



**Wydarzenie:** Commando Race  
**Organizator:** COMMANDO RACE  
**Data:** 2019-06-08  
**Miejsce:** Kraków  
**Dystans:** 4 km

## COMMANDO RACE 4KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 15:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4km	Czas brutto 4km	Różn	Tempo min/km	Tempo km/h
1	OPIAŁ Rafał	4259	GRUPA PRO	M-Open	3	00:47:13.95	00:47:17.30		11:48	5.1 (100%)
2	OBRZUT Szymon	4258	CH'03	M-Open	10	00:51:30.90	00:51:34.00	+00:04:16 (8.3%)	12:52	4.7 (92.2%)
3	ALEKSANDROWSKI Michał	4202		M-Open	11	00:52:44.10	00:52:48.35	+00:05:31 (10.4%)	13:11	4.6 (90.2%)
4	MAREK Wiktor	4293		M-Open	12	00:54:12.75	00:54:14.65	+00:06:57 (12.8%)	13:33	4.4 (86.3%)
5	GRZYB Maciej	4228	TRENUJĘ BY JEŚĆ	M-Open	19	01:00:41.65	01:00:47.50	+00:13:30 (22.2%)	15:10	4 (78.4%)
6	WIERZBICKA Magdalena	4281	TRENUJĘ BY JEŚĆ	K-Open	7	01:00:51.20	01:00:58.00	+00:13:40 (22.4%)	15:13	3.9 (76.5%)
7	FROSIK Małgorzata	4223		K-Open	10	01:02:14.50	01:02:16.50	+00:14:59 (24.1%)	15:33	3.9 (76.5%)
8	KOWALSKA Kasia	4238		K-Open	12	01:03:27.15	01:03:32.95	+00:16:15 (25.6%)	15:51	3.8 (74.5%)
9	PAŁKA Grzegorz	4260		M-Open	24	01:03:29.20	01:03:34.90	+00:16:17 (25.6%)	15:52	3.8 (74.5%)
10	WOJDYŁO Monika	4282		K-Open	14	01:04:26.85	01:04:34.95	+00:17:17 (26.8%)	16:06	3.7 (72.5%)
11	KROBICKA Maria	4241		K-Open	17	01:04:48.65	01:04:51.45	+00:17:34 (27.1%)	16:12	3.7 (72.5%)
11	ROZCIECHA Renata	4274		K-Open	18	01:04:48.85	01:04:51.45	+00:17:34 (27.1%)	16:12	3.7 (72.5%)
13	CAGARA Grzegorz	4207		M-Open	26	01:05:11.90	01:05:20.20	+00:18:02 (27.6%)	16:18	3.7 (72.5%)
14	PATER Ewelina	4261		K-Open	24	01:07:28.05	01:07:34.30	+00:20:17 (30.0%)	16:52	3.6 (70.6%)
15	KOWALSKI Kamil	4239		M-Open	30	01:07:28.15	01:07:34.45	+00:20:17 (30.0%)	16:52	3.6 (70.6%)
16	SŁOTA Anna	4277		K-Open	25	01:07:41.30	01:07:46.70	+00:20:29 (30.2%)	16:55	3.5 (68.6%)
17	ŚMIETANA Katarzyna	4279		K-Open	32	01:08:56.25	01:09:01.30	+00:21:44 (31.5%)	17:14	3.5 (68.6%)
18	MAREK Magdalena	4253		K-Open	33	01:09:09.40	01:09:15.40	+00:21:58 (31.7%)	17:17	3.5 (68.6%)
19	JASKÓLSKA Marzena	4230		K-Open	35	01:09:20.10	01:09:28.80	+00:22:11 (31.9%)	17:20	3.5 (68.6%)
20	MARCZEWSKI Tomasz	4252		M-Open	35	01:09:21.90	01:09:29.00	+00:22:11 (31.9%)	17:20	3.5 (68.6%)
