



# VI BIEG PRZEŁAJOWY MARYNARSKA DYCHA - 10 KM

B4SPORT

**Wydarzenie:** VI BIEG PRZEŁAJOWY MARYNARSKA DYCHA  
**Organizator:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)  
**Data:** 2021-09-26  
**Miejsce:** Ustka  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	26	1 BATALION ZMECHANIZOWANY	M18-29	1	00:36:03.25		4:30	13.3 (100%)
2	HAJDUKIEWICZ Rafał	23	12 WBOT	M30-39	1	00:37:18.20	+00:01:14 (3.3%)	4:39	12.9 (97.0%)
3	BOKACZ Piotr	5		M30-39	2	00:39:02.70	+00:02:59 (7.7%)	4:52	12.3 (92.5%)
4	KUCZKOWSKI Miłosz	44	1 BATALION ZMECHANIZOWANY	SM-M18-29	1	00:39:17.95	+00:03:14 (8.3%)	4:54	12.2 (91.7%)
5	STRUK Adam	91	RCI GDYNIA	SM-M30-39	1	00:39:34.80	+00:03:31 (8.9%)	4:56	12.1 (91.0%)
6	BRZOZOWSKA Monika	6	12 WBOT	K30-39	1	00:41:20.75	+00:05:17 (12.8%)	5:10	11.6 (87.2%)
7	PYTLAK Michał	113	7 BOW	SM-M30-39	2	00:41:39.50	+00:05:36 (13.5%)	5:12	11.5 (86.5%)
8	TEREFENKO Joanna	99	CSMW USTKA	K18-29	1	00:42:13.50	+00:06:10 (14.6%)	5:16	11.4 (85.7%)
9	PIONK Rafał	75	KOMENDA PORTU WOJENNEGO GDYNIA	SM-M30-39	3	00:42:38.50	+00:06:35 (15.4%)	5:19	11.3 (85.0%)
10	ŚWIĘCICKI Arkadiusz	98	KSZTAŁTOMANIA	M40-49	1	00:43:24.45	+00:07:21 (16.9%)	5:25	11.1 (83.5%)
11	WEGNER Przemysław	103	MOWI	M40-49	2	00:43:59.55	+00:07:56 (18.0%)	5:29	10.9 (82.0%)
12	MACIĄG Iwona	53	12NBOT	K30-39	2	00:44:20.70	+00:08:17 (18.7%)	5:32	10.8 (81.2%)
13	DUDA Grzegorz	15	BEST BEASTS	SM-M40-49	1	00:44:37.10	+00:08:33 (19.2%)	5:34	10.8 (81.2%)
14	NOWICKI Artur	67	1 BATALION ZMECHANIZOWANY	SM-M30-39	4	00:45:04.60	+00:09:01 (20.0%)	5:38	10.7 (80.5%)
15	DYWELSKI Krzysztof	16		SM-M30-39	5	00:45:10.70	+00:09:07 (20.2%)	5:38	10.6 (79.7%)
16	STEC Jakub	114	BEST BEASTS	M30-39	3	00:45:36.55	+00:09:33 (20.9%)	5:42	10.5 (78.9%)
17	GUZIK Piotr	21	USB USTKA	M18-29	2	00:45:50.50	+00:09:47 (21.4%)	5:43	10.5 (78.9%)
18	ANDRYSKOWSKI Zdzisław	112	KOLARZ POL	M50-59	1	00:46:06.35	+00:10:03 (21.8%)	5:45	10.4 (78.2%)
19	KOCZOROWSKI Paweł	34	W.P.K. SŁOŃ TEAM USTKA	M40-49	3	00:46:41.10	+00:10:37 (22.8%)	5:50	10.3 (77.4%)
20	UROWSKI Wojciech	102	TRI TUR CHOJNICE	M40-49	4	00:46:41.70	+00:10:38 (22.8%)	5:50	10.3 (77.4%)
21	DREWNIAK Tomasz	14		M40-49	5	00:47:18.10	+00:11:14 (23.8%)	5:54	10.1 (75.9%)
22	KAMIŃSKI Marcin	31		M40-49	6	00:47:24.30	+00:11:21 (23.9%)	5:55	10.1 (75.9%)
23	PĘKAŁA Piotr	72	SP MANOWO/SOSW KOSZALIN	M50-59	2	00:47:24.75	+00:11:21 (24.0%)	5:55	10.1 (75.9%)
24	PREŃNIK Dawid	80	OSNIP WP	SM-M30-39	6	00:47:31.30	+00:11:28 (24.1%)	5:56	10.1 (75.9%)
25	WIELGAT Łukasz	104	KB BRYZA POSTOMINO	M30-39	4	00:47:59.30	+00:11:56 (24.9%)	5:59	10 (75.2%)
