



COMMANDO RACE 7KM

B4SPORT

Wydarzenie: Commando Race - VIII edycja
Organizator: Fundacja Awizo Akademia Wspierania Inicjatyw
Zaangażowania Obywatelskiego
Data: 2020-09-12
Miejsce: Kraków
Dystans: 7 km

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	FAJFER Michał	7036	HYDRO ZASAPANI	Elite Mężczyzn	1	00:41:58.10	00:41:58.10		5:59	10 (100%)
2	HEŁMECKI Mateusz	7050	DRAGON RUNNERS	Elite Mężczyzn	2	00:42:03.35	00:42:03.35	+00:00:05 (0.2%)	6:00	10 (100%)
3	DERYŁO Mateusz	7202	KONIU SQUAD	Elite Mężczyzn	3	00:44:56.10	00:44:56.10	+00:02:58 (6.6%)	6:25	9.3 (93.0%)
4	STAROWICZ Krzysztof	7164		Elite Mężczyzn	4	00:45:10.20	00:45:10.20	+00:03:12 (7.1%)	6:27	9.3 (93.0%)
5	SENDERSKI Przemysław	7152	DRAGON RUNNERS	Elite Mężczyzn	5	00:46:32.05	00:46:32.05	+00:04:33 (9.8%)	6:38	9 (90.0%)
6	LEPIARZ Michał	7097	LEMON TEAM	Elite Mężczyzn	6	00:47:14.40	00:47:14.40	+00:05:16 (11.2%)	6:44	8.9 (89.0%)
7	ŻURAWIK Rafał	7198	LEMON TEAM	Elite Mężczyzn	7	00:47:25.30	00:47:25.30	+00:05:27 (11.5%)	6:46	8.9 (89.0%)
8	DĄBROWSKI Tomasz	7025	CARPATHIAN RUNNERS	Elite Mężczyzn	8	00:47:39.70	00:47:39.70	+00:05:41 (11.9%)	6:48	8.8 (88.0%)
9	CZACH Tobiasz	7019	CARPATHIAN RUNNERS	Elite Mężczyzn	9	00:47:56.75	00:47:56.75	+00:05:58 (12.5%)	6:50	8.8 (88.0%)
10	SZYMAŃSKI Paweł	7171	SOCIOS SILESIA	Elite Mężczyzn	10	00:48:31.00	00:48:31.00	+00:06:32 (13.5%)	6:55	8.7 (87.0%)
11	CHAIEB Sebastian	7014	LEMON TEAM	Elite Mężczyzn	11	00:49:09.05	00:49:09.05	+00:07:10 (14.6%)	7:01	8.5 (85.0%)
12	GAŁKA Rafał	7041		M-Open	1	00:50:16.05	00:50:16.05	+00:08:17 (16.5%)	7:10	8.4 (84.0%)
13	GAWIN Krzysiek	7043	BEFIT 24 TEAM	M-Open	2	00:50:50.15	00:50:50.15	+00:08:52 (17.4%)	7:15	8.3 (83.0%)
14	PIĄTEK Sebastian	7134		Elite Mężczyzn	12	00:51:07.95	00:51:07.95	+00:09:09 (17.9%)	7:18	8.2 (82.0%)
15	KLIMEK Zbigniew	7067		M-Open	3	00:51:58.85	00:51:58.85	+00:10:00 (19.3%)	7:25	8.1 (81.0%)
16	CICHOŃ Adam	7017	LEMON TEAM	Elite Mężczyzn	13	00:52:33.45	00:52:33.45	+00:10:35 (20.1%)	7:30	8 (80.0%)
17	HAMUDA Maciej	7049	HUSARIA RACE TEAM	Elite Mężczyzn	14	00:52:38.10	00:52:38.10	+00:10:40 (20.3%)	7:31	8 (80.0%)
18	DĄBROWSKI Krzysztof	7024	SOCIOS SILESIA	Elite Mężczyzn	15	00:53:15.00	00:53:15.00	+00:11:16 (21.2%)	7:36	7.9 (79.0%)
19	KULAGA Peter	7086	DRAGON RUNNERS	Elite Mężczyzn	16	00:53:17.60	00:53:17.60	+00:11:19 (21.3%)	7:36	7.9 (79.0%)
