



Event:
Organiser:

Date:
Place:
Distance:

Commando Race - VIII edycja
Fundacja Awizo Akademia Wspierania Inicjatyw
Zaangażowania Obywatelskiego
2020-09-12
Kraków
7 km

COMMANDO RACE 7KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: 10:50

Place	Participant	Number	Club	Category	MCat	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
1	GAŁKA Rafał	7041		M-Open	1	00:50:16.05	00:50:16.05		7:10	8.4 (100%)
2	KRAMARCZYK Michał	7077	GROUND & POUND	M-Open	6	00:59:10.75	00:59:10.75	+00:08:54 (15.1%)	8:27	7.1 (84.5%)
3	NOWAK Mateusz	7116	GROUND & POUND	M-Open	7	01:05:28.15	01:05:28.15	+00:15:12 (23.2%)	9:21	6.4 (76.2%)
4	LEPIARZ Grzegorz	7096		M-Open	8	01:07:19.50	01:07:19.50	+00:17:03 (25.3%)	9:37	6.2 (73.8%)
5	GAŁKA Katarzyna	7042		K-Open	1	01:07:25.30	01:07:25.30	+00:17:09 (25.4%)	9:37	6.2 (73.8%)
6	KYŚ Andrzej	7089	GROUND & POUND	M-Open	9	01:08:06.95	01:08:06.95	+00:17:50 (26.2%)	9:43	6.2 (73.8%)
7	BOJDO Michał	7007	COWBOYS FROM HELL	M-Open	10	01:10:19.10	01:10:19.10	+00:20:03 (28.5%)	10:02	6 (71.4%)
8	KRAMARCZYK Filip	7078	GROUND & POUND	M-Open	11	01:10:30.75	01:10:30.75	+00:20:14 (28.7%)	10:04	6 (71.4%)
9	NOWAK Paweł	7117	GROUND & POUND	M-Open	12	01:10:33.35	01:10:33.35	+00:20:17 (28.8%)	10:04	6 (71.4%)
10	PIĄŚCIAK Adam	7133		M-Open	13	01:10:46.20	01:10:46.20	+00:20:30 (29.0%)	10:06	5.9 (70.2%)
11	DZIERŻANOWSKI Tomasz	7034		M-Open	14	01:11:54.00	01:11:54.00	+00:21:37 (30.1%)	10:16	5.8 (69.0%)
12	SZCZĘŚNIAK Janusz	7167	BEFIT24TEAM	M-Open	16	01:12:58.90	01:12:58.90	+00:22:42 (31.1%)	10:25	5.8 (69.0%)
13	MAGIERA Małgorzata	7103	SPARTŃSKA DZICZ	K-Open	3	01:15:05.25	01:15:05.25	+00:24:49 (33.1%)	10:43	5.6 (66.7%)
14	TOMSIA Wojciech	7175		M-Open	17	01:15:23.45	01:15:23.45	+00:25:07 (33.3%)	10:46	5.6 (66.7%)
15	TURCZYK Anna	7180	BEFIT24TEAM	K-Open	4	01:16:52.25	01:16:52.25	+00:26:36 (34.6%)	10:58	5.5 (65.5%)
16	KRZECZOWSKI Krzysztof	7081		M-Open	21	01:18:14.40	01:18:14.40	+00:27:58 (35.8%)	11:10	5.4 (64.3%)
17	SCHMIDT Paweł	7151	BEFIT24TEAM	M-Open	22	01:19:59.05	01:19:59.05	+00:29:43 (37.2%)	11:25	5.3 (63.1%)
18	ORZECZOWSKI Krystian	7126		M-Open	24	01:20:51.25	01:20:51.25	+00:30:35 (37.8%)	11:33	5.2 (61.9%)
19	NIZIURSKA Marzanna	7115	HUSARIA RACE TEAM	K-Open	7	01:21:02.15	01:21:02.15	+00:30:46 (38.0%)	11:34	5.2 (61.9%)
20	ADAMSKI Damian	7222		M-Open	25	01:21:14.55	01:21:14.55	+00:30:58 (38.1%)	11:36	5.2 (61.9%)
21	SMOROŃ Marcin	7160	BEFIT24TEAM	M-Open	26	01:21:23.55	01:21:23.55	+00:31:07 (38.2%)	11:37	5.2 (61.9%)
22	KARBOWNICZEK Tomasz	7063	BEFIT24TEAM	M-Open	27	01:22:33.05	01:22:33.05	+00:32:17 (39.1%)	11:47	5.1 (60.7%)
23	KUCAŁA Adrian	7083		M-Open	28	01:22:48.10	01:22:48.10	+00:32:32 (39.3%)	11:49	5.1 (60.7%)
24	FILIPOWSKI Grzegorz	7038		M-Open	29	01:22:59.70	01:22:59.70	+00:32:43 (39.4%)	11:51	5.1 (60.7%)
25	FILIPOWSKA Wiktoria	7037		K-Open	8	01:22:59.75	01:22:59.75	+00:32:43 (39.4%)	11:51	5.1 (60.7%)
26	WALUKIEWICZ Przemysław	7185		M-Open	37	01:26:56.75	01:26:56.75	+00:36:40 (42.2%)	12:25	4.8 (57.1%)
27	WOJTASIK Ewelina	7191		K-Open	10	01:26:57.30	01:26:57.30	+00:36:41 (42.2%)	12:25	4.8 (57.1%)
28	KOŁODZIEJ Krzysztof	7072		M-Open	38	01:26:57.60	01:26:57.60	+00:36:41 (42.2%)	12:25	4.8 (57.1%)

