



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

COMMANDO RACE 7KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	HEŁMECKI Mateusz	7036	KONIUCHY OCR	Elite Mężczyzn	1	00:40:25.05	00:40:27.45		5:46	10.4 (100%)
2	TURCHAN Kamil	7107	UNITED RUNNERS	Elite Mężczyzn	2	00:46:37.45	00:46:39.30	+00:06:11 (13.3%)	6:39	9 (86.5%)
3	LASKOWSKI Marcin	7056		Elite Mężczyzn	3	00:46:57.15	00:46:59.55	+00:06:32 (13.9%)	6:42	8.9 (85.6%)
4	ZDEB Maciej	7112	HUNTERS OCR TEAM	Elite Mężczyzn	4	00:47:15.65	00:47:17.80	+00:06:50 (14.5%)	6:45	8.9 (85.6%)
5	HAMUDA Maciej	7034	HUSARIA RACE TEAM	Elite Mężczyzn	5	00:48:53.40	00:48:56.05	+00:08:28 (17.3%)	6:59	8.6 (82.7%)
6	NOWAKOWSKI Karol	7079	SPARTAN TEAM	Elite Mężczyzn	6	00:49:42.00	00:49:45.15	+00:09:17 (18.7%)	7:06	8.5 (81.7%)
7	KLIMEK Zbigniew	7119		M-Open	1	00:50:08.00	00:50:08.00	+00:09:40 (19.3%)	7:09	8.4 (80.8%)
8	BOROŃ Mateusz	7012		Elite Mężczyzn	7	00:51:04.90	00:51:08.45	+00:10:41 (20.9%)	7:17	8.2 (78.8%)
9	BIENIEK Michał	7009	CENTRUM KETTLEBELL BOCHNIA	Elite Mężczyzn	8	00:51:37.00	00:51:39.00	+00:11:11 (21.7%)	7:22	8.1 (77.9%)
10	ROLA Daniel	4061	SOWINY POWER	M-Open	2	00:52:56.10	00:52:57.80	+00:12:30 (23.6%)	7:33	7.9 (76.0%)
11	KALICKI Piotr	7043		Elite Mężczyzn	9	00:54:10.65	00:54:13.10	+00:13:45 (25.4%)	7:44	7.8 (75.0%)
12	GWIŹDŹ Tomasz	7033		Elite Mężczyzn	10	00:55:28.95	00:55:32.10	+00:15:04 (27.1%)	7:55	7.6 (73.1%)
13	BIENIEK Kacper	7010	CENTRUM KETTLEBELL BOCHNIA	Elite Mężczyzn	11	00:56:18.00	00:56:20.35	+00:15:52 (28.2%)	8:02	7.5 (72.1%)
14	BYLICA Piotr	7016		Elite Mężczyzn	12	00:56:23.70	00:56:27.55	+00:16:00 (28.3%)	8:03	7.4 (71.2%)
15	FRANCZYK Artur	7026	HUSARIA RACE TEAM	Elite Mężczyzn	13	00:56:35.80	00:56:38.80	+00:16:11 (28.6%)	8:05	7.4 (71.2%)
16	OSTAFIN Szymon	7081	HUSARIA RACE TEAM	Elite Mężczyzn	14	00:57:27.90	00:57:30.60	+00:17:03 (29.7%)	8:12	7.3 (70.2%)
17	LESZKO Michał	7060		M-Open	3	00:58:19.20	00:58:21.10	+00:17:53 (30.7%)	8:20	7.2 (69.2%)
18	ZABDYR Rafał	7110		M-Open	4	00:59:51.80	00:59:51.80	+00:19:24 (32.4%)	8:33	7 (67.3%)
19	JAMRÓZ Andrzej	7038		M-Open	5	01:00:10.70	01:00:13.05	+00:19:45 (32.8%)	8:35	7 (67.3%)
20	MROCZKA Maciej	7117		M-Open	6	01:01:46.80	01:01:51.25	+00:21:23 (34.6%)	8:49	6.8 (65.4%)
21	SZCZEPAŃSKI Marcin	7118		M-Open	7	01:01:47.25	01:01:51.65	+00:21:24 (34.6%)	8:49	6.8 (65.4%)
22	CZAJKOWSKI Albert	7123		M-Open	8	01:02:12.85	01:02:17.40	+00:21:49 (35.0%)	8:53	6.8 (65.4%)
