

RUNAWAY POLSKI UCIEKINIER | ELITA

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Runaway Polski Uciekinier Pępowo
Runaway - Polski Uciekinier
2022-06-18
Pępowo
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Elita Mężczyzn

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WOJTYSZYN Wojciech	125		M25-29	1	Ex Team	00:45:03.20		4:30	13.3 (100%)
2	OŚLIZŁO Tomasz	122		M35-39	1	SOCIOS SILESIA	00:47:10.15	+00:02:06 (4.5%)	4:43	12.7 (95.5%)
3	SERAFIŃSKI Maciej	25		M25-29	2	RUNMAGEDDON TEAM	00:47:34.35	+00:02:31 (5.3%)	4:45	12.6 (94.7%)
4	BRZOSKWINIA Wojciech	61		M30-34	1	Lemon Team	00:49:40.10	+00:04:36 (9.3%)	4:58	12.1 (91.0%)
5	PRYKOWSKI Tomasz	106		M25-29	3	Warriors Łódź	00:49:41.75	+00:04:38 (9.3%)	4:58	12.1 (91.0%)
6	JACIÓW Paweł	44		M30-34	2	WATAHA	00:51:05.10	+00:06:01 (11.8%)	5:06	11.7 (88.0%)
7	MARKOWSKI Fabian	81		M35-39	2	RAJSPOORT ACTIVE	00:52:01.10	+00:06:57 (13.4%)	5:12	11.5 (86.5%)
8	OLICHOWSKI Mateusz	134		M30-34	3	WOLF TEAM	00:53:50.00	+00:08:46 (16.3%)	5:23	11.1 (83.5%)
9	KOZŁOWSKI Artur	76		M25-29	4	RAJSPOORT ACTIVE	00:54:05.60	+00:09:02 (16.7%)	5:24	11.1 (83.5%)
10	KALWAS Mateusz	71		M13-17	1	RAJSPOORT ACTIVE	00:54:36.45	+00:09:33 (17.5%)	5:27	11 (82.7%)
11	RYNKIEWICZ Mateusz	129		M35-39	3	RUNMAGEDDON TEAM	00:54:56.20	+00:09:53 (18.0%)	5:29	10.9 (82.0%)
12	BRZOZOWSKI Filip	45		M30-34	4	SPARTA RUNNERS	00:55:51.05	+00:10:47 (19.3%)	5:35	10.7 (80.5%)
13	SIKORA Adam	27		M30-34	5		00:56:49.35	+00:11:46 (20.7%)	5:40	10.6 (79.7%)
14	JAGODZIŃSKI Karol	96		M30-34	6	POWER TRAINING	00:58:16.45	+00:13:13 (22.7%)	5:49	10.3 (77.4%)
15	BYRCZEK Michał	29		M35-39	4	WATAHA	00:58:34.75	+00:13:31 (23.1%)	5:51	10.2 (76.7%)
16	KOZUBEK Sebastian	55		M30-34	7	RAJSPOORT ACTIVE	00:58:37.50	+00:13:34 (23.1%)	5:51	10.2 (76.7%)
17	JAKUSZEK Piotr	297		M35-39	5	Hell`s gym OCR Pępowo	00:58:58.95	+00:13:55 (23.6%)	5:53	10.2 (76.7%)
18	BURAS Radosław	82		M30-34	8		00:59:50.25	+00:14:47 (24.7%)	5:59	10 (75.2%)
19	OBRĘBSKI Patryk	59		M30-34	9	RAJSPOORT ACTIVE	00:59:52.10	+00:14:48 (24.7%)	5:59	10 (75.2%)
20	TARKA Andrzej	77		M45-49	1		01:00:43.80	+00:15:40 (25.8%)	6:04	9.9 (74.4%)
21	BAJON Przemysław	91		M25-29	5	WATAHA	01:01:20.60	+00:16:17 (26.6%)	6:08	9.8 (73.7%)
22	KALININ Jarosław	100		M25-29	6	RAJSPOORT ACTIVE	01:02:33.00	+00:17:29 (28.0%)	6:15	9.6 (72.2%)