						Net time 7km	Czas brutto 7km			Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat			Gap			
29	MROZIK Marcin	7113		M-Open	39	01:26:57.75	01:26:57.75	+00:36:41 (42.2%)		12:25	4.8 (57.1%)
30	MORDARSKI Maciek	7112		M-Open	40	01:27:25.40	01:27:25.40	+00:37:09 (42.5%)		12:29	4.8 (57.1%)
31	MORDARSKA Ewa	7111		K-Open	11	01:27:25.50	01:27:25.50	+00:37:09 (42.5%)		12:29	4.8 (57.1%)
32	KUBAT Leszek	7082		M-Open	41	01:27:25.85	01:27:25.85	+00:37:09 (42.5%)		12:29	4.8 (57.1%)
33	WALAS Wojciech	7183	NIGHT RUNNERS	M-Open	42	01:27:34.95	01:27:34.95	+00:37:18 (42.6%)		12:30	4.8 (57.1%)
34	KOZŁOWSKI Karol	7075		M-Open	43	01:28:40.20	01:28:40.20	+00:38:24 (43.3%)		12:40	4.7 (56.0%)
35	OBUCHOWSKI Damian	7121		M-Open	45	01:29:39.25	01:29:39.25	+00:39:23 (43.9%)		12:48	4.7 (56.0%)
36	CZECHURA Maciej	7023	OSTATNI NA MECIE	M-Open	46	01:29:52.80	01:29:52.80	+00:39:36 (44.1%)		12:50	4.7 (56.0%)
37	NOWAK Dominik	7118	GROUND & POUND	M-Open	49	01:31:12.25	01:31:12.25	+00:40:56 (44.9%)		13:01	4.6 (54.8%)
38	SIKORSKI Paweł	7155		M-Open	50	01:33:43.95	01:33:43.95	+00:43:27 (46.4%)		13:23	4.5 (53.6%)
39	ZIEMBLA Krzysztof	7197		M-Open	51	01:34:31.40	01:34:31.40	+00:44:15 (46.8%)		13:30	4.4 (52.4%)
40	JOB Agnieszka	7056	DRAGON RUNNERS	K-Open	18	01:34:41.70	01:34:41.70	+00:44:25 (46.9%)		13:31	4.4 (52.4%)
41	MAJDA Karolina	7200	GORĄCY POTOK TEAM	K-Open	19	01:34:59.75	01:34:59.75	+00:44:43 (47.1%)		13:34	4.4 (52.4%)
42	LECH Magdalena	7090	BIEGAM GDZIE POPADNIE	K-Open	20	01:35:00.20	01:35:00.20	+00:44:44 (47.1%)		13:34	4.4 (52.4%)
43	PRZETOCKI Bartłomiej	7146		M-Open	54	01:35:20.55	01:35:20.55	+00:45:04 (47.3%)		13:37	4.4 (52.4%)
44	MAGIERA Karolina	7085	SPARTAŃSKA DZICZ	K-Open	29	01:40:35.35	01:40:35.35	+00:50:19 (50.0%)		14:22	4.2 (50.0%)
45	MAŚLANKA Kornelia	7107		K-Open	31	01:41:43.45	01:41:43.45	+00:51:27 (50.6%)		14:31	4.1 (48.8%)
46	MAŚLANKA Mariusz	7108		M-Open	61	01:42:02.80	01:42:02.80	+00:51:46 (50.7%)		14:34	4.1 (48.8%)
