



Wydarzenie: Commando Race
Organizator: Commando Race
Data: 2018-09-22
Miejsce: Kraków
Dystans: 3 km

COMMANDO RACE 3KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
1	CZYŻ Radosław	3011		M-Open	1	00:33:54.95	00:33:57.70		11:18	5.3 (100%)
2	BACZYŃSKI Jakub	3001		M-Open	2	00:37:40.40	00:37:44.35	+00:03:46 (10.0%)	12:33	4.8 (90.6%)
3	FILAS Łukasz	3012		M-Open	3	00:38:43.05	00:38:47.70	+00:04:50 (12.5%)	12:54	4.6 (86.8%)
4	MAŚLAK Norbert	3041		M-Open	4	00:41:17.10	00:41:21.15	+00:07:23 (17.9%)	13:45	4.4 (83.0%)
5	BLANDA Dominik	3153	HUSARIA RACE TEAM	M-Open	5	00:42:11.50	00:42:14.00	+00:08:16 (19.6%)	14:04	4.3 (81.1%)
6	RÓJ Maksymilian	3061		M-Open	6	00:45:52.15	00:45:58.25	+00:12:00 (26.1%)	15:17	3.9 (73.6%)
7	ŁOPUCH Robert	3108	DZIADY OCR	M-Open	7	00:48:27.85	00:48:29.75	+00:14:32 (30.0%)	16:09	3.7 (69.8%)
8	WOJTANEK Piotr	3138		M-Open	8	00:48:48.75	00:48:50.50	+00:14:52 (30.5%)	16:16	3.7 (69.8%)
9	TOMANA Jakub	3157		M-Open	9	00:49:09.70	00:49:12.40	+00:15:14 (31.0%)	16:23	3.7 (69.8%)
10	ADAMCZYK Michał	3156		M-Open	10	00:49:26.55	00:49:29.60	+00:15:31 (31.4%)	16:28	3.6 (67.9%)
11	PŁACZEK Barbara	3118		K-Open	1	00:50:26.90	00:50:29.15	+00:16:31 (32.7%)	16:49	3.6 (67.9%)
12	KOZŁOWSKI Emilian	3034		M-Open	11	00:50:30.35	00:50:33.30	+00:16:35 (32.8%)	16:50	3.6 (67.9%)
13	KOŁODZIEJCZYK Kamil	3144		M-Open	12	00:51:18.90	00:51:24.15	+00:17:26 (33.9%)	17:06	3.5 (66.0%)
14	SMÓŁKA Michał	3143		M-Open	13	00:51:30.15	00:51:35.00	+00:17:37 (34.2%)	17:10	3.5 (66.0%)
15	SKRZYPEK Krzysiek	3123		M-Open	14	00:52:00.65	00:52:03.85	+00:18:06 (34.8%)	17:20	3.5 (66.0%)
16	DENDURA Jędrzej	3088		M-Open	15	00:52:15.55	00:52:17.50	+00:18:19 (35.1%)	17:25	3.4 (64.2%)
17	CISZEWSKI Hubert	3086		M-Open	16	00:53:03.80	00:53:05.35	+00:19:07 (36.0%)	17:41	3.4 (64.2%)
18	IELO Giovanni	3022		M-Open	17	00:53:47.60	00:53:54.90	+00:19:57 (37.0%)	17:55	3.3 (62.3%)
19	SOLDAK Marcin	3067		M-Open	18	00:54:01.40	00:54:05.05	+00:20:07 (37.2%)	18:00	3.3 (62.3%)
20	NOWAK Tomasz	3044		M-Open	19	00:54:02.10	00:54:06.20	+00:20:08 (37.2%)	18:00	3.3 (62.3%)
21	STARMA Mateusz	3126		M-Open	20	00:55:10.75	00:55:13.50	+00:21:15 (38.5%)	18:23	3.3 (62.3%)
22	JAKUBOWICZ Michał	3025	RAMBO TEAM	M-Open	21	00:56:11.30	00:56:14.10	+00:22:16 (39.6%)	18:44	3.2 (60.4%)
23	PSARSKA Sabina	3058		K-Open	2	00:56:17.55	00:56:21.80	+00:22:24 (39.7%)	18:45	3.2 (60.4%)
