



# COMMANDO RACE 7KM

B4SPORT

**Event:** Commando Race  
**Organiser:** COMMANDO RACE  
**Date:** 2019-06-08  
**Place:** Kraków  
**Distance:** 7 km km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: 11:40

Place	Participant	Number	Club	Category	MCat	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
1	FRANKOWSKI Robert	7101	BRAK	M-Open	22	01:08:11.45	01:09:39.30		11:22	5.3 (100%)
2	SIKORA Marek	7155	BODY CHALLENGE OPOLE	M-Open	25	01:09:49.00	01:11:17.00	+00:01:37 (2.3%)	11:38	5.2 (98.1%)
3	KYŚ Andrzej	7122		M-Open	27	01:11:14.15	01:12:41.10	+00:03:01 (4.2%)	11:52	5.1 (96.2%)
4	CHRYCZOR Tomasz	7410		M-Open	32	01:13:26.10	01:14:53.05	+00:05:13 (7.0%)	12:14	4.9 (92.5%)
5	ZABDYR Rafał	7176	CROSSWORD CYBERSECURITY	M-Open	33	01:13:39.70	01:15:06.50	+00:05:27 (7.3%)	12:16	4.9 (92.5%)
6	KRAMARCZYK Michał	7118		M-Open	34	01:13:43.20	01:15:11.10	+00:05:31 (7.4%)	12:17	4.9 (92.5%)
7	KRAMARCZYK Filip	7117		M-Open	35	01:13:43.60	01:15:11.20	+00:05:31 (7.4%)	12:17	4.9 (92.5%)
8	LESZKO Michał	7125	CROSSWORD CYBERSECURITY	M-Open	36	01:13:48.00	01:15:15.55	+00:05:36 (7.4%)	12:18	4.9 (92.5%)
9	NOWAK Paweł	7144		M-Open	37	01:13:48.25	01:15:16.70	+00:05:37 (7.5%)	12:18	4.9 (92.5%)
10	MICHALEC Bartłomiej	7136		M-Open	39	01:14:09.55	01:15:36.65	+00:05:57 (7.9%)	12:21	4.9 (92.5%)
11	KMITA Jakub	7113		M-Open	45	01:20:42.55	01:22:11.10	+00:12:31 (15.2%)	13:27	4.5 (84.9%)
12	BORYCZKA Szymon	7094	POWOLI DO CELU	M-Open	47	01:21:20.15	01:22:48.35	+00:13:09 (15.9%)	13:33	4.4 (83.0%)
13	SOBAŃSKA-CHRYCZYK Magdalena	7411		K-Open	6	01:22:05.55	01:23:32.85	+00:13:53 (16.6%)	13:40	4.4 (83.0%)
14	NIZIURSKA Marzanna	7141	HUSARIA RACE TEAM	K-Open	7	01:22:19.50	01:23:45.90	+00:14:06 (16.8%)	13:43	4.4 (83.0%)
15	MASLOUSKI Mikita	7132		M-Open	53	01:22:50.60	01:24:18.50	+00:14:39 (17.4%)	13:48	4.3 (81.1%)
16	STANEK Weronika	7159	WERMI	K-Open	8	01:23:41.85	01:24:18.85	+00:14:39 (17.4%)	13:56	4.3 (81.1%)
17	SKWARA Michał	7137		M-Open	63	01:25:18.00	01:26:50.25	+00:17:10 (19.8%)	14:13	4.2 (79.2%)
18	TRZOS Sebastian	7168		M-Open	72	01:27:13.40	01:28:46.50	+00:19:07 (21.5%)	14:32	4.1 (77.4%)
19	OLCHAWSKI Dawid	7147		M-Open	73	01:27:10.85	01:28:49.90	+00:19:10 (21.6%)	14:31	4.1 (77.4%)
20	MOCZYŃSKA-PAPKA Maja	7138	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	18	01:29:07.35	01:30:36.50	+00:20:57 (23.1%)	14:51	4 (75.5%)
21	PALUCH Dorota	7148	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	19	01:29:07.90	01:30:37.60	+00:20:58 (23.1%)	14:51	4 (75.5%)
22	KONEWECKA-HOŁÓJ Katarzyna	7114	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	20	01:29:31.30	01:31:00.50	+00:21:21 (23.5%)	14:55	4 (75.5%)
23	CHUDZIAK Agnieszka	7097	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	21	01:29:57.05	01:31:26.75	+00:21:47 (23.8%)	14:59	4 (75.5%)
24	NOWAK Mateusz	7143		M-Open	80	01:30:39.55	01:32:07.90	+00:22:28 (24.4%)	15:06	4 (75.5%)
25	SKWARA Janusz	7157		M-Open	82	01:31:10.35	01:32:42.65	+00:23:03 (24.9%)	15:11	3.9 (73.6%)
26	WOSZEK Bartosz	7175		M-Open	83	01:31:14.05	01:32:44.35	+00:23:05 (24.9%)	15:12	3.9 (73.6%)
27	SZCZAŁBA Monika	7165	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	22	01:31:28.20	01:32:57.80	+00:23:18 (25.1%)	15:14	3.9 (73.6%)
28	MOTAL Natalia	7140		K-Open	23	01:31:57.70	01:33:27.50	+00:23:48 (25.5%)	15:19	3.9 (73.6%)

