



**Wydarzenie:** Commando Race  
**Organizator:** COMMANDO RACE  
**Data:** 2019-06-08  
**Miejsce:** Kraków  
**Dystans:** 7 km km

## COMMANDO RACE 7KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	<b>MAŁYJUREK Aleksandra</b>	<b>7214</b>	HUSARIA RACE TEAM	K-Open	1	<b>01:04:38.55</b>	<b>01:04:41.65</b>		10:46	5.6 (100%)
2	<b>RUSSOVA Yana</b>	<b>7334</b>	TEAM DORIS KRAKÓW	K-Open	2	<b>01:06:43.95</b>	<b>01:06:46.50</b>	+00:02:04 (3.1%)	11:07	5.4 (96.4%)
3	<b>WŁOKA Jessica</b>	<b>7348</b>	WARCHLAKI ADELAJDY	K-Open	3	<b>01:13:04.50</b>	<b>01:13:07.80</b>	+00:08:26 (11.5%)	12:10	4.9 (87.5%)
4	<b>STROJEK Katarzyna</b>	<b>7338</b>		K-Open	4	<b>01:22:39.45</b>	<b>01:22:43.10</b>	+00:18:01 (21.8%)	13:46	4.4 (78.6%)
5	<b>STOLARCZYK Aleksandra</b>	<b>7337</b>		K-Open	5	<b>01:22:39.15</b>	<b>01:22:43.20</b>	+00:18:01 (21.8%)	13:46	4.4 (78.6%)
6	<b>SOBAŃSKA-CHRYCZYK Magdalena</b>	<b>7411</b>		K-Open	6	<b>01:22:05.55</b>	<b>01:23:32.85</b>	+00:18:51 (22.6%)	13:40	4.4 (78.6%)
7	<b>NIZIURSKA Marzanna</b>	<b>7141</b>	HUSARIA RACE TEAM	K-Open	7	<b>01:22:19.50</b>	<b>01:23:45.90</b>	+00:19:04 (22.8%)	13:43	4.4 (78.6%)
8	<b>STANEK Weronika</b>	<b>7159</b>	WERMI	K-Open	8	<b>01:23:41.85</b>	<b>01:24:18.85</b>	+00:19:37 (23.3%)	13:56	4.3 (76.8%)
9	<b>WÓJCIK Marlena</b>	<b>7255</b>		K-Open	9	<b>01:25:03.55</b>	<b>01:25:10.15</b>	+00:20:28 (24.0%)	14:10	4.2 (75.0%)
10	<b>KANDEFER Beata</b>	<b>7307</b>	COMMANDO FAMILY	K-Open	10	<b>01:25:28.40</b>	<b>01:25:31.45</b>	+00:20:49 (24.4%)	14:14	4.2 (75.0%)
11	<b>SELECKA Teresa</b>	<b>7241</b>	TWOJE STUDIO ZDROWIA	K-Open	11	<b>01:27:10.15</b>	<b>01:27:13.85</b>	+00:22:32 (25.8%)	14:31	4.1 (73.2%)
12	<b>STAWARZ Paulina</b>	<b>7244</b>		K-Open	12	<b>01:27:43.25</b>	<b>01:27:44.25</b>	+00:23:02 (26.3%)	14:37	4.1 (73.2%)
13	<b>KRAWCZYK Kamila</b>	<b>7257</b>		K-Open	13	<b>01:28:37.45</b>	<b>01:28:41.45</b>	+00:23:59 (27.1%)	14:46	4.1 (73.2%)
14	<b>JONDA Izabela</b>	<b>7199</b>		K-Open	14	<b>01:28:46.30</b>	<b>01:28:50.00</b>	+00:24:08 (27.2%)	14:47	4.1 (73.2%)
15	<b>NIEMIEC Katarzyna</b>	<b>7225</b>		K-Open	15	<b>01:29:12.50</b>	<b>01:29:16.70</b>	+00:24:35 (27.5%)	14:52	4 (71.4%)
16	<b>CHERNIAK Milena</b>	<b>7279</b>	TEAM DORIS KRAKOW	K-Open	16	<b>01:29:38.40</b>	<b>01:29:47.30</b>	+00:25:05 (27.9%)	12:48	4.7 (83.9%)
17	<b>FORTUNA Milena</b>	<b>7189</b>		K-Open	17	<b>01:29:43.50</b>	<b>01:29:50.25</b>	+00:25:08 (28.0%)	14:57	4 (71.4%)