21	LIGĘZA Monika	4246		K-Open	36	01:09:28.60	01:09:29.60	+00:22:12 (32.0%)	17:22	3.5 (68.6%)
22	NIEDZIELA Anna	4256		K-Open	37	01:09:23.05	01:09:29.70	+00:22:12 (32.0%)	17:20	3.5 (68.6%)
23	BRZOSKWINIA Paweł	4206	BOLEK I LOLEK	M-Open	36	01:09:56.00	01:09:57.20	+00:22:39 (32.4%)	17:29	3.4 (66.7%)
24	CAŁUSIŃSKI Mateusz	4208		M-Open	38	01:10:08.85	01:10:12.50	+00:22:55 (32.6%)	17:32	3.4 (66.7%)
25	ROMAŃSKA Monika	4273		K-Open	41	01:10:06.00	01:10:14.10	+00:22:56 (32.7%)	17:31	3.4 (66.7%)
26	BOGUCKA Izabela	4204		K-Open	42	01:10:11.40	01:10:19.30	+00:23:02 (32.8%)	17:33	3.4 (66.7%)
27	KOWALCZYK Sylwia	4236	DZIEWCZYNY ZE SPACEROWEJ	K-Open	43	01:10:59.50	01:11:01.80	+00:23:44 (33.4%)	17:44	3.4 (66.7%)
28	DYRGA Daria	4215	DZIEWCZYNY ZE SPACEROWEJ	K-Open	44	01:11:01.70	01:11:04.50	+00:23:47 (33.5%)	17:45	3.4 (66.7%)

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29	<b>GRABIŃSKA Bernadetta</b>	<b>4226</b>	DZIEWCZYNY ZE SPACEROWEJ	K-Open	45	<b>01:11:03.60</b>	<b>01:11:06.00</b>	+00:23:48 (33.5%)	17:46	3.4 (66.7%)
30	<b>FRANIA Aleksandra</b>	<b>4222</b>		K-Open	48	<b>01:11:44.15</b>	<b>01:11:49.80</b>	+00:24:32 (34.2%)	17:56	3.3 (64.7%)
31	<b>BAK Katarzyna</b>	<b>4203</b>		K-Open	49	<b>01:11:46.95</b>	<b>01:11:52.80</b>	+00:24:35 (34.2%)	17:56	3.3 (64.7%)
32	<b>KLIMAS Daniel</b>	<b>4294</b>	BUKÓW	M-Open	42	<b>01:11:57.45</b>	<b>01:12:01.05</b>	+00:24:43 (34.3%)	17:59	3.3 (64.7%)
33	<b>KLIMAS Lucyna</b>	<b>4235</b>		K-Open	50	<b>01:11:57.65</b>	<b>01:12:01.35</b>	+00:24:44 (34.3%)	17:59	3.3 (64.7%)
34	<b>ETTERLE Joanna</b>	<b>4216</b>		K-Open	51	<b>01:12:49.35</b>	<b>01:12:54.60</b>	+00:25:37 (35.1%)	18:12	3.3 (64.7%)
35	<b>ETTERLE Artur</b>	<b>4217</b>		M-Open	44	<b>01:12:49.70</b>	<b>01:12:54.65</b>	+00:25:37 (35.1%)	18:12	3.3 (64.7%)
36	<b>ŁUKASIK Krzysztof</b>	<b>4250</b>		M-Open	46	<b>01:13:14.70</b>	<b>01:13:18.40</b>	+00:26:01 (35.5%)	18:18	3.3 (64.7%)
37	<b>NAWROT Radosław</b>	<b>4149</b>	SZYBKOSTRZAŁKI	M-Open	49	<b>01:15:33.75</b>	<b>01:15:42.35</b>	+00:28:25 (37.5%)	18:53	3.2 (62.7%)
38	<b>POWĘZKA Michalina</b>	<b>4267</b>		K-Open	55	<b>01:16:23.25</b>	<b>01:16:26.15</b>	+00:29:08 (38.1%)	19:06	3.1 (60.8%)
39	<b>LORENC Anna</b>	<b>4247</b>		K-Open	56	<b>01:16:45.30</b>	<b>01:16:52.50</b>	+00:29:35 (38.5%)	19:11	3.1 (60.8%)
