



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

TORTURA LESZNO 2020 - FORMUŁA OPEN

TorTura Leszno 2020
Transformers Trening & Dieta
2020-09-13
Leszno
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	JUSZKIEWICZ Oliwia	162	MS FIT	K-Open	1	00:34:21.60	00:34:21.60		6:52	8.7 (100%)
2	GALAZKA Angelika	122	12WBOT	K-Open	2	00:36:15.65	00:36:15.65	+00:01:54 (5.2%)	7:15	8.3 (95.4%)
3	WEŁYCZKO Dorota	349		K-Open	3	00:36:27.40	00:36:27.40	+00:02:05 (5.8%)	7:17	8.2 (94.3%)
4	DZIK Marlena	403	DIRTY SPARROWS	K-Open	4	00:40:06.50	00:40:06.50	+00:05:44 (14.3%)	8:01	7.5 (86.2%)
5	BAJON Anna	70		K-Open	5	00:41:30.85	00:41:30.85	+00:07:09 (17.2%)	8:18	7.2 (82.8%)
6	MAŃCZAK Joanna	244	MS-FIT STUDIO GOSTYŃ	K-Open	6	00:41:39.50	00:41:39.50	+00:07:17 (17.5%)	8:19	7.2 (82.8%)
7	BUSZ Natalia	94	MS-FIT STUDIO GOSTYŃ	K-Open	7	00:41:48.65	00:41:48.65	+00:07:27 (17.8%)	8:21	7.2 (82.8%)
8	BARNAŚ Kinga	60		K-Open	8	00:41:50.65	00:41:50.65	+00:07:29 (17.9%)	8:22	7.2 (82.8%)
9	KOZIOŁ Unisława	408	LOFTY NA POMPACH	K-Open	9	00:42:23.75	00:42:23.75	+00:08:02 (19.0%)	8:28	7.1 (81.6%)
10	KOKOT Karolina	181	HELL'S GYM OCR PĘPOWO	K-Open	10	00:42:24.95	00:42:24.95	+00:08:03 (19.0%)	8:28	7.1 (81.6%)
11	KĄSOWSKA Anna	222		K-Open	11	00:42:57.25	00:42:57.25	+00:08:35 (20.0%)	8:35	7 (80.5%)
12	ZARZECZAŃSKA-JANASIK Blanka	366		K-Open	12	00:43:00.70	00:43:00.70	+00:08:39 (20.1%)	8:36	7 (80.5%)
13	BOZIAŃCZUK Sandra	88		K-Open	13	00:44:17.00	00:44:17.00	+00:09:55 (22.4%)	8:51	6.8 (78.2%)
14	NOWAK Katarzyna	394		K-Open	14	00:44:18.90	00:44:18.90	+00:09:57 (22.5%)	8:51	6.8 (78.2%)
15	MAJOREK Kasia	240	AMBED GYM & FITNESS	K-Open	15	00:44:54.95	00:44:54.95	+00:10:33 (23.5%)	8:58	6.7 (77.0%)
16	DUDKOWIAK Beata	109	AMBED GYM&FITNESS	K-Open	16	00:44:55.10	00:44:55.10	+00:10:33 (23.5%)	8:59	6.7 (77.0%)
17	STĘPCZAK Jola	309		K-Open	17	00:45:52.75	00:45:52.75	+00:11:31 (25.1%)	9:10	6.5 (74.7%)
18	BRODA Dominika	91	HELL'S GYM OCR PĘPOWO	K-Open	18	00:46:30.40	00:46:30.40	+00:12:08 (26.1%)	9:18	6.5 (74.7%)
19	SZABAT Adrianna	402	WATAHA	K-Open	19	00:47:36.75	00:47:36.75	+00:13:15 (27.8%)	9:31	6.3 (72.4%)
20	RATAJCZAK Honorata	293	MS-FIT STUDIO	K-Open	20	00:47:49.65	00:47:49.65	+00:13:28 (28.2%)	9:33	6.3 (72.4%)