18	<b>MOCZYŃSKA-PAPKA Maja</b>	<b>7138</b>	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	18	<b>01:29:07.35</b>	<b>01:30:36.50</b>	+00:25:54 (28.6%)	14:51	4 (71.4%)
19	<b>PALUCH Dorota</b>	<b>7148</b>	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	19	<b>01:29:07.90</b>	<b>01:30:37.60</b>	+00:25:55 (28.6%)	14:51	4 (71.4%)
20	<b>KONEWECKA-HOŁÓJ Katarzyna</b>	<b>7114</b>	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	20	<b>01:29:31.30</b>	<b>01:31:00.50</b>	+00:26:18 (28.9%)	14:55	4 (71.4%)
21	<b>CHUDZIAK Agnieszka</b>	<b>7097</b>	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	21	<b>01:29:57.05</b>	<b>01:31:26.75</b>	+00:26:45 (29.3%)	14:59	4 (71.4%)
22	<b>SZCZAŁBA Monika</b>	<b>7165</b>	FITNESS KOCCMYRZÓW-LUBORZYCA	K-Open	22	<b>01:31:28.20</b>	<b>01:32:57.80</b>	+00:28:16 (30.4%)	15:14	3.9 (69.6%)
23	<b>MOTAL Natalia</b>	<b>7140</b>		K-Open	23	<b>01:31:57.70</b>	<b>01:33:27.50</b>	+00:28:45 (30.8%)	15:19	3.9 (69.6%)
24	<b>TUREK Magdalena</b>	<b>7170</b>	FITNESS KOCCMYRZOW - LUBORZYCA	K-Open	24	<b>01:32:05.55</b>	<b>01:33:36.15</b>	+00:28:54 (30.9%)	15:21	3.9 (69.6%)
25	<b>UKLAŃSKA Karolina</b>	<b>7250</b>	EUVIC	K-Open	25	<b>01:33:37.75</b>	<b>01:33:41.10</b>	+00:28:59 (30.9%)	15:36	3.8 (67.9%)
26	<b>ŻUREK Lena</b>	<b>7264</b>	#TORPEDA	K-Open	26	<b>01:34:16.10</b>	<b>01:34:23.45</b>	+00:29:41 (31.5%)	15:42	3.8 (67.9%)
27	<b>JĘŻAK Angelika</b>	<b>7198</b>	#TORPEDA	K-Open	27	<b>01:34:16.45</b>	<b>01:34:23.95</b>	+00:29:42 (31.5%)	15:42	3.8 (67.9%)
28	<b>SZPAKOWSKA Malgorzata</b>	<b>7342</b>	ŁAJZY	K-Open	28	<b>01:34:55.55</b>	<b>01:35:00.70</b>	+00:30:19 (31.9%)	13:33	4.4 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7km	brutto 7km			
29	CHACHULSKA Karina	7095		K-Open	29	01:34:12.00	01:35:41.15	+00:30:59 (32.4%)	15:42	3.8 (67.9%)
30	MADEJSKA Justyna	7130		K-Open	30	01:34:13.25	01:35:42.15	+00:31:00 (32.4%)	15:42	3.8 (67.9%)
31	WALCZAK Anna	7172		K-Open	31	01:34:15.25	01:35:44.20	+00:31:02 (32.4%)	15:42	3.8 (67.9%)
32	MULARCZYK Agnieszka	7223		K-Open	32	01:36:36.25	01:36:39.05	+00:31:57 (33.1%)	16:06	3.7 (66.1%)
33	KACZMARCZYK Izabela	7109	NDE	K-Open	33	01:35:33.00	01:37:04.85	+00:32:23 (33.4%)	15:55	3.8 (67.9%)
34	BIELAWSKA Kamila	7092		K-Open	34	01:36:55.10	01:38:27.75	+00:33:46 (34.3%)	16:09	3.7 (66.1%)
