



COMMANDO RACE 11KM

B4SPORT

Event: Commando Race
Organiser: COMMANDO RACE
Date: 2019-09-14
Place: Kraków
Distance: 11 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 11km	Czas brutto 11km	Gap	Pace min/km	Pace km/h
1	OPIAŁ Grzegorz	1160	X-TEAMTARNÓW	Elite Mężczyzn	1	00:52:55.45	00:52:57.05		4:48	12.5 (100%)
2	ZIELIŃSKI Tomasz	1192	WARCHLAKI ADELAJDY	Elite Mężczyzn	2	01:01:05.40	01:01:06.20	+00:08:09 (13.3%)	5:33	10.8 (86.4%)
3	GACH Damian	1116	KUŹNIA DAMIANA	M-Open	1	01:03:25.50	01:03:27.35	+00:10:30 (16.6%)	5:46	10.4 (83.2%)
4	HURAS Michał	1123	KUŹNIA DAMIANA	M-Open	2	01:03:46.50	01:03:49.00	+00:10:51 (17.0%)	5:47	10.3 (82.4%)
5	STASZEWSKI Radosław	1181		M-Open	3	01:04:39.50	01:04:42.00	+00:11:44 (18.2%)	5:52	10.2 (81.6%)
6	KANIA Karol	1132		M-Open	4	01:06:45.45	01:06:49.00	+00:13:51 (20.8%)	6:04	9.9 (79.2%)
7	TOMSKI Marcin	1187		M-Open	5	01:06:56.15	01:06:59.25	+00:14:02 (21.0%)	6:05	9.9 (79.2%)
8	BAC Krzysztof	1103		M-Open	6	01:07:13.75	01:07:15.85	+00:14:18 (21.3%)	6:06	9.8 (78.4%)
9	PIĄTEK Sebastian	1117	HUSARIA RAE TEAMHUS	M-Open	7	01:08:04.15	01:08:06.00	+00:15:08 (22.2%)	6:11	9.7 (77.6%)
10	SZOŁTYSEK Tomasz	1183	KUŹNIA DAMIANA	M-Open	8	01:08:50.65	01:08:53.35	+00:15:56 (23.1%)	6:15	9.6 (76.8%)
11	MALEC Tomasz	1148	WARCHLAKI ADELAJDY	Elite Mężczyzn	3	01:08:56.35	01:08:58.15	+00:16:01 (23.2%)	6:16	9.6 (76.8%)
12	KURASIŃSKI Konrad	1141	SOCIOS SILESIA	Elite Mężczyzn	4	01:09:51.15	01:09:52.75	+00:16:55 (24.2%)	6:21	9.4 (75.2%)
13	HUDASZEK Zbigniew	1122	HUSARIA RACE TEAM	Elite Mężczyzn	5	01:10:14.10	01:10:17.20	+00:17:20 (24.7%)	6:23	9.4 (75.2%)
14	MALEC Bartek	1147	WARCHLAKI ADELAJDY	Elite Mężczyzn	6	01:12:32.05	01:12:33.50	+00:19:36 (27.0%)	6:35	9.1 (72.8%)
15	KULAGA Peter	1140	HUSARIA RACE TEAM	Elite Mężczyzn	7	01:13:03.45	01:13:06.25	+00:20:09 (27.6%)	6:38	9 (72.0%)
16	KALETA Anna	1131	HUSARIA RACE TEAM	Elite Kobiet	1	01:13:10.45	01:13:12.00	+00:20:14 (27.7%)	6:39	9 (72.0%)
17	GÓRKA Marcin	1118		Elite Mężczyzn	8	01:13:12.75	01:13:15.70	+00:20:18 (27.7%)	6:39	9 (72.0%)
18	WILCZEWSKI Rafał	1189	WARCHLAKI ADELAJDY	Elite Mężczyzn	9	01:13:43.85	01:13:45.90	+00:20:48 (28.2%)	6:42	9 (72.0%)
19	BILSKI Marcin	1105		M-Open	9	01:14:01.85	01:14:06.00	+00:21:08 (28.5%)	6:43	8.9 (71.2%)
20	MAJCHRZYK Szymon	1146	KUŹNIA DAMIANA	M-Open	10	01:14:06.20	01:14:09.00	+00:21:11 (28.6%)	6:44	8.9 (71.2%)
