



**Wydarzenie:** Commando Race  
**Organizator:** COMMANDO RACE  
**Data:** 2019-09-14  
**Miejsce:** Kraków  
**Dystans:** 7 km

## COMMANDO RACE 7KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 11:40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	KLIMEK Zbigniew	7119		M-Open	1	00:50:08.00	00:50:08.00		7:09	8.4 (100%)
2	LESZKO Michał	7060		M-Open	3	00:58:19.20	00:58:21.10	+00:08:13 (14.1%)	8:20	7.2 (85.7%)
3	ZABDYR Rafał	7110		M-Open	4	00:59:51.80	00:59:51.80	+00:09:43 (16.3%)	8:33	7 (83.3%)
4	JAMRÓZ Andrzej	7038		M-Open	5	01:00:10.70	01:00:13.05	+00:10:05 (16.7%)	8:35	7 (83.3%)
5	KRAMARCZYK Filip	7050		M-Open	11	01:02:40.75	01:02:42.05	+00:12:34 (20.0%)	8:57	6.7 (79.8%)
6	KRAMARCZYK Michał	7051		M-Open	12	01:02:40.80	01:02:43.05	+00:12:35 (20.1%)	8:57	6.7 (79.8%)
7	GAJEWSKI Kamil	7029		M-Open	14	01:04:59.85	01:05:02.40	+00:14:54 (22.9%)	9:17	6.5 (77.4%)
8	NOWAK Paweł	7077		M-Open	18	01:07:43.70	01:07:45.50	+00:17:37 (26.0%)	9:40	6.2 (73.8%)
9	KYŚ Andrzej	7055		M-Open	22	01:12:23.95	01:12:26.00	+00:22:18 (30.8%)	10:20	5.8 (69.0%)
10	KLIN Robert	7047	WATAHA	M-Open	23	01:12:28.30	01:12:30.85	+00:22:22 (30.9%)	10:21	5.8 (69.0%)
11	KULCZYCKI Wojtek	7053		M-Open	24	01:12:43.80	01:12:46.65	+00:22:38 (31.1%)	10:23	5.8 (69.0%)
12	ŚCIEŻKA Filip	7105		M-Open	25	01:13:01.95	01:13:08.05	+00:23:00 (31.5%)	10:26	5.8 (69.0%)
13	WOJDYŁO Adrian	7124		M-Open	26	01:14:03.45	01:14:05.20	+00:23:57 (32.3%)	10:34	5.7 (67.9%)
14	NOWAK Mateusz	7078		M-Open	28	01:18:05.05	01:18:07.15	+00:27:59 (35.8%)	11:09	5.4 (64.3%)
15	POLAK Jakub	7087		M-Open	29	01:18:33.45	01:18:36.05	+00:28:28 (36.2%)	11:13	5.3 (63.1%)
16	SZCZĘŚNIAK Janusz	7104	BEFIT24TEAM	M-Open	31	01:21:18.00	01:21:21.75	+00:31:13 (38.4%)	11:36	5.2 (61.9%)
17	MADEJ Ela	7069		K-Open	7	01:21:26.50	01:21:29.40	+00:31:21 (38.5%)	11:38	5.2 (61.9%)
18	STĘPIEŃ Paweł	7103		M-Open	33	01:21:26.20	01:21:29.55	+00:31:21 (38.5%)	11:38	5.2 (61.9%)
19	KAŁUCKI Krzysztof	7045		M-Open	40	01:23:05.95	01:23:10.40	+00:33:02 (39.7%)	11:52	5.1 (60.7%)
20	SARAD Zbigniew	7092	SPARTAŃSKA DZICZ	M-Open	42	01:24:30.45	01:24:33.35	+00:34:25 (40.7%)	12:04	5 (59.5%)
21	BERGHAUZEN Paulina	7005	SPARTAŃSKA DZICZ	K-Open	8	01:24:32.65	01:24:34.10	+00:34:26 (40.7%)	12:04	5 (59.5%)
22	GALAS Anna	7030	SPARTAŃSKA DZICZ	K-Open	9	01:24:32.65	01:24:34.35	+00:34:26 (40.7%)	12:04	5 (59.5%)
23	SARAD Sabina	7093	SPARTANSKA DZICZ	K-Open	10	01:24:50.05	01:24:51.20	+00:34:43 (40.9%)	12:07	5 (59.5%)
24	MADEJSKA Justyna	7070		K-Open	11	01:25:01.20	01:25:05.85	+00:34:57 (41.1%)	12:08	4.9 (58.3%)
25	WALCZAK Anna	7108		K-Open	12	01:25:09.35	01:25:14.15	+00:35:06 (41.2%)	12:10	4.9 (58.3%)
26	LEPIARZ Grzegorz	7059		M-Open	43	01:25:32.70	01:25:39.50	+00:35:31 (41.5%)	12:13	4.9 (58.3%)
27	GALAS Damian	7031	SPARTAŃSKA DZICZ	M-Open	44	01:25:47.65	01:25:51.70	+00:35:43 (41.6%)	12:15	4.9 (58.3%)
28	JAROSZ Tomasz	7040	OSTATNI NA MECIE	M-Open	46	01:27:11.15	01:27:16.75	+00:37:08 (42.6%)	12:27	4.8 (57.1%)