35	BOGATY Gabriela	7093	LEMON TEAM	K-Open	35	01:38:09.15	01:39:36.15	+00:34:54 (35.0%)	16:21	3.7 (66.1%)
36	NIGBOROWICZ Aneta	7384	HAJIME KRAKÓW	K-Open	36	01:40:37.00	01:40:41.90	+00:36:00 (35.8%)	14:22	4.2 (75.0%)
37	KUŹNIK Anna	7213	HUSARIA RACE TEAM	K-Open	37	01:40:40.35	01:40:45.85	+00:36:04 (35.8%)	16:46	3.6 (64.3%)
38	ŁOBODA Agnieszka	7126	LEMON TEAM	K-Open	38	01:39:46.60	01:41:14.20	+00:36:32 (36.1%)	16:37	3.6 (64.3%)
39	KASIŃSKA Sonia	7310		K-Open	39	01:42:02.90	01:42:05.30	+00:37:23 (36.6%)	14:34	4.1 (73.2%)
40	LEŚNIEWSKA Izabela	7315		K-Open	40	01:43:12.60	01:43:21.60	+00:38:39 (37.4%)	14:44	4.1 (73.2%)
41	CHAIEB Natalia	7096	LEMON TEAM	K-Open	41	01:42:07.85	01:43:35.55	+00:38:53 (37.5%)	17:01	3.5 (62.5%)
42	TYRAŁA Agnieszka	7171		K-Open	42	01:43:29.45	01:45:10.35	+00:40:28 (38.5%)	17:15	3.5 (62.5%)
43	STRUMIŃSKA-FRYDEL Julka	7245		K-Open	43	01:45:35.95	01:45:43.35	+00:41:01 (38.8%)	17:36	3.4 (60.7%)
44	KACZMARSKA Marcelina	7200		K-Open	44	01:45:36.35	01:45:43.40	+00:41:01 (38.8%)	17:36	3.4 (60.7%)
45	PŁAZIEŃSKA Justyna	7328	SKAWINA BIEGA	K-Open	45	01:45:57.05	01:46:03.40	+00:41:21 (39.0%)	15:08	4 (71.4%)
46	SZEMRAJ Anna	7341	SKAWINA BIEGA	K-Open	46	01:45:58.35	01:46:03.95	+00:41:22 (39.0%)	15:08	4 (71.4%)
47	ZNOWIEC Renata	7261	PANI	K-Open	47	01:45:58.35	01:46:04.50	+00:41:22 (39.0%)	17:39	3.4 (60.7%)
48	MUSIAŁ Basia	7224		K-Open	48	01:45:59.15	01:46:04.80	+00:41:23 (39.0%)	17:39	3.4 (60.7%)
49	OWSIAK Marta	7229	BIEGNĄCY POD PRĄD	K-Open	49	01:47:07.90	01:47:13.40	+00:42:31 (39.7%)	17:51	3.4 (60.7%)
50	PIEKARCZYK Aneta	7150		K-Open	50	01:45:53.35	01:47:20.60	+00:42:38 (39.7%)	17:38	3.4 (60.7%)
51	POTACZEK Marzena	7153		K-Open	51	01:45:53.90	01:47:21.25	+00:42:39 (39.7%)	17:39	3.4 (60.7%)
52	ZYTKO Magdalena	7177		K-Open	52	01:47:07.90	01:48:36.50	+00:43:54 (40.4%)	17:51	3.4 (60.7%)
53	ŁOJAS Ewelina	7127		K-Open	53	01:47:08.20	01:48:36.65	+00:43:55 (40.4%)	17:51	3.4 (60.7%)
54	ŁOJAS Paulina	7128		K-Open	54	01:47:08.40	01:48:36.75	+00:43:55 (40.4%)	17:51	3.4 (60.7%)
55	BOGUSZEWSKA Maria	7183		K-Open	55	01:48:59.85	01:49:04.35	+00:44:22 (40.7%)	18:10	3.3 (58.9%)
56	ADAMCZYK Aneta	7271	GIRLS POWER	K-Open	56	01:51:30.50	01:51:34.60	+00:46:52 (42.0%)	15:55	3.8 (67.9%)
57	ADAMCZYK Zuzanna	7272	GIRLS POWER	K-Open	57	01:51:39.10	01:51:43.10	+00:47:01 (42.1%)	15:57	3.8 (67.9%)
58	WALAS-WARZECHA Marta	7251		K-Open	58	01:51:56.00	01:52:00.30	+00:47:18 (42.2%)	15:59	3.8 (67.9%)