23	KOZUBEK Seweryn	57		M25-29	7	RAJSPOORT ACTIVE	01:02:36.90	+00:17:33 (28.0%)	6:15	9.6 (72.2%)
24	KACPERSKI Jacek	58		M40-44	1	RAJSPOORT ACTIVE	01:02:51.00	+00:17:47 (28.3%)	6:17	9.5 (71.4%)
25	TYCZYNO Wojciech	42		M40-44	2	WATAHA	01:03:22.20	+00:18:19 (28.9%)	6:20	9.5 (71.4%)
26	BERNACKI Grzegorz	14		M40-44	3	WOLF TEAM	01:03:43.75	+00:18:40 (29.3%)	6:22	9.4 (70.7%)
27	KĘPA Bartosz	46		M30-34	10	SPARTA RUNNERS	01:03:57.25	+00:18:54 (29.6%)	6:23	9.4 (70.7%)
28	GŁYK Łukasz	31		M30-34	11		01:04:11.95	+00:19:08 (29.8%)	6:25	9.3 (69.9%)
29	DŁUGOSZ Łukasz	49		M25-29	8	OSPRO OCR	01:04:41.60	+00:19:38 (30.4%)	6:28	9.3 (69.9%)

						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1			
30	JUSZKIEWICZ Dominik	137		M35-39	6	RAJSPOORT ACTIVE	01:05:16.40	+00:20:13 (31.0%)	6:31 9.2 (69.2%)
31	SOBOŃ Krystian	110		M30-34	12	Mad runners	01:05:59.65	+00:20:56 (31.7%)	6:35 9.1 (68.4%)
32	PSUT Kamil	135		M25-29	9		01:06:24.65	+00:21:21 (32.2%)	6:38 9 (67.7%)
33	SZYMAŃSKI Bartomiej	66		M30-34	13	Warriors Łódź	01:06:38.45	+00:21:35 (32.4%)	6:39 9 (67.7%)
34	KALISZYK Grzegorz	121		M45-49	2	Mad Runners	01:07:12.55	+00:22:09 (33.0%)	6:43 8.9 (66.9%)
35	BARAN Konrad	92		M25-29	10	Warriors Łódź	01:07:52.65	+00:22:49 (33.6%)	6:47 8.8 (66.2%)
36	TRACZYŃSKI Daniel	111		M30-34	14	Mad Runners	01:08:01.80	+00:22:58 (33.8%)	6:48 8.8 (66.2%)
37	DARGACZ Dominik	109		M25-29	11	Mad Runners	01:08:03.40	+00:23:00 (33.8%)	6:48 8.8 (66.2%)
38	DRZEWIECKI Marcin	118		M35-39	7	Mad Runners	01:08:57.00	+00:23:53 (34.7%)	6:53 8.7 (65.4%)
39	KOŁAKOWSKI Krzysztof	95		M30-34	15	RUNMAGEDDON TEAM	01:09:41.25	+00:24:38 (35.3%)	6:58 8.6 (64.7%)
40	WOJTASZCZYK Mateusz	3		M40-44	4		01:10:20.45	+00:25:17 (35.9%)	7:02 8.5 (63.9%)
41	MIZGALSKI Jacek	87		M45-49	3		01:11:16.25	+00:26:13 (36.8%)	7:07 8.4 (63.2%)
42	NOWICKI Marcin	123		M30-34	16	WOLF TEAM	01:11:18.60	+00:26:15 (36.8%)	7:07 8.4 (63.2%)
43	LEWANDOWSKI Patryk	4		M30-34	17		01:11:24.80	+00:26:21 (36.9%)	7:08 8.4 (63.2%)
44	DUKIEWICZ Dariusz	104		M25-29	12	WOLF TEAM	01:11:34.75	+00:26:31 (37.1%)	7:09 8.4 (63.2%)
45	SZYMAŃSKI Bartek	117		M30-34	18		01:11:54.85	+00:26:51 (37.4%)	7:11 8.3 (62.4%)
46	LEWICKI Piotr	17		M40-44	5	WOLF TEAM	01:11:58.30	+00:26:55 (37.4%)	7:11 8.3 (62.4%)
47	GOLDA Michał	105		M40-44	6	Mad Runners	01:12:49.45	+00:27:46 (38.1%)	7:16 8.2 (61.7%)
48	BUDZIŃSKI Michał	47		M35-39	8	RAJSPOORT ACTIVE	01:13:11.90	+00:28:08 (38.5%)	7:19 8.2 (61.7%)