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29	TUREK Magdalena	7170	FITNESS KOCMYRZOW - LUBORZYCA	K-Open	24	01:32:05.55	01:33:36.15	+00:23:56 (25.6%)	15:21	3.9 (73.6%)
30	SZCZAŁBA Krzysztof	7166	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	84	01:32:11.55	01:33:41.65	+00:24:02 (25.7%)	15:21	3.9 (73.6%)
31	CHACHULSKA Karina	7095		K-Open	29	01:34:12.00	01:35:41.15	+00:26:01 (27.2%)	15:42	3.8 (71.7%)
32	MADEJSKA Justyna	7130		K-Open	30	01:34:13.25	01:35:42.15	+00:26:02 (27.2%)	15:42	3.8 (71.7%)
33	WALCZAK Anna	7172		K-Open	31	01:34:15.25	01:35:44.20	+00:26:04 (27.2%)	15:42	3.8 (71.7%)
34	WILEŃSKI Rafał	7173		M-Open	95	01:36:05.10	01:36:06.10	+00:26:26 (27.5%)	16:00	3.7 (69.8%)
35	HANKUZ Jakub	7104		M-Open	96	01:34:35.70	01:36:08.60	+00:26:29 (27.6%)	15:46	3.8 (71.7%)
36	STRUS Sebastian	7163	CROSSFITSIEDLCE	M-Open	97	01:34:43.95	01:36:09.95	+00:26:30 (27.6%)	15:47	3.8 (71.7%)
37	OBŁOZA Adam	7146	CROSSFITSIEDLCE	M-Open	98	01:34:44.45	01:36:10.05	+00:26:30 (27.6%)	15:47	3.8 (71.7%)
38	SKWARA Grzegorz	7156		M-Open	100	01:34:52.45	01:36:26.25	+00:26:46 (27.8%)	15:48	3.8 (71.7%)
39	KACZMARCZYK Grzegorz	7108		M-Open	102	01:35:33.05	01:37:04.70	+00:27:25 (28.2%)	15:55	3.8 (71.7%)
40	KACZMARCZYK Izabela	7109	NDE	K-Open	33	01:35:33.00	01:37:04.85	+00:27:25 (28.3%)	15:55	3.8 (71.7%)
41	MOSTOWIK Szymon	7139		M-Open	103	01:35:37.25	01:37:10.35	+00:27:31 (28.3%)	15:56	3.8 (71.7%)
42	MATUSZYK Artur	7133		M-Open	104	01:35:56.50	01:37:35.35	+00:27:56 (28.6%)	15:59	3.8 (71.7%)
43	LENCZAR Mateusz	7123	BONKERS	M-Open	105	01:36:29.55	01:37:58.00	+00:28:18 (28.9%)	16:05	3.7 (69.8%)
44	LENCZAR Dawid	7124	BONKERS	M-Open	106	01:36:30.85	01:37:59.00	+00:28:19 (28.9%)	16:05	3.7 (69.8%)
45	TUREK Tomasz	7169	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	107	01:36:34.35	01:38:04.80	+00:28:25 (29.0%)	16:05	3.7 (69.8%)
46	STOLARSKI Jarosław	7162		M-Open	110	01:36:49.65	01:38:23.35	+00:28:44 (29.2%)	16:08	3.7 (69.8%)
47	TRĘBACZ Arek	7167		M-Open	111	01:36:53.55	01:38:26.60	+00:28:47 (29.2%)	16:08	3.7 (69.8%)
48	BIELAWSKA Kamila	7092		K-Open	34	01:36:55.10	01:38:27.75	+00:28:48 (29.3%)	16:09	3.7 (69.8%)
49	ŻMUDA Rafał	7178		M-Open	112	01:36:57.95	01:38:31.20	+00:28:51 (29.3%)	16:09	3.7 (69.8%)
50	BOGATY Gabriela	7093	LEMON TEAM	K-Open	35	01:38:09.15	01:39:36.15	+00:29:56 (30.1%)	16:21	3.7 (69.8%)