21	ŚMIGŁAK Kasia	325		K-Open	21	00:48:12.45	00:48:12.45	+00:13:50 (28.7%)	9:38	6.2 (71.3%)
22	BOCHENEK Jadwiga	84	AFRO-FIT WATAHA CROSSFIT	K-Open	22	00:48:18.05	00:48:18.05	+00:13:56 (28.9%)	9:39	6.2 (71.3%)
23	MACIEJEWSKA Olga	227		K-Open	23	00:48:21.15	00:48:21.15	+00:13:59 (28.9%)	9:40	6.2 (71.3%)
24	JAKUBOWSKA Natalia	154	TRANSFORMERS	K-Open	24	00:48:22.95	00:48:22.95	+00:14:01 (29.0%)	9:40	6.2 (71.3%)
25	ZIOŁO Ewa	372		K-Open	25	00:48:24.45	00:48:24.45	+00:14:02 (29.0%)	9:40	6.2 (71.3%)
26	NOWAK Sandra	268	KOKU SUSHI	K-Open	26	00:48:31.15	00:48:31.15	+00:14:09 (29.2%)	9:42	6.2 (71.3%)
27	SYS Ewa	313		K-Open	27	00:48:48.30	00:48:48.30	+00:14:26 (29.6%)	9:45	6.1 (70.1%)
28	KONIECZNA Anna	187	BIRRT	K-Open	28	00:49:01.70	00:49:01.70	+00:14:40 (29.9%)	9:48	6.1 (70.1%)

						Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					
29	KAŻMIERSKA Ewelina	416	BIRRT	K-Open	29	00:49:25.10	00:49:25.10	+00:15:03 (30.5%)	9:53	6.1 (70.1%)
30	TYLUS Magdalena	338		K-Open	30	00:50:06.40	00:50:06.40	+00:15:44 (31.4%)	10:01	6 (69.0%)
31	NOWAK Agnieszka	271	U NOWAKA	K-Open	31	00:50:53.05	00:50:53.05	+00:16:31 (32.5%)	10:10	5.9 (67.8%)
32	LEŚNIEWSKA Aleksandra	221		K-Open	32	00:50:56.25	00:50:56.25	+00:16:34 (32.5%)	10:11	5.9 (67.8%)
33	KOŁODZIEJ Anita	184		K-Open	33	00:51:12.25	00:51:12.25	+00:16:50 (32.9%)	10:14	5.9 (67.8%)
34	BROCKA Katarzyna	89		K-Open	34	00:51:24.55	00:51:24.55	+00:17:02 (33.2%)	10:16	5.8 (66.7%)
35	BUDZYŃSKA Małgorzata	93		K-Open	35	00:51:28.10	00:51:28.10	+00:17:06 (33.2%)	10:17	5.8 (66.7%)
36	BUDZYŃSKA Ewa	92	TORPOL	K-Open	36	00:51:40.95	00:51:40.95	+00:17:19 (33.5%)	10:20	5.8 (66.7%)
37	TOMCZAK Aneta	385	MSFIT - GOSTYŃ	K-Open	37	00:52:18.85	00:52:18.85	+00:17:57 (34.3%)	10:27	5.7 (65.5%)
38	DURCZAK Dorota	112	STRONGHOLD GYM	K-Open	38	00:52:57.00	00:52:57.00	+00:18:35 (35.1%)	10:35	5.7 (65.5%)
39	MROZOWSKA Sylwia	261	NEW LIFE GYM SŁAWĘCICE	K-Open	39	00:53:04.20	00:53:04.20	+00:18:42 (35.3%)	10:36	5.7 (65.5%)
40	GIELEK Marta	124	UNBROKEN	K-Open	40	00:53:13.30	00:53:13.30	+00:18:51 (35.4%)	10:38	5.6 (64.4%)
41	TUROWICZ Natalia	334		K-Open	41	00:53:16.50	00:53:16.50	+00:18:54 (35.5%)	10:39	5.6 (64.4%)
42	WAŚCINSKA Anna	346	SWG	K-Open	42	00:53:28.30	00:53:28.30	+00:19:06 (35.7%)	10:41	5.6 (64.4%)