23	LIS Rafał	7062	JATI	M-Open	9	01:02:16.20	01:02:21.95	+00:21:54 (35.1%)	8:53	6.7 (64.4%)
24	KALICKI Rafał	7044		M-Open	10	01:02:24.55	01:02:27.05	+00:21:59 (35.2%)	8:55	6.7 (64.4%)
25	KRAMARCZYK Filip	7050		M-Open	11	01:02:40.75	01:02:42.05	+00:22:14 (35.5%)	8:57	6.7 (64.4%)
26	KRAMARCZYK Michał	7051		M-Open	12	01:02:40.80	01:02:43.05	+00:22:15 (35.5%)	8:57	6.7 (64.4%)
27	KRZYSZTOFIK Wojciech	7052		M-Open	13	01:03:44.75	01:03:46.80	+00:23:19 (36.6%)	9:06	6.6 (63.5%)
28	GAJEWSKI Kamil	7029		M-Open	14	01:04:59.85	01:05:02.40	+00:24:34 (37.8%)	9:17	6.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
29	BIELEC Kinga	7008	BEFIT24TEAM	Elite Kobiet	1	01:05:31.90	01:05:34.25	+00:25:06 (38.3%)	9:21	6.4 (61.5%)
30	JACEK Kaczor	7037	JATI	M-Open	15	01:05:26.95	01:06:06.30	+00:25:38 (38.8%)	9:21	6.4 (61.5%)
31	BAJSAROWICZ Marta	7002		Elite Kobiet	2	01:06:04.25	01:06:07.00	+00:25:39 (38.8%)	9:26	6.4 (61.5%)
32	ŁOPUCH Robert	7068	DZIADY OCR	M-Open	16	01:06:32.80	01:06:35.35	+00:26:07 (39.2%)	9:30	6.3 (60.6%)
33	MUNIAK Adrian	7073	JATI	M-Open	17	01:07:40.00	01:07:42.20	+00:27:14 (40.2%)	9:40	6.2 (59.6%)
34	NOWAK Paweł	7077		M-Open	18	01:07:43.70	01:07:45.50	+00:27:18 (40.3%)	9:40	6.2 (59.6%)
35	DYNOWSKI Pawel	7024	WOLO HR TEAM	M-Open	19	01:09:11.85	01:09:14.05	+00:28:46 (41.6%)	9:53	6.1 (58.7%)
36	STAROWICZ Wojciech	7100	#DAMRADE	M-Open	20	01:09:42.60	01:09:45.15	+00:29:17 (42.0%)	9:57	6 (57.7%)
37	GÓRKA Magdalena	7032		K-Open	1	01:09:49.10	01:09:51.05	+00:29:23 (42.1%)	9:58	6 (57.7%)
38	STERNAL Eliza	7101		K-Open	2	01:09:48.90	01:09:51.40	+00:29:23 (42.1%)	9:58	6 (57.7%)
39	WARMUS Jacek	7109	JATI	M-Open	21	01:09:56.15	01:09:58.80	+00:29:31 (42.2%)	9:59	6 (57.7%)
40	KYŚ Andrzej	7055		M-Open	22	01:12:23.95	01:12:26.00	+00:31:58 (44.1%)	10:20	5.8 (55.8%)
41	KLIN Robert	7047	WATAHA	M-Open	23	01:12:28.30	01:12:30.85	+00:32:03 (44.2%)	10:21	5.8 (55.8%)
42	KULCZYCKI Wojtek	7053		M-Open	24	01:12:43.80	01:12:46.65	+00:32:19 (44.4%)	10:23	5.8 (55.8%)
43	ŚCIEŻKA Filip	7105		M-Open	25	01:13:01.95	01:13:08.05	+00:32:40 (44.7%)	10:26	5.8 (55.8%)
44	WOJDYŁO Adrian	7124		M-Open	26	01:14:03.45	01:14:05.20	+00:33:37 (45.4%)	10:34	5.7 (54.8%)
45	TROJAN Anna	7106	HUSARIA RACE TEAM	Elite Kobiet	3	01:15:20.95	01:15:23.90	+00:34:56 (46.3%)	10:45	5.6 (53.8%)
46	STĘPAŁA Wojtek	7102	JATA	M-Open	27	01:17:33.85	01:17:36.10	+00:37:08 (47.9%)	11:04	5.4 (51.9%)