51	ŁOBODA Agnieszka	7126	LEMON TEAM	K-Open	38	01:39:46.60	01:41:14.20	+00:31:34 (31.2%)	16:37	3.6 (67.9%)
52	CHAIEB Natalia	7096	LEMON TEAM	K-Open	41	01:42:07.85	01:43:35.55	+00:33:56 (32.8%)	17:01	3.5 (66.0%)
53	STUMIŃSKI Kamil	7403		M-Open	124	01:44:10.10	01:44:47.10	+00:35:07 (33.5%)	17:21	3.5 (66.0%)
54	TYRAŁA Agnieszka	7171		K-Open	42	01:43:29.45	01:45:10.35	+00:35:31 (33.8%)	17:15	3.5 (66.0%)
55	JÓZEFczyk Piotr	7106		M-Open	125	01:43:29.60	01:45:10.70	+00:35:31 (33.8%)	17:14	3.5 (66.0%)
56	PIEKARCZYK Aneta	7150		K-Open	50	01:45:53.35	01:47:20.60	+00:37:41 (35.1%)	17:38	3.4 (64.2%)
57	POTACZEK Marzena	7153		K-Open	51	01:45:53.90	01:47:21.25	+00:37:41 (35.1%)	17:39	3.4 (64.2%)
58	ZYTKO Magdalena	7177		K-Open	52	01:47:07.90	01:48:36.50	+00:38:57 (35.9%)	17:51	3.4 (64.2%)
59	ŁOJAS Ewelina	7127		K-Open	53	01:47:08.20	01:48:36.65	+00:38:57 (35.9%)	17:51	3.4 (64.2%)
60	ŁOJAS Paulina	7128		K-Open	54	01:47:08.40	01:48:36.75	+00:38:57 (35.9%)	17:51	3.4 (64.2%)
61	GRÓŃ Adam	7406		M-Open	146	01:53:24.30	01:54:55.50	+00:45:16 (39.4%)	18:54	3.2 (60.4%)
62	CZERWIŃSKA Marta	7407		K-Open	65	01:53:24.50	01:54:55.60	+00:45:16 (39.4%)	18:54	3.2 (60.4%)
63	KĘDZIORA Monika	7110	CROSSFITSIEDLCE	K-Open	67	01:57:19.10	01:58:45.40	+00:49:06 (41.3%)	19:33	3.1 (58.5%)
64	STAŃSKA Sylwia	7161	CROSSFIT SIEDLCE	K-Open	68	01:57:21.15	01:58:46.85	+00:49:07 (41.4%)	19:33	3.1 (58.5%)
65	STAŃCZUK Bartosz	7160	CROSSFITSIEDLCE	M-Open	153	01:58:53.65	02:00:20.35	+00:50:41 (42.1%)	19:49	3 (56.6%)
66	CZAPIŃSKI Bartosz	7098	CROSSFITSIEDLCE	M-Open	154	01:59:04.85	02:00:30.65	+00:50:51 (42.2%)	19:50	3 (56.6%)
67	GRZEGORSKI Radosław	7103		M-Open	155	01:59:07.00	02:00:38.00	+00:50:58 (42.3%)	19:51	3 (56.6%)
68	JUR Edyta	7107	CROSSFITSIEDLCE	K-Open	74	01:59:27.40	02:00:54.35	+00:51:15 (42.4%)	17:04	3.5 (66.0%)
69	GALARA Aneta	7102	FITNESS KOCMYRZÓW LUBORZYCA	K-Open	82	02:05:31.85	02:07:02.65	+00:57:23 (45.2%)	20:55	2.9 (54.7%)
70	KUCHAREK Iwona	7120	FITNESS KOCMYRZÓW LUBORZYCA	K-Open	83	02:05:34.05	02:07:02.80	+00:57:23 (45.2%)	20:55	2.9 (54.7%)
70	MENTEL Agnieszka	7135	FITNESS KOCMYRZÓW-LUBRZYCA	K-Open	84	02:05:33.40	02:07:02.80	+00:57:23 (45.2%)	20:55	2.9 (54.7%)
72	KUCHAREK Mariusz	7121	FITNESS KOCMYRZÓW - LUBORZYCA	M-Open	158	02:05:34.40	02:07:03.25	+00:57:23 (45.2%)	20:55	2.9 (54.7%)

