

# COMMANDO RACE 7KM

B4SPORT



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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Elite Mężczyzn

| Msc | Zawodnik                      | Numer       | Klub                       | Kategoria      | Mkat | Czas netto 7km     | Czas brutto 7km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|-------------|----------------------------|----------------|------|--------------------|--------------------|-------------------|--------------|-------------|
| 1   | <b>HEŁMECKI Mateusz</b>       | <b>7036</b> | KONIUCHY OCR               | Elite Mężczyzn | 1    | <b>00:40:25.05</b> | <b>00:40:27.45</b> |                   | 5:46         | 10.4 (100%) |
| 2   | <b>TURCHAN Kamil</b>          | <b>7107</b> | UNITED RUNNERS             | Elite Mężczyzn | 2    | <b>00:46:37.45</b> | <b>00:46:39.30</b> | +00:06:11 (13.3%) | 6:39         | 9 (86.5%)   |
| 3   | <b>LASKOWSKI Marcin</b>       | <b>7056</b> |                            | Elite Mężczyzn | 3    | <b>00:46:57.15</b> | <b>00:46:59.55</b> | +00:06:32 (13.9%) | 6:42         | 8.9 (85.6%) |
| 4   | <b>ZDEB Maciej</b>            | <b>7112</b> | HUNTERS OCR TEAM           | Elite Mężczyzn | 4    | <b>00:47:15.65</b> | <b>00:47:17.80</b> | +00:06:50 (14.5%) | 6:45         | 8.9 (85.6%) |
| 5   | <b>HAMUDA Maciej</b>          | <b>7034</b> | HUSARIA RACE TEAM          | Elite Mężczyzn | 5    | <b>00:48:53.40</b> | <b>00:48:56.05</b> | +00:08:28 (17.3%) | 6:59         | 8.6 (82.7%) |
| 6   | <b>NOWAKOWSKI Karol</b>       | <b>7079</b> | SPARTAN TEAM               | Elite Mężczyzn | 6    | <b>00:49:42.00</b> | <b>00:49:45.15</b> | +00:09:17 (18.7%) | 7:06         | 8.5 (81.7%) |
| 7   | <b>BOROŃ Mateusz</b>          | <b>7012</b> |                            | Elite Mężczyzn | 7    | <b>00:51:04.90</b> | <b>00:51:08.45</b> | +00:10:41 (20.9%) | 7:17         | 8.2 (78.8%) |
| 8   | <b>BIENIEK Michał</b>         | <b>7009</b> | CENTRUM KETTLEBELL BOCHNIA | Elite Mężczyzn | 8    | <b>00:51:37.00</b> | <b>00:51:39.00</b> | +00:11:11 (21.7%) | 7:22         | 8.1 (77.9%) |
| 9   | <b>KALICKI Piotr</b>          | <b>7043</b> |                            | Elite Mężczyzn | 9    | <b>00:54:10.65</b> | <b>00:54:13.10</b> | +00:13:45 (25.4%) | 7:44         | 7.8 (75.0%) |
| 10  | <b>GWIZDŹ Tomasz</b>          | <b>7033</b> |                            | Elite Mężczyzn | 10   | <b>00:55:28.95</b> | <b>00:55:32.10</b> | +00:15:04 (27.1%) | 7:55         | 7.6 (73.1%) |
| 11  | <b>BIENIEK Kacper</b>         | <b>7010</b> | CENTRUM KETTLEBELL BOCHNIA | Elite Mężczyzn | 11   | <b>00:56:18.00</b> | <b>00:56:20.35</b> | +00:15:52 (28.2%) | 8:02         | 7.5 (72.1%) |
| 12  | <b>BYLICA Piotr</b>           | <b>7016</b> |                            | Elite Mężczyzn | 12   | <b>00:56:23.70</b> | <b>00:56:27.55</b> | +00:16:00 (28.3%) | 8:03         | 7.4 (71.2%) |
| 13  | <b>FRANCZYK Artur</b>         | <b>7026</b> | HUSARIA RACE TEAM          | Elite Mężczyzn | 13   | <b>00:56:35.80</b> | <b>00:56:38.80</b> | +00:16:11 (28.6%) | 8:05         | 7.4 (71.2%) |
| 14  | <b>OSTAFIN Szymon</b>         | <b>7081</b> | HUSARIA RACE TEAM          | Elite Mężczyzn | 14   | <b>00:57:27.90</b> | <b>00:57:30.60</b> | +00:17:03 (29.7%) | 8:12         | 7.3 (70.2%) |
| 15  | <b>CZAPLA Bartosz</b>         | <b>7018</b> |                            | Elite Mężczyzn | 15   | <b>01:32:13.10</b> | <b>01:32:16.75</b> | +00:51:49 (56.2%) | 13:10        | 4.6 (44.2%) |
| 16  | <b>PEQEÑO CALVAR Ezequiel</b> | <b>7085</b> |                            | Elite Mężczyzn | 16   | <b>01:47:55.00</b> | <b>01:47:58.85</b> | +01:07:31 (62.5%) | 15:25        | 3.9 (37.5%) |
| 17  | <b>SARZYŃSKI Wojciech</b>     | <b>7095</b> | SARZYN-SKI                 | Elite Mężczyzn | 17   | <b>01:48:10.45</b> | <b>01:48:14.60</b> | +01:07:47 (62.6%) | 15:27        | 3.9 (37.5%) |
| 18  | <b>KACZMAREK Łukasz</b>       | <b>7042</b> |                            | Elite Mężczyzn | 18   |                    |                    |                   |              | (0.0%)      |

Znaleziono 18 wynik(ów)