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29	<b>LEWICKI Jakub</b>	<b>7061</b>	OSTATNI NA MECIE	M-Open	47	<b>01:27:13.55</b>	<b>01:27:19.15</b>	+00:37:11 (42.6%)	12:27	4.8 (57.1%)
30	<b>KURBIEL Katarzyna</b>	<b>7054</b>		K-Open	13	<b>01:27:29.05</b>	<b>01:27:34.05</b>	+00:37:26 (42.7%)	12:29	4.8 (57.1%)
31	<b>MUSIAŁ Magdalena</b>	<b>7074</b>		K-Open	14	<b>01:27:29.25</b>	<b>01:27:34.30</b>	+00:37:26 (42.8%)	12:29	4.8 (57.1%)
32	<b>NOWAK Dariusz</b>	<b>7076</b>		M-Open	48	<b>01:27:33.80</b>	<b>01:27:38.25</b>	+00:37:30 (42.8%)	12:30	4.8 (57.1%)
33	<b>NOWAK Damian</b>	<b>7075</b>		M-Open	49	<b>01:27:33.50</b>	<b>01:27:38.30</b>	+00:37:30 (42.8%)	12:30	4.8 (57.1%)
34	<b>LIS Monika</b>	<b>7063</b>	LEMON TEAM	K-Open	15	<b>01:29:03.70</b>	<b>01:29:05.60</b>	+00:38:57 (43.7%)	12:43	4.7 (56.0%)
35	<b>ŁOBODA Agnieszka</b>	<b>7065</b>	LEMON TEAM	K-Open	16	<b>01:29:03.80</b>	<b>01:29:06.15</b>	+00:38:58 (43.7%)	12:43	4.7 (56.0%)
36	<b>DĄBROWSKI Piotr</b>	<b>7116</b>		M-Open	50	<b>01:29:38.10</b>	<b>01:29:41.75</b>	+00:39:33 (44.1%)	12:48	4.7 (56.0%)
37	<b>CZECHURA Maciej</b>	<b>7020</b>	OSTATNI NA MECIE	M-Open	51	<b>01:29:45.25</b>	<b>01:29:45.25</b>	+00:39:37 (44.1%)	12:49	4.7 (56.0%)
38	<b>PŁAZA Karol</b>	<b>7086</b>	OSTATNI NA MECIE	M-Open	52	<b>01:29:39.35</b>	<b>01:29:45.75</b>	+00:39:37 (44.1%)	12:48	4.7 (56.0%)
39	<b>WYKURZ Damian</b>	<b>7115</b>		M-Open	53	<b>01:29:42.35</b>	<b>01:29:46.15</b>	+00:39:38 (44.2%)	12:49	4.7 (56.0%)
40	<b>CZECHURA Agata</b>	<b>7021</b>	OSTATNI NA MECIE	K-Open	20	<b>01:33:00.45</b>	<b>01:33:05.95</b>	+00:42:57 (46.2%)	13:17	4.5 (53.6%)
41	<b>CZECHURA Malgorzata</b>	<b>7019</b>	OSTATNI NA MECIE	K-Open	21	<b>01:33:00.20</b>	<b>01:33:06.80</b>	+00:42:58 (46.2%)	13:17	4.5 (53.6%)
42	<b>ZYTKO Magdalena</b>	<b>7114</b>	JUST FUN	K-Open	22	<b>01:33:49.85</b>	<b>01:33:54.20</b>	+00:43:46 (46.6%)	13:24	4.5 (53.6%)
43	<b>ŁOJAS Paulina</b>	<b>7067</b>	JUST FUN	K-Open	23	<b>01:33:50.10</b>	<b>01:33:54.45</b>	+00:43:46 (46.6%)	13:24	4.5 (53.6%)
44	<b>KISIELOWSKA Katarzyna</b>	<b>7046</b>		K-Open	25	<b>01:34:41.00</b>	<b>01:34:45.10</b>	+00:44:37 (47.1%)	13:31	4.4 (52.4%)
45	<b>BEREZA Joanna</b>	<b>7004</b>		K-Open	26	<b>01:34:44.05</b>	<b>01:34:48.40</b>	+00:44:40 (47.1%)	13:32	4.4 (52.4%)
46	<b>REGIEC Paweł</b>	<b>7089</b>	SPARTAŃSKA DZICZ	M-Open	55	<b>01:35:57.70</b>	<b>01:36:01.00</b>	+00:45:53 (47.8%)	13:42	4.4 (52.4%)
47	<b>BURDA Michał</b>	<b>7015</b>	HUSARIA RACE TEAM	M-Open	56	<b>01:41:00.25</b>	<b>01:41:01.85</b>	+00:50:53 (50.4%)	14:25	4.2 (50.0%)
48	<b>FRĄCZEK Katarzyna</b>	<b>7027</b>		K-Open	27	<b>01:41:32.90</b>	<b>01:41:36.25</b>	+00:51:28 (50.7%)	14:30	4.1 (48.8%)
49	<b>FRĄCZEK Magdalena</b>	<b>7028</b>		K-Open	28	<b>01:41:34.10</b>	<b>01:41:37.75</b>	+00:51:29 (50.7%)	14:30	4.1 (48.8%)
50	<b>BOBROWSKI Michał</b>	<b>7011</b>		M-Open	57	<b>01:41:33.90</b>	<b>01:41:37.95</b>	+00:51:29 (50.7%)	14:30	4.1 (48.8%)
51	<b>OSTROGÓRKSA Magdalena</b>	<b>7082</b>	NATURSZCZYCY	K-Open	29	<b>01:41:42.60</b>	<b>01:41:47.40</b>	+00:51:39 (50.7%)	14:31	4.1 (48.8%)
52	<b>JANCZAR Anna</b>	<b>7039</b>	NATURSZCZYCY	K-Open	30	<b>01:41:51.40</b>	<b>01:41:56.45</b>	+00:51:48 (50.8%)	14:33	4.1 (48.8%)
53	<b>OSTROGÓRSKI Paweł</b>	<b>7083</b>	NATURSZCZYCY	M-Open	58	<b>01:41:52.30</b>	<b>01:41:57.60</b>	+00:51:49 (50.8%)	14:33	4.1 (48.8%)

Znaleziono 53 wynik(ów)