49	PIWNIK Bartosz	84		M25-29	13	Lemon Team	01:13:16.95	+00:28:13 (38.5%)	7:19 8.2 (61.7%)
50	MALCZEWSKI Daniel	11		M18-24	1	RAJSPOORT ACTIVE	01:13:33.95	+00:28:30 (38.8%)	7:21 8.2 (61.7%)
51	TROCKI Patryk	35		M30-34	19	Dirty Sparrows	01:14:24.10	+00:29:20 (39.4%)	7:26 8.1 (60.9%)
52	MADALIŃSKI Michał	98		M30-34	20	RAJSPOORT ACTIVE	01:15:02.85	+00:29:59 (40.0%)	7:30 8 (60.2%)
53	WIECZOREK Mateusz	34		M25-29	14	xRunners	01:15:15.05	+00:30:11 (40.1%)	7:31 8 (60.2%)
54	PIEŁA Szymon	32		M30-34	21	SOCIOS SILESIA	01:15:22.10	+00:30:18 (40.2%)	7:32 8 (60.2%)
55	SZAŁATA Piotr	16		M30-34	22	Biegowe dziki ocr	01:15:32.95	+00:30:29 (40.4%)	7:33 7.9 (59.4%)
56	DROP Łukasz	2		M40-44	7	WATAHA	01:15:34.85	+00:30:31 (40.4%)	7:33 7.9 (59.4%)
57	ZIMOŃ Norbert	139		M35-39	9		01:15:42.20	+00:30:39 (40.5%)	7:34 7.9 (59.4%)
58	TOMCZAK Dariusz	131		M30-34	23		01:15:53.10	+00:30:49 (40.6%)	7:35 7.9 (59.4%)
59	PAZOŁA Korneliusz	132		M35-39	10		01:16:01.00	+00:30:57 (40.7%)	7:36 7.9 (59.4%)
60	STAWSKI Artur	136		M35-39	11		01:16:20.20	+00:31:17 (41.0%)	7:38 7.9 (59.4%)
61	KAZIMIERCZAK Paweł	51		M25-29	15	Warriors Łódź	01:16:26.20	+00:31:23 (41.1%)	7:38 7.8 (58.6%)
62	KALISZ Adrian	30		M35-39	12		01:16:50.15	+00:31:46 (41.4%)	7:41 7.8 (58.6%)
63	MAŁECKI Adam	40		M30-34	24	CARBON SILESIA SPORT	01:17:26.90	+00:32:23 (41.8%)	7:44 7.7 (57.9%)
64	KOTALA Arkadiusz	67		M25-29	16	WATAHA	01:17:47.45	+00:32:44 (42.1%)	7:46 7.7 (57.9%)
65	SZCZEPAŃSKI Grzegorz	113		M35-39	13	Mad Runners	01:17:55.45	+00:32:52 (42.2%)	7:47 7.7 (57.9%)
66	DENYSIUK Marek	119		M45-49	4	WATAHA	01:18:56.25	+00:33:53 (42.9%)	7:53 7.6 (57.1%)
67	SERAFIŃSKI Robert	26		M50+	1	RAJSPOORT ACTIVE	01:19:23.50	+00:34:20 (43.3%)	7:56 7.6 (57.1%)
68	KNOP Marcin	79		M30-34	25	Lemon Team	01:19:37.95	+00:34:34 (43.4%)	7:57 7.5 (56.4%)
69	ZABOROWSKI Łukasz	133		M35-39	14	RAJSPOORT ACTIVE	01:19:39.40	+00:34:36 (43.4%)	7:57 7.5 (56.4%)
70	PONTUS Piotr	5		M35-39	15	OSPRO OCR	01:19:44.10	+00:34:40 (43.5%)	7:58 7.5 (56.4%)
71	STERNAL Mateusz	56		M35-39	16		01:21:02.60	+00:35:59 (44.4%)	8:06 7.4 (55.6%)
72	DUL Dariusz	126		M50+	2	Mad Runners	01:21:24.95	+00:36:21 (44.7%)	8:08 7.4 (55.6%)
73	MATYSIAK Przemysław	74		M13-17	2		01:22:16.10	+00:37:12 (45.2%)	8:13 7.3 (54.9%)

						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1			
