.6%)
17	GRÓDECKI Krzysztof	35	BERSERKERS TEAM	M30-39	17	00:45:08.00	+00:11:20 (25.1%)	5:38	10.6 (74.6%)
18	SZYSZKOWSKI Tomasz	183	FOR-REST-RUN KOSZALIN	M30-39	18	00:45:49.55	+00:12:02 (26.3%)	5:43	10.5 (73.9%)
19	KLUKOWSKI Marcin	63	UNIA RACING TEAM ŁĘBORK	M30-39	19	00:47:46.05	+00:13:58 (29.3%)	5:58	10 (70.4%)
20	BODO Rafał	6	ZOZKOSZ KOSZALIN	M30-39	20	00:47:46.30	+00:13:59 (29.3%)	5:58	10 (70.4%)
21	KRUKOWSKI Łukasz	85		M30-39	21	00:47:57.30	+00:14:10 (29.5%)	5:59	10 (70.4%)
22	MAJEWSKI Paweł	103	FARM FRITES POLAND	M30-39	22	00:47:59.65	+00:14:12 (29.6%)	5:59	10 (70.4%)
23	RUSZKOWSKI Arkadiusz	158		M30-39	23	00:48:21.45	+00:14:34 (30.1%)	6:02	9.9 (69.7%)
24	POPŁAWSKI Paweł	144		M30-39	24	00:48:46.05	+00:14:58 (30.7%)	6:05	9.8 (69.0%)
25	MIELESZCZUK Piotr	112		M30-39	25	00:49:15.70	+00:15:28 (31.4%)	6:09	9.7 (68.3%)
26	KRZESZOWSKI Łukasz	87	GASTRO DZIKI	M30-39	26	00:56:02.20	+00:22:15 (39.7%)	7:00	8.6 (60.6%)
27	STANIUK Bartosz	165	TOYOTA KAWISBIKE TEAM SŁUPSK	M30-39	27	00:56:20.70	+00:22:33 (40.0%)	7:02	8.5 (59.9%)

Place	Participant	Number	Club	Category	MCat	Net time 8km	Gap	Pace min/km	Pace km/h
28	<b>SZYMAŃCZAK Marek</b>	<b>181</b>		M30-39	28	<b>00:58:57.15</b>	+00:25:10 (42.7%)	7:22	8.1 (57.0%)

Total 28 results.