24	KUSIBAB Mateusz	3105		M-Open	22	00:57:06.95	00:57:09.10	+00:23:11 (40.6%)	19:02	3.2 (60.4%)
25	ROMAŃSKA Monika	3060		K-Open	3	00:57:57.10	00:58:01.65	+00:24:03 (41.5%)	19:19	3.1 (58.5%)
26	INDYK Łukasz	3023	HUSARIA RACE TEAM	M-Open	23	01:00:49.40	01:00:52.45	+00:26:54 (44.2%)	20:16	3 (56.6%)
27	SZPAKOWSKA Małgorzata	3069	ŁAJZY TEAM	K-Open	4	01:02:19.50	01:02:27.40	+00:28:29 (45.6%)	20:46	2.9 (54.7%)
28	DZIUBA Tomasz	3036	ŁAJZY TEAM	M-Open	24	01:02:19.75	01:02:28.20	+00:28:30 (45.6%)	20:46	2.9 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
29	SERWIŃSKA Jadwiga	3063		K-Open	5	01:03:07.80	01:03:15.00	+00:29:17 (46.3%)	21:02	2.9 (54.7%)
30	GÓRSKI Maciej	3093		M-Open	25	01:03:42.55	01:03:45.25	+00:29:47 (46.7%)	21:14	2.8 (52.8%)
31	FORKASIEWICZ Justyna	3091		K-Open	6	01:03:49.10	01:03:51.85	+00:29:54 (46.8%)	21:16	2.8 (52.8%)
32	ZIĘBA-KLIMEK Agata	3142		K-Open	7	01:04:00.00	01:04:00.00	+00:30:02 (46.9%)	21:20	2.8 (52.8%)
33	GĄTKIEWICZ Łukasz	3092	WIELICZKA	M-Open	26	01:04:16.45	01:04:19.65	+00:30:21 (47.2%)	21:25	2.8 (52.8%)
34	KOT Łukasz	3103		M-Open	27	01:04:28.85	01:04:33.05	+00:30:35 (47.4%)	21:29	2.8 (52.8%)
35	SMOLEŃ Michał	3066		M-Open	28	01:04:27.95	01:04:33.25	+00:30:35 (47.4%)	21:29	2.8 (52.8%)
36	PRZYBYLIK Dominika	3057		K-Open	8	01:04:33.05	01:04:37.20	+00:30:39 (47.4%)	21:31	2.8 (52.8%)
37	PRZYBYLIK Tomasz	3056		M-Open	29	01:04:36.25	01:04:40.50	+00:30:42 (47.5%)	21:32	2.8 (52.8%)
38	NOWAK Adrian	3113	WIELICZKA	M-Open	30	01:04:40.75	01:04:43.45	+00:30:45 (47.5%)	21:33	2.8 (52.8%)
39	PŁACHTA Patrycja	3116		K-Open	9	01:05:25.10	01:05:28.90	+00:31:31 (48.1%)	21:48	2.8 (52.8%)
40	PLATA Piotr	3151		M-Open	31	01:05:27.40	01:05:31.55	+00:31:33 (48.2%)	21:49	2.8 (52.8%)
41	NOWAK Michał	3112	WIELICZKA	M-Open	32	01:05:35.75	01:05:38.45	+00:31:40 (48.3%)	21:52	2.7 (50.9%)
42	BIERNAT Kamil	3004		M-Open	33	01:06:03.35	01:06:09.15	+00:32:11 (48.7%)	22:01	2.7 (50.9%)
43	FORTUNA Kamila	3014		K-Open	10	01:06:03.90	01:06:09.45	+00:32:11 (48.7%)	22:01	2.7 (50.9%)
44	PŁACHTA Rafał	3117		M-Open	34	01:06:14.50	01:06:18.40	+00:32:20 (48.8%)	22:05	2.7 (50.9%)
45	WŁODEK Dawid	3136		M-Open	35	01:06:26.75	01:06:30.35	+00:32:32 (48.9%)	22:09	2.7 (50.9%)
46	CHOWANIEC Marzena	3009		K-Open	11	01:06:38.45	01:06:46.35	+00:32:48 (49.1%)	22:13	2.7 (50.9%)
47	BEDNARCZYK Artur	3002		M-Open	36	01:06:55.15	01:06:59.10	+00:33:01 (49.3%)	22:18	2.7 (50.9%)