20	JÓZEFczyk Piotr	7059	KONIU SQUAD	Elite Mężczyzn	17	00:53:52.45	00:53:52.45	+00:11:54 (22.1%)	7:41	7.8 (78.0%)
21	FRANCZYK Artur	7039	DRAGON RUNNERS	Elite Mężczyzn	18	00:54:04.30	00:54:04.30	+00:12:06 (22.4%)	7:43	7.8 (78.0%)
22	ZIELIŃSKI Tomasz	7196	WARCHLAKI ADELAJDY	Elite Mężczyzn	19	00:54:50.10	00:54:50.10	+00:12:52 (23.5%)	7:50	7.7 (77.0%)
23	KULON Grzegorz	7088	BEFIT24TEAM	Elite Mężczyzn	20	00:55:04.95	00:55:04.95	+00:13:06 (23.8%)	7:52	7.6 (76.0%)
24	JOP Szymon	7057	SPARTAŃSKA DZICZ	M-Open	4	00:55:06.90	00:55:06.90	+00:13:08 (23.9%)	7:52	7.6 (76.0%)
25	PIWNIK Bartosz	7137	LEMON TEAM	Elite Mężczyzn	21	00:56:23.00	00:56:23.00	+00:14:24 (25.6%)	8:03	7.4 (74.0%)
26	CHYLEWSKA-OLECH Dagmara	7015	BEFIT24TEAM	Elite Kobiet	1	00:56:49.05	00:56:49.05	+00:14:50 (26.1%)	8:07	7.4 (74.0%)
27	OLEŚ Rafał	7224		M-Open	5	00:57:04.05	00:57:04.05	+00:15:05 (26.5%)	8:09	7.4 (74.0%)
28	KAMIŃSKI Zbigniew	7005	GRUBIORZE LOTAJOM	Elite Mężczyzn	22	00:58:07.15	00:58:07.15	+00:16:09 (27.8%)	8:18	7.2 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7km	brutto 7km			
29	GÓRKA Marcin	7044	DRAGON RUNNERS	Elite Mężczyzn	23	00:58:31.10	00:58:31.10	+00:16:33 (28.3%)	8:21	7.2 (72.0%)
30	KRAMARCZYK Michał	7077	GROUND & POUND	M-Open	6	00:59:10.75	00:59:10.75	+00:17:12 (29.1%)	8:27	7.1 (71.0%)
31	BEDNARCZYK Mateusz	7004		Elite Mężczyzn	24	00:59:12.15	00:59:12.15	+00:17:14 (29.1%)	8:27	7.1 (71.0%)
32	DZIERŻANOWSKI Mateusz	7033		Elite Mężczyzn	25	01:00:35.20	01:00:35.20	+00:18:37 (30.7%)	8:39	6.9 (69.0%)
33	HUDASZEK Zbigniew	7052	DRAGON RUNNERS	Elite Mężczyzn	26	01:01:32.30	01:01:32.30	+00:19:34 (31.8%)	8:47	6.8 (68.0%)
34	MAJOWSKI Michał	7105	CARBON SILESIA SPORT	Elite Mężczyzn	27	01:01:47.75	01:01:47.75	+00:19:49 (32.1%)	8:49	6.8 (68.0%)
35	PUKALAK Jan	7147	LEMON TEAM	Elite Mężczyzn	28	01:02:34.80	01:02:34.80	+00:20:36 (32.9%)	8:56	6.7 (67.0%)
36	SOKOŁOWSKI Władysław	7161		Elite Mężczyzn	29	01:03:05.85	01:03:05.85	+00:21:07 (33.5%)	9:00	6.7 (67.0%)
37	NOWAK Mateusz	7116	GROUND & POUND	M-Open	7	01:05:28.15	01:05:28.15	+00:23:30 (35.9%)	9:21	6.4 (64.0%)
38	SZWAGRZYK Marcin	7170	SEKCJA BIEGOWA GRUPY PIWNEJ	Elite Mężczyzn	30	01:06:47.55	01:06:47.55	+00:24:49 (37.2%)	9:32	6.3 (63.0%)
39	LEPIARZ Grzegorz	7096		M-Open	8	01:07:19.50	01:07:19.50	+00:25:21 (37.7%)	9:37	6.2 (62.0%)
