



# COMMANDO RACE 11KM

B4SPORT

**Wydarzenie:** Commando Race  
**Organizator:** COMMANDO RACE  
**Data:** 2019-06-08  
**Miejsce:** Kraków  
**Dystans:** 11 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>HAJNOS Dawid</b>	<b>11317</b>		Elite Mężczyzn	1	<b>00:52:08.85</b>	<b>00:52:11.50</b>		4:44	12.7 (100%)
2	<b>OPIAŁ Grzegorz</b>	<b>11019</b>	HUSARIARACETEAM	Elite Mężczyzn	2	<b>00:54:11.80</b>	<b>00:54:14.30</b>	+00:02:02 (3.8%)	4:55	12.2 (96.1%)
3	<b>KASPRZYK Sebastian</b>	<b>11011</b>	HUSARIA RACE TEAM	Elite Mężczyzn	3	<b>00:54:19.30</b>	<b>00:54:21.65</b>	+00:02:10 (4.0%)	4:56	12.2 (96.1%)
4	<b>BRZOSKWINIA Wojciech</b>	<b>11005</b>	HUSARIA RACE TEAM	Elite Mężczyzn	4	<b>00:54:35.85</b>	<b>00:54:38.75</b>	+00:02:27 (4.5%)	4:57	12.1 (95.3%)
5	<b>PRUSAK Piotr</b>	<b>11315</b>	GORĄCY POTOK TEAM	Elite Mężczyzn	5	<b>00:58:40.20</b>	<b>00:58:42.80</b>	+00:06:31 (11.1%)	5:20	11.3 (89.0%)
6	<b>WÓJCIK Adam</b>	<b>11314</b>	HUSARIA RACE TEAM	Elite Mężczyzn	6	<b>00:59:43.85</b>	<b>00:59:45.85</b>	+00:07:34 (12.7%)	5:25	11.1 (87.4%)
7	<b>KRZYSTYNIAK Robert</b>	<b>11013</b>	GORĄCY POTOK TEAM	Elite Mężczyzn	7	<b>01:00:36.55</b>	<b>01:00:39.65</b>	+00:08:28 (14.0%)	5:30	10.9 (85.8%)
8	<b>ŚWIĘTEK Bartosz</b>	<b>11318</b>	GORĄCY POTOK TEAM	Elite Mężczyzn	8	<b>01:01:02.60</b>	<b>01:01:06.00</b>	+00:08:54 (14.6%)	5:33	10.8 (85.0%)
9	<b>RACZEK Radosław</b>	<b>11022</b>	GORĄCY POTOK TEAM	Elite Mężczyzn	9	<b>01:01:17.30</b>	<b>01:01:20.25</b>	+00:09:08 (14.9%)	5:34	10.8 (85.0%)
10	<b>FAJFER Michał</b>	<b>11009</b>	HUSARIA RACE TEAM	Elite Mężczyzn	10	<b>01:01:51.80</b>	<b>01:01:55.30</b>	+00:09:43 (15.7%)	5:37	10.7 (84.3%)
11	<b>KUŹNIK Rafał</b>	<b>11015</b>	HUSARIA RACE TEAM	Elite Mężczyzn	11	<b>01:08:39.65</b>	<b>01:08:44.25</b>	+00:16:32 (24.1%)	6:14	9.6 (75.6%)
12	<b>OLEŚ Rafał</b>	<b>11114</b>	HUSARIA RACE TEAM	M-Open	1	<b>01:11:03.95</b>	<b>01:11:05.60</b>	+00:18:54 (26.6%)	6:27	9.3 (73.2%)
13	<b>SIWEK Wojciech</b>	<b>11195</b>	SRTG NIEPOŁOMICE	M-Open	2	<b>01:16:53.10</b>	<b>01:16:54.70</b>	+00:24:43 (32.1%)	6:59	8.6 (67.7%)
14	<b>PAMUŁA Krystian</b>	<b>11115</b>	SRTG NIEPOŁOMICE	M-Open	3	<b>01:18:02.25</b>	<b>01:18:04.15</b>	+00:25:52 (33.1%)	7:05	8.5 (66.9%)
15	<b>SERAFIN Rafał</b>	<b>11324</b>		M-Open	4	<b>01:19:23.85</b>	<b>01:19:26.80</b>	+00:27:15 (34.3%)	7:13	8.3 (65.4%)
16	<b>KĘPA Justyna</b>	<b>11012</b>	HUSARIA RACE TEAM	Elite Kobiet	1	<b>01:20:06.90</b>	<b>01:20:10.40</b>	+00:27:58 (34.9%)	7:17	8.2 (64.6%)
17	<b>SZPAKIEWICZ Jarek</b>	<b>11125</b>	HUSARIA RACE TEAM	M-Open	5	<b>01:21:13.30</b>	<b>01:21:16.75</b>	+00:29:05 (35.8%)	7:23	8.1 (63.8%)