48	WILK Przemysław	3075		M-Open	37	01:07:53.15	01:07:53.15	+00:33:55 (50.0%)	22:37	2.7 (50.9%)
49	DZIEDZIC-WÓJTOWICZ Agnieszka	3089	KŁAJ	K-Open	12	01:07:59.40	01:08:02.70	+00:34:05 (50.1%)	22:39	2.6 (49.1%)
50	GRANICZKA Edyta	3019		K-Open	13	01:08:11.45	01:08:16.95	+00:34:19 (50.3%)	22:43	2.6 (49.1%)
51	RĘBALSKA Urszula	3121		K-Open	14	01:09:07.75	01:09:11.20	+00:35:13 (50.9%)	23:02	2.6 (49.1%)
52	SULIMIERSKA Daria	3127		K-Open	15	01:09:08.65	01:09:11.50	+00:35:13 (50.9%)	23:03	2.6 (49.1%)
53	LOREK Elżbieta	3107		K-Open	16	01:10:40.90	01:10:45.55	+00:36:47 (52.0%)	23:33	2.5 (47.2%)
54	ŁYDUCH Joanna	3109		K-Open	17	01:10:41.75	01:10:46.05	+00:36:48 (52.0%)	23:34	2.5 (47.2%)
55	KOZIK Daniel	3032		M-Open	38	01:10:44.35	01:10:52.60	+00:36:54 (52.1%)	23:34	2.5 (47.2%)
56	BIELECKA Katarzyna	3003	HUSARIA RACE TEAM	K-Open	18	01:12:37.45	01:12:42.95	+00:38:45 (53.3%)	24:12	2.5 (47.2%)
57	KOSMALA Sebastian	3031	HUSARIA RACE TEAM	M-Open	39	01:12:37.40	01:12:43.00	+00:38:45 (53.3%)	24:12	2.5 (47.2%)
58	WÓJCIK Paweł	3078	WILKOŁAKI Z RACIBORSKA	M-Open	40	01:12:47.30	01:12:50.40	+00:38:52 (53.4%)	24:15	2.5 (47.2%)
59	KOMINKO Magdalena	3102		K-Open	19	01:13:25.30	01:13:29.25	+00:39:31 (53.8%)	24:28	2.5 (47.2%)
60	SOCHA Ania	3125		K-Open	20	01:13:31.85	01:13:35.45	+00:39:37 (53.9%)	24:30	2.4 (45.3%)
61	SOCHA Grzegorz	3124		M-Open	41	01:13:49.70	01:13:53.50	+00:39:55 (54.0%)	24:36	2.4 (45.3%)
62	SKOTNICZNA Ilona	3065		K-Open	21	01:15:38.50	01:15:42.35	+00:41:44 (55.1%)	25:13	2.4 (45.3%)
63	WOROBKIEWICZ Irena	3076		K-Open	22	01:17:04.15	01:17:13.40	+00:43:15 (56.0%)	25:41	2.3 (43.4%)
64	WIATR Jakub	3074		M-Open	42	01:17:04.40	01:17:13.85	+00:43:16 (56.0%)	25:41	2.3 (43.4%)
65	MAJERAN Joanna	3039		K-Open	23	01:17:57.85	01:18:03.95	+00:44:06 (56.5%)	25:59	2.3 (43.4%)
66	MAJERAN Jacek	3038		M-Open	43	01:17:57.85	01:18:04.25	+00:44:06 (56.5%)	25:59	2.3 (43.4%)
67	MAJERAN Ewa	3037		K-Open	24	01:18:33.45	01:18:39.10	+00:44:41 (56.8%)	26:11	2.3 (43.4%)
68	POTACZEK Marzena	3054		K-Open	25	01:18:38.60	01:18:43.45	+00:44:45 (56.9%)	26:13	2.3 (43.4%)
69	PIEKARCZYK Aneta	3050		K-Open	26	01:18:38.60	01:18:43.60	+00:44:45 (56.9%)	26:12	2.3 (43.4%)
70	CZYSZSOŃ Filip	3149		M-Open	44	01:18:51.90	01:18:56.35	+00:44:58 (57.0%)	26:17	2.3 (43.4%)
71	MACIEJAS Daniel	3110	HUSARIA RACE TEAM	M-Open	45	01:19:02.75	01:19:02.75	+00:45:05 (57.0%)	26:20	2.3 (43.4%)
72	KRZOS Anna	3104	TERMALNE DZIKI	K-Open	27	01:19:05.90	01:19:12.15	+00:45:14 (57.1%)	26:22	2.3 (43.4%)

