

# COMMANDO RACE 11KM

B4SPORT

**Wydarzenie:** Commando Race - VIII edycja  
**Organizator:** Fundacja Awizo Akademia Wspierania Inicjatyw  
 Zaangażowania Obywatelskiego  
**Data:** 2020-09-12  
**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>OPIAŁ Grzegorz</b>	<b>11076</b>	GORĄCYPOTOKTEAM	Elite Mężczyzn	1	<b>00:52:08.25</b>	<b>00:52:08.25</b>		4:44	12.7 (100%)
2	<b>KRZYSTYNIAK Robert</b>	<b>11049</b>	GORĄCY POTOK TEAM	Elite Mężczyzn	2	<b>00:53:02.85</b>	<b>00:53:02.85</b>	+00:00:54 (1.7%)	4:49	12.4 (97.6%)
3	<b>SENDERSKI Przemysław</b>	<b>11089</b>	DRAGON RUNNERS	Elite Mężczyzn	3	<b>00:56:46.50</b>	<b>00:56:46.50</b>	+00:04:38 (8.2%)	5:09	11.6 (91.3%)
4	<b>RACZEK Radosław</b>	<b>11080</b>	GORĄCY POTOK TEAM	Elite Mężczyzn	4	<b>00:58:42.95</b>	<b>00:58:42.95</b>	+00:06:34 (11.2%)	5:20	11.2 (88.2%)
5	<b>MALEC Bartomiej</b>	<b>11064</b>	WARCHLAKI ADELAJDY	Elite Mężczyzn	5	<b>00:59:28.35</b>	<b>00:59:28.35</b>	+00:07:20 (12.3%)	5:24	11.1 (87.4%)
6	<b>SKRZYSZOWSKI Janusz</b>	<b>11090</b>	SOCIOS SILESIA	Elite Mężczyzn	6	<b>01:01:49.45</b>	<b>01:01:49.45</b>	+00:09:41 (15.7%)	5:37	10.7 (84.3%)
7	<b>DERYŁO Mateusz</b>	<b>11021</b>	KONIU SQUAD	Elite Mężczyzn	7	<b>01:01:50.05</b>	<b>01:01:50.05</b>	+00:09:41 (15.7%)	5:37	10.7 (84.3%)
8	<b>ILNICKI Darek</b>	<b>11037</b>	DRAGON RUNNERS	Elite Mężczyzn	8	<b>01:02:00.00</b>	<b>01:02:00.00</b>	+00:09:51 (15.9%)	5:38	10.6 (83.5%)
9	<b>BARAN Maciej</b>	<b>11007</b>	DZICY OGRODNICY	Elite Mężczyzn	9	<b>01:02:11.05</b>	<b>01:02:11.05</b>	+00:10:02 (16.2%)	5:39	10.6 (83.5%)
10	<b>ZAJĄC Artur</b>	<b>11108</b>	PODHALAŃSKIE DZIKI TEAM	Elite Mężczyzn	10	<b>01:02:18.20</b>	<b>01:02:18.20</b>	+00:10:09 (16.3%)	5:39	10.6 (83.5%)
11	<b>ZIELIŃSKI Tomasz</b>	<b>11110</b>	WARCHLAKI ADELAJDY	Elite Mężczyzn	11	<b>01:02:41.20</b>	<b>01:02:41.20</b>	+00:10:32 (16.8%)	5:41	10.5 (82.7%)
12	<b>KURASIŃSKI Konrad</b>	<b>11051</b>	SOCIOS SILESIA	Elite Mężczyzn	12	<b>01:02:51.90</b>	<b>01:02:51.90</b>	+00:10:43 (17.1%)	5:42	10.5 (82.7%)
13	<b>TOMSKI Marcin</b>	<b>11100</b>	WARCHLAKI ADELAJDY	Elite Mężczyzn	13	<b>01:05:40.05</b>	<b>01:05:40.05</b>	+00:13:31 (20.6%)	5:58	10.1 (79.5%)
14	<b>LEBIEST Radosław</b>	<b>11056</b>	ŻUBRY RACE TEAM	Elite Mężczyzn	14	<b>01:12:31.80</b>	<b>01:12:31.80</b>	+00:20:23 (28.1%)	6:35	9.1 (71.7%)
15	<b>JASIŃSKA Alicja</b>	<b>11044</b>	GORĄCY POTOK TEAM	Elite Kobiet	1	<b>01:12:46.95</b>	<b>01:12:46.95</b>	+00:20:38 (28.4%)	6:36	9.1 (71.7%)