26	KOLIŃSKI Krzysztof	35		M40-49	7	00:48:14.85	+00:12:11 (25.3%)	6:01	10 (75.2%)
27	FIELEK Piotr	17	IPA WROCLAW	SM-M40-49	2	00:48:34.35	+00:12:31 (25.8%)	6:04	9.9 (74.4%)

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28	ŚWIDERSKI Michał	96		M18-29	3	00:48:41.20	+00:12:37 (25.9%)	6:05	9.9 (74.4%)
29	KAMIŃSKI Radosław	29	12 WBOT	M30-39	5	00:49:07.85	+00:13:04 (26.6%)	6:08	9.8 (73.7%)
30	FIJAŁKA Ryszard	18		M50-59	3	00:49:28.00	+00:13:24 (27.1%)	6:11	9.7 (72.9%)
31	WŁAŚNIAK Łukasz	106		M30-39	6	00:49:32.05	+00:13:28 (27.2%)	6:11	9.7 (72.9%)
32	NOWAK Paweł	65	BALTIC SEALS	M18-29	4	00:50:02.65	+00:13:59 (28.0%)	6:15	9.6 (72.2%)
33	KULIŃSKA Justyna	45	1 BATALION ZMECHANIZOWANY	SM-K18-29	1	00:50:20.35	+00:14:17 (28.4%)	6:17	9.5 (71.4%)
34	GRZECHULSKI Piotr	20	MORSKA JEDNOSTKA RAKIETOWA	M40-49	8	00:50:46.50	+00:14:43 (29.0%)	6:20	9.5 (71.4%)
35	TOMCZAK Dominik	100	MORSKA JEDNOSTKA RAKIETOWA	M50-59	4	00:50:59.40	+00:14:56 (29.3%)	6:22	9.4 (70.7%)
36	SZYSZKO Stanisław	95	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	M30-39	7	00:51:03.75	+00:15:00 (29.4%)	6:22	9.4 (70.7%)
37	WILCZOPOLSKI Ernest	105		M18-29	5	00:51:09.10	+00:15:05 (29.5%)	6:23	9.4 (70.7%)
38	OLESEK Jerzy	69	SZKOŁA PODOFICERSKA MW	SM-M50+	1	00:51:21.50	+00:15:18 (29.8%)	6:25	9.3 (69.9%)
39	GRÓDECKI Krzysztof	19	21BLT	M30-39	8	00:51:49.35	+00:15:46 (30.4%)	6:28	9.3 (69.9%)
40	KWAŚNIAK Zdzisław	51	PRO DYSTANS	M60+	1	00:51:51.15	+00:15:47 (30.5%)	6:28	9.3 (69.9%)
41	MŁYNARCZYK Zbyszek	59	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M30-39	7	00:51:55.95	+00:15:52 (30.6%)	6:29	9.2 (69.2%)
42	SKOMOROWSKI Michał	88	MOWI RUNNING TEAM	M30-39	9	00:52:04.00	+00:16:00 (30.8%)	6:30	9.2 (69.2%)
43	KAMIŃSKI Marcin	30		M30-39	10	00:52:12.50	+00:16:09 (30.9%)	6:31	9.2 (69.2%)
44	KOMOROWSKA-SOŁODOWCZUK Katarzyna	36	6 OLIWSKI OŚRODEK RADIOELEKTRONICZNY	SM-K40-49	1	00:52:23.75	+00:16:20 (31.2%)	6:32	9.2 (69.2%)
45	BLUMA Tomasz	4		M30-39	11	00:52:30.45	+00:16:27 (31.3%)	6:33	9.1 (68.4%)
46	KWAPIS Wojciech	49		SM-M40-49	3	00:52:54.15	+00:16:50 (31.8%)	6:36	9.1 (68.4%)
47	ZIELONKA Mateusz	108	BALTIC SEALS/ 7BOW	M30-39	12	00:53:16.10	+00:17:12 (32.3%)	6:39	9 (67.7%)
48	KAŁUŻA Kamila	28		K30-39	3	00:53:30.85	+00:17:27 (32.6%)	6:41	9 (67.7%)
49	PIŁAT Paweł	74	BEST BEASTS	M30-39	13	00:53:48.70	+00:17:45 (33.0%)	6:43	8.9 (66.9%)
50	KWAPIS Olga	48		K30-39	4	00:53:57.35	+00:17:54 (33.2%)	6:44	8.9 (66.9%)
51	SZAJERKA Krzysztof	93		M50-59	5	00:54:49.35	+00:18:46 (34.2%)	6:51	8.8 (66.2%)
52	KOZIOŁ Krzysztof	41	MORS TEAM ŁĘBORK	M40-49	9	00:55:47.75	+00:19:44 (35.4%)	6:58	8.6 (64.7%)