18	<b>BRODA Tomasz</b>	<b>11003</b>		Elite Mężczyzn	12	<b>01:21:33.55</b>	<b>01:21:38.00</b>	+00:29:26 (36.1%)	7:24	8.1 (63.8%)
19	<b>BRODA Mateusz</b>	<b>11004</b>		Elite Mężczyzn	13	<b>01:21:34.55</b>	<b>01:21:38.45</b>	+00:29:26 (36.1%)	7:25	8.1 (63.8%)
20	<b>DROGOSZ Damian</b>	<b>11006</b>	AKTYWNA PSZCZYNA	Elite Mężczyzn	14	<b>01:21:48.40</b>	<b>01:21:51.70</b>	+00:29:40 (36.2%)	7:26	8.1 (63.8%)
21	<b>SIEJA Mateusz</b>	<b>11122</b>		M-Open	6	<b>01:21:47.80</b>	<b>01:21:53.30</b>	+00:29:41 (36.3%)	7:26	8.1 (63.8%)
22	<b>MITELA Daniel</b>	<b>11017</b>	HUSARIA RACE TEAM	Elite Mężczyzn	15	<b>01:22:27.35</b>	<b>01:22:30.65</b>	+00:30:19 (36.7%)	7:29	8 (63.0%)
23	<b>HEBDA Adrian</b>	<b>11010</b>		Elite Mężczyzn	16	<b>01:22:55.25</b>	<b>01:22:58.75</b>	+00:30:47 (37.1%)	7:32	8 (63.0%)
24	<b>BAC Krzysztof</b>	<b>11320</b>		M-Open	7	<b>01:23:11.65</b>	<b>01:23:13.95</b>	+00:31:02 (37.3%)	7:33	7.9 (62.2%)
25	<b>BALUTA-MAŁECKA Edyta</b>	<b>11316</b>	XRUNNERS	Elite Kobiet	2	<b>01:23:28.40</b>	<b>01:23:31.50</b>	+00:31:20 (37.5%)	7:35	7.9 (62.2%)
26	<b>ZEGAROWSKI Witold</b>	<b>11131</b>	NAJMNIEJ DIETETYCZNE EKLERY	M-Open	8	<b>01:24:00.25</b>	<b>01:24:06.50</b>	+00:31:55 (37.9%)	7:38	7.9 (62.2%)
27	<b>PERNAL Maciej</b>	<b>11116</b>		M-Open	9	<b>01:24:10.10</b>	<b>01:24:13.80</b>	+00:32:02 (38.0%)	7:39	7.8 (61.4%)
28	<b>NOWIŃSKI Marcin</b>	<b>11188</b>	HUSARIA RACE TEAM	M-Open	10	<b>01:24:23.85</b>	<b>01:24:26.00</b>	+00:32:14 (38.2%)	7:40	7.8 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
29	<b>HAŁOŃ Kacper</b>	<b>11093</b>		M-Open	11	<b>01:24:31.75</b>	<b>01:24:36.05</b>	+00:32:24 (38.3%)	7:41	7.8 (61.4%)
30	<b>KANIA Karol</b>	<b>11101</b>		M-Open	12	<b>01:24:31.85</b>	<b>01:24:37.60</b>	+00:32:26 (38.3%)	7:41	7.8 (61.4%)
31	<b>JANUSZEK Jakub</b>	<b>11097</b>	ZASAPANI	M-Open	13	<b>01:26:10.70</b>	<b>01:26:17.10</b>	+00:34:05 (39.5%)	7:50	7.7 (60.6%)
32	<b>SOKOŁOWSKI Piotr</b>	<b>11308</b>	CROSS HEROES - OGIEŃ!	M-Open	14	<b>01:26:50.45</b>	<b>01:26:51.90</b>	+00:34:40 (39.9%)	7:53	7.6 (59.8%)
33	<b>WIDAJ Krzysiek</b>	<b>11207</b>		M-Open	15	<b>01:26:53.70</b>	<b>01:26:56.75</b>	+00:34:45 (40.0%)	7:53	7.6 (59.8%)
34	<b>ZUGAJ Marek</b>	<b>11313</b>	CROSS HEROES - OGIEŃ!	M-Open	16	<b>01:27:31.30</b>	<b>01:27:33.05</b>	+00:35:21 (40.4%)	7:57	7.5 (59.1%)
35	<b>BANIAK Krystian</b>	<b>11081</b>		M-Open	17	<b>01:27:38.35</b>	<b>01:27:40.80</b>	+00:35:29 (40.5%)	7:58	7.5 (59.1%)
36	<b>BOCHENEK Adam</b>	<b>11163</b>		M-Open	18	<b>01:29:40.25</b>	<b>01:29:45.35</b>	+00:37:33 (41.9%)	8:09	7.4 (58.3%)
