



## V BIEG PRZEŁAJOWY MARYNARSKA DYCHA - 10 KM

B4SPORT

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



Classification: M60+

Place	Participant	Number	Club	Category	MCat	Net time 8km	Gap	Pace min/km	Pace km/h
1	<b>NAGÓREK Krzysztof</b>	<b>118</b>	TUPOT USTKA	M60+	1	<b>00:38:25.40</b>		4:48	12.5 (100%)
2	<b>GAWEŁ Zbigniew</b>	<b>28</b>	POMERIDERS SŁUPSK	M60+	2	<b>00:40:17.00</b>	+00:01:51 (4.6%)	5:02	11.9 (95.2%)
3	<b>NIWIŃSKI Grzegorz</b>	<b>192</b>	TUPOT USTKA	M60+	3	<b>00:46:32.90</b>	+00:08:07 (17.5%)	5:49	10.3 (82.4%)
4	<b>TÓRZ Andrzej</b>	<b>190</b>	USTKA	M60+	4	<b>00:47:31.10</b>	+00:09:05 (19.1%)	5:56	10.1 (80.8%)
5	<b>KOWALSKI Krzysztof</b>	<b>228</b>	STOPA SŁUPSK	M60+	5	<b>00:47:32.65</b>	+00:09:07 (19.2%)	5:56	10.1 (80.8%)
6	<b>OLEKSY Andrzej</b>	<b>129</b>		M60+	6	<b>00:48:30.00</b>	+00:10:04 (20.8%)	6:03	9.9 (79.2%)
7	<b>KRUKOWSKI Tadeusz</b>	<b>86</b>		M60+	7	<b>00:48:30.75</b>	+00:10:05 (20.8%)	6:03	9.9 (79.2%)
8	<b>KALBARCZYK Ireneusz</b>	<b>52</b>	MAZURKI GOŃCZYCE	M60+	8	<b>00:48:34.40</b>	+00:10:09 (20.9%)	6:04	9.9 (79.2%)
9	<b>GRABOWICZ Jerzy</b>	<b>32</b>	TUPOT USTKA	M60+	9	<b>00:51:13.20</b>	+00:12:47 (25.0%)	6:24	9.4 (75.2%)
10	<b>MARCZAK Andrzej</b>	<b>106</b>	NIGHT RUNNERS SŁUPSK	M60+	10	<b>00:55:10.65</b>	+00:16:45 (30.4%)	6:53	8.7 (69.6%)
11	<b>OLEKSY Zdzisław</b>	<b>128</b>	AMATOR	M60+	11	<b>00:57:43.95</b>	+00:19:18 (33.4%)	7:12	8.3 (66.4%)
12	<b>WOJANOWSKI Zbigniew</b>	<b>212</b>	13 WOG GRUDZIĄDZ	M60+	12	<b>00:59:00.65</b>	+00:20:35 (34.9%)	7:22	8.1 (64.8%)
13	<b>STANIASZEK Bogusław</b>	<b>163</b>	TUPOT USTKA	M60+	13	<b>01:01:51.65</b>	+00:23:26 (37.9%)	7:43	7.8 (62.4%)
14	<b>TRZASKA Józef</b>	<b>193</b>	JÓZEF TRZASKA	M60+	14	<b>01:06:19.75</b>	+00:27:54 (42.1%)	8:17	7.2 (57.6%)
15	<b>KABACIŃSKI Bronisław</b>	<b>50</b>	TUPOT USTKA	M60+	15	<b>01:07:23.55</b>	+00:28:58 (43.0%)	8:25	7.1 (56.8%)

Total 15 results.