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73	RÓJ Roman	3062		M-Open	46	01:19:29.05	01:19:33.50	+00:45:35 (57.3%)	26:29	2.3 (43.4%)
74	GRANICZKA - RÓJ Iwona	3152		K-Open	28	01:19:31.15	01:19:34.70	+00:45:37 (57.3%)	26:30	2.3 (43.4%)
75	WÓJCIK Magdalena	3140	TERMALNE DZIKI	K-Open	29	01:19:34.75	01:19:41.15	+00:45:43 (57.4%)	26:31	2.3 (43.4%)
76	KARPIK Weronika	3095		K-Open	30	01:19:44.50	01:19:49.35	+00:45:51 (57.5%)	26:35	2.3 (43.4%)
77	GRZESIAK Maciej	3020		M-Open	47	01:19:41.20	01:19:50.35	+00:45:52 (57.5%)	26:33	2.3 (43.4%)
78	KAŃCZURA Ewelina	3026		K-Open	31	01:19:41.90	01:19:50.50	+00:45:52 (57.5%)	26:34	2.3 (43.4%)
79	BRAĞLEWICZ-KIJEWSKA Patrycja	3008		K-Open	32	01:19:44.40	01:19:52.55	+00:45:54 (57.5%)	26:34	2.3 (43.4%)
80	FIEDZIUK Joanna	3090		K-Open	33	01:19:49.50	01:19:55.45	+00:45:57 (57.5%)	26:36	2.3 (43.4%)
81	KŁUDKA Marzena	3099		K-Open	34	01:19:50.90	01:19:56.45	+00:45:58 (57.5%)	26:37	2.3 (43.4%)
82	KIJEWSKI Krzysztof	3028		M-Open	48	01:19:59.15	01:20:07.10	+00:46:09 (57.6%)	26:40	2.3 (43.4%)
83	KARPIK Klaudyna	3096		K-Open	35	01:20:06.35	01:20:10.75	+00:46:13 (57.6%)	26:42	2.2 (41.5%)
84	ROMEK Sylwia	3122		K-Open	36	01:20:28.35	01:20:34.50	+00:46:36 (57.9%)	26:49	2.2 (41.5%)
85	KŁUDKA Robert	3098		M-Open	49	01:20:28.75	01:20:34.80	+00:46:37 (57.9%)	26:49	2.2 (41.5%)
86	BERGIER Marek	3083		M-Open	50	01:20:29.50	01:20:34.85	+00:46:37 (57.9%)	26:49	2.2 (41.5%)
87	TUCHOWSKA Anna	3133		K-Open	37	01:20:29.00	01:20:35.05	+00:46:37 (57.9%)	26:49	2.2 (41.5%)
88	KOCJAN Agnieszka	3101		K-Open	38	01:20:31.10	01:20:35.50	+00:46:37 (57.9%)	26:50	2.2 (41.5%)
89	TWORZYDŁO Piotr	3134		M-Open	51	01:20:28.80	01:20:35.65	+00:46:37 (57.9%)	26:49	2.2 (41.5%)
90	KAPERGA Gabriela	3027		K-Open	39	01:21:46.10	01:21:53.10	+00:47:55 (58.5%)	27:15	2.2 (41.5%)
91	KORDECZKA Dorota	3030		K-Open	40	01:21:46.10	01:21:53.60	+00:47:55 (58.5%)	27:15	2.2 (41.5%)
92	CZECHURA Agata	3010	OSTATNI NA MECIE	K-Open	41	01:22:01.00	01:22:08.10	+00:48:10 (58.7%)	27:20	2.2 (41.5%)
93	MAJERSKA Katarzyna	3040	NIEZNISZCZALNI	K-Open	42	01:22:11.55	01:22:18.30	+00:48:20 (58.7%)	27:24	2.2 (41.5%)
94	PIEKARCZYK Elżbieta	3052	JAWISZOWICE	K-Open	43	01:22:12.25	01:22:18.80	+00:48:21 (58.7%)	27:24	2.2 (41.5%)
95	PIEKARCZYK Mateusz	3147		M-Open	52	01:22:49.10	01:22:55.50	+00:48:57 (59.0%)	27:36	2.2 (41.5%)