53	KOSIEDOWSKI Sebastian	39	USB USTKA	M40-49	10	00:55:54.55	+00:19:51 (35.5%)	6:59	8.6 (64.7%)
54	PIOTROWSKI Szymon	76	OSNIP WP	SM-M30-39	8	00:56:27.60	+00:20:24 (36.1%)	7:03	8.5 (63.9%)
55	MIZERA Agnieszka	58		K50-59	1	00:56:38.00	+00:20:34 (36.3%)	7:04	8.5 (63.9%)
56	CIESZYŃSKI Łukasz	9		M30-39	14	00:56:40.65	+00:20:37 (36.4%)	7:05	8.5 (63.9%)
57	NACZK Wiktoria	61	KADET PCE ŁĘBORK/ LKB IM. BRACI PETK	SM-K18-29	2	00:56:42.40	+00:20:39 (36.4%)	7:05	8.5 (63.9%)
58	KONWIŃSKI Michał	38	MORSKA JEDNOSTKA RAKIETOWA	M18-29	6	00:56:42.45	+00:20:39 (36.4%)	7:05	8.5 (63.9%)
59	KWAS August	50	CSIL	SM-M40-49	4	00:56:49.60	+00:20:46 (36.6%)	7:06	8.4 (63.2%)
60	RATAJCZYK Monika	82	MOWI RUNNING TEAM	K30-39	5	00:56:53.60	+00:20:50 (36.6%)	7:06	8.4 (63.2%)
61	CHABOWSKA Agnieszka	7	MOWI	K30-39	6	00:56:54.40	+00:20:51 (36.6%)	7:06	8.4 (63.2%)
62	RACZYŃSKA Anna	81	BALTIC SEALS/AML/7BOW	SM-K40-49	2	00:56:55.00	+00:20:51 (36.7%)	7:06	8.4 (63.2%)
63	PIANKOWSKI Mateusz	73	JW 5511	SM-M30-39	9	00:57:40.70	+00:21:37 (37.5%)	7:12	8.3 (62.4%)
64	HAŁAS Piotr	24		M30-39	15	00:58:13.75	+00:22:10 (38.1%)	7:16	8.2 (61.7%)
65	RZYMYSZKIEWICZ-FIJAŁKA Miłosz	86		M18-29	7	00:58:50.90	+00:22:47 (38.7%)	7:21	8.2 (61.7%)
66	KRUKOWSKI Łukasz	43		M30-39	16	00:59:04.55	+00:23:01 (39.0%)	7:23	8.1 (60.9%)
67	RUSZKOWSKI Arkadiusz	85	MORS TEAM ŁĘBORK	M30-39	17	00:59:10.35	+00:23:07 (39.1%)	7:23	8.1 (60.9%)
68	ŚWIDERSKI Łukasz	97		M30-39	18	00:59:12.55	+00:23:09 (39.1%)	7:24	8.1 (60.9%)
69	NOWACKI Zbigniew	64	7 BOW	SM-M50+	2	00:59:20.90	+00:23:17 (39.2%)	7:25	8.1 (60.9%)
70	MAJCHRZAK Dariusz	54	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M50+	3	00:59:27.05	+00:23:23 (39.4%)	7:25	8.1 (60.9%)
71	MAJCHRZAK Łukasz	55	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	SM-M30-39	10	00:59:27.15	+00:23:23 (39.4%)	7:25	8.1 (60.9%)

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72	<b>KRUKOWSKI Tadeusz</b>	<b>42</b>		M60+	2	<b>00:59:27.95</b>	+00:23:24 (39.4%)	7:25	8.1 (60.9%)
73	<b>KOWALIK Mariusz</b>	<b>40</b>	CPSP	SM-M40-49	5	<b>00:59:30.75</b>	+00:23:27 (39.4%)	7:26	8.1 (60.9%)
74	<b>ROZENTAL Basia</b>	<b>84</b>		K30-39	7	<b>00:59:32.55</b>	+00:23:29 (39.4%)	7:26	8.1 (60.9%)
75	<b>SAGAŁA Patrycja</b>	<b>87</b>		K30-39	8	<b>00:59:32.70</b>	+00:23:29 (39.5%)	7:26	8.1 (60.9%)
76	<b>TÓRZ Andrzej</b>	<b>101</b>	USTKA	M60+	3	<b>00:59:45.10</b>	+00:23:41 (39.7%)	7:28	8 (60.2%)
77	<b>MUSZYŃSKI Marcel</b>	<b>60</b>	12 WBOT 125BLP LESZNO	M18-29	8	<b>01:00:14.65</b>	+00:24:11 (40.2%)	7:31	8 (60.2%)
78	<b>KUREK Adrian</b>	<b>47</b>		M40-49	11	<b>01:00:25.45</b>	+00:24:22 (40.3%)	7:33	7.9 (59.4%)