37	<b>JASIK Grzegorz</b>	<b>11172</b>	SRTG GLIWICE	M-Open	19	<b>01:29:53.65</b>	<b>01:29:56.40</b>	+00:37:44 (42.0%)	8:10	7.3 (57.5%)
38	<b>DZIADOSZ Michał</b>	<b>11288</b>	OCR TEAM DĘBICA	M-Open	20	<b>01:30:15.10</b>	<b>01:30:16.45</b>	+00:38:04 (42.2%)	8:12	7.3 (57.5%)
39	<b>KULAGA Peter</b>	<b>11182</b>	HUSARIA RACE TEAM	M-Open	21	<b>01:30:57.90</b>	<b>01:30:59.25</b>	+00:38:47 (42.6%)	8:16	7.3 (57.5%)
40	<b>WOŹNIAK Joanna</b>	<b>11027</b>	HUSARIA RACE TEAM	Elite Kobiet	3	<b>01:31:05.95</b>	<b>01:31:08.75</b>	+00:38:57 (42.7%)	8:16	7.2 (56.7%)
41	<b>KUBICA Arek</b>	<b>11014</b>	SRTG GLIWICE	Elite Mężczyzn	17	<b>01:31:07.40</b>	<b>01:31:10.50</b>	+00:38:59 (42.8%)	8:17	7.2 (56.7%)
42	<b>UKLAŃSKI Krzysztof</b>	<b>11203</b>	EUVIC	M-Open	22	<b>01:34:08.90</b>	<b>01:34:10.90</b>	+00:41:59 (44.6%)	8:33	7 (55.1%)
43	<b>NOWAK Maciej</b>	<b>11299</b>	SERWUJEMYEMOCJE	M-Open	23	<b>01:34:13.45</b>	<b>01:34:15.15</b>	+00:42:03 (44.6%)	8:34	7 (55.1%)
44	<b>DROP Łukasz</b>	<b>11007</b>	WATAHA GRUPA TRENINGOWA	Elite Mężczyzn	18	<b>01:35:07.80</b>	<b>01:35:11.60</b>	+00:43:00 (45.2%)	8:38	6.9 (54.3%)
45	<b>GÓRKA Marcin</b>	<b>11169</b>		M-Open	24	<b>01:35:10.45</b>	<b>01:35:12.40</b>	+00:43:00 (45.2%)	8:39	6.9 (54.3%)
46	<b>DŁUGOSZ Marcin</b>	<b>11087</b>	ASSASSINS	M-Open	25	<b>01:35:55.25</b>	<b>01:35:57.40</b>	+00:43:45 (45.6%)	8:43	6.9 (54.3%)
47	<b>SCHMIDT Paweł</b>	<b>11121</b>		M-Open	26	<b>01:38:41.40</b>	<b>01:38:43.55</b>	+00:46:32 (47.1%)	8:58	6.7 (52.8%)
48	<b>BOGUSZ Adam</b>	<b>11323</b>	CROSS HEROES - OGIEŃ!CROSS HEROES - OGIEŃ!	M-Open	27	<b>01:39:19.65</b>	<b>01:39:20.75</b>	+00:47:09 (47.5%)	9:01	6.6 (52.0%)
49	<b>BOJDO Michał</b>	<b>11164</b>	ROSOMAKI	M-Open	28	<b>01:39:47.20</b>	<b>01:39:52.80</b>	+00:47:41 (47.7%)	9:04	6.6 (52.0%)
50	<b>ZIEBA Rafal</b>	<b>11210</b>		M-Open	29	<b>01:39:57.50</b>	<b>01:40:02.45</b>	+00:47:50 (47.8%)	9:05	6.6 (52.0%)
51	<b>TRĄBSKI Łukasz</b>	<b>11202</b>		M-Open	30	<b>01:40:09.05</b>	<b>01:40:13.90</b>	+00:48:02 (47.9%)	9:06	6.6 (52.0%)
52	<b>PISKORSKA Iwona</b>	<b>11303</b>		K-Open	1	<b>01:40:24.35</b>	<b>01:40:25.75</b>	+00:48:14 (48.0%)	9:07	6.6 (52.0%)
53	<b>PISKORSKI Adam</b>	<b>11304</b>	PISKUŚ TEAM	M-Open	31	<b>01:40:24.70</b>	<b>01:40:25.95</b>	+00:48:14 (48.0%)	9:07	6.6 (52.0%)
54	<b>MAŁEK Szymon</b>	<b>11187</b>	MAŁKI	M-Open	32	<b>01:41:03.80</b>	<b>01:41:06.85</b>	+00:48:55 (48.4%)	9:11	6.5 (51.2%)
55	<b>ŁOPUCH Robert</b>	<b>11185</b>	DZIADY OCR	M-Open	33	<b>01:41:37.85</b>	<b>01:41:40.00</b>	+00:49:28 (48.7%)	9:14	6.5 (51.2%)