40	GAŁKA Katarzyna	7042		K-Open	1	01:07:25.30	01:07:25.30	+00:25:27 (37.8%)	9:37	6.2 (62.0%)
41	KALETA Anna	7149	KONIU SQUAD	Elite Kobiet	2	01:07:53.15	01:07:53.15	+00:25:55 (38.2%)	9:41	6.2 (62.0%)
42	KYŚ Andrzej	7089	GROUND & POUND	M-Open	9	01:08:06.95	01:08:06.95	+00:26:08 (38.4%)	9:43	6.2 (62.0%)
43	DRABIK - SŁOMKA Małgorzata	7030		K-Open	2	01:10:06.65	01:10:06.65	+00:28:08 (40.1%)	10:00	6 (60.0%)
44	TRACZ Sławomir	7176	CARBON SILESIA SPORT	Elite Mężczyzn	31	01:10:07.05	01:10:07.05	+00:28:08 (40.1%)	10:01	6 (60.0%)
45	LEISZNER Izabela	7094	CARBON SILESIA SPORT	Elite Kobiet	3	01:10:10.40	01:10:10.40	+00:28:12 (40.2%)	10:01	6 (60.0%)
46	STRZELECKI Rafał	7166	SOCIOS SILESIA	Elite Mężczyzn	32	01:10:14.05	01:10:14.05	+00:28:15 (40.2%)	10:02	6 (60.0%)
47	OLECH Grzegorz	7122	LEMON TEAM	Elite Mężczyzn	33	01:10:14.95	01:10:14.95	+00:28:16 (40.3%)	10:02	6 (60.0%)
48	BOJDO Michał	7007	COWBOYS FROM HELL	M-Open	10	01:10:19.10	01:10:19.10	+00:28:21 (40.3%)	10:02	6 (60.0%)
49	DERYŁO Mateusz	7027	SOCIOS SILESIA	Elite Mężczyzn	34	01:10:24.95	01:10:24.95	+00:28:26 (40.4%)	10:03	6 (60.0%)
50	KRAMARCZYK Filip	7078	GROUND & POUND	M-Open	11	01:10:30.75	01:10:30.75	+00:28:32 (40.5%)	10:04	6 (60.0%)
51	NOWAK Paweł	7117	GROUND & POUND	M-Open	12	01:10:33.35	01:10:33.35	+00:28:35 (40.5%)	10:04	6 (60.0%)
52	PIAŚCIAK Adam	7133		M-Open	13	01:10:46.20	01:10:46.20	+00:28:48 (40.7%)	10:06	5.9 (59.0%)
53	DZIERŻANOWSKI Tomasz	7034		M-Open	14	01:11:54.00	01:11:54.00	+00:29:55 (41.6%)	10:16	5.8 (58.0%)
54	MAJEWSKA Natalia	7104	GORĄCY POTOK TEAM	Elite Kobiet	4	01:12:29.35	01:12:29.35	+00:30:31 (42.1%)	10:21	5.8 (58.0%)
55	SARAD Krzysztof	7150	SPARTAŃSKA DZICZ	M-Open	15	01:12:36.50	01:12:36.50	+00:30:38 (42.2%)	10:22	5.8 (58.0%)
56	SZCZĘŚNIAK Janusz	7167	BEFIT24TEAM	M-Open	16	01:12:58.90	01:12:58.90	+00:31:00 (42.5%)	10:25	5.8 (58.0%)
57	ŁUSZCZAK Anna	7100	LEMON TEAM	Elite Kobiet	5	01:12:59.95	01:12:59.95	+00:31:01 (42.5%)	10:25	5.8 (58.0%)
58	DOMAN Łukasz	7029	SOCIOS SILESIA	Elite Mężczyzn	35	01:14:24.65	01:14:24.65	+00:32:26 (43.6%)	10:37	5.6 (56.0%)
59	KAFLOWSKI Artur	7060	SOCIOS SILESIA	Elite Mężczyzn	36	01:14:35.60	01:14:35.60	+00:32:37 (43.7%)	10:39	5.6 (56.0%)
60	MAGIERA Małgorzata	7103	SPARTAŃSKA DZICZ	K-Open	3	01:15:05.25	01:15:05.25	+00:33:07 (44.1%)	10:43	5.6 (56.0%)
