



VII BIEG PRZEŁAJOWY MARYNARSKA DYCHA - 10 KM

B4SPORT

Wydarzenie: VII MARYNARSKA DYCHA
Organizator: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Data: 2022-09-25
Miejsce: Ustka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundur	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
1	BOKACZ Piotr	2		M30-39	1		00:38:45.13		4:50	12.4 (100%)
2	RUDNIK Krzysztof	17		M40-49	1		00:41:18.31	+00:02:33 (6.2%)	5:09	11.6 (93.5%)
3	ZYCH Dariusz	66	12 WBOT	M50-59	1		00:42:26.19	+00:03:41 (8.7%)	5:18	11.3 (91.1%)
4	STANIOCH Krzysztof	50	9DPLOT	M30-39	2		00:42:42.98	+00:03:57 (9.3%)	5:20	11.2 (90.3%)
5	PIONK Rafał	42	KOMENDA PORTU WOJENNEGO GDYNIA	SM-M30-39	1	TAK	00:42:54.63	+00:04:09 (9.7%)	5:21	11.2 (90.3%)
6	WEGNER Przemysław	61		M40-49	2		00:43:27.60	+00:04:42 (10.8%)	5:25	11 (88.7%)
7	SZCZERBATY Paweł	55	12 DTR ŚWINOUJŚCIE	M30-39	3		00:44:15.65	+00:05:30 (12.4%)	5:31	10.8 (87.1%)
8	TEREFENKO Joanna	57	CSMW USTKA	K18-29	1		00:44:41.04	+00:05:55 (13.3%)	5:35	10.7 (86.3%)
9	UROWSKI Wojciech	60	ENDURE TEAM	M40-49	3		00:45:06.42	+00:06:21 (14.1%)	5:38	10.6 (85.5%)
10	SZYSZKO Stanisław	56	12 WBOT	M30-39	4		00:45:23.80	+00:06:38 (14.6%)	5:40	10.6 (85.5%)
11	KIEŁCZYŃSKI Dawid	25	TEAM DAVE BUKÓWKA	M30-39	5		00:45:34.39	+00:06:49 (15.0%)	5:41	10.5 (84.7%)
12	DUDA Grzegorz	10	OSP BUKÓWKO-BEST BEASTS	M40-49	4	TAK	00:46:34.95	+00:07:49 (16.8%)	5:49	10.3 (83.1%)
13	WŁAŚNIAK Łukasz	63	MOWI RUNNING TEAM	M30-39	6		00:46:44.39	+00:07:59 (17.1%)	5:50	10.3 (83.1%)
14	PIETKUN Sławomir	41	OŚRODEK BADAWCZY SŁUŻBY MPS	M50-59	2	TAK	00:46:59.50	+00:08:14 (17.5%)	5:52	10.2 (82.3%)
15	JASIŃSKI Stanisław	19		M30-39	7		00:47:07.74	+00:08:22 (17.8%)	5:53	10.2 (82.3%)
16	KUKLIŃSKA-NURKOWSKA Lucyna	71	USB USTKA	K40-49	1		00:47:19.97	+00:08:34 (18.1%)	5:54	10.1 (81.5%)
17	ZGOŁA Tomasz	65	12 WBOT	M40-49	5		00:47:32.53	+00:08:47 (18.5%)	5:56	10.1 (81.5%)
18	SKOMOROWSKI Michał	49	MOWI RUNNING TEAM	M30-39	8		00:47:54.40	+00:09:09 (19.1%)	5:59	10 (80.6%)
19	FIJĄŁKA Ryszard	11	MJDOP	M50-59	3		00:48:27.85	+00:09:42 (20.0%)	6:03	9.9 (79.8%)
20	WILMONT Krzysztof	73		SM-M30-39	2	TAK	00:48:47.23	+00:10:02 (20.6%)	6:05	9.8 (79.0%)
21	WIELGAT Łukasz	62	KB BRYZA POSTOMINO	M30-39	9		00:49:07.19	+00:10:22 (21.1%)	6:08	9.8 (79.0%)