21	POCHROŃ Dariusz	1168	SPARTAŃSKA DZICZ TZG	M-Open	11	01:15:27.55	01:15:29.75	+00:22:32 (29.9%)	6:51	8.7 (69.6%)
22	PISKORSKI Adam	1167		M-Open	12	01:17:01.00	01:17:01.00	+00:24:03 (31.2%)	7:00	8.6 (68.8%)
23	SCHMIDT Paweł	1177	DZIADY OCR	M-Open	13	01:17:03.55	01:17:06.00	+00:24:08 (31.3%)	7:00	8.6 (68.8%)
24	GAWORZ Piotr	11100		M-Open	14	01:17:13.30	01:17:16.70	+00:24:19 (31.5%)	7:01	8.5 (68.0%)
25	PISKORSKA Iwona	1166		K-Open	1	01:17:19.55	01:17:19.55	+00:24:22 (31.5%)	7:01	8.5 (68.0%)
26	DOMAGAŁA Mateusz	1111	BUNGEE JUMPING KRAKÓW	M-Open	15	01:17:37.80	01:17:42.25	+00:24:45 (31.9%)	7:03	8.5 (68.0%)
27	BOGUSZ Adrian	1106		M-Open	16	01:17:40.35	01:17:45.00	+00:24:47 (31.9%)	7:03	8.5 (68.0%)
28	PINKOWICZ Maciej	1165	KUŹNIA DAMIANA	M-Open	17	01:17:47.00	01:17:50.00	+00:24:52 (32.0%)	7:04	8.5 (68.0%)

Place	Participant	Number	Club	Category	MCat	Net time 11km	Czas brutto 11km	Gap	Pace min/km	Pace km/h
29	SIEJA Mateusz	1178	BUNGEE JUMPING KRAKÓW	M-Open	18	01:17:58.20	01:18:01.75	+00:25:04 (32.1%)	7:05	8.5 (68.0%)
30	CZARNIK Marek	1110	SPARTAŃSKA DZICZ	M-Open	19	01:18:07.10	01:18:08.55	+00:25:11 (32.2%)	7:06	8.4 (67.2%)
31	GURGACZ Wojciech	1120		M-Open	20	01:18:16.40	01:18:18.70	+00:25:21 (32.4%)	7:06	8.4 (67.2%)
32	TOMCZYK Paweł	1186		M-Open	21	01:20:18.45	01:20:23.55	+00:27:26 (34.1%)	7:18	8.2 (65.6%)
33	MIKRUT Mateusz	1154	TOTAL FREAK	Elite Mężczyzn	10	01:22:41.45	01:22:43.20	+00:29:46 (36.0%)	7:31	8 (64.0%)
34	JÓZEFczyk Piotr	1126	HUSARIA RACE TEAM	M-Open	22	01:22:53.25	01:22:56.00	+00:29:58 (36.2%)	7:32	8 (64.0%)
35	NOWOK Michał	1159	CARBON OCR RACING TEAM	Elite Mężczyzn	11	01:24:33.20	01:24:35.05	+00:31:38 (37.4%)	7:41	7.8 (62.4%)
36	STĘPIEŃ Łukasz	1182	TOTAL FREAK	Elite Mężczyzn	12	01:26:09.50	01:26:11.70	+00:33:14 (38.6%)	7:49	7.7 (61.6%)
37	KMITA Jakub	1137		M-Open	23	01:26:20.00	01:26:23.70	+00:33:26 (38.7%)	7:50	7.6 (60.8%)
38	WILK Krystian	1193		M-Open	24	01:26:41.45	01:26:45.30	+00:33:48 (39.0%)	7:52	7.6 (60.8%)
39	WOJAS Michał	1190		M-Open	25	01:26:43.50	01:26:46.85	+00:33:49 (39.0%)	7:53	7.6 (60.8%)
40	SOJA Łukasz	1179	BIEGUN SOPEM	M-Open	26	01:27:13.55	01:27:17.25	+00:34:20 (39.3%)	7:55	7.6 (60.8%)
41	ŁOPUCH Robert	1145	DZIADY OCR	M-Open	27	01:27:17.25	01:27:19.70	+00:34:22 (39.4%)	7:56	7.6 (60.8%)
42	DZIEDZIC Żaneta	1114		K-Open	2	01:27:34.50	01:27:37.60	+00:34:40 (39.6%)	7:57	7.5 (60.0%)
43	DUDA Daniel	1112		M-Open	28	01:27:34.85	01:27:37.90	+00:34:40 (39.6%)	7:57	7.5 (60.0%)