61	TOMSIA Wojciech	7175		M-Open	17	01:15:23.45	01:15:23.45	+00:33:25 (44.3%)	10:46	5.6 (56.0%)
62	JARCZEWSKI Łukasz	7054		M-Open	18	01:16:36.40	01:16:36.40	+00:34:38 (45.2%)	10:56	5.5 (55.0%)
63	TURCZYK Anna	7180	BEFIT24TEAM	K-Open	4	01:16:52.25	01:16:52.25	+00:34:54 (45.4%)	10:58	5.5 (55.0%)
64	DEC Marek	7026		M-Open	19	01:16:56.15	01:16:56.15	+00:34:58 (45.5%)	10:59	5.5 (55.0%)
65	GÓRKA Mikołaj	7045		M-Open	20	01:17:11.35	01:17:11.35	+00:35:13 (45.6%)	11:01	5.4 (54.0%)
66	PLEWA Monika	7138	GET FIT	K-Open	5	01:18:14.30	01:18:14.30	+00:36:16 (46.4%)	11:10	5.4 (54.0%)
67	KRZECZOWSKI Krzysztof	7081		M-Open	21	01:18:14.40	01:18:14.40	+00:36:16 (46.4%)	11:10	5.4 (54.0%)
68	DŁUGOSZ Agnieszka	7028	HARPAGAN BEAST	Elite Kobiet	6	01:19:18.85	01:19:18.85	+00:37:20 (47.1%)	11:19	5.3 (53.0%)
69	BUŁA Iwona	7010		K-Open	6	01:19:43.70	01:19:43.70	+00:37:45 (47.4%)	11:23	5.3 (53.0%)
70	SCHMIDT Paweł	7151	BEFIT24TEAM	M-Open	22	01:19:59.05	01:19:59.05	+00:38:00 (47.5%)	11:25	5.3 (53.0%)
71	DZIADOSZ Michał	7032	OCR TEAM DĘBICA	M-Open	23	01:19:59.30	01:19:59.30	+00:38:01 (47.5%)	11:25	5.3 (53.0%)
72	TROJAN Anna	7177	BEFIT24TEAM	Elite Kobiet	7	01:20:31.45	01:20:31.45	+00:38:33 (47.9%)	11:30	5.2 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7km	brutto 7km			
73	ORZECHOWSKI Krystian	7126		M-Open	24	01:20:51.25	01:20:51.25	+00:38:53 (48.1%)	11:33	5.2 (52.0%)
74	OSTAFIN Szymon	7127	SPARTAŃSKA DZICZ	Elite Mężczyzn	37	01:20:53.85	01:20:53.85	+00:38:55 (48.1%)	11:33	5.2 (52.0%)
75	NIZIURSKA Marzanna	7115	HUSARIA RACE TEAM	K-Open	7	01:21:02.15	01:21:02.15	+00:39:04 (48.2%)	11:34	5.2 (52.0%)
76	OLEŚ Rafał	7123	KONIU SQUAD	Elite Mężczyzn	38	01:21:07.10	01:21:07.10	+00:39:09 (48.3%)	11:35	5.2 (52.0%)
77	ADAMSKI Damian	7222		M-Open	25	01:21:14.55	01:21:14.55	+00:39:16 (48.3%)	11:36	5.2 (52.0%)
78	SMOROŃ Marcin	7160	BEFIT24TEAM	M-Open	26	01:21:23.55	01:21:23.55	+00:39:25 (48.4%)	11:37	5.2 (52.0%)
79	URBAŃSKA-KULON Katarzyna	7182	BEFIT24TEAM	Elite Kobiet	8	01:21:44.50	01:21:44.50	+00:39:46 (48.7%)	11:40	5.1 (51.0%)
80	HEŁMECKI Henryk	7051		Elite Mężczyzn	39	01:21:59.95	01:21:59.95	+00:40:01 (48.8%)	11:42	5.1 (51.0%)
81	KARBOWNICZEK Tomasz	7063	BEFIT24TEAM	M-Open	27	01:22:33.05	01:22:33.05	+00:40:34 (49.2%)	11:47	5.1 (51.0%)