22	STRZELCZYK Maciej	53	12WBOT	M50-59	4		00:49:26.51	+00:10:41 (21.6%)	6:10	9.7 (78.2%)
23	GAŁAN Leszek	12		M50-59	5		00:49:39.72	+00:10:54 (22.0%)	6:12	9.7 (78.2%)
24	KOSIDLAK Tomasz	31		M40-49	6		00:50:40.37	+00:11:55 (23.5%)	6:20	9.5 (76.6%)
25	KACZYKOWSKI Mariusz	21	RCI GDYNIA PUNKTY OBSERWACYJNE	M40-49	7	TAK	00:50:44.00	+00:11:58 (23.6%)	6:20	9.5 (76.6%)
26	PUDELSKI Jozef	46	MOWI RUNNING TEAM	M40-49	8		00:50:55.00	+00:12:09 (23.9%)	6:21	9.4 (75.8%)
27	STRUŚ Artur	52	KLUB BIEGACZA „BRYZA” POSTOMINO	M50-59	6		00:50:53.53	+00:12:08 (23.9%)	6:21	9.4 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundur	Czas netto 8km	Różn	Tempo min/km	Tempo km/h
28	KOREWO Andrzej	30		M18-29	1		00:51:56.16	+00:13:11 (25.4%)	6:29	9.2 (74.2%)
29	KOŃCZAL Tomek	29	KOMENDA PORTU WOJENNEGO W GDYNI	SM-M18-29	1	TAK	00:52:08.26	+00:13:23 (25.7%)	6:31	9.2 (74.2%)
30	KOSIEDOWSKI Sebastian	32	USB USTKA	M40-49	9		00:52:57.38	+00:14:12 (26.8%)	6:37	9.1 (73.4%)
31	DĄBKOWSKI Kacper	70		M18-29	2		00:53:00.86	+00:14:15 (26.9%)	6:37	9.1 (73.4%)
32	PAWLIK Krystian	40	USB USTKA	M18-29	3		00:53:01.79	+00:14:16 (26.9%)	6:37	9.1 (73.4%)
33	KWAŚNIAK Zdzisław	34	PRO DYSTANS	M60+	1		00:53:16.32	+00:14:31 (27.3%)	6:39	9 (72.6%)
34	KOLIŃSKI Krzysztof	26		M40-49	10	TAK	00:53:16.60	+00:14:31 (27.3%)	6:39	9 (72.6%)
35	GRZECHULSKI Piotr	16	MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE	M40-49	11	TAK	00:53:19.86	+00:14:34 (27.3%)	6:39	9 (72.6%)
36	OLESEK Jerzy	39	SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ	M50-59	7	TAK	00:53:20.90	+00:14:35 (27.4%)	6:40	9 (72.6%)
37	KRUKOWSKI Tadeusz	33	BRAK	M60+	2		00:53:28.32	+00:14:43 (27.5%)	6:41	9 (72.6%)
38	WOJCIECHOWSKA Joanna	64		K30-39	1		00:54:01.72	+00:15:16 (28.3%)	6:45	8.9 (71.8%)
39	GROCH Piotr	14	CSMW	SM-M30-39	3	TAK	00:54:02.47	+00:15:17 (28.3%)	6:45	8.9 (71.8%)
40	KAMIŃSKA Monika	22		K30-39	2		00:54:34.41	+00:15:49 (29.0%)	6:49	8.8 (71.0%)
41	CIESZYŃSKI Łukasz	5		M30-39	10		00:54:53.13	+00:16:08 (29.4%)	6:51	8.7 (70.2%)
42	CHABOWSKA Agnieszka	4		K30-39	3		00:55:08.71	+00:16:23 (29.7%)	6:53	8.7 (70.2%)
43	DALECKI Przemysław	8	GDYNIA SPORT TEAM	M50-59	8		00:55:40.67	+00:16:55 (30.4%)	6:57	8.6 (69.4%)