74	KOWALSKI Mateusz	19		M35-39	17	Dirty Sparrows	01:22:25.35	+00:37:22 (45.3%)	8:14 7.3 (54.9%)
75	KURYŁO Kamil	21		M30-34	26		01:22:32.20	+00:37:29 (45.4%)	8:15 7.3 (54.9%)
76	MACHOWSKI Marek	114		M45-49	5		01:22:57.80	+00:37:54 (45.7%)	8:17 7.2 (54.1%)
77	BOIŃSKI Grzegorz	120		M13-17	3	WOLF TEAM	01:23:04.10	+00:38:00 (45.8%)	8:18 7.2 (54.1%)
78	WIŚNIEWSKI Norbert	127		M45-49	6		01:24:30.55	+00:39:27 (46.7%)	8:27 7.1 (53.4%)
79	NAJDEREK Michał	60		M35-39	18		01:24:38.80	+00:39:35 (46.8%)	8:27 7.1 (53.4%)
80	KORZENNY Wojciech	80		M35-39	19		01:25:39.05	+00:40:35 (47.4%)	8:33 7 (52.6%)
81	KOLASIŃSKI Jakub	75		M35-39	20	Dirty Sparrows	01:25:47.60	+00:40:44 (47.5%)	8:34 7 (52.6%)
82	MALICKI Dawid	53		M30-34	27	Warriors Łódź	01:25:48.60	+00:40:45 (47.5%)	8:34 7 (52.6%)
83	ELLMANN Leszek	39		M30-34	28	Dirty Sparrows	01:27:28.05	+00:42:24 (48.5%)	8:44 6.9 (51.9%)
84	SOLIWODA Tomasz	24		M40-44	8		01:28:07.90	+00:43:04 (48.9%)	8:48 6.8 (51.1%)
85	SOBAŃSKI Paweł	316		M18-24	2	Hell`s gym OCR Pępowo	01:29:54.55	+00:44:51 (49.9%)	8:59 6.7 (50.4%)
86	MIROWSKI Jacek	33		M35-39	21		01:29:55.90	+00:44:52 (49.9%)	8:59 6.7 (50.4%)
87	DARGA Marcin	112		M30-34	29	WOLF TEAM	01:30:06.10	+00:45:02 (50.0%)	9:00 6.7 (50.4%)
88	JUSZCZYK Jarosław	78		M40-44	9		01:30:10.55	+00:45:07 (50.0%)	9:01 6.7 (50.4%)
89	KMIECIAK Grzegorz	50		M35-39	22		01:30:15.70	+00:45:12 (50.1%)	9:01 6.6 (49.6%)
90	KRUK Michał	8		M25-29	17	OSPRO OCR	01:31:59.00	+00:46:55 (51.0%)	9:11 6.5 (48.9%)
91	DROZD Dariusz	97		M35-39	23		01:32:47.00	+00:47:43 (51.4%)	9:16 6.5 (48.9%)
92	ZIELIŃSKI Michał	130		DRUŻYNOWA	1		01:33:50.65	+00:48:47 (52.0%)	9:23 6.4 (48.1%)
93	PINDEL Piotr	20		M30-34	30		01:34:08.45	+00:49:05 (52.1%)	9:24 6.4 (48.1%)
94	WÓJT Kamil	86		M30-34	31	Warriors Łódź	01:35:23.40	+00:50:20 (52.8%)	9:32 6.3 (47.4%)
95	DYKO Bartosz	116		M35-39	24	Mad Runners	01:35:58.65	+00:50:55 (53.1%)	9:35 6.3 (47.4%)
96	ŁAPACZ Tomasz	41		M45-49	7		01:36:39.30	+00:51:36 (53.4%)	9:39 6.2 (46.6%)
97	WOCHNIAK Michał	52		M30-34	32	Warriors Łódź	01:37:46.05	+00:52:42 (53.9%)	9:46 6.1 (45.9%)
98	SKRĘTY Patryk	69		M25-29	18		01:38:58.75	+00:53:55 (54.5%)	9:53 6.1 (45.9%)
99	KOŁODZIEJEK Robert	12		M45-49	8	RAJSPOORT ACTIVE	01:38:59.70	+00:53:56 (54.5%)	9:53 6.1 (45.9%)
100	KORALEWSKI Pawel	38		M35-39	25	WATAHA	01:40:16.15	+00:55:12 (55.1%)	10:01 6 (45.1%)
101	WITKOWSKI Rafał	9		M30-34	33	WATAHA	01:42:06.10	+00:57:02 (55.9%)	10:12 5.9 (44.4%)