56	<b>DUNIN-WĄSOWICZ Radosław</b>	<b>11166</b>		M-Open	34	<b>01:41:36.05</b>	<b>01:41:41.65</b>	+00:49:30 (48.7%)	9:14	6.5 (51.2%)
57	<b>ZONTEK Paweł</b>	<b>11312</b>		M-Open	35	<b>01:41:46.35</b>	<b>01:41:49.65</b>	+00:49:38 (48.7%)	9:15	6.5 (51.2%)
58	<b>BODNIAK Tomasz</b>	<b>11283</b>		M-Open	36	<b>01:41:46.40</b>	<b>01:41:49.80</b>	+00:49:38 (48.7%)	9:15	6.5 (51.2%)
58	<b>BILSKI Marcin</b>	<b>11281</b>		M-Open	37	<b>01:41:46.00</b>	<b>01:41:49.80</b>	+00:49:38 (48.7%)	9:15	6.5 (51.2%)
60	<b>MAŁEK Marek</b>	<b>11186</b>		M-Open	38	<b>01:42:21.60</b>	<b>01:42:24.80</b>	+00:50:13 (49.0%)	9:18	6.4 (50.4%)
61	<b>RUDZIŃSKI Bartosz</b>	<b>11319</b>		M-Open	39	<b>01:43:27.10</b>	<b>01:43:30.10</b>	+00:51:18 (49.6%)	9:24	6.4 (50.4%)
62	<b>PIELA Dorota</b>	<b>11301</b>		K-Open	2	<b>01:43:38.45</b>	<b>01:43:40.15</b>	+00:51:28 (49.7%)	9:25	6.4 (50.4%)
63	<b>RYBAK Łukasz</b>	<b>11306</b>	CROSS HEROES - OGIEŃ!	M-Open	40	<b>01:43:57.35</b>	<b>01:43:59.00</b>	+00:51:47 (49.8%)	9:27	6.3 (49.6%)
64	<b>WOJTASIK Ewelina</b>	<b>11208</b>		K-Open	3	<b>01:45:00.65</b>	<b>01:45:06.85</b>	+00:52:55 (50.3%)	9:32	6.3 (49.6%)
65	<b>WALUKIEWICZ Przemysław</b>	<b>11206</b>		M-Open	41	<b>01:45:01.25</b>	<b>01:45:07.15</b>	+00:52:55 (50.3%)	9:32	6.3 (49.6%)
66	<b>BAŁAMUT Marta</b>	<b>11001</b>	HUSARIA RACE TEAM	Elite Kobiet	4	<b>01:45:27.60</b>	<b>01:45:31.50</b>	+00:53:20 (50.5%)	9:35	6.3 (49.6%)
67	<b>BERNACKI Łukasz</b>	<b>11161</b>		M-Open	42	<b>01:47:56.85</b>	<b>01:47:59.05</b>	+00:55:47 (51.7%)	9:48	6.1 (48.0%)
68	<b>SZYMAŃSKA Agnieszka</b>	<b>11126</b>	CARBON OCR RACING TEAM	K-Open	4	<b>01:48:13.15</b>	<b>01:48:16.95</b>	+00:56:05 (51.8%)	9:50	6.1 (48.0%)
69	<b>KUBIK Dawid</b>	<b>11105</b>		M-Open	43	<b>01:48:13.00</b>	<b>01:48:17.20</b>	+00:56:05 (51.8%)	9:50	6.1 (48.0%)
70	<b>GURGUL Bartek</b>	<b>11092</b>		M-Open	44	<b>01:48:33.20</b>	<b>01:48:38.20</b>	+00:56:26 (52.0%)	9:52	6.1 (48.0%)
71	<b>TĘCZA Wojciech</b>	<b>11322</b>		M-Open	45	<b>01:50:31.15</b>	<b>01:50:34.55</b>	+00:58:23 (52.8%)	10:02	6 (47.2%)
72	<b>JACHYMCZAK Mateusz</b>	<b>11096</b>		M-Open	46	<b>01:50:31.85</b>	<b>01:50:35.35</b>	+00:58:23 (52.8%)	10:02	6 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
73	<b>HOLEWA Michał</b>	<b>11292</b>		M-Open	47	<b>01:50:50.90</b>	<b>01:50:53.55</b>	+00:58:42 (52.9%)	10:04	6 (47.2%)
74	<b>KOZAKIEWICZ Rafal</b>	<b>11103</b>		M-Open	48	<b>01:50:54.85</b>	<b>01:50:57.75</b>	+00:58:46 (53.0%)	10:05	6 (47.2%)
75	<b>KARWALA Jacek</b>	<b>11102</b>		M-Open	49	<b>01:51:08.65</b>	<b>01:51:12.55</b>	+00:59:01 (53.1%)	10:06	5.9 (46.5%)