43	ZIELIŃSKA Aleksandra	369		K-Open	43	00:53:48.25	00:53:48.25	+00:19:26 (36.1%)	10:45	5.6 (64.4%)
44	TALARCZYK Dorota	396		K-Open	44	00:53:52.25	00:53:52.25	+00:19:30 (36.2%)	10:46	5.6 (64.4%)
45	BARTKOWIAK Natalia	74		K-Open	45	00:54:07.85	00:54:07.85	+00:19:46 (36.5%)	10:49	5.5 (63.2%)
46	MOCHALSKA Geo-Karto-Linia	259		K-Open	46	00:54:17.85	00:54:17.85	+00:19:56 (36.7%)	10:51	5.5 (63.2%)
47	CIERNIAK Agata	98	KOTLACTIVE TEAM	K-Open	47	00:54:36.05	00:54:36.05	+00:20:14 (37.1%)	10:55	5.5 (63.2%)
48	STĘPIEŃ Dominika	310	MS-FIT	K-Open	48	00:54:39.40	00:54:39.40	+00:20:17 (37.1%)	10:55	5.5 (63.2%)
49	JUSZKIEWICZ Karolina	161	MS-FIT	K-Open	49	00:55:17.75	00:55:17.75	+00:20:56 (37.9%)	11:03	5.4 (62.1%)
50	GRZEŚKOWIAK Katarzyna	143	CIESIÓŁKA AUTO GROUP	K-Open	50	00:55:20.35	00:55:20.35	+00:20:58 (37.9%)	11:04	5.4 (62.1%)
51	KROMAREK Krystyna	198	CIESIÓŁKA AUTO GROUP	K-Open	51	00:55:20.60	00:55:20.60	+00:20:59 (37.9%)	11:04	5.4 (62.1%)
52	DOPIERAŁA Kinga	107	MS-FIT STUDIO	K-Open	52	00:55:29.15	00:55:29.15	+00:21:07 (38.1%)	11:05	5.4 (62.1%)
53	GUBAŃSKA Aneta	144	MS-FIT STUDIO	K-Open	53	00:55:48.85	00:55:48.85	+00:21:27 (38.4%)	11:09	5.4 (62.1%)
54	WOŚ Kinga	361		K-Open	54	00:56:02.85	00:56:02.85	+00:21:41 (38.7%)	11:12	5.4 (62.1%)
55	WAWRZYNIAK Dorota	348	NEW LIFE GYM SŁAWĘCICE	K-Open	55	00:56:06.30	00:56:06.30	+00:21:44 (38.8%)	11:13	5.3 (60.9%)
56	ĆWIKŁA Urszula	101	NEW LIFE GYM SŁAWĘCICE	K-Open	56	00:56:16.50	00:56:16.50	+00:21:54 (38.9%)	11:15	5.3 (60.9%)
57	DOLATA Wiktoria	105		K-Open	57	00:56:17.35	00:56:17.35	+00:21:55 (39.0%)	11:15	5.3 (60.9%)
57	PŁÓCIENNIK Katarzyna	286	MSFIT GOSTYŃ	K-Open	57	00:56:17.35	00:56:17.35	+00:21:55 (39.0%)	11:15	5.3 (60.9%)
59	KUŚNIEREK Joanna	213	BIRRT	K-Open	59	00:56:18.05	00:56:18.05	+00:21:56 (39.0%)	11:15	5.3 (60.9%)
60	MUSIELAK Patrycja	264		K-Open	60	00:56:25.30	00:56:25.30	+00:22:03 (39.1%)	11:17	5.3 (60.9%)
61	BOJAŃSKA Daria	85	MS-FIT	K-Open	61	00:56:30.95	00:56:30.95	+00:22:09 (39.2%)	11:18	5.3 (60.9%)
62	SZOLC Magdalena	318	NEW LIFE GYM SŁAWĘCICE	K-Open	62	00:56:41.45	00:56:41.45	+00:22:19 (39.4%)	11:20	5.3 (60.9%)
63	NOWAK Monika	270	#AMBEDGYM&FITNESS	K-Open	63	00:56:48.60	00:56:48.60	+00:22:27 (39.5%)	11:21	5.3 (60.9%)