40	<b>GRAŻ Anna</b>	<b>4227</b>	TRENUJĘ BY JEŚĆ	K-Open	57	<b>01:16:48.30</b>	<b>01:16:55.30</b>	+00:29:38 (38.5%)	19:12	3.1 (60.8%)
41	<b>CUDEK Małgorzata</b>	<b>4211</b>		K-Open	58	<b>01:17:16.10</b>	<b>01:17:23.10</b>	+00:30:05 (38.9%)	19:19	3.1 (60.8%)
42	<b>KAZNOWSKA Monika</b>	<b>4234</b>	CYCKI DO GÓRY TEAM	K-Open	65	<b>01:19:26.20</b>	<b>01:19:31.25</b>	+00:32:13 (40.5%)	19:51	3 (58.8%)
43	<b>NOWAK Dominika</b>	<b>4257</b>	CYCKI DO GORY TEAM	K-Open	66	<b>01:19:26.85</b>	<b>01:19:31.30</b>	+00:32:14 (40.5%)	19:51	3 (58.8%)
44	<b>LUTY LEGUTKO Anka</b>	<b>4248</b>	CYCKI DO GÓRY TEAM	K-Open	67	<b>01:19:26.60</b>	<b>01:19:31.55</b>	+00:32:14 (40.5%)	19:51	3 (58.8%)
45	<b>GĄDEK Gosia</b>	<b>4225</b>	CYCKI DO GÓRY TEAM	K-Open	68	<b>01:19:26.35</b>	<b>01:19:31.60</b>	+00:32:14 (40.5%)	19:51	3 (58.8%)
46	<b>PRĘDKIEWICZ Irina</b>	<b>4268</b>	CYCKI DO GÓRY TEAM	K-Open	69	<b>01:19:53.55</b>	<b>01:19:58.35</b>	+00:32:41 (40.9%)	19:58	3 (58.8%)
47	<b>ZIOMEK Ewelina</b>	<b>4284</b>		K-Open	70	<b>01:20:02.85</b>	<b>01:20:10.10</b>	+00:32:52 (41.0%)	20:00	3 (58.8%)
48	<b>BOLCEK Agnieszka</b>	<b>4205</b>		K-Open	74	<b>01:21:19.55</b>	<b>01:21:24.30</b>	+00:34:07 (41.9%)	20:20	3 (58.8%)
49	<b>FILIPOWSKA Agnieszka</b>	<b>4220</b>		K-Open	75	<b>01:21:22.65</b>	<b>01:21:25.70</b>	+00:34:08 (41.9%)	20:20	2.9 (56.9%)
50	<b>FILIPOWSKI Grzegorz</b>	<b>4221</b>		M-Open	56	<b>01:21:23.50</b>	<b>01:21:27.35</b>	+00:34:10 (41.9%)	20:21	2.9 (56.9%)
51	<b>KASPERCZYK Piotr</b>	<b>4233</b>		M-Open	57	<b>01:22:17.35</b>	<b>01:22:21.80</b>	+00:35:04 (42.6%)	20:34	2.9 (56.9%)
52	<b>POGUDZ Karolina</b>	<b>4266</b>		K-Open	79	<b>01:22:18.50</b>	<b>01:22:22.40</b>	+00:35:05 (42.6%)	20:34	2.9 (56.9%)
53	<b>FILIPAK Mateusz</b>	<b>4219</b>		M-Open	58	<b>01:22:18.50</b>	<b>01:22:22.50</b>	+00:35:05 (42.6%)	20:34	2.9 (56.9%)
54	<b>DOMAGAŁA Anna</b>	<b>4214</b>		K-Open	80	<b>01:22:19.35</b>	<b>01:22:22.70</b>	+00:35:05 (42.6%)	20:34	2.9 (56.9%)
55	<b>LEPIARZ Katarzyna</b>	<b>4244</b>	UZALEŻNIENI OD ENDORFIN	K-Open	83	<b>01:22:29.15</b>	<b>01:22:36.75</b>	+00:35:19 (42.8%)	20:37	2.9 (56.9%)
55	<b>MIROŚ Anna</b>	<b>4254</b>	UZALEŻNIENI OD ENDORFIN	K-Open	84	<b>01:22:29.05</b>	<b>01:22:36.75</b>	+00:35:19 (42.8%)	20:37	2.9 (56.9%)