82	KUCAŁA Adrian	7083		M-Open	28	01:22:48.10	01:22:48.10	+00:40:50 (49.3%)	11:49	5.1 (51.0%)
83	FILIPOWSKI Grzegorz	7038		M-Open	29	01:22:59.70	01:22:59.70	+00:41:01 (49.4%)	11:51	5.1 (51.0%)
84	FILIPOWSKA Wiktoria	7037		K-Open	8	01:22:59.75	01:22:59.75	+00:41:01 (49.4%)	11:51	5.1 (51.0%)
85	SKWARA Janusz	7158		M-Open	30	01:24:45.75	01:24:45.75	+00:42:47 (50.5%)	12:06	5 (50.0%)
86	TRZOS Sebastian	7179		M-Open	31	01:25:01.10	01:25:01.10	+00:43:03 (50.6%)	12:08	4.9 (49.0%)
87	SZPAKOWSKA Małgorzata	7169	ŁAJZY	K-Open	9	01:25:46.95	01:25:46.95	+00:43:48 (51.1%)	12:15	4.9 (49.0%)
88	DZIUBA Tomasz	7035	ŁAJZY	M-Open	32	01:25:59.80	01:25:59.80	+00:44:01 (51.2%)	12:17	4.9 (49.0%)
89	WAWRZYNEK Kamil	7186	KOMANDO FOKI	M-Open	33	01:26:12.80	01:26:12.80	+00:44:14 (51.3%)	12:18	4.9 (49.0%)
89	PABIJAN Karol	7130	KOMANDO FOKI	M-Open	33	01:26:12.80	01:26:12.80	+00:44:14 (51.3%)	12:18	4.9 (49.0%)
91	KOLASA Robert	7071		M-Open	35	01:26:42.65	01:26:42.65	+00:44:44 (51.6%)	12:23	4.8 (48.0%)
92	WOLAK Piotr	7192		M-Open	36	01:26:44.05	01:26:44.05	+00:44:45 (51.6%)	12:23	4.8 (48.0%)
93	WALUKIEWICZ Przemysław	7185		M-Open	37	01:26:56.75	01:26:56.75	+00:44:58 (51.7%)	12:25	4.8 (48.0%)
94	WOJTASIK Ewelina	7191		K-Open	10	01:26:57.30	01:26:57.30	+00:44:59 (51.7%)	12:25	4.8 (48.0%)
95	KOŁODZIEJ Krzysztof	7072		M-Open	38	01:26:57.60	01:26:57.60	+00:44:59 (51.7%)	12:25	4.8 (48.0%)
96	MROZIK Marcin	7113		M-Open	39	01:26:57.75	01:26:57.75	+00:44:59 (51.7%)	12:25	4.8 (48.0%)
97	MORDARSKI Maciek	7112		M-Open	40	01:27:25.40	01:27:25.40	+00:45:27 (52.0%)	12:29	4.8 (48.0%)
98	MORDARSKA Ewa	7111		K-Open	11	01:27:25.50	01:27:25.50	+00:45:27 (52.0%)	12:29	4.8 (48.0%)
99	KUBAT Leszek	7082		M-Open	41	01:27:25.85	01:27:25.85	+00:45:27 (52.0%)	12:29	4.8 (48.0%)
100	WOJDYŁO Monika	7190	KLUB SPORTOWY HAJIME KRAKÓW	K-Open	12	01:27:34.65	01:27:34.65	+00:45:36 (52.1%)	12:30	4.8 (48.0%)
101	WALAS Wojciech	7183	NIGHT RUNNERS	M-Open	42	01:27:34.95	01:27:34.95	+00:45:36 (52.1%)	12:30	4.8 (48.0%)
102	TRZASKA-DUDEK Monika	7178		K-Open	13	01:27:38.45	01:27:38.45	+00:45:40 (52.1%)	12:31	4.8 (48.0%)
103	KOZŁOWSKI Karol	7075		M-Open	43	01:28:40.20	01:28:40.20	+00:46:42 (52.7%)	12:40	4.7 (47.0%)
104	SERAFIN Sylwia	7154		K-Open	14	01:28:48.55	01:28:48.55	+00:46:50 (52.7%)	12:41	4.7 (47.0%)
