

# VII BIEG PRZEŁAJOWY MARYNARSKA DYCHA - NW 5 KM

B4SPORT

**Wydarzenie:** VII MARYNARSKA DYCHA  
**Organizator:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)  
**Data:** 2022-09-25  
**Miejsce:** Ustka  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                           | Numer      | Klub                            | Kategoria | Mkat | Czas netto 8km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------------|------------|---------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1   | <b>BRZOZOWSKI Piotr</b>            | <b>99</b>  | AKTYWNI POSTOMINO               | M-OPEN    | 1    | <b>00:33:42.51</b> |                   | 4:12         | 14.2 (100%)  |
| 2   | <b>FRĄCKOWIAK Roman</b>            | <b>91</b>  |                                 | M-OPEN    | 2    | <b>00:33:44.06</b> | +00:00:01 (0.1%)  | 4:13         | 14.2 (100%)  |
| 3   | <b>HRYCYK Krzysztof</b>            | <b>93</b>  |                                 | M-OPEN    | 3    | <b>00:40:58.91</b> | +00:07:16 (17.7%) | 5:07         | 11.7 (82.4%) |
| 4   | <b>OKRZESIK-FRĄCKOWIAK Izabela</b> | <b>97</b>  | EKSPEDYCJA NORDIC TEAM SZCZECIN | K-OPEN    | 1    | <b>00:40:59.72</b> | +00:07:17 (17.8%) | 5:07         | 11.7 (82.4%) |
| 5   | <b>MIODOŃSKI Arkadiusz</b>         | <b>96</b>  |                                 | M-OPEN    | 4    | <b>00:42:36.16</b> | +00:08:53 (20.9%) | 5:19         | 11.3 (79.6%) |
| 6   | <b>HRYCYK Izabela</b>              | <b>92</b>  |                                 | K-OPEN    | 2    | <b>00:43:43.41</b> | +00:10:00 (22.9%) | 5:27         | 11 (77.5%)   |
| 7   | <b>MARCINIAK Eugeniusz</b>         | <b>95</b>  |                                 | M-OPEN    | 5    | <b>00:45:40.62</b> | +00:11:58 (26.2%) | 5:42         | 10.5 (73.9%) |
| 8   | <b>SAWICKA Gosia</b>               | <b>98</b>  | NORDIC WALKING USTKA            | K-OPEN    | 3    | <b>00:45:57.98</b> | +00:12:15 (26.7%) | 5:44         | 10.4 (73.2%) |
| 9   | <b>KOCOŃ Sylwia</b>                | <b>94</b>  |                                 | K-OPEN    | 4    | <b>00:46:30.52</b> | +00:12:48 (27.5%) | 5:48         | 10.3 (72.5%) |
| 10  | <b>SZEREMET Katarzyna</b>          | <b>100</b> |                                 | K-OPEN    | 5    | <b>00:48:01.33</b> | +00:14:18 (29.8%) | 6:00         | 10 (70.4%)   |

Znaleziono 10 wynik(ów)