16	<b>WILCZYŃSKI Kuba</b>	<b>11105</b>		M-Open	1	<b>01:13:03.30</b>	<b>01:13:03.30</b>	+00:20:55 (28.6%)	6:38	9 (70.9%)
17	<b>CZARNIK Marek</b>	<b>11020</b>	SPARTAŃSKA DZICZ	M-Open	2	<b>01:14:25.65</b>	<b>01:14:25.65</b>	+00:22:17 (29.9%)	6:45	8.9 (70.1%)
18	<b>JAMRÓZ Andrzej</b>	<b>11040</b>		M-Open	3	<b>01:15:07.70</b>	<b>01:15:07.70</b>	+00:22:59 (30.6%)	6:49	8.8 (69.3%)
19	<b>HUDASZEK Zbigniew</b>	<b>11036</b>	DRAGON RUNNERS	Elite Mężczyzn	15	<b>01:15:24.90</b>	<b>01:15:24.90</b>	+00:23:16 (30.9%)	6:51	8.8 (69.3%)
20	<b>REJDYCH Tomasz</b>	<b>11083</b>	KONIU SQUAD	Elite Mężczyzn	16	<b>01:15:59.45</b>	<b>01:15:59.45</b>	+00:23:51 (31.4%)	6:54	8.7 (68.5%)
21	<b>ŁUKA Paweł</b>	<b>11060</b>	OCR TEAM DĘBICA	Elite Mężczyzn	17	<b>01:16:19.45</b>	<b>01:16:19.45</b>	+00:24:11 (31.7%)	6:56	8.6 (67.7%)
22	<b>BUDA Wojciech</b>	<b>11015</b>	BEFIT24TEAM	Elite Mężczyzn	18	<b>01:18:35.30</b>	<b>01:18:35.30</b>	+00:26:27 (33.7%)	7:08	8.4 (66.1%)
23	<b>BERNACKI Łukasz</b>	<b>11010</b>	#DAMRADE	M-Open	4	<b>01:19:08.35</b>	<b>01:19:08.35</b>	+00:27:00 (34.1%)	7:11	8.3 (65.4%)
24	<b>BARAN Dawid</b>	<b>11006</b>	DZICY OGRODNICY	M-Open	5	<b>01:19:54.70</b>	<b>01:19:54.70</b>	+00:27:46 (34.8%)	7:15	8.3 (65.4%)
25	<b>WOŹNIAK Joanna</b>	<b>11106</b>	LEMON TEAM	Elite Kobiet	2	<b>01:19:58.45</b>	<b>01:19:58.45</b>	+00:27:50 (34.8%)	7:16	8.3 (65.4%)
26	<b>MIKRUT Mateusz</b>	<b>11069</b>	TOTAL FREAK	Elite Mężczyzn	19	<b>01:20:03.95</b>	<b>01:20:03.95</b>	+00:27:55 (34.9%)	7:16	8.2 (64.6%)
27	<b>ULMAN Jakub</b>	<b>11103</b>	LEMON TEAM	Elite Mężczyzn	20	<b>01:21:04.85</b>	<b>01:21:04.85</b>	+00:28:56 (35.7%)	7:22	8.1 (63.8%)
28	<b>BAJSAROWICZ Marta</b>	<b>11003</b>	DRAGON RUNNERS	Elite Kobiet	3	<b>01:22:24.45</b>	<b>01:22:24.45</b>	+00:30:16 (36.7%)	7:29	8 (63.0%)
29	<b>STAROWICZ Wojciech</b>	<b>11092</b>	#DAMRADE	M-Open	6	<b>01:22:47.55</b>	<b>01:22:47.55</b>	+00:30:39 (37.0%)	7:31	8 (63.0%)

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30	<b>STĘPIEŃ Łukasz</b>	<b>11094</b>	TOTAL FREAK	Elite Mężczyzn	21	<b>01:24:33.90</b>	<b>01:24:33.90</b>	+00:32:25 (38.3%)	7:41	7.8 (61.4%)
31	<b>SCHMIDT Paweł</b>	<b>11087</b>	BEFIT24TEAM	Elite Mężczyzn	22	<b>01:24:59.60</b>	<b>01:24:59.60</b>	+00:32:51 (38.7%)	7:43	7.8 (61.4%)
32	<b>PATYK Tomasz</b>	<b>11077</b>	BEFIT24TEAM	M-Open	7	<b>01:25:33.70</b>	<b>01:25:33.70</b>	+00:33:25 (39.1%)	7:46	7.7 (60.6%)