76	<b>CYTRYCKI Aleksander</b>	<b>11286</b>		M-Open	50	<b>01:51:20.00</b>	<b>01:51:23.20</b>	+00:59:11 (53.1%)	10:07	5.9 (46.5%)
77	<b>KOŹLIK Tomasz</b>	<b>11104</b>	NAJMNIEJ DIETETYCZNE EKLERY	M-Open	51	<b>01:52:31.30</b>	<b>01:52:37.05</b>	+01:00:25 (53.7%)	10:13	5.9 (46.5%)
78	<b>PIĄTEK Rafał</b>	<b>11021</b>	BEFIT24TEAM	Elite Mężczyzn	19	<b>01:52:34.80</b>	<b>01:52:38.90</b>	+01:00:27 (53.7%)	10:14	5.9 (46.5%)
79	<b>GLASMAN Arkadiusz</b>	<b>11290</b>		M-Open	52	<b>01:53:01.25</b>	<b>01:53:04.45</b>	+01:00:52 (53.8%)	10:16	5.8 (45.7%)
80	<b>FRĄCZEK Kamil</b>	<b>11089</b>		M-Open	53	<b>01:53:31.70</b>	<b>01:53:34.50</b>	+01:01:23 (54.0%)	10:19	5.8 (45.7%)
81	<b>BEDNARZ Jakub</b>	<b>11082</b>		M-Open	54	<b>01:54:45.75</b>	<b>01:54:52.20</b>	+01:02:40 (54.6%)	10:26	5.8 (45.7%)
82	<b>BUCZAK Izabela</b>	<b>11085</b>		K-Open	5	<b>02:00:02.85</b>	<b>02:00:08.50</b>	+01:07:57 (56.6%)	10:54	5.5 (43.3%)
83	<b>JAROS Bartosz</b>	<b>11171</b>		M-Open	55	<b>02:00:03.25</b>	<b>02:00:09.30</b>	+01:07:57 (56.6%)	10:54	5.5 (43.3%)
84	<b>HOLEWA Grzegorz</b>	<b>11293</b>	CROSS HEROES - OGIEŃ!	M-Open	56	<b>02:00:25.40</b>	<b>02:00:28.00</b>	+01:08:16 (56.7%)	10:56	5.5 (43.3%)
85	<b>KILARSKA Barbara</b>	<b>11295</b>	CROSS HEROES - OGIEŃ!	K-Open	6	<b>02:00:26.30</b>	<b>02:00:28.60</b>	+01:08:17 (56.7%)	10:56	5.5 (43.3%)
86	<b>MAKA Michał</b>	<b>11111</b>		M-Open	57	<b>02:00:36.20</b>	<b>02:00:41.80</b>	+01:08:30 (56.8%)	10:57	5.5 (43.3%)
87	<b>WICHEREK Mateusz</b>	<b>11127</b>		M-Open	58	<b>02:02:25.45</b>	<b>02:02:29.05</b>	+01:10:17 (57.4%)	11:07	5.4 (42.5%)
88	<b>MARMUROWICZ-VOSS Janusz</b>	<b>11016</b>		Elite Mężczyzn	20	<b>02:02:35.85</b>	<b>02:02:39.75</b>	+01:10:28 (57.5%)	11:08	5.4 (42.5%)
89	<b>BŁOŃSKI Maciej</b>	<b>11282</b>		M-Open	59	<b>02:05:17.60</b>	<b>02:05:20.80</b>	+01:13:09 (58.4%)	11:23	5.3 (41.7%)
90	<b>KRUK Krzysztof</b>	<b>11181</b>	SRTG GLIWICE	M-Open	60	<b>02:08:25.30</b>	<b>02:08:29.00</b>	+01:16:17 (59.4%)	11:40	5.1 (40.2%)
91	<b>MLECZKO Grzegorz</b>	<b>11018</b>	KRZESZOWICE BIEGAJĄ	Elite Mężczyzn	21	<b>02:09:31.50</b>	<b>02:09:34.90</b>	+01:17:23 (59.7%)	11:46	5.1 (40.2%)
92	<b>KACZMAREK Katarzyna</b>	<b>11175</b>	SRTG GLIWICE	K-Open	7	<b>02:09:41.20</b>	<b>02:09:44.55</b>	+01:17:33 (59.8%)	11:47	5.1 (40.2%)
93	<b>KARAWACKI Grzegorz</b>	<b>11176</b>		M-Open	61	<b>02:09:49.05</b>	<b>02:09:53.75</b>	+01:17:42 (59.8%)	11:48	5.1 (40.2%)
94	<b>GÓRKA Magdalena</b>	<b>11091</b>		K-Open	8	<b>02:10:14.65</b>	<b>02:10:19.35</b>	+01:18:07 (60.0%)	11:50	5.1 (40.2%)
95	<b>STERNAL Eliza</b>	<b>11123</b>		K-Open	9	<b>02:10:15.10</b>	<b>02:10:19.65</b>	+01:18:08 (60.0%)	11:50	5.1 (40.2%)