47	NOWAK Mateusz	7078		M-Open	28	01:18:05.05	01:18:07.15	+00:37:39 (48.2%)	11:09	5.4 (51.9%)
48	ROGOWIEC Natalia	7090		K-Open	3	01:18:28.00	01:18:32.10	+00:38:04 (48.5%)	11:12	5.4 (51.9%)
49	BIDZIŃSKA Karolina	7007		K-Open	4	01:18:28.80	01:18:32.40	+00:38:04 (48.5%)	11:12	5.4 (51.9%)
50	POLAK Jakub	7087		M-Open	29	01:18:33.45	01:18:36.05	+00:38:08 (48.5%)	11:13	5.3 (51.0%)
51	PUCHALSKA Joanna	7088	CF DEKERTA	K-Open	5	01:21:13.20	01:21:17.15	+00:40:49 (50.2%)	11:36	5.2 (50.0%)
52	MULLER Wojciech	7072	JATI	M-Open	30	01:21:16.00	01:21:18.50	+00:40:51 (50.2%)	11:36	5.2 (50.0%)
53	SZCZĘŚNIAK Janusz	7104	BEFIT24TEAM	M-Open	31	01:21:18.00	01:21:21.75	+00:40:54 (50.3%)	11:36	5.2 (50.0%)
54	JOB Agnieszka	7041	HUSARIA RACE TEAM	K-Open	6	01:21:22.35	01:21:25.80	+00:40:58 (50.3%)	11:37	5.2 (50.0%)
55	CIEPIELEWSKI Mateusz	7017		M-Open	32	01:21:24.05	01:21:27.35	+00:40:59 (50.3%)	11:37	5.2 (50.0%)
56	MADEJ Ela	7069		K-Open	7	01:21:26.50	01:21:29.40	+00:41:01 (50.4%)	11:38	5.2 (50.0%)
57	STĘPIEŃ Paweł	7103		M-Open	33	01:21:26.20	01:21:29.55	+00:41:02 (50.4%)	11:38	5.2 (50.0%)
58	BEDNARSKI Mateusz	7003	JATI	M-Open	34	01:22:21.60	01:22:25.05	+00:41:57 (50.9%)	11:46	5.1 (49.0%)
59	SKALSKI Marek	7098		M-Open	35	01:22:23.50	01:22:26.40	+00:41:58 (50.9%)	11:46	5.1 (49.0%)
60	SKALSKI Wiktor	7099		M-Open	36	01:22:24.05	01:22:27.80	+00:42:00 (50.9%)	11:46	5.1 (49.0%)
61	BUDZIK Konrad	7014	JATI	M-Open	37	01:22:29.50	01:22:31.70	+00:42:04 (51.0%)	11:47	5.1 (49.0%)
62	ZIEMIANIN Bartosz	7113		M-Open	38	01:22:30.20	01:22:33.35	+00:42:05 (51.0%)	11:47	5.1 (49.0%)
63	ĆWIRLEJ Andrzej	7022	HUSARIA RACE TEAM	M-Open	39	01:22:53.60	01:22:57.75	+00:42:30 (51.2%)	11:50	5.1 (49.0%)
64	KAŁUCKI Krzysztof	7045		M-Open	40	01:23:05.95	01:23:10.40	+00:42:42 (51.4%)	11:52	5.1 (49.0%)
65	KLISIEWICZ Wojciech	7048		M-Open	41	01:23:33.90	01:23:38.55	+00:43:11 (51.6%)	11:56	5 (48.1%)
66	SARAD Zbigniew	7092	SPARTAŃSKA DZICZ	M-Open	42	01:24:30.45	01:24:33.35	+00:44:05 (52.2%)	12:04	5 (48.1%)
67	BERGHAUZEN Paulina	7005	SPARTAŃSKA DZICZ	K-Open	8	01:24:32.65	01:24:34.10	+00:44:06 (52.2%)	12:04	5 (48.1%)
68	GALAS Anna	7030	SPARTAŃSKA DZICZ	K-Open	9	01:24:32.65	01:24:34.35	+00:44:06 (52.2%)	12:04	5 (48.1%)
69	SARAD Sabina	7093	SPARTANSKA DZICZ	K-Open	10	01:24:50.05	01:24:51.20	+00:44:23 (52.3%)	12:07	5 (48.1%)