33	<b>DZIADOSZ Michał</b>	<b>11025</b>	OCR TEAM DĘBICA	M-Open	8	<b>01:26:48.40</b>	<b>01:26:48.40</b>	+00:34:40 (39.9%)	7:53	7.6 (59.8%)
34	<b>ROZENBAJGER Robert</b>	<b>11084</b>		M-Open	9	<b>01:27:56.00</b>	<b>01:27:56.00</b>	+00:35:47 (40.7%)	7:59	7.5 (59.1%)
35	<b>LAPCZYK Dominika</b>	<b>11055</b>	TOTAL FREAK	K-Open	1	<b>01:28:10.00</b>	<b>01:28:10.00</b>	+00:36:01 (40.9%)	8:00	7.5 (59.1%)
36	<b>RADWAŃSKI Łukasz</b>	<b>11081</b>		M-Open	10	<b>01:29:02.40</b>	<b>01:29:02.40</b>	+00:36:54 (41.4%)	8:05	7.4 (58.3%)
37	<b>SZAFRAN Adrian</b>	<b>11096</b>		M-Open	11	<b>01:29:44.55</b>	<b>01:29:44.55</b>	+00:37:36 (41.9%)	8:09	7.4 (58.3%)
38	<b>DZIOBA Krystian</b>	<b>11027</b>	SPARTAŃSKA DZICZ	M-Open	12	<b>01:30:03.75</b>	<b>01:30:03.75</b>	+00:37:55 (42.1%)	8:11	7.3 (57.5%)
39	<b>MÜLLER Rafael</b>	<b>11070</b>	BEFIT24TEAM	Elite Mężczyzn	23	<b>01:31:59.30</b>	<b>01:31:59.30</b>	+00:39:51 (43.3%)	8:21	7.2 (56.7%)
40	<b>TROJAN Anna</b>	<b>11102</b>	BEFIT24TEAM	Elite Kobiet	4	<b>01:33:10.90</b>	<b>01:33:10.90</b>	+00:41:02 (44.0%)	8:28	7.1 (55.9%)
41	<b>NIDECKI Grzegorz</b>	<b>11072</b>	SPARTAŃSKA DZICZ	M-Open	13	<b>01:33:31.05</b>	<b>01:33:31.05</b>	+00:41:22 (44.2%)	8:30	7.1 (55.9%)
42	<b>MIECZNIK Maciej</b>	<b>11068</b>		M-Open	14	<b>01:33:59.10</b>	<b>01:33:59.10</b>	+00:41:50 (44.5%)	8:32	7 (55.1%)
43	<b>CIĄGŁO Danuta</b>	<b>11019</b>		K-Open	2	<b>01:34:53.60</b>	<b>01:34:53.60</b>	+00:42:45 (45.1%)	8:37	7 (55.1%)
44	<b>BOJDA Brygida</b>	<b>11013</b>	ŚWIRY STELA	K-Open	3	<b>01:35:06.10</b>	<b>01:35:06.10</b>	+00:42:57 (45.2%)	8:38	6.9 (54.3%)
45	<b>BRUDNY Agnieszka</b>	<b>11014</b>	ŚWIRY STELA	K-Open	4	<b>01:35:10.75</b>	<b>01:35:10.75</b>	+00:43:02 (45.2%)	8:39	6.9 (54.3%)
46	<b>TROJAN Grzegorz</b>	<b>11101</b>		Elite Mężczyzn	24	<b>01:35:24.65</b>	<b>01:35:24.65</b>	+00:43:16 (45.4%)	8:40	6.9 (54.3%)
47	<b>KUHOT Eugene</b>	<b>11050</b>	URAGAN	M-Open	15	<b>01:36:29.45</b>	<b>01:36:29.45</b>	+00:44:21 (46.0%)	8:46	6.8 (53.5%)
48	<b>RUDZIŃSKI Bartosz</b>	<b>11086</b>		M-Open	16	<b>01:36:29.85</b>	<b>01:36:29.85</b>	+00:44:21 (46.0%)	8:46	6.8 (53.5%)
49	<b>SULARZ Bogusław</b>	<b>11095</b>		M-Open	17	<b>01:37:08.80</b>	<b>01:37:08.80</b>	+00:45:00 (46.3%)	8:49	6.8 (53.5%)
50	<b>CHRZĄSTEK Maciek</b>	<b>11018</b>	BEFIT24TEAM	Elite Mężczyzn	25	<b>01:38:46.80</b>	<b>01:38:46.80</b>	+00:46:38 (47.2%)	8:58	6.7 (52.8%)