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73	<b>MENTEL Sławomir</b>	<b>7134</b>	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	159	<b>02:05:34.10</b>	<b>02:07:04.00</b>	+00:57:24 (45.2%)	20:55	2.9 (54.7%)
74	<b>MACZEK Weronika</b>	<b>7129</b>		K-Open	85	<b>02:05:56.40</b>	<b>02:07:27.40</b>	+00:57:48 (45.4%)	20:59	2.9 (54.7%)
75	<b>PLACHETKA Hanna</b>	<b>7151</b>		K-Open	86	<b>02:05:57.35</b>	<b>02:07:28.45</b>	+00:57:49 (45.4%)	20:59	2.9 (54.7%)
76	<b>KŁECZEK Dominik</b>	<b>7112</b>		M-Open	160	<b>02:07:57.80</b>	<b>02:09:32.40</b>	+00:59:53 (46.2%)	21:19	2.8 (52.8%)
77	<b>KOTRA Aneta</b>	<b>7115</b>	HUSARIA RACE TEAM	K-Open	93	<b>02:07:58.15</b>	<b>02:09:32.45</b>	+00:59:53 (46.2%)	21:19	2.8 (52.8%)
78	<b>BARCZ Bartłomiej</b>	<b>7091</b>		M-Open	161	<b>02:08:52.85</b>	<b>02:10:22.55</b>	+01:00:43 (46.6%)	21:28	2.8 (52.8%)
79	<b>WOLARCZYK Gabriela</b>	<b>7174</b>		K-Open	94	<b>02:08:52.70</b>	<b>02:10:22.60</b>	+01:00:43 (46.6%)	21:28	2.8 (52.8%)
80	<b>KOZERA Andrzej</b>	<b>7116</b>	FITNESS KOCMYRZÓW-LUBORZYCA	M-Open	166	<b>02:16:07.00</b>	<b>02:17:38.00</b>	+01:07:58 (49.4%)	19:26	3.1 (58.5%)
81	<b>SOŁEK Ilona</b>	<b>7158</b>	FITNESS KOCMYRZÓW-LUBORZYCA	K-Open	98	<b>02:16:43.80</b>	<b>02:18:13.85</b>	+01:08:34 (49.6%)	19:31	3.1 (58.5%)
82	<b>KLIMCZAK Barbara</b>	<b>7111</b>		K-Open	99	<b>02:22:13.85</b>	<b>02:23:44.75</b>	+01:14:05 (51.5%)	20:19	3 (56.6%)
83	<b>KREMMYDAS Evangelos</b>	<b>7119</b>	2SLOW2WIN	M-Open	167	<b>02:22:13.40</b>	<b>02:23:45.30</b>	+01:14:06 (51.5%)	20:19	3 (56.6%)
84	<b>STUDNICKA Anna</b>	<b>7164</b>		K-Open	100	<b>02:22:13.85</b>	<b>02:23:45.70</b>	+01:14:06 (51.5%)	20:19	3 (56.6%)

Total 84 results.