64	MACHOWSKA Malwina	226	TRANSFORMERS	K-Open	64	00:57:00.75	00:57:00.75	+00:22:39 (39.7%)	11:24	5.3 (60.9%)
65	RZEPKA Klaudia	299		K-Open	65	00:57:02.90	00:57:02.90	+00:22:41 (39.8%)	11:24	5.3 (60.9%)
66	JÓZEFCAK Ewelina	160	AMBED GYM&FITNESS	K-Open	66	00:57:08.90	00:57:08.90	+00:22:47 (39.9%)	11:25	5.3 (60.9%)
67	BEDNARSKA Sylwia	78	NEW LIFE GYM SŁAWĘCICE	K-Open	67	00:57:09.65	00:57:09.65	+00:22:48 (39.9%)	11:25	5.2 (59.8%)
68	DUDZIK Iwona	110	TRANSFORMERS	K-Open	68	00:57:17.15	00:57:17.15	+00:22:55 (40.0%)	11:27	5.2 (59.8%)
69	ZIOBRONIEWICZ Adrianna	370	NEW LIFE GYM SŁAWĘCICE	K-Open	69	00:57:19.10	00:57:19.10	+00:22:57 (40.1%)	11:27	5.2 (59.8%)
70	KOZAK Roksolana	193	NEW LIFE GYM SŁAWĘCICE	K-Open	70	00:57:43.60	00:57:43.60	+00:23:22 (40.5%)	11:32	5.2 (59.8%)
71	ĆWIKŁA Martyna	103	NEW LIFE GYM SŁAWĘCICE	K-Open	71	00:57:59.00	00:57:59.00	+00:23:37 (40.7%)	11:35	5.2 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	5km			
72	WICHER Marta	393		K-Open	72	00:58:25.15	00:58:25.15	+00:24:03 (41.2%)	11:41	5.1 (58.6%)
73	GRZESKOWIAK Kasia Finchy	141	TRANSFORMERS	K-Open	73	00:59:28.85	00:59:28.85	+00:25:07 (42.2%)	11:53	5 (57.5%)
74	PALUSZCZAK Monika	277		K-Open	74	00:59:43.90	00:59:43.90	+00:25:22 (42.5%)	11:56	5 (57.5%)
75	RYCHLIK Kasia Princesska	297	TRANSFORMERS	K-Open	75	00:59:46.50	00:59:46.50	+00:25:24 (42.5%)	11:57	5 (57.5%)
76	METELSKA Justyna	254		K-Open	76	01:00:11.70	01:00:11.70	+00:25:50 (42.9%)	12:02	5 (57.5%)
77	HYZYK Monika	151		K-Open	77	01:00:30.45	01:00:30.45	+00:26:08 (43.2%)	12:06	5 (57.5%)
78	PRZYBYŁ Maria	291		K-Open	78	01:00:42.45	01:00:42.45	+00:26:20 (43.4%)	12:08	4.9 (56.3%)
79	KOŁODZIEJSKA Aleksandra	185		K-Open	79	01:00:42.95	01:00:42.95	+00:26:21 (43.4%)	12:08	4.9 (56.3%)
80	KOSIK- ANTONIAK Izabela	190		K-Open	80	01:00:47.70	01:00:47.70	+00:26:26 (43.5%)	12:09	4.9 (56.3%)
81	GURDAK Dajana	420	BIRRT	K-Open	81	01:01:10.35	01:01:10.35	+00:26:48 (43.8%)	12:14	4.9 (56.3%)
82	GORLAS Marta	129		K-Open	82	01:01:14.95	01:01:14.95	+00:26:53 (43.9%)	12:14	4.9 (56.3%)
83	JANKOWSKA Aleksandra	157	TEMPUS TEAM	K-Open	83	01:01:31.50	01:01:31.50	+00:27:09 (44.2%)	12:18	4.9 (56.3%)
84	CHAŁUPKA Weronika	97	SZOGUNY KW	K-Open	84	01:01:38.40	01:01:38.40	+00:27:16 (44.3%)	12:19	4.9 (56.3%)