105	OSTROGÓRSKA Magdalena	7128		K-Open	15	01:29:02.80	01:29:02.80	+00:47:04 (52.9%)	12:43	4.7 (47.0%)
106	OSTROGÓRSKI Paweł	7129		M-Open	44	01:29:03.50	01:29:03.50	+00:47:05 (52.9%)	12:43	4.7 (47.0%)
107	OBUCHOWSKI Damian	7121		M-Open	45	01:29:39.25	01:29:39.25	+00:47:41 (53.2%)	12:48	4.7 (47.0%)
108	CZECHURA Maciej	7023	OSTATNI NA MECIE	M-Open	46	01:29:52.80	01:29:52.80	+00:47:54 (53.3%)	12:50	4.7 (47.0%)
109	PROCHWICZ Marcin	7145		M-Open	47	01:30:13.15	01:30:13.15	+00:48:15 (53.5%)	12:53	4.7 (47.0%)
110	SZMIGIEL Agnieszka	7168		K-Open	16	01:30:13.50	01:30:13.50	+00:48:15 (53.5%)	12:53	4.7 (47.0%)
111	KŁOS Oliwier	7068	KOMANDO FOKI	M-Open	48	01:30:28.00	01:30:28.00	+00:48:29 (53.6%)	12:55	4.6 (46.0%)
112	NOWAK Dominik	7118	GROUND & POUND	M-Open	49	01:31:12.25	01:31:12.25	+00:49:14 (54.0%)	13:01	4.6 (46.0%)
113	SIKORSKI Paweł	7155		M-Open	50	01:33:43.95	01:33:43.95	+00:51:45 (55.2%)	13:23	4.5 (45.0%)
114	ZIEMBLA Krzysztof	7197		M-Open	51	01:34:31.40	01:34:31.40	+00:52:33 (55.6%)	13:30	4.4 (44.0%)
115	JOP Anna	7058	SPARTAŃSKA DZICZ	K-Open	17	01:34:38.55	01:34:38.55	+00:52:40 (55.7%)	13:31	4.4 (44.0%)
116	JOB Agnieszka	7056	DRAGON RUNNERS	K-Open	18	01:34:41.70	01:34:41.70	+00:52:43 (55.7%)	13:31	4.4 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7km	brutto 7km			
117	MAJDA Karolina	7200	GORĄCY POTOK TEAM	K-Open	19	01:34:59.75	01:34:59.75	+00:53:01 (55.8%)	13:34	4.4 (44.0%)
118	LECH Magdalena	7090	BIEGAM GDZIE POPADNIE	K-Open	20	01:35:00.20	01:35:00.20	+00:53:02 (55.8%)	13:34	4.4 (44.0%)
119	CHYŻYŃSKA Katarzyna	7016		K-Open	21	01:35:05.95	01:35:05.95	+00:53:07 (55.9%)	13:35	4.4 (44.0%)
120	SKWARA Michał	7157		M-Open	52	01:35:14.80	01:35:14.80	+00:53:16 (55.9%)	13:36	4.4 (44.0%)
121	REDMAN Grzegorz	7148		M-Open	53	01:35:20.40	01:35:20.40	+00:53:22 (56.0%)	13:37	4.4 (44.0%)
122	PRZETOCKI Bartłomiej	7146		M-Open	54	01:35:20.55	01:35:20.55	+00:53:22 (56.0%)	13:37	4.4 (44.0%)
123	MADEJSKI Paweł	7102	GANG ZAKRECONYCH MASTERSÓW	M-Open	55	01:35:46.15	01:35:46.15	+00:53:48 (56.2%)	13:40	4.4 (44.0%)
124	LECHOWICZ Krzysztof	7091	GANG ZAKRĘCONYCH MASTERSÓW	M-Open	56	01:35:46.45	01:35:46.45	+00:53:48 (56.2%)	13:40	4.4 (44.0%)
125	STADLER Katarzyna	7163	GANG ZAKRĘCONYCH MASTERSÓW	K-Open	22	01:35:46.55	01:35:46.55	+00:53:48 (56.2%)	13:40	4.4 (44.0%)
126	STERNAL Eliza	7165		K-Open	23	01:35:58.35	01:35:58.35	+00:54:00 (56.3%)	13:42	4.4 (44.0%)