79	<b>KANIA Brajan</b>	<b>32</b>	-	M18-29	9	<b>01:00:45.05</b>	+00:24:41 (40.7%)	7:35	7.9 (59.4%)
80	<b>SUCHODOLSKA Aleksandra</b>	<b>92</b>		K30-39	9	<b>01:00:54.05</b>	+00:24:50 (40.8%)	7:36	7.9 (59.4%)
81	<b>PAWLIK Krystian</b>	<b>71</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH / USB USTKA	SM-M18-29	2	<b>01:01:01.45</b>	+00:24:58 (40.9%)	7:37	7.9 (59.4%)
82	<b>ZAGRODZKI Ireneusz</b>	<b>107</b>	KB TUPOT USTKA	M60+	4	<b>01:01:05.55</b>	+00:25:02 (41.0%)	7:38	7.9 (59.4%)
83	<b>BATIUK Rafał</b>	<b>3</b>		M40-49	12	<b>01:01:35.70</b>	+00:25:32 (41.5%)	7:41	7.8 (58.6%)
84	<b>BAŁUCH Paweł</b>	<b>2</b>		M30-39	19	<b>01:01:49.15</b>	+00:25:45 (41.7%)	7:43	7.8 (58.6%)
85	<b>PISKÓRZ Justyna</b>	<b>77</b>		K30-39	10	<b>01:01:51.60</b>	+00:25:48 (41.7%)	7:43	7.8 (58.6%)
86	<b>NIWIŃSKI Grzegorz</b>	<b>62</b>	K.B. TUPOT USTKA	M60+	5	<b>01:01:58.15</b>	+00:25:54 (41.8%)	7:44	7.7 (57.9%)
87	<b>NOWAK Agnieszka</b>	<b>66</b>	7BOW	SM-K30-39	1	<b>01:02:31.60</b>	+00:26:28 (42.3%)	7:48	7.7 (57.9%)
88	<b>OLEKSY Andrzej</b>	<b>68</b>	SAM SOBIE BIEGAM	M60+	6	<b>01:02:55.00</b>	+00:26:51 (42.7%)	7:51	7.6 (57.1%)
89	<b>KONKEL Joanna</b>	<b>37</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	<b>01:03:18.70</b>	+00:27:15 (43.1%)	7:54	7.6 (57.1%)
90	<b>JÓSKOWSKI Bogdan</b>	<b>27</b>	RCI GDYNIA	SM-M50+	4	<b>01:03:31.10</b>	+00:27:27 (43.2%)	7:56	7.6 (57.1%)
91	<b>DOBOSZ Romuald</b>	<b>12</b>	'TUPOT'USTKA	M60+	7	<b>01:03:45.75</b>	+00:27:42 (43.5%)	7:58	7.5 (56.4%)
92	<b>CICHAŁA Damian</b>	<b>8</b>	TDT SŁUPSK	SM-M30-39	11	<b>01:05:03.70</b>	+00:29:00 (44.6%)	8:07	7.4 (55.6%)
93	<b>NOWACKI Marek</b>	<b>63</b>	CS MW USTKA	M40-49	13	<b>01:05:49.60</b>	+00:29:46 (45.2%)	8:13	7.3 (54.9%)
94	<b>KUREK Aneta</b>	<b>46</b>	Z BIEGIEM (LAT) MI DO TWARZY	K40-49	1	<b>01:07:42.15</b>	+00:31:38 (46.7%)	8:27	7.1 (53.4%)
95	<b>LANDOWSKI Cezary</b>	<b>52</b>	JW 5511	SM-M30-39	12	<b>01:07:50.95</b>	+00:31:47 (46.9%)	8:28	7.1 (53.4%)
96	<b>STEPNOWSKI Krystian</b>	<b>89</b>	JW 5511	SM-M18-29	3	<b>01:08:32.50</b>	+00:32:29 (47.4%)	8:34	7 (52.6%)
97	<b>POKORNY Edward</b>	<b>79</b>	TUPOT USTKA	M60+	8	<b>01:09:07.25</b>	+00:33:04 (47.8%)	8:38	6.9 (51.9%)
98	<b>MARCZAK Andrzej</b>	<b>56</b>	W.P.K SŁOŃ TEAM USTKA	M60+	9	<b>01:12:04.95</b>	+00:36:01 (50.0%)	9:00	6.7 (50.4%)
99	<b>MARCZAK Małgorzata</b>	<b>57</b>	W.P.K SŁOŃ TEAM USTKA	K60+	1	<b>01:12:11.15</b>	+00:36:07 (50.1%)	9:01	6.6 (49.6%)
100	<b>KOCOŃ Sylwia</b>	<b>33</b>		K40-49	2	<b>01:14:36.25</b>	+00:38:33 (51.7%)	9:19	6.4 (48.1%)

Znaleziono 100 wynik(ów)