85	NGUYEN VAN Sandra	265	NEW LIFE GYM SŁAWĘCICE	K-Open	85	01:01:44.80	01:01:44.80	+00:27:23 (44.4%)	12:20	4.9 (56.3%)
86	MAŚLAK Katarzyna	250		K-Open	86	01:01:46.05	01:01:46.05	+00:27:24 (44.4%)	12:21	4.9 (56.3%)
87	WOJTKOWIAK Aleksandra	356	TEMPUS TEAM	K-Open	87	01:01:48.15	01:01:48.15	+00:27:26 (44.4%)	12:21	4.9 (56.3%)
88	FRYŚNA Agnieszka	120	NEW LIFE GYM SŁAWĘCICE	K-Open	88	01:02:21.65	01:02:21.65	+00:28:00 (44.9%)	12:28	4.8 (55.2%)
89	GRZELCZAK Marta	140	NEW LIFE GYM SŁAWĘCICE	K-Open	89	01:02:24.55	01:02:24.55	+00:28:02 (44.9%)	12:28	4.8 (55.2%)
90	KUBICKA Aleksandra	203	NEW LIFE GYM SŁAWĘCICE	K-Open	90	01:02:27.65	01:02:27.65	+00:28:06 (45.0%)	12:29	4.8 (55.2%)
91	BEDNARCZYK Aneta	76	AMBED GYM&FITNESS	K-Open	91	01:02:42.20	01:02:42.20	+00:28:20 (45.2%)	12:32	4.8 (55.2%)
92	MAKOWSKA-SZAFRAŃSKA Joanna	241	TRANSFORMERS	K-Open	92	01:02:46.55	01:02:46.55	+00:28:24 (45.3%)	12:33	4.8 (55.2%)
93	MAJCHRZAK Sonia	234	AMBED GYM & FITNESS	K-Open	93	01:02:47.30	01:02:47.30	+00:28:25 (45.3%)	12:33	4.8 (55.2%)
94	ANISZEWSKA Agata	68	NEW LIFE GYM SŁAWĘCICE	K-Open	94	01:02:58.25	01:02:58.25	+00:28:36 (45.4%)	12:35	4.8 (55.2%)
95	CYPRYAN Anna	388	MS-FIT STUDIO	K-Open	95	01:03:04.35	01:03:04.35	+00:28:42 (45.5%)	12:36	4.8 (55.2%)
96	MARKOWSKA Natalia	249	MS-FIT STUDIO	K-Open	96	01:03:04.40	01:03:04.40	+00:28:42 (45.5%)	12:36	4.8 (55.2%)
97	KUCHARSKA Ewa	205	NEW LIFE GYM SŁAWĘCICE	K-Open	97	01:03:26.95	01:03:26.95	+00:29:05 (45.8%)	12:41	4.7 (54.0%)
98	RUTA Kinga	296	TEMPUS TEAM	K-Open	98	01:04:30.60	01:04:30.60	+00:30:09 (46.7%)	12:54	4.7 (54.0%)
99	WOŹNIAK Magdalena	65		K-Open	99	01:04:48.45	01:04:48.45	+00:30:26 (47.0%)	12:57	4.6 (52.9%)
100	PĘKALSKA Magdalena	281	TEMPUS TEAM	K-Open	100	01:05:06.00	01:05:06.00	+00:30:44 (47.2%)	13:01	4.6 (52.9%)
101	KONIECZNA Karolina	186		K-Open	101	01:05:34.35	01:05:34.35	+00:31:12 (47.6%)	13:06	4.6 (52.9%)
102	URBAŃSKA Magdalena	339	NEW LIFE GYM SŁAWĘCICE	K-Open	102	01:06:14.15	01:06:14.15	+00:31:52 (48.1%)	13:14	4.5 (51.7%)
103	SZMYT-MAŚLICH Katarzyna	317	NEW LIFE GYM SŁAWĘCICE	K-Open	103	01:06:22.20	01:06:22.20	+00:32:00 (48.2%)	13:16	4.5 (51.7%)
104	HARC Joanna	147	NEW LIFE GYM SŁAWĘCICE	K-Open	104	01:06:24.25	01:06:24.25	+00:32:02 (48.3%)	13:16	4.5 (51.7%)