70	MADEJSKA Justyna	7070		K-Open	11	01:25:01.20	01:25:05.85	+00:44:38 (52.5%)	12:08	4.9 (47.1%)
71	WALCZAK Anna	7108		K-Open	12	01:25:09.35	01:25:14.15	+00:44:46 (52.5%)	12:10	4.9 (47.1%)
72	LEPIARZ Grzegorz	7059		M-Open	43	01:25:32.70	01:25:39.50	+00:45:12 (52.8%)	12:13	4.9 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h	
73	GALAS Damian	7031		SPARTAŃSKA DZICZ	M-Open	44	01:25:47.65	01:25:51.70	+00:45:24 (52.9%)	12:15	4.9 (47.1%)
74	ROKITA Radosław	7091		OŚWIECENIA TEAM HAJIME	M-Open	45	01:27:03.70	01:27:08.95	+00:46:41 (53.6%)	12:26	4.8 (46.2%)
75	JAROSZ Tomasz	7040		OSTATNI NA MECIE	M-Open	46	01:27:11.15	01:27:16.75	+00:46:49 (53.6%)	12:27	4.8 (46.2%)
76	LEWICKI Jakub	7061		OSTATNI NA MECIE	M-Open	47	01:27:13.55	01:27:19.15	+00:46:51 (53.7%)	12:27	4.8 (46.2%)
77	KURBIEL Katarzyna	7054			K-Open	13	01:27:29.05	01:27:34.05	+00:47:06 (53.8%)	12:29	4.8 (46.2%)
78	MUSIAŁ Magdalena	7074			K-Open	14	01:27:29.25	01:27:34.30	+00:47:06 (53.8%)	12:29	4.8 (46.2%)
79	NOWAK Dariusz	7076			M-Open	48	01:27:33.80	01:27:38.25	+00:47:10 (53.8%)	12:30	4.8 (46.2%)
80	NOWAK Damian	7075			M-Open	49	01:27:33.50	01:27:38.30	+00:47:10 (53.8%)	12:30	4.8 (46.2%)
81	LIS Monika	7063	LEMON TEAM		K-Open	15	01:29:03.70	01:29:05.60	+00:48:38 (54.6%)	12:43	4.7 (45.2%)
82	ŁOBODA Agnieszka	7065	LEMON TEAM		K-Open	16	01:29:03.80	01:29:06.15	+00:48:38 (54.6%)	12:43	4.7 (45.2%)
83	DĄBROWSKI Piotr	7116			M-Open	50	01:29:38.10	01:29:41.75	+00:49:14 (54.9%)	12:48	4.7 (45.2%)
84	CZECHURA Maciej	7020	OSTATNI NA MECIE		M-Open	51	01:29:45.25	01:29:45.25	+00:49:17 (54.9%)	12:49	4.7 (45.2%)
85	PŁAZA Karol	7086	OSTATNI NA MECIE		M-Open	52	01:29:39.35	01:29:45.75	+00:49:18 (54.9%)	12:48	4.7 (45.2%)
86	WYKURZ Damian	7115			M-Open	53	01:29:42.35	01:29:46.15	+00:49:18 (54.9%)	12:49	4.7 (45.2%)
87	CZAPLA Bartosz	7018			Elite Mężczyzn	15	01:32:13.10	01:32:16.75	+00:51:49 (56.2%)	13:10	4.6 (44.2%)
88	DUDZIK Daniel	7023	JATI		M-Open	54	01:32:14.25	01:32:16.90	+00:51:49 (56.2%)	13:10	4.6 (44.2%)
89	FORTUNA Milena	7025			K-Open	17	01:32:45.20	01:32:47.55	+00:52:20 (56.4%)	13:15	4.5 (43.3%)
90	KORYSZKO Klaudia	7049			K-Open	18	01:32:45.00	01:32:47.85	+00:52:20 (56.4%)	13:15	4.5 (43.3%)
91	SIEPAK Aleksandra	7097			K-Open	19	01:32:45.65	01:32:48.20	+00:52:20 (56.4%)	13:15	4.5 (43.3%)
92	CZECHURA Agata	7021	OSTATNI NA MECIE		K-Open	20	01:33:00.45	01:33:05.95	+00:52:38 (56.5%)	13:17	4.5 (43.3%)