127	CEBULA Maria	7013		K-Open	24	01:35:58.60	01:35:58.60	+00:54:00 (56.3%)	13:42	4.4 (44.0%)
127	CEBULA Mariola	7012		K-Open	24	01:35:58.60	01:35:58.60	+00:54:00 (56.3%)	13:42	4.4 (44.0%)
129	PICHNIARCZYK Agnieszka	7135	WARDIA TYCHY	K-Open	26	01:38:13.55	01:38:13.55	+00:56:15 (57.3%)	14:01	4.3 (43.0%)
130	KOJDECKA Katarzyna	7070	WARDIA	K-Open	27	01:38:41.45	01:38:41.45	+00:56:43 (57.5%)	14:05	4.3 (43.0%)
131	PATOŁA Sebastian	7132	WARDIA TYCHY	M-Open	57	01:38:41.50	01:38:41.50	+00:56:43 (57.5%)	14:05	4.3 (43.0%)
132	POLAK Maciej	7139	DŹWIK	M-Open	58	01:39:59.05	01:39:59.05	+00:58:00 (58.0%)	14:17	4.2 (42.0%)
133	POLAK Anna	7140	DŹWIK	K-Open	28	01:39:59.10	01:39:59.10	+00:58:01 (58.0%)	14:17	4.2 (42.0%)
134	MAGIERA Karolina	7085	SPARTAŃSKA DZICZ	K-Open	29	01:40:35.35	01:40:35.35	+00:58:37 (58.3%)	14:22	4.2 (42.0%)
135	PRASEK Sara	7144	ŁĄCZY NAS COŚ WIĘCEJ NIŻ ALKOHOL	K-Open	30	01:41:32.65	01:41:32.65	+00:59:34 (58.7%)	14:30	4.1 (41.0%)
136	ZABŁOTNY Dominik	7194	ŁĄCZY NAS COŚ WIĘCEJ NIŻ ALKOHOL	M-Open	59	01:41:33.20	01:41:33.20	+00:59:35 (58.7%)	14:30	4.1 (41.0%)
137	KOSTYRA Piotr	7074	ŁĄCZY NAS COŚ WIĘCEJ NIŻ ALKOHOL	M-Open	60	01:41:33.55	01:41:33.55	+00:59:35 (58.7%)	14:30	4.1 (41.0%)
138	MAŚLANKA Kornelia	7107		K-Open	31	01:41:43.45	01:41:43.45	+00:59:45 (58.7%)	14:31	4.1 (41.0%)
139	MAŚLANKA Mariusz	7108		M-Open	61	01:42:02.80	01:42:02.80	+01:00:04 (58.9%)	14:34	4.1 (41.0%)
140	MICHALEC Magdalena	7201		K-Open	32	01:42:30.70	01:42:30.70	+01:00:32 (59.1%)	14:38	4.1 (41.0%)
141	ZACHARA Katarzyna	7195	LEMON TEAM	Elite Kobiet	9	01:43:22.25	01:43:22.25	+01:01:24 (59.4%)	14:46	4.1 (41.0%)
142	PORADA Magdalena	7143		K-Open	33	01:45:47.05	01:45:47.05	+01:03:48 (60.3%)	15:06	4 (40.0%)
143	TARKO Kinga	7174	SIDZINIAN TEAM	K-Open	34	01:46:15.35	01:46:15.35	+01:04:17 (60.5%)	15:10	4 (40.0%)
144	TARKO Kamil	7173	SIDZINIAN TEAM	M-Open	62	01:46:21.80	01:46:21.80	+01:04:23 (60.5%)	15:11	3.9 (39.0%)
145	CZECHURA Agata	7021	OSTATNI NA MECIE	K-Open	35	01:46:44.65	01:46:44.65	+01:04:46 (60.7%)	15:14	3.9 (39.0%)
146	CZECHURA Malgorzata	7020	OSTATNI NA MECIE	K-Open	36	01:47:01.00	01:47:01.00	+01:05:02 (60.8%)	15:17	3.9 (39.0%)
147	CZECHURA Barbara	7022	OSTATNI NA MECIE	K-Open	37	01:47:01.30	01:47:01.30	+01:05:03 (60.8%)	15:17	3.9 (39.0%)