44	SUCHODOLSKA Aleksandra	54		K30-39	4		00:56:42.16	+00:17:57 (31.7%)	7:05	8.5 (68.5%)
45	SERWA Mariusz	48	ECOLIBRE	M40-49	12		00:56:52.26	+00:18:07 (31.9%)	7:06	8.4 (67.7%)
46	RZYMYSZKIEWICZ-FIJAŁKA Miłosz	47		M18-29	4		00:56:54.78	+00:18:09 (31.9%)	7:06	8.4 (67.7%)
47	ŻŁKA Milena	67		K30-39	5		00:57:44.93	+00:18:59 (32.9%)	7:13	8.3 (66.9%)
48	NOWACKI Marek	37		M40-49	13		00:58:33.64	+00:19:48 (33.8%)	7:19	8.2 (66.1%)
49	PODLAK Piotr	45		M30-39	11		00:58:40.65	+00:19:55 (34.0%)	7:20	8.2 (66.1%)
50	MONIUSZKO Iwona	72		K40-49	2		00:58:53.34	+00:20:08 (34.2%)	7:21	8.2 (66.1%)
51	POBŁOCKI Oskar	44		SM-M18-29	2	TAK	00:59:30.23	+00:20:45 (34.9%)	7:26	8.1 (65.3%)
52	NOWICKI Mateusz	38		SM-M30-39	4	TAK	00:59:42.05	+00:20:56 (35.1%)	7:27	8 (64.5%)
53	TÓRZ Andrzej	59	USTKA	M60+	3		01:00:50.54	+00:22:05 (36.3%)	7:36	7.9 (63.7%)
54	KANIA Brajan	69	BBL SŁUPSK	M18-29	5		01:01:50.99	+00:23:05 (37.3%)	7:43	7.8 (62.9%)
55	KONWIŃSKI Michał	27	MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE	SM-M18-29	3	TAK	01:02:18.92	+00:23:33 (37.8%)	7:47	7.7 (62.1%)
56	GAŁAN Joanna	13		K50-59	1		01:03:01.93	+00:24:16 (38.5%)	7:52	7.6 (61.3%)
57	DOBOSZ Romuald	9	'TUPOT'USTKA	M60+	4		01:03:04.29	+00:24:19 (38.6%)	7:53	7.6 (61.3%)
58	KONYSZ Bartłomiej	28		SM-M30-39	5	TAK	01:03:31.76	+00:24:46 (39.0%)	7:56	7.6 (61.3%)
59	TOMCZAK Dominik	58	MORSKA JEDNOSTKA RAKIETOWA SIEMIROWICE	M50-59	9	TAK	01:03:40.59	+00:24:55 (39.1%)	7:57	7.5 (60.5%)
60	PISKÓRZ Justyna	43		K40-49	3		01:03:59.04	+00:25:13 (39.4%)	7:59	7.5 (60.5%)
61	MIZERA Agnieszka	36		K50-59	2		01:05:20.59	+00:26:35 (40.7%)	8:10	7.3 (58.9%)
62	ŁOKUCIEJEWSKA Izabela	68		K18-29	2	TAK	01:07:06.64	+00:28:21 (42.3%)	8:23	7.2 (58.1%)
63	BAŁUCH Paweł	1	12 WBOT	M30-39	12		01:10:49.86	+00:32:04 (45.3%)	8:51	6.8 (54.8%)
64	KEMPIŃSKI Łukasz	24		SM-M30-39	6	TAK	01:11:05.26	+00:32:20 (45.5%)	8:53	6.8 (54.8%)
65	CYRAN Przemysław	6	CSMW USTKA	SM-M30-39	7	TAK	01:11:05.32	+00:32:20 (45.5%)	8:53	6.8 (54.8%)
66	MARCZAK Małgorzata	35	WPK SŁOŃ TEAM	K60+	1		01:15:00.26	+00:36:15 (48.3%)	9:22	6.4 (51.6%)
67	STOPNICKI Ignacy	51	TUPOT USTKA	M60+	5		01:20:54.87	+00:42:09 (52.1%)	10:06	5.9 (47.6%)
68	KABACIŃSKI Bronisław	20	TUPOTUSTKA	M60+	6		01:30:23.90	+00:51:38 (57.1%)	11:17	5.3 (42.7%)

Znaleziono 68 wynik(ów)