102	KACZMAREK Marcin	90		M35-39	26	WF TEAM	01:43:04.05	+00:58:00 (56.3%)	10:18 5.8 (43.6%)
103	WEIS Michał	85		M35-39	27	Obstacle Center Team	01:44:01.95	+00:58:58 (56.7%)	10:24 5.8 (43.6%)
104	ŁAPACZ Adam	23		M13-17	4		01:44:26.60	+00:59:23 (56.9%)	10:26 5.7 (42.9%)
105	PIĘTKA Grzegorz	1		M45-49	9		01:47:15.15	+01:02:11 (58.0%)	10:43 5.6 (42.1%)
106	MOSTOWSKI Radek	89		M35-39	28	Warriors Łódź	01:47:40.85	+01:02:37 (58.2%)	10:46 5.6 (42.1%)
107	WIŚNIEWSKI Arkadiusz	62		M30-34	34	Warriors Łódź	01:47:41.75	+01:02:38 (58.2%)	10:46 5.6 (42.1%)
108	ŚLIZ Arkadiusz	28		M40-44	10	WOLF TEAM	01:47:53.25	+01:02:50 (58.2%)	10:47 5.6 (42.1%)
109	SZUFLICKI Tymon	108		M13-17	5		01:48:37.80	+01:03:34 (58.5%)	10:51 5.5 (41.4%)
110	SZWAŁEK Dawid	64		M30-34	35		01:50:43.90	+01:05:40 (59.3%)	11:04 5.4 (40.6%)
111	ROBAKOWSKI Sławomir	63		M35-39	29		01:50:44.25	+01:05:41 (59.3%)	11:04 5.4 (40.6%)
112	NAWROT Michał	107		M35-39	30		01:51:08.60	+01:06:05 (59.5%)	11:06 5.4 (40.6%)
113	TOMCZAK Marcin	43		M35-39	31	WATAHA	01:52:02.40	+01:06:59 (59.8%)	11:12 5.4 (40.6%)
114	WYSOCZAŃSKI Mikołaj	37		M35-39	32		01:59:42.30	+01:14:39 (62.4%)	11:58 5 (37.6%)
Przekroczony limit czasu: 02:00:00									
115	ŁACINIK Damian	22		M40-44	11		02:00:26.35	+01:15:23 (62.6%)	12:02 5 (37.6%)
DNC	GRABOWIEC Arkadiusz	7		M18-24		POWER TRAINING	00:59:35.85		10.1 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
DNC	ROPELA Radosław	18		M40-44		WOLF TEAM	01:02:51.85		0:00	9.5 (71.4%)
DNC	SIEKIERSKI Paweł	15		M30-34		Dirty Sparrows	01:13:52.45		0:00	8.1 (60.9%)
DNC	KWAŚNIAK Emil	99		M35-39			01:14:57.35		0:00	8 (60.2%)
DNC	TROJANOWSKI Artur	6		M35-39		CARBON SILESIA SPORT	01:19:05.80		0:00	7.6 (57.1%)
DNC	ŻYTO Grzegorz	48		M35-39			01:26:26.65		0:00	6.9 (51.9%)
DNC	SKONIECZKO Adam	93		M35-39			01:27:30.40		0:00	6.9 (51.9%)
DNC	PILAWSKI Ryszard	36		M45-49			01:27:59.65		0:00	6.8 (51.1%)
DNC	OGIŃSKI Szymon	72		M35-39		Warriors Łódź	01:29:12.20		0:00	6.7 (50.4%)
DNC	SZUKAŁA Krzysztof	94		M18-24			01:33:28.55		0:00	6.4 (48.1%)
DNC	ANDRZEJCZAK Filip	54		M35-39			01:34:29.25		0:00	6.4 (48.1%)
DNC	PIECZONKA Jakub	128		M25-29		WF TEAM	01:40:19.50		0:00	6 (45.1%)
DNC	KARCZEWSKI Patryk	65		M30-34		Warriors Łódź	01:42:39.15		0:00	5.8 (43.6%)
DNC	PIETRZAK Wojciech	88		M18-24			01:53:55.05		0:00	5.3 (39.8%)

Znaleziono 129 wynik(ów)