96	STANEK Grzegorz	3068	ŁÓDŹ	M-Open	53	01:22:48.20	01:22:55.80	+00:48:58 (59.0%)	27:36	2.2 (41.5%)
97	SZEWCZYK Dominka	3155		K-Open	44	01:24:38.15	01:24:42.80	+00:50:45 (59.9%)	28:12	2.1 (39.6%)
98	RUSEK Krystian	3148		M-Open	54	01:24:37.75	01:24:43.10	+00:50:45 (59.9%)	28:12	2.1 (39.6%)
99	BOBREK Aleksandra	3154		K-Open	45	01:24:57.65	01:25:00.90	+00:51:03 (60.1%)	28:19	2.1 (39.6%)
100	SZCZEPKA Radek	3150		M-Open	55	01:24:57.40	01:25:01.45	+00:51:03 (60.1%)	28:19	2.1 (39.6%)
101	KACZOR Konrad	3145		M-Open	56	01:24:58.05	01:25:01.80	+00:51:04 (60.1%)	28:19	2.1 (39.6%)
102	WRÓBEL Justyna	3080		K-Open	46	01:26:07.30	01:26:14.20	+00:52:16 (60.6%)	28:42	2.1 (39.6%)
103	WRÓBEL Tomasz	3079		M-Open	57	01:26:29.15	01:26:36.20	+00:52:38 (60.8%)	28:49	2.1 (39.6%)
104	ZEBALA Renata	3141		K-Open	47	01:26:59.45	01:27:04.70	+00:53:07 (61.0%)	28:59	2.1 (39.6%)
105	JAROSZ Agnieszka	3094		K-Open	48	01:27:00.10	01:27:04.80	+00:53:07 (61.0%)	29:00	2.1 (39.6%)
106	SZULC Dagmara	3130		K-Open	49	01:26:59.75	01:27:04.85	+00:53:07 (61.0%)	28:59	2.1 (39.6%)
107	BLECHARZ Monika	3084		K-Open	50	01:27:28.15	01:27:33.05	+00:53:35 (61.2%)	29:09	2.1 (39.6%)
108	TRĄBKA Anna Sanocka	3072	CYCKI DO GÓRY	K-Open	51	01:27:31.45	01:27:38.15	+00:53:40 (61.2%)	29:10	2.1 (39.6%)
109	LUTY LEGUTKO Anka	3035	CYCKI DO GÓRY	K-Open	52	01:27:33.00	01:27:38.30	+00:53:40 (61.2%)	29:11	2.1 (39.6%)
110	GAĐEK Gosia	3016	CYCKI DO GÓRY	K-Open	53	01:27:31.45	01:27:38.60	+00:53:40 (61.3%)	29:10	2.1 (39.6%)
111	PRĘDKIEWICZ Ira	3055	CYCKI DO GÓRY	K-Open	54	01:27:33.45	01:27:38.65	+00:53:40 (61.3%)	29:11	2.1 (39.6%)
112	WRÓBEL Basia	3081	CYCKI DO GÓRY	K-Open	55	01:29:06.35	01:29:11.00	+00:55:13 (61.9%)	29:42	2 (37.7%)
113	MOTTY Anna	3042	CYCKI DO GÓRY	K-Open	56	01:29:11.75	01:29:11.75	+00:55:14 (61.9%)	29:43	2 (37.7%)
114	BOROŃ Łukasz	3007	FORZA BOROŃ	M-Open	58	01:34:09.00	01:34:09.00	+01:00:11 (63.9%)	31:23	1.9 (35.8%)
115	BOROŃ Karolina	3006	FORZA BOROŃ	K-Open	57	01:34:03.45	01:34:13.30	+01:00:15 (64.0%)	31:21	1.9 (35.8%)
116	RAŚ Agnieszka	3120		K-Open	58	01:39:00.35	01:39:00.35	+01:05:02 (65.7%)	33:00	1.8 (34.0%)

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117	PĄCZEK Weronika	3049	ANDRYCHÓW RUNNING	K-Open	59	01:39:41.80	01:39:49.55	+01:05:51 (66.0%)	33:14	1.8 (34.0%)
118	IWASZKIEWICZ Magdalena	3024	DZIK KOMANDO	K-Open	60	01:54:18.50	01:54:23.35	+01:20:25 (70.3%)	38:06	1.6 (30.2%)

Znaleziono 118 wynik(ów)