47	MICHALEC Magdalena	7201		K-Open	32	01:42:30.70	01:42:30.70	+00:52:14 (51.0%)		14:38	4.1 (48.8%)
48	PORADA Magdalena	7143		K-Open	33	01:45:47.05	01:45:47.05	+00:55:31 (52.5%)		15:06	4 (47.6%)
49	TARKO Kinga	7174	SIDZINIAN TEAM	K-Open	34	01:46:15.35	01:46:15.35	+00:55:59 (52.7%)		15:10	4 (47.6%)
50	TARKO Kamil	7173	SIDZINIAN TEAM	M-Open	62	01:46:21.80	01:46:21.80	+00:56:05 (52.7%)		15:11	3.9 (46.4%)
51	CZECHURA Agata	7021	OSTATNI NA MECIE	K-Open	35	01:46:44.65	01:46:44.65	+00:56:28 (52.9%)		15:14	3.9 (46.4%)
52	CZECHURA Malgorzata	7020	OSTATNI NA MECIE	K-Open	36	01:47:01.00	01:47:01.00	+00:56:44 (53.0%)		15:17	3.9 (46.4%)
53	CZECHURA Barbara	7022	OSTATNI NA MECIE	K-Open	37	01:47:01.30	01:47:01.30	+00:56:45 (53.0%)		15:17	3.9 (46.4%)
54	SERAFIN Paweł	7153		M-Open	63	01:47:19.25	01:47:19.25	+00:57:03 (53.2%)		15:19	3.9 (46.4%)
55	GÓRSKA Helena	7046	SRS RATEL	K-Open	38	01:51:18.65	01:51:18.65	+01:01:02 (54.8%)		15:54	3.8 (45.2%)
56	ŚWIATOWIEC Adrian	7172	SRS RATEL	M-Open	66	01:52:20.90	01:52:20.90	+01:02:04 (55.3%)		16:02	3.7 (44.0%)
57	JAMROCH Natalia	7053	SRS RATEL	K-Open	39	01:52:21.10	01:52:21.10	+01:02:05 (55.3%)		16:03	3.7 (44.0%)
58	KRAJNIAK Patrycja	7076		K-Open	43	01:54:57.70	01:54:57.70	+01:04:41 (56.3%)		16:25	3.7 (44.0%)
59	KOMPERDA Aleksandra	7073		K-Open	44	01:54:57.80	01:54:57.80	+01:04:41 (56.3%)		16:25	3.7 (44.0%)
59	KRAWCZYK Ania	7080		K-Open	44	01:54:57.80	01:54:57.80	+01:04:41 (56.3%)		16:25	3.7 (44.0%)
61	MAZUR Dominik	7109		M-Open	68	01:55:20.55	01:55:20.55	+01:05:04 (56.4%)		16:28	3.6 (42.9%)
62	STACH Anna	7162		K-Open	46	01:55:25.70	01:55:25.70	+01:05:09 (56.5%)		16:29	3.6 (42.9%)
63	BAKA Ilona	7002	BEFIT24TEAM	K-Open	48	02:11:40.55	02:11:40.55	+01:21:24 (61.8%)		18:48	3.2 (38.1%)
64	WNUK Adrian	7188		M-Open	69	02:11:51.90	02:11:51.90	+01:21:35 (61.9%)		18:50	3.2 (38.1%)
65	BYRCZEK Bartosz	7011		M-Open	70	02:13:54.50	02:13:54.50	+01:23:38 (62.5%)		19:07	3.1 (36.9%)
66	ŻYCHOWICZ Magdalena	7199		K-Open	49	02:14:02.80	02:14:02.80	+01:23:46 (62.5%)		19:08	3.1 (36.9%)

Total 66 results.