93	CZECHURA Malgorzata	7019	OSTATNI NA MECIE		K-Open	21	01:33:00.20	01:33:06.80	+00:52:39 (56.6%)	13:17	4.5 (43.3%)
94	ZYTKO Magdalena	7114	JUST FUN		K-Open	22	01:33:49.85	01:33:54.20	+00:53:26 (56.9%)	13:24	4.5 (43.3%)
95	ŁOJAS Paulina	7067	JUST FUN		K-Open	23	01:33:50.10	01:33:54.45	+00:53:27 (56.9%)	13:24	4.5 (43.3%)
96	HEINRICH Liv	7035			K-Open	24	01:34:29.00	01:34:31.10	+00:54:03 (57.2%)	13:29	4.4 (42.3%)
97	KISIELOWSKA Katarzyna	7046			K-Open	25	01:34:41.00	01:34:45.10	+00:54:17 (57.3%)	13:31	4.4 (42.3%)
98	BEREZA Joanna	7004			K-Open	26	01:34:44.05	01:34:48.40	+00:54:20 (57.3%)	13:32	4.4 (42.3%)
99	REGIEC Paweł	7089	SPARTAŃSKA DZICZ		M-Open	55	01:35:57.70	01:36:01.00	+00:55:33 (57.9%)	13:42	4.4 (42.3%)
100	PIĘKOŚ Monika	7122	HUNTERS OCR TEAM		Elite Kobiet	4	01:36:51.45	01:36:53.85	+00:56:26 (58.2%)	13:50	4.3 (41.3%)
101	LEISZNER Izabela	7057	HUSARIA RACE TEAM		Elite Kobiet	5	01:39:27.30	01:39:30.55	+00:59:03 (59.3%)	14:12	4.2 (40.4%)
102	BURDA Michał	7015	HUSARIA RACE TEAM		M-Open	56	01:41:00.25	01:41:01.85	+01:00:34 (60.0%)	14:25	4.2 (40.4%)
103	SENDEK Katarzyna	7096	HUSARIA RACE TEAM		Elite Kobiet	6	01:41:05.90	01:41:09.25	+01:00:41 (60.0%)	14:26	4.2 (40.4%)
104	FRĄCZEK Katarzyna	7027			K-Open	27	01:41:32.90	01:41:36.25	+01:01:08 (60.2%)	14:30	4.1 (39.4%)
105	FRĄCZEK Magdalena	7028			K-Open	28	01:41:34.10	01:41:37.75	+01:01:10 (60.2%)	14:30	4.1 (39.4%)
106	BOBROWSKI Michał	7011			M-Open	57	01:41:33.90	01:41:37.95	+01:01:10 (60.2%)	14:30	4.1 (39.4%)
107	OSTROGÓRKSA Magdalena	7082	NATURSZCZYCY		K-Open	29	01:41:42.60	01:41:47.40	+01:01:19 (60.3%)	14:31	4.1 (39.4%)
108	JANCZAR Anna	7039	NATURSZCZYCY		K-Open	30	01:41:51.40	01:41:56.45	+01:01:29 (60.3%)	14:33	4.1 (39.4%)
109	OSTROGÓRSKI Paweł	7083	NATURSZCZYCY		M-Open	58	01:41:52.30	01:41:57.60	+01:01:30 (60.3%)	14:33	4.1 (39.4%)
110	PEQEÑO CALVAR Ezequiel	7085			Elite Mężczyzn	16	01:47:55.00	01:47:58.85	+01:07:31 (62.5%)	15:25	3.9 (37.5%)
111	LOFERSKA Daria	7064			Elite Kobiet	7	01:48:09.30	01:48:13.25	+01:07:45 (62.6%)	15:27	3.9 (37.5%)
112	SARZYŃSKI Wojciech	7095	SARZYN-SKI		Elite Mężczyzn	17	01:48:10.45	01:48:14.60	+01:07:47 (62.6%)	15:27	3.9 (37.5%)
112	SARZYŃSKA Katarzyna	7094			Elite Kobiet	8	01:48:10.10	01:48:14.60	+01:07:47 (62.6%)	15:27	3.9 (37.5%)
114	KACZMAREK Łukasz	7042			Elite Mężczyzn	18					(0.0%)
115	PAŁCZYŃSKI Piotr	7084	JATI		M-Open	59					(0.0%)