44	KASPERCZYK Szczepan	1134		M-Open	29	01:27:38.20	01:27:43.40	+00:34:46 (39.6%)	7:58	7.5 (60.0%)
45	HAJNOS Dawid	1196	GORĄCY POTOK TEAM	Elite Mężczyzn	13	01:29:08.70	01:29:10.00	+00:36:12 (40.6%)	8:06	7.4 (59.2%)
46	MAJEWSKA Natalia	1197	GORĄCY POTOK TEAM	Elite Kobiet	2	01:29:08.65	01:29:10.25	+00:36:13 (40.6%)	8:06	7.4 (59.2%)
47	RUDZIŃSKI Bartosz	1174		M-Open	30	01:29:11.35	01:29:14.35	+00:36:17 (40.7%)	8:06	7.4 (59.2%)
48	NIEZGODA Jakub	1157	SKAZANI NA TRENING	M-Open	31	01:30:35.45	01:30:40.75	+00:37:43 (41.6%)	8:14	7.3 (58.4%)
49	DZIOBA Krystian	1115	SPARTAŃSKA DZICZ	M-Open	32	01:30:55.25	01:30:57.50	+00:38:00 (41.8%)	8:15	7.3 (58.4%)
50	MIECZNIK Maciej	1153		M-Open	33	01:30:57.95	01:31:02.60	+00:38:05 (41.8%)	8:16	7.3 (58.4%)
51	ŁASOCHA Marcei	1144	GRUPA ŁASOCHY	M-Open	34	01:30:58.25	01:31:03.65	+00:38:06 (41.9%)	8:16	7.3 (58.4%)
52	PIĘTKA Karol	1164		M-Open	35	01:31:21.65	01:31:25.15	+00:38:28 (42.1%)	8:18	7.2 (57.6%)
53	LAPCZYK Dominika	1142	TOTAL FREAK	Elite Kobiet	3	01:31:44.75	01:31:46.00	+00:38:48 (42.3%)	8:20	7.2 (57.6%)
54	GUZIK Maksymilian	1194	BUNGEE JUMPING KRAKÓW	M-Open	36	01:34:02.20	01:34:06.00	+00:41:08 (43.7%)	8:33	7 (56.0%)
55	MAKA Michał	1152		M-Open	37	01:34:10.15	01:34:13.55	+00:41:16 (43.8%)	8:33	7 (56.0%)
56	NOSAL Michał	1158	SPARTAŃSKA DICZ	M-Open	38	01:34:44.35	01:34:47.25	+00:41:50 (44.1%)	8:36	7 (56.0%)
57	SARAD Krzysztof	1176	SPARTAŃSKA DZICZ	M-Open	39	01:34:48.40	01:34:50.60	+00:41:53 (44.2%)	8:37	7 (56.0%)
58	RUŁA Tomasz	1175	ANDRYCHÓW RUNNING / HR	M-Open	40	01:37:06.60	01:37:10.40	+00:44:13 (45.5%)	8:49	6.8 (54.4%)
59	KRĘPA Agnieszka	1139	WKURW_TEAM	K-Open	3	01:37:15.25	01:37:20.00	+00:44:22 (45.6%)	8:50	6.8 (54.4%)
60	WOLNY Krzysztof	1191		M-Open	41	01:37:15.75	01:37:20.50	+00:44:23 (45.6%)	8:50	6.8 (54.4%)
61	RAJ Tomasz	1171	HUSARIA RACE TEAM	M-Open	42	01:37:52.95	01:37:57.90	+00:45:00 (45.9%)	8:53	6.7 (53.6%)
62	BAŁAMUT Marta	1104	HUSARIA RACE TEAM	Elite Kobiet	4	01:38:07.75	01:38:09.25	+00:45:12 (46.1%)	8:55	6.7 (53.6%)
63	KARWALA Jacek	1133		M-Open	43	01:38:49.25	01:38:53.35	+00:45:56 (46.5%)	8:59	6.7 (53.6%)
64	ŚCIERSKA Basia	1184		K-Open	4	01:39:03.20	01:39:08.40	+00:46:11 (46.6%)	9:00	6.7 (53.6%)
65	KASPERCZYK Rafał	1135		M-Open	44	01:40:09.95	01:40:14.90	+00:47:17 (47.2%)	9:06	6.6 (52.8%)
66	DUKAT Sandra	1113		K-Open	5	01:42:31.10	01:42:34.60	+00:49:37 (48.4%)	9:19	6.4 (51.2%)