105	STRUK Agnieszka	311	CIESIOŁKA AUTO GROUP	K-Open	105	01:08:29.35	01:08:29.35	+00:34:07 (49.8%)	13:41	4.4 (50.6%)
106	PĘKALSKA Agata	280	TEMPUS TEAM	K-Open	106	01:08:58.65	01:08:58.65	+00:34:37 (50.2%)	13:47	4.3 (49.4%)
107	DUSZYŃSKA Dorota	114	NEW LIFE GYM SŁAWĘCICE	K-Open	107	01:09:20.70	01:09:20.70	+00:34:59 (50.5%)	13:52	4.3 (49.4%)
108	NGUYEN VAN Jagoda	266	NEW LIFE GYM SŁAWĘCICE	K-Open	108	01:11:43.10	01:11:43.10	+00:37:21 (52.1%)	14:20	4.2 (48.3%)
109	NOWAK Justyna	269	PRZEBOJOWA TRZYDZIESTKA	K-Open	109	01:11:52.25	01:11:52.25	+00:37:30 (52.2%)	14:22	4.2 (48.3%)
110	WALACHOWSKA Olga	343	NEW LIFE GYM SŁAWĘCICE	K-Open	110	01:12:13.70	01:12:13.70	+00:37:52 (52.4%)	14:26	4.2 (48.3%)
111	HAŁAŚ Dominika	145	NEW LIFE GYM SŁAWĘCICE	K-Open	111	01:13:16.90	01:13:16.90	+00:38:55 (53.1%)	14:39	4.1 (47.1%)
112	KRAJEWSKA Kamila	196	NEW LIFE GYM SŁAWĘCICE	K-Open	112	01:13:37.50	01:13:37.50	+00:39:15 (53.3%)	14:43	4.1 (47.1%)
113	LAURENTOWICZ Celina	219	NEW LIFE GYM SŁAWĘCICE	K-Open	113	01:13:46.45	01:13:46.45	+00:39:24 (53.4%)	14:45	4.1 (47.1%)
114	KURPAS Marta	211	PRZEBOJOWA TRZYDZIESTKA	K-Open	114	01:14:43.25	01:14:43.25	+00:40:21 (54.0%)	14:56	4 (46.0%)
115	WRÓBLEWSKA Anna	363	PRZEBOJOWA TRZYDZIESKA	K-Open	115	01:14:50.20	01:14:50.20	+00:40:28 (54.1%)	14:58	4 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
116	GRABOWSKA Aneta	135	NEW LIFE GYM SŁAWĘCICE	K-Open	116	01:16:53.80	01:16:53.80	+00:42:32 (55.3%)	15:22	3.9 (44.8%)
117	HUZAR Małgorzata	150	NEW LIFE GYM SŁAWĘCICE	K-Open	117	01:18:43.35	01:18:43.35	+00:44:21 (56.4%)	15:44	3.8 (43.7%)
118	MAJEWSKA Anna	237	NEW LIFE GYM SŁAWĘCICE	K-Open	118	01:19:21.30	01:19:21.30	+00:44:59 (56.7%)	15:52	3.8 (43.7%)
119	MIELCAREK Aleksandra	257		K-Open	119	01:20:06.05	01:20:06.05	+00:45:44 (57.1%)	16:01	3.7 (42.5%)
120	ŻURAK Karolina	374	TORPOL	K-Open	120	01:28:24.60	01:28:24.60	+00:54:03 (61.1%)	17:40	3.4 (39.1%)
121	RZEPCZYK Anna	298	TORPOL	K-Open	121	01:29:48.25	01:29:48.25	+00:55:26 (61.7%)	17:57	3.3 (37.9%)
122	MAJEWSKA Karolina	236	TORPOL	K-Open	122	01:31:26.15	01:31:26.15	+00:57:04 (62.4%)	18:17	3.3 (37.9%)
123	KUBIAK Agnieszka	202	TRANSFORMERS	K-Open	123					(0.0%)
124	TWARDOWSKA Renata	335	NEW LIFE GYM SŁAWĘCICE	K-Open	124					(0.0%)

Znaleziono 124 wynik(ów)