96	<b>WIDUCH Ryszard</b>	<b>11128</b>		M-Open	62	<b>02:10:23.85</b>	<b>02:10:27.10</b>	+01:18:15 (60.0%)	11:51	5.1 (40.2%)
97	<b>BRUZDA Karolina</b>	<b>11084</b>	NAJMNIEJ DIETETYCZNE EKLERY	K-Open	10	<b>02:10:38.60</b>	<b>02:10:45.10</b>	+01:18:33 (60.1%)	11:52	5.1 (40.2%)
98	<b>HIRSZ Agnieszka</b>	<b>11095</b>	NAJMNIEJ DIETETYCZNE EKLERY	K-Open	11	<b>02:10:39.60</b>	<b>02:10:45.95</b>	+01:18:34 (60.1%)	11:52	5.1 (40.2%)
99	<b>SYKTUS Marek</b>	<b>11124</b>		M-Open	63	<b>02:10:42.10</b>	<b>02:10:46.95</b>	+01:18:35 (60.1%)	11:52	5 (39.4%)
100	<b>ORZECZOWSKA Żaneta</b>	<b>11190</b>	SRT GLIWICE	K-Open	12	<b>02:10:46.50</b>	<b>02:10:50.00</b>	+01:18:38 (60.1%)	11:53	5 (39.4%)
101	<b>KACZMARCZYK Julia</b>	<b>11174</b>	SRTG GLIWICE	K-Open	13	<b>02:10:57.00</b>	<b>02:11:00.70</b>	+01:18:49 (60.2%)	11:54	5 (39.4%)
102	<b>KLOC Sabina</b>	<b>11178</b>	STG GLIWICE	K-Open	14	<b>02:11:12.25</b>	<b>02:11:16.30</b>	+01:19:04 (60.2%)	11:55	5 (39.4%)
103	<b>MARSZAŁEK Małgorzata</b>	<b>11109</b>		K-Open	15	<b>02:11:12.70</b>	<b>02:11:16.90</b>	+01:19:05 (60.2%)	11:55	5 (39.4%)
104	<b>STĘPAK Patrycja</b>	<b>11198</b>	SRTG GLIWICE	K-Open	16	<b>02:11:32.95</b>	<b>02:11:36.90</b>	+01:19:25 (60.3%)	11:57	5 (39.4%)
105	<b>HENZEL Przemysław</b>	<b>11094</b>		M-Open	64	<b>02:11:34.55</b>	<b>02:11:39.25</b>	+01:19:27 (60.4%)	11:57	5 (39.4%)
106	<b>BLAMOWSKA Agata</b>	<b>11083</b>		K-Open	17	<b>02:11:34.95</b>	<b>02:11:39.30</b>	+01:19:27 (60.4%)	11:57	5 (39.4%)
107	<b>GOLEC Jarosław</b>	<b>11168</b>	STG GLIWICE	M-Open	65	<b>02:11:54.95</b>	<b>02:11:57.70</b>	+01:19:46 (60.4%)	11:59	5 (39.4%)
108	<b>KRAWCZYK Dawid</b>	<b>11180</b>	CHZB	M-Open	66	<b>02:12:41.70</b>	<b>02:12:47.10</b>	+01:20:35 (60.7%)	12:03	5 (39.4%)
109	<b>ŚMIGACZ Artur</b>	<b>11199</b>	CHZB	M-Open	67	<b>02:13:27.75</b>	<b>02:13:33.00</b>	+01:21:21 (60.9%)	12:08	4.9 (38.6%)
110	<b>KĄDZIELA Łukasz</b>	<b>11177</b>	ROSOMAKI	M-Open	68	<b>02:13:49.10</b>	<b>02:13:55.30</b>	+01:21:43 (61.0%)	12:09	4.9 (38.6%)
111	<b>PIĄŚCIAK Adam</b>	<b>11191</b>	ROSOMAKI	M-Open	69	<b>02:13:55.00</b>	<b>02:14:00.90</b>	+01:21:49 (61.1%)	12:10	4.9 (38.6%)
112	<b>ŚMIGIELSKI Karol</b>	<b>11200</b>		M-Open	70	<b>02:14:49.05</b>	<b>02:14:53.40</b>	+01:22:41 (61.3%)	12:15	4.9 (38.6%)
113	<b>JUCZEWSKI Rafał</b>	<b>11173</b>	ROSOMAKI	M-Open	71	<b>02:14:52.60</b>	<b>02:14:58.40</b>	+01:22:46 (61.3%)	12:15	4.9 (38.6%)
114	<b>PACEK Cezary</b>	<b>11300</b>		M-Open	72	<b>02:16:06.90</b>	<b>02:16:09.20</b>	+01:23:57 (61.7%)	12:22	4.8 (37.8%)