57	<b>PIEKARZ Agata</b>	<b>4263</b>		K-Open	93	<b>01:25:12.70</b>	<b>01:25:20.80</b>	+00:38:03 (44.6%)	21:18	2.8 (54.9%)
58	<b>PAWŁOWSKA Beata</b>	<b>4262</b>		K-Open	94	<b>01:25:13.05</b>	<b>01:25:20.85</b>	+00:38:03 (44.6%)	21:18	2.8 (54.9%)
59	<b>PODBIERA-MATYSIK Kinga</b>	<b>4265</b>	MUDDY DOLLS	K-Open	104	<b>01:27:34.55</b>	<b>01:27:39.00</b>	+00:40:21 (46.0%)	21:53	2.7 (52.9%)
60	<b>RAPACZ Joanna</b>	<b>4270</b>	MUDDY DOLLS	K-Open	105	<b>01:27:34.80</b>	<b>01:27:39.10</b>	+00:40:21 (46.0%)	21:53	2.7 (52.9%)
61	<b>KAMIŃSKA-BOREK Iwona</b>	<b>4231</b>	MUDDY DOLLS	K-Open	106	<b>01:27:34.15</b>	<b>01:27:39.20</b>	+00:40:21 (46.1%)	21:53	2.7 (52.9%)
62	<b>CORRIA ARIAS Iliana</b>	<b>4209</b>	MUDDY DOLLS	K-Open	107	<b>01:27:38.30</b>	<b>01:27:39.30</b>	+00:40:22 (46.1%)	21:54	2.7 (52.9%)
63	<b>MACHLOWSKA Karolina</b>	<b>4251</b>		K-Open	118	<b>01:30:40.05</b>	<b>01:30:43.55</b>	+00:43:26 (47.9%)	22:40	2.6 (51.0%)
64	<b>RECZEK Agnieszka</b>	<b>4271</b>		K-Open	119	<b>01:30:41.85</b>	<b>01:30:45.20</b>	+00:43:27 (47.9%)	22:40	2.6 (51.0%)
65	<b>KURT Sylwia</b>	<b>4242</b>		K-Open	131	<b>01:37:49.60</b>	<b>01:37:56.70</b>	+00:50:39 (51.7%)	24:27	2.5 (49.0%)
66	<b>TAISNER Aleksandra</b>	<b>4280</b>	EKIPA NA KIJACH	K-Open	132	<b>01:37:51.30</b>	<b>01:37:57.30</b>	+00:50:40 (51.7%)	24:27	2.5 (49.0%)
67	<b>MISZCZAK Kasia</b>	<b>4255</b>	EKIPA NA KIJACH	K-Open	133	<b>01:37:51.05</b>	<b>01:37:57.75</b>	+00:50:40 (51.7%)	24:27	2.5 (49.0%)
68	<b>DENKA Agnieszka</b>	<b>4212</b>		K-Open	134	<b>01:37:51.85</b>	<b>01:37:57.90</b>	+00:50:40 (51.7%)	24:27	2.5 (49.0%)
69	<b>HAWRYSZKO Barbara</b>	<b>4126</b>		K-Open	141	<b>01:42:16.85</b>	<b>01:42:19.55</b>	+00:55:02 (53.8%)	25:34	2.3 (45.1%)
70	<b>HAWRYSZKO Kasia</b>	<b>4127</b>	HAWRANKOWIE	K-Open	142	<b>01:42:17.05</b>	<b>01:42:19.75</b>	+00:55:02 (53.8%)	25:34	2.3 (45.1%)
71	<b>PIORUNEK Ewa</b>	<b>4264</b>		K-Open	143	<b>01:42:20.35</b>	<b>01:42:25.85</b>	+00:55:08 (53.8%)	25:35	2.3 (45.1%)
72	<b>RADO Katarzyna</b>	<b>4269</b>		K-Open	144	<b>01:42:19.65</b>	<b>01:42:26.00</b>	+00:55:08 (53.8%)	25:35	2.3 (45.1%)

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73	<b>ZIELINSKA Katarzyna</b>	<b>4283</b>		K-Open	145	<b>01:42:19.70</b>	<b>01:42:26.05</b>	+00:55:08 (53.8%)	25:35	2.3 (45.1%)

Znaleziono 73 wynik(ów)