51	<b>MAKUCH Urszula</b>	<b>11063</b>		K-Open	5	<b>01:39:56.60</b>	<b>01:39:56.60</b>	+00:47:48 (47.8%)	9:05	6.6 (52.0%)
52	<b>PYRTEK Andrzej</b>	<b>11079</b>		M-Open	18	<b>01:39:56.70</b>	<b>01:39:56.70</b>	+00:47:48 (47.8%)	9:05	6.6 (52.0%)
53	<b>KOŁODZIEJ Dominik</b>	<b>11047</b>		M-Open	19	<b>01:40:21.50</b>	<b>01:40:21.50</b>	+00:48:13 (48.0%)	9:07	6.6 (52.0%)
54	<b>ZEMLA Piotr</b>	<b>11109</b>		M-Open	20	<b>01:40:22.25</b>	<b>01:40:22.25</b>	+00:48:14 (48.1%)	9:07	6.6 (52.0%)
55	<b>LIS Krzysztof</b>	<b>11057</b>		M-Open	21	<b>01:42:47.10</b>	<b>01:42:47.10</b>	+00:50:38 (49.3%)	9:20	6.4 (50.4%)
56	<b>DĘBIŃSKA - MAZUR Dagmara</b>	<b>11022</b>	ŚWIRY STELA	K-Open	6	<b>01:43:42.05</b>	<b>01:43:42.05</b>	+00:51:33 (49.7%)	9:25	6.4 (50.4%)
57	<b>MAZUR Robert</b>	<b>11067</b>	ŚWIRY STELA	M-Open	22	<b>01:43:45.05</b>	<b>01:43:45.05</b>	+00:51:36 (49.7%)	9:25	6.4 (50.4%)
58	<b>KUŚ Paweł</b>	<b>11053</b>	ŚWIRY STELA	M-Open	23	<b>01:43:55.05</b>	<b>01:43:55.05</b>	+00:51:46 (49.8%)	9:26	6.4 (50.4%)
59	<b>NOSAL Michał</b>	<b>11073</b>	SPARTAŃSKA DZICZ	M-Open	24	<b>01:43:57.60</b>	<b>01:43:57.60</b>	+00:51:49 (49.8%)	9:27	6.3 (49.6%)
60	<b>KRAWCZYK Dawid</b>	<b>11048</b>	CHZB	M-Open	25	<b>01:45:50.25</b>	<b>01:45:50.25</b>	+00:53:42 (50.7%)	9:37	6.2 (48.8%)
61	<b>ŁYŚ Adam</b>	<b>11061</b>		M-Open	26	<b>01:45:58.70</b>	<b>01:45:58.70</b>	+00:53:50 (50.8%)	9:38	6.2 (48.8%)
62	<b>BEDNARZ Jakub</b>	<b>11009</b>	NDE	M-Open	27	<b>01:46:27.60</b>	<b>01:46:27.60</b>	+00:54:19 (51.0%)	9:40	6.2 (48.8%)
63	<b>BEDNARZ Jan</b>	<b>11008</b>	NDE	M-Open	28	<b>01:46:28.10</b>	<b>01:46:28.10</b>	+00:54:19 (51.0%)	9:40	6.2 (48.8%)
64	<b>JANAS Paweł</b>	<b>11041</b>		M-Open	29	<b>01:46:29.55</b>	<b>01:46:29.55</b>	+00:54:21 (51.0%)	9:40	6.2 (48.8%)
65	<b>NOWAK Tadeusz</b>	<b>11074</b>	RUNANYWHERE	M-Open	30	<b>01:47:22.00</b>	<b>01:47:22.00</b>	+00:55:13 (51.4%)	9:45	6.1 (48.0%)
66	<b>MARCINKOWSKI Paweł</b>	<b>11065</b>		M-Open	31	<b>01:49:28.10</b>	<b>01:49:28.10</b>	+00:57:19 (52.4%)	9:57	6 (47.2%)
67	<b>SZYDŁOWSKI Damian</b>	<b>11098</b>		M-Open	32	<b>01:49:54.95</b>	<b>01:49:54.95</b>	+00:57:46 (52.6%)	9:59	6 (47.2%)
68	<b>SZCZUREK Sabina</b>	<b>11097</b>	BEFIT24TEAM	K-Open	7	<b>01:50:34.45</b>	<b>01:50:34.45</b>	+00:58:26 (52.8%)	10:03	6 (47.2%)