115	<b>SOKOŁOWSKA Monika</b>	<b>11307</b>	CROSS HEROES - OGIEŃ!	K-Open	18	<b>02:16:07.05</b>	<b>02:16:09.35</b>	+01:23:57 (61.7%)	12:22	4.8 (37.8%)
116	<b>JOB Agnieszka</b>	<b>11098</b>	HUSARIA	K-Open	19	<b>02:16:15.10</b>	<b>02:16:19.70</b>	+01:24:08 (61.7%)	12:23	4.8 (37.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
117	<b>KACZMARCZYK Anna</b>	<b>11099</b>	NDE	K-Open	20	<b>02:16:39.90</b>	<b>02:16:45.40</b>	+01:24:33 (61.8%)	12:25	4.8 (37.8%)
118	<b>KACZMARCZYK Krzysztof</b>	<b>11100</b>	NDE	M-Open	73	<b>02:16:40.25</b>	<b>02:16:45.85</b>	+01:24:34 (61.8%)	12:25	4.8 (37.8%)
119	<b>ĆWIRLEJ Andrzej</b>	<b>11287</b>	HUSARIA RACE TEAM	M-Open	74	<b>02:17:37.15</b>	<b>02:17:40.25</b>	+01:25:28 (62.1%)	12:30	4.8 (37.8%)
120	<b>SOKÓŁ Anna</b>	<b>11196</b>		K-Open	21	<b>02:17:39.45</b>	<b>02:17:45.85</b>	+01:25:34 (62.1%)	12:30	4.8 (37.8%)
121	<b>JAMROZIK Adrian</b>	<b>11170</b>	HUSARIA RACE TEAM	M-Open	75	<b>02:17:41.85</b>	<b>02:17:46.15</b>	+01:25:34 (62.1%)	12:31	4.8 (37.8%)
121	<b>URBAN Jarek</b>	<b>11204</b>		M-Open	76	<b>02:17:39.75</b>	<b>02:17:46.15</b>	+01:25:34 (62.1%)	12:30	4.8 (37.8%)
123	<b>ŚWIĘCIAK Wojciech</b>	<b>11311</b>		M-Open	77	<b>02:17:48.85</b>	<b>02:17:51.15</b>	+01:25:39 (62.1%)	12:31	4.8 (37.8%)
124	<b>ZAPART Mateusz</b>	<b>11130</b>		M-Open	78	<b>02:17:51.35</b>	<b>02:17:55.55</b>	+01:25:44 (62.2%)	12:31	4.8 (37.8%)
125	<b>PIETRASZEK Sebastian</b>	<b>11302</b>	KOMPANIA BRACI	M-Open	79	<b>02:23:28.00</b>	<b>02:23:32.10</b>	+01:31:20 (63.6%)	13:02	4.6 (36.2%)
126	<b>KUMALA Łukasz</b>	<b>11298</b>	KOMPANIA BRACI	M-Open	80	<b>02:23:33.05</b>	<b>02:23:37.35</b>	+01:31:25 (63.7%)	13:03	4.6 (36.2%)
127	<b>GRUBA Mirosław</b>	<b>11291</b>	KOMPANIA BRACI	M-Open	81	<b>02:23:36.75</b>	<b>02:23:40.40</b>	+01:31:28 (63.7%)	13:03	4.6 (36.2%)
128	<b>REJDYCH Tomasz</b>	<b>11119</b>	HUSARIA RACE TEAM	M-Open	82	<b>02:24:14.20</b>	<b>02:24:19.35</b>	+01:32:07 (63.8%)	13:06	4.6 (36.2%)
129	<b>REJDYCH Daria</b>	<b>11118</b>	HUSARIA RACE TEAM	K-Open	22	<b>02:24:14.55</b>	<b>02:24:19.90</b>	+01:32:08 (63.8%)	13:06	4.6 (36.2%)
130	<b>WIŚNIEWSKI Mirosław</b>	<b>11129</b>	BRONOWICKIE CENTRUM UBEZPIECZENIOWE	M-Open	83	<b>02:30:08.60</b>	<b>02:30:10.15</b>	+01:37:58 (65.2%)	13:39	4.4 (34.6%)
131	<b>ŁACH Katarzyna</b>	<b>11107</b>	HUSARIA RACE TEAM	K-Open	23	<b>02:31:09.75</b>	<b>02:31:14.35</b>	+01:39:02 (65.5%)	13:44	4.4 (34.6%)
132	<b>ZACHARA Adam</b>	<b>11209</b>		M-Open	84	<b>02:31:29.25</b>	<b>02:31:33.55</b>	+01:39:22 (65.6%)	13:46	4.4 (34.6%)
133	<b>STALMACH Katarzyna</b>	<b>11197</b>		K-Open	24	<b>02:31:29.20</b>	<b>02:31:34.05</b>	+01:39:22 (65.6%)	13:46	4.4 (34.6%)