67	PAWUK Marzena	1162		K-Open	6	01:42:41.90	01:42:45.15	+00:49:48 (48.5%)	9:20	6.4 (51.2%)
68	PODLASEK Szymon	1169		M-Open	45	01:42:47.05	01:42:52.75	+00:49:55 (48.5%)	9:20	6.4 (51.2%)
69	NIECIAG Grzegorz	1156		M-Open	46	01:46:43.90	01:46:49.55	+00:53:52 (50.4%)	9:42	6.2 (49.6%)
70	JAMROZIK Adrian	1124	HUSARIA RACE TEAM	M-Open	47	01:47:15.15	01:47:17.90	+00:54:20 (50.7%)	9:45	6.2 (49.6%)
71	WIDUCH Ryszard	1188		M-Open	48	01:47:21.00	01:47:25.20	+00:54:28 (50.7%)	9:45	6.1 (48.8%)
72	AUGUSTYNIAK Kamil	1101	WARCHLAKI ADELAJDY	Elite Mężczyzn	14	01:48:22.10	01:48:24.45	+00:55:27 (51.2%)	9:51	6.1 (48.8%)

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73	KACZMARCZYK Grzegorz	1127	NDE	M-Open	49	01:48:52.10	01:48:56.90	+00:55:59 (51.4%)	9:53	6.1 (48.8%)
74	KACZMARCZYK Izabela	1130		K-Open	7	01:48:52.45	01:48:57.05	+00:56:00 (51.4%)	9:53	6.1 (48.8%)
75	KACZMARCZYK Krzysztof	1129	NDE	M-Open	50	01:52:51.30	01:52:54.85	+00:59:57 (53.1%)	10:15	5.8 (46.4%)
75	KACZMARCZYK Anna	1128	NDE	K-Open	8	01:52:50.70	01:52:54.85	+00:59:57 (53.1%)	10:15	5.8 (46.4%)
77	LIZOŃ Rafał	1143		M-Open	51	01:55:28.75	01:55:34.15	+01:02:37 (54.2%)	10:29	5.7 (45.6%)
78	ROSIEK Dominik	1173		M-Open	52	01:55:40.55	01:55:46.45	+01:02:49 (54.3%)	10:31	5.7 (45.6%)
79	PORĘBA Paweł	1170		M-Open	53	01:55:41.05	01:55:46.60	+01:02:49 (54.3%)	10:31	5.7 (45.6%)
80	JĘDRYKA Anna	1125		K-Open	9	02:04:41.05	02:04:45.40	+01:11:48 (57.6%)	11:20	5.3 (42.4%)
81	KNAPIK Justyna	1138		K-Open	10	02:04:42.00	02:04:45.80	+01:11:48 (57.6%)	11:20	5.3 (42.4%)
82	MATYSIAK Sławomir	1150		M-Open	54	02:04:41.25	02:04:45.85	+01:11:48 (57.6%)	11:20	5.3 (42.4%)
83	PAĆZEK Weronika	1163		K-Open	11	02:13:18.15	02:13:22.15	+01:20:25 (60.3%)	12:07	5 (40.0%)
84	OSZOWSKA Anastazja	1161		K-Open	12	02:13:54.25	02:14:00.05	+01:21:03 (60.5%)	12:10	4.9 (39.2%)
85	STARMACH Mateusz	1180	KRAKMANDOS	M-Open	55	02:13:54.65	02:14:00.30	+01:21:03 (60.5%)	12:10	4.9 (39.2%)
86	KILIAN Iwona	1136		K-Open	13	02:16:21.30	02:16:26.80	+01:23:29 (61.2%)	12:23	4.8 (38.4%)
87	GÓRKA Karolina	1119	KRAKMANDOS	K-Open	14	02:16:21.00	02:16:26.90	+01:23:29 (61.2%)	12:23	4.8 (38.4%)
88	HADUCH Barbara	1121		K-Open	15	02:18:57.95	02:19:01.60	+01:26:04 (61.9%)	12:38	4.7 (37.6%)
89	BUTYN Bartek	1108		M-Open	56	02:18:58.70	02:19:01.95	+01:26:04 (61.9%)	12:38	4.7 (37.6%)
	MOSKWA Wioletta	1155	HUSARIA RACE TEAM	K-Open		DNF	DNF	-	-	- (0.0%)

Total 90 results.