148	SERAFIN Paweł	7153		M-Open	63	01:47:19.25	01:47:19.25	+01:05:21 (60.9%)	15:19	3.9 (39.0%)
149	GÓRSKA Helena	7046	SRS RATEL	K-Open	38	01:51:18.65	01:51:18.65	+01:09:20 (62.3%)	15:54	3.8 (38.0%)
150	NOWAK Sebastian	7119		M-Open	64	01:51:37.25	01:51:37.25	+01:09:39 (62.4%)	15:56	3.8 (38.0%)
151	NOWAK Albert	7120		M-Open	65	01:51:38.30	01:51:38.30	+01:09:40 (62.4%)	15:56	3.8 (38.0%)
152	ŚWIATOWIEC Adrian	7172	SRS RATEL	M-Open	66	01:52:20.90	01:52:20.90	+01:10:22 (62.6%)	16:02	3.7 (37.0%)
153	JAMROCH Natalia	7053	SRS RATEL	K-Open	39	01:52:21.10	01:52:21.10	+01:10:23 (62.6%)	16:03	3.7 (37.0%)
154	NATKANIEC Karolina	7114	BEFIT24TEAM	K-Open	40	01:53:44.55	01:53:44.55	+01:11:46 (63.1%)	16:14	3.7 (37.0%)
155	KOCON Katarzyna	7069	BEFIT24TEAM	K-Open	41	01:54:05.95	01:54:05.95	+01:12:07 (63.2%)	16:17	3.7 (37.0%)
156	ŁOPATOWSKA Monika	7099		K-Open	42	01:54:06.25	01:54:06.25	+01:12:08 (63.2%)	16:18	3.7 (37.0%)
157	LEE Jonathan	7092	BEFIT24TEAM	M-Open	67	01:54:06.95	01:54:06.95	+01:12:08 (63.2%)	16:18	3.7 (37.0%)
158	KRAJNIAK Patrycja	7076		K-Open	43	01:54:57.70	01:54:57.70	+01:12:59 (63.5%)	16:25	3.7 (37.0%)
159	KOMPERDA Aleksandra	7073		K-Open	44	01:54:57.80	01:54:57.80	+01:12:59 (63.5%)	16:25	3.7 (37.0%)
159	KRAWCZYK Ania	7080		K-Open	44	01:54:57.80	01:54:57.80	+01:12:59 (63.5%)	16:25	3.7 (37.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
161	MAZUR Dominik	7109		M-Open	68	01:55:20.55	01:55:20.55	+01:13:22 (63.6%)	16:28	3.6 (36.0%)
162	STACH Anna	7162		K-Open	46	01:55:25.70	01:55:25.70	+01:13:27 (63.6%)	16:29	3.6 (36.0%)
163	ORENCZAK Aleksandra	7125		K-Open	47	01:56:18.00	01:56:18.00	+01:14:19 (63.9%)	16:36	3.6 (36.0%)
164	BAKA Ilona	7002	BEFIT24TEAM	K-Open	48	02:11:40.55	02:11:40.55	+01:29:42 (68.1%)	18:48	3.2 (32.0%)
165	WNUK Adrian	7188		M-Open	69	02:11:51.90	02:11:51.90	+01:29:53 (68.2%)	18:50	3.2 (32.0%)
166	OPRAWKA Andrzej	7124		Elite Mężczyzn	40	02:12:28.75	02:12:28.75	+01:30:30 (68.3%)	18:55	3.2 (32.0%)
167	BYRCZEK Bartosz	7011		M-Open	70	02:13:54.50	02:13:54.50	+01:31:56 (68.7%)	19:07	3.1 (31.0%)
168	ŻYCHOWICZ Magdalena	7199		K-Open	49	02:14:02.80	02:14:02.80	+01:32:04 (68.7%)	19:08	3.1 (31.0%)
169	SKWARA Grzegorz	7156		M-Open	71					(0.0%)
170	KUCZERA Norbert	7084	SPARTAŃSKA DZICZ	Elite Mężczyzn	41					(0.0%)

Znaleziono 170 wynik(ów)