134	<b>KURYŁOWICZ Paweł</b>	<b>11183</b>		M-Open	85	<b>02:31:30.85</b>	<b>02:31:34.50</b>	+01:39:23 (65.6%)	13:46	4.4 (34.6%)
135	<b>DWORAKOWSKI Wojciech</b>	<b>11167</b>		M-Open	86	<b>02:31:29.25</b>	<b>02:31:34.80</b>	+01:39:23 (65.6%)	13:46	4.4 (34.6%)
136	<b>RUSINEK Damian</b>	<b>11193</b>		M-Open	87	<b>02:31:31.30</b>	<b>02:31:35.15</b>	+01:39:23 (65.6%)	13:46	4.4 (34.6%)
137	<b>OLEJARKA Mateusz</b>	<b>11189</b>		M-Open	88	<b>02:31:29.85</b>	<b>02:31:35.35</b>	+01:39:23 (65.6%)	13:46	4.4 (34.6%)
138	<b>ŚREDNIAWA Kasia</b>	<b>11201</b>		K-Open	25	<b>02:31:31.15</b>	<b>02:31:35.70</b>	+01:39:24 (65.6%)	13:46	4.4 (34.6%)
139	<b>PSZCZOŁA Bartłomiej</b>	<b>11192</b>		M-Open	89	<b>02:31:30.60</b>	<b>02:31:35.80</b>	+01:39:24 (65.6%)	13:46	4.4 (34.6%)
140	<b>BOBREK Łukasz</b>	<b>11162</b>		M-Open	90	<b>02:31:33.10</b>	<b>02:31:36.90</b>	+01:39:25 (65.6%)	13:46	4.4 (34.6%)
141	<b>MOSKWA Wioletta</b>	<b>11113</b>		K-Open	26	<b>02:31:44.85</b>	<b>02:31:47.45</b>	+01:39:35 (65.6%)	13:47	4.3 (33.9%)
142	<b>CZEKAJ Mateusz</b>	<b>11086</b>	HUSARIA RACE TEAM	M-Open	91	<b>02:35:28.70</b>	<b>02:35:31.50</b>	+01:43:20 (66.4%)	14:08	4.2 (33.1%)
143	<b>ILNICKI Michał</b>	<b>11294</b>		M-Open	92	<b>02:47:25.75</b>	<b>02:47:30.05</b>	+01:55:18 (68.8%)	15:13	3.9 (30.7%)
144	<b>KOT Katarzyna</b>	<b>11296</b>	HUSARIA RACE TEAM	K-Open	27	<b>02:47:58.80</b>	<b>02:48:02.75</b>	+01:55:51 (68.9%)	15:16	3.9 (30.7%)
145	<b>KOT Sebastian</b>	<b>11297</b>	HUSARIA RACE TEAM	M-Open	93	<b>02:47:58.30</b>	<b>02:48:03.05</b>	+01:55:51 (68.9%)	15:16	3.9 (30.7%)
146	<b>SUKIENNIK Aleksandra</b>	<b>11309</b>	VIKING TRAINING CENTER	K-Open	28	<b>02:47:58.85</b>	<b>02:48:03.30</b>	+01:55:51 (68.9%)	15:16	3.9 (30.7%)
147	<b>PYĆ Dominika</b>	<b>11305</b>	VIKING TRAINING CENTER	K-Open	29	<b>02:47:59.65</b>	<b>02:48:03.45</b>	+01:55:51 (68.9%)	15:16	3.9 (30.7%)
147	<b>FIGIEL Agnieszka</b>	<b>11289</b>		K-Open	30	<b>02:47:58.70</b>	<b>02:48:03.45</b>	+01:55:51 (68.9%)	15:16	3.9 (30.7%)
149	<b>SZOJDA Paulina</b>	<b>11310</b>	VIKING TRAINING CENTER	K-Open	31	<b>02:48:05.00</b>	<b>02:48:05.00</b>	+01:55:53 (68.9%)	15:16	3.9 (30.7%)
150	<b>MACIEJAS Daniel</b>	<b>11108</b>	HUSARIA RACE TEAM	M-Open	94	<b>02:48:45.20</b>	<b>02:48:48.65</b>	+01:56:37 (69.1%)	15:20	3.9 (30.7%)
151	<b>BUTYN Bartek</b>	<b>11285</b>		M-Open	95	<b>02:56:31.70</b>	<b>02:56:34.05</b>	+02:04:22 (70.4%)	16:02	3.7 (29.1%)
152	<b>BIELEC Kinga</b>	<b>11002</b>	HUSARIA RACE TEAM	Elite Kobiet	5					(0.0%)
153	<b>KURASZ Piotr</b>	<b>11106</b>		M-Open	96					(0.0%)

Znaleziono 153 wynik(ów)