69	<b>GAJEWSKA Joanna</b>	<b>11031</b>		K-Open	8	<b>01:52:22.55</b>	<b>01:52:22.55</b>	+01:00:14 (53.6%)	10:12	5.9 (46.5%)
70	<b>SELECKA Teresa</b>	<b>11088</b>	BEFIT24TEAM	K-Open	9	<b>01:53:22.85</b>	<b>01:53:22.85</b>	+01:01:14 (54.0%)	10:18	5.8 (45.7%)
71	<b>GRZECHNIK Natalia</b>	<b>11035</b>		K-Open	10	<b>01:55:28.85</b>	<b>01:55:28.85</b>	+01:03:20 (54.9%)	10:29	5.7 (44.9%)
72	<b>REICHMANN Magdalena</b>	<b>11082</b>		K-Open	11	<b>01:55:29.55</b>	<b>01:55:29.55</b>	+01:03:21 (54.9%)	10:29	5.7 (44.9%)

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73	<b>KURTYCZ Kinga</b>	<b>11052</b>		K-Open	12	<b>01:55:32.05</b>	<b>01:55:32.05</b>	+01:03:23 (54.9%)	10:30	5.7 (44.9%)
74	<b>POWROŹNIK Anna</b>	<b>11078</b>		K-Open	13	<b>01:55:32.65</b>	<b>01:55:32.65</b>	+01:03:24 (54.9%)	10:30	5.7 (44.9%)
75	<b>DRABCZYK Martyna</b>	<b>11023</b>		K-Open	14	<b>01:55:41.35</b>	<b>01:55:41.35</b>	+01:03:33 (54.9%)	10:31	5.7 (44.9%)
76	<b>CHLEBOWSKI Grzegorz</b>	<b>11017</b>		M-Open	33	<b>01:55:42.90</b>	<b>01:55:42.90</b>	+01:03:34 (54.9%)	10:31	5.7 (44.9%)
77	<b>JAMROZIK Adrian</b>	<b>11039</b>		M-Open	34	<b>01:57:15.85</b>	<b>01:57:15.85</b>	+01:05:07 (55.5%)	10:39	5.6 (44.1%)
78	<b>JABŁOŃSKA Sylwia</b>	<b>11038</b>		K-Open	15	<b>02:00:30.55</b>	<b>02:00:30.55</b>	+01:08:22 (56.7%)	10:57	5.5 (43.3%)
79	<b>WICHER Bartosz</b>	<b>11104</b>	GUMOWE ZWIERZAKI	M-Open	35	<b>02:00:30.95</b>	<b>02:00:30.95</b>	+01:08:22 (56.7%)	10:57	5.5 (43.3%)
80	<b>MACIĄG Krzysztof</b>	<b>11062</b>	GUMOWE ZWIERZAKI	M-Open	36	<b>02:00:31.35</b>	<b>02:00:31.35</b>	+01:08:23 (56.7%)	10:57	5.5 (43.3%)
81	<b>KWASNY Iwona</b>	<b>11054</b>		K-Open	16	<b>02:01:17.30</b>	<b>02:01:17.30</b>	+01:09:09 (57.0%)	11:01	5.4 (42.5%)
82	<b>WRONA Anna</b>	<b>11107</b>		K-Open	17	<b>02:01:33.00</b>	<b>02:01:33.00</b>	+01:09:24 (57.1%)	11:03	5.4 (42.5%)
83	<b>AUGUSTYNIAK Kamil</b>	<b>11002</b>	WARCZLAKI ADELAJDY	Elite Mężczyzn	26	<b>02:04:19.45</b>	<b>02:04:19.45</b>	+01:12:11 (58.1%)	11:18	5.3 (41.7%)
84	<b>DUKAT Sandra</b>	<b>11024</b>	LEMON TEAM	Elite Kobiet	5	<b>02:04:57.85</b>	<b>02:04:57.85</b>	+01:12:49 (58.3%)	11:21	5.3 (41.7%)
85	<b>M. OLECH Izabela</b>	<b>11071</b>	LEMON TEAM	Elite Kobiet	6	<b>02:20:11.40</b>	<b>02:20:11.40</b>	+01:28:03 (62.8%)	12:44	4.7 (37.0%)
86	<b>GRYMEK Dagmara</b>	<b>11034</b>	BEFIT24 TEAM	Elite Kobiet	7	<b>02:26:30.45</b>	<b>02:26:30.45</b>	+01:34:22 (64.4%)	13:19	4.5 (35.4%)

Znaleziono 86 wynik(ów)