



## COMMANDO RACE 7KM

B4SPORT

**Event:** Commando Race  
**Organiser:** COMMANDO RACE  
**Date:** 2019-09-14  
**Place:** Kraków  
**Distance:** 7 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: 12:20

Place	Participant	Number	Club	Category	MCat	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
1	<b>ROLA Daniel</b>	<b>4061</b>	SOWINY POWER	M-Open	2	<b>00:52:56.10</b>	<b>00:52:57.80</b>		7:33	7.9 (100%)
2	<b>DYNOWSKI Pawel</b>	<b>7024</b>	WOLO HR TEAM	M-Open	19	<b>01:09:11.85</b>	<b>01:09:14.05</b>	+00:16:16 (23.5%)	9:53	6.1 (77.2%)
3	<b>STAROWICZ Wojciech</b>	<b>7100</b>	#DAMRADE	M-Open	20	<b>01:09:42.60</b>	<b>01:09:45.15</b>	+00:16:47 (24.1%)	9:57	6 (75.9%)
4	<b>FORTUNA Milena</b>	<b>7025</b>		K-Open	17	<b>01:32:45.20</b>	<b>01:32:47.55</b>	+00:39:49 (42.9%)	13:15	4.5 (57.0%)
5	<b>KORYSZKO Klaudia</b>	<b>7049</b>		K-Open	18	<b>01:32:45.00</b>	<b>01:32:47.85</b>	+00:39:50 (42.9%)	13:15	4.5 (57.0%)
6	<b>SIEPAK Aleksandra</b>	<b>7097</b>		K-Open	19	<b>01:32:45.65</b>	<b>01:32:48.20</b>	+00:39:50 (42.9%)	13:15	4.5 (57.0%)
7	<b>HEINRICH Liv</b>	<b>7035</b>		K-Open	24	<b>01:34:29.00</b>	<b>01:34:31.10</b>	+00:41:33 (44.0%)	13:29	4.4 (55.7%)

Total 7 results.