

10 KM BIATHLON, BIEG PRZESZKODOWY + STRZELANIE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Event: Rzeźnicki Weekend Biegowy w Forcie Pacew
Organiser: Fundacja Bieg Rzeźnika
Date: 2024-08-31
Place: Warszawa
Distance: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Penalty/ bonus	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
1	WOJTASIK Fabian	125		M20	1		4	0	5:08	11.7 (100%)	00:12:02	00:12:50
2	KOWALSKI Kamil	123		M30	1		4	0	5:48	10.3 (88.0%)	00:14:05	00:14:30
3	ZIÓŁKOWSKI Kacper	129		M20	2		4	0	6:05	9.9 (84.6%)	00:13:18	00:15:12
4	CZYŻEWSKI Dominik	119		M20	3		4	0	6:07	9.8 (83.8%)	00:14:28	00:15:18
5	ZAGRODNIK Piotr	104	PLATYNA GYM RADOM	M40	1	00:03:00	4	0	6:19	9.5 (81.2%)	00:14:21	00:16:34
6	KOSIŃSKI Tomasz	107		M30	2		4	0	6:57	8.6 (73.5%)	00:13:39	00:17:23
7	BRODOWSKA Wioletta	110	KUBA_RUN TEAM - PORADY TRENINGOWE/MOTYWACJA/TRENINGI>	K40	1	00:03:00	4	0	6:52	8.7 (74.4%)	00:16:53	00:17:56
8	DUTKIEWICZ Karol	111	KPP BIAŁOBRZEGI	M30	3		4	0	7:32	8 (68.4%)	00:15:36	00:18:50
9	KIEPAS Marcin	126		M40	2	00:09:00	4	0	6:47	8.8 (75.2%)	00:14:30	00:19:12
10	WĄSIK Oskar	114		M20	4	00:03:00	4	0	7:27	8 (68.4%)	00:16:48	00:19:24
11	NOWICKI Mirosław	130		M60+	1	00:06:00	4	0	7:16	8.2 (70.1%)	00:16:25	00:19:41

Place	Participant	Number	Club	Category	MCat	Penalty/			Pace min/km	Pace km/h	Fastest	
						bonus	Lap	Gap			Lap	Per Lap
12	MIROSZ Artur	118		M50	1	00:03:00	4	0	7:42	7.8 (66.7%)	00:17:14	00:20:00
13	ŁĄCKI Łukasz	112		M40	3		4	0	8:00	7.5 (64.1%)	00:16:23	00:20:00
14	PROROK Dariusz	127	PLATYNA	M30	4		4	0	8:05	7.4 (63.2%)	00:18:18	00:20:12
15	KITA Grzegorz	131		M50	2		4	0	8:14	7.3 (62.4%)	00:19:15	00:20:35
16	ĆWIRKO Małgorzata	124		K40	2	00:06:00	4	0	7:52	7.6 (65.0%)	00:18:27	00:21:10
17	ZAGRODNIK Damian	121		M20	5		4	0	8:47	6.8 (58.1%)	00:19:43	00:21:57
18	JAMKA Dominik	102		M20	6	00:09:00	4	0	8:00	7.5 (64.1%)	00:19:30	00:22:16
19	CHOJNACKI Maciej	103		M20	7	00:03:00	4	0	8:45	6.9 (59.0%)	00:19:48	00:22:38
20	KONIECZNA WRZESIEN Magdalena	128		K40	3	00:06:00	4	0	8:36	7 (59.8%)	00:20:03	00:23:00
21	SPŁAWIEC Patryk	122		M20	8	00:06:00	4	0	8:46	6.8 (58.1%)	00:19:40	00:23:26
22	GOŁĘBIEWSKI Piotr	105		M40	4	00:15:00	4	0	8:01	7.5 (64.1%)	00:16:40	00:23:48
23	SKOBEL Tomasz	109		M40	5	00:06:00	4	0	8:56	6.7 (57.3%)	00:16:15	00:23:50
24	BAK Bartosz	116	PLATYNA	M40	6	00:12:00	4	0	8:29	7.1 (60.7%)	00:16:42	00:24:12
25	BANACH Danusia	113		K30	1	00:06:00	4	0	9:18	6.5 (55.6%)	00:21:18	00:24:45
26	DROGOMIRECKA Magdalena	108	PLATYNA	K40	4	00:09:00	4	0	9:51	6.1 (52.1%)	00:19:02	00:26:53
27	CZARNECKI Mateusz	120		M20	9	00:27:00	4	0	8:35	7 (59.8%)	00:20:21	00:28:13

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28	DROGOMIRECKI Robert	106		M50	3	00:15:00	4	0	9:51	6.1 (52.1%)	00:19:08	00:28:24

Total 28 results.