59	MOSTOWIK-WLACH Joanna	7319		K-Open	59	01:52:01.50	01:52:05.00	+00:47:23 (42.3%)	16:00	3.7 (66.1%)
59	KURBIEL Katarzyna	7313		K-Open	60	01:52:01.35	01:52:05.00	+00:47:23 (42.3%)	16:00	3.7 (66.1%)
59	BOLEK Natalia	7362	HAJIME KRAKÓW	K-Open	61	01:52:00.55	01:52:05.00	+00:47:23 (42.3%)	16:00	3.7 (66.1%)
62	GŁOWACKA Katarzyna	7192	HUSARIA RACE TEAM	K-Open	62	01:52:34.50	01:52:42.90	+00:48:01 (42.6%)	16:04	3.7 (66.1%)
63	GRABIAŃSKA Katarzyna	7297	VIKING TRAINING CENTER	K-Open	63	01:52:48.75	01:52:55.45	+00:48:13 (42.7%)	16:07	3.7 (66.1%)
64	KOBIAŁKA Agata	7203		K-Open	64	01:53:00.10	01:53:07.90	+00:48:26 (42.8%)	16:08	3.7 (66.1%)
65	CZERWIŃSKA Marta	7407		K-Open	65	01:53:24.50	01:54:55.60	+00:50:13 (43.7%)	18:54	3.2 (57.1%)
66	CHERNOVA Iuliia	7280		K-Open	66	01:58:37.75	01:58:42.45	+00:54:00 (45.5%)	16:56	3.5 (62.5%)
67	KĘDZIORA Monika	7110	CROSSFITSIEDLCE	K-Open	67	01:57:19.10	01:58:45.40	+00:54:03 (45.5%)	19:33	3.1 (55.4%)
68	STAŃSKA Sylwia	7161	CROSSFIT SIEDLCE	K-Open	68	01:57:21.15	01:58:46.85	+00:54:05 (45.5%)	19:33	3.1 (55.4%)
69	KOZERA Joanna	7207		K-Open	69	01:59:29.60	01:59:34.40	+00:54:52 (45.9%)	17:04	3.5 (62.5%)
70	ZAPALA Aldona	7258		K-Open	70	01:59:29.95	01:59:34.95	+00:54:53 (45.9%)	17:04	3.5 (62.5%)
71	CZECHURA Agata	7365	OSTATNI NA MECIE	K-Open	71	02:00:17.55	02:00:25.50	+00:55:43 (46.3%)	17:11	3.5 (62.5%)
72	CZECHURA- SUROWIEC Katarzyna	7368	OSTATNI NA MECIE	K-Open	72	02:00:17.75	02:00:25.70	+00:55:44 (46.3%)	17:11	3.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
73	<b>CZECHURA Barbara</b>	<b>7366</b>	OSTATNI NA MECIE	K-Open	73	<b>02:00:25.10</b>	<b>02:00:33.65</b>	+00:55:52 (46.3%)	17:12	3.5 (62.5%)
74	<b>JUR Edyta</b>	<b>7107</b>	CROSSFITSIEDLCE	K-Open	74	<b>01:59:27.40</b>	<b>02:00:54.35</b>	+00:56:12 (46.5%)	17:04	3.5 (62.5%)
75	<b>CZECHURA Malgorzata</b>	<b>7364</b>	OSTATNI NA MECIE	K-Open	75	<b>02:00:57.35</b>	<b>02:01:05.05</b>	+00:56:23 (46.6%)	17:16	3.5 (62.5%)
76	<b>BOGUCKA Jolanta</b>	<b>7361</b>	OSTATNI NA MECIE	K-Open	76	<b>02:01:10.45</b>	<b>02:01:18.40</b>	+00:56:36 (46.7%)	17:18	3.5 (62.5%)
77	<b>FISCHER Monika</b>	<b>7291</b>		K-Open	77	<b>02:02:41.65</b>	<b>02:02:49.30</b>	+00:58:07 (47.3%)	17:31	3.4 (60.7%)
78	<b>FISCHER Ola</b>	<b>7292</b>		K-Open	78	<b>02:02:42.45</b>	<b>02:02:50.20</b>	+00:58:08 (47.3%)	17:31	3.4 (60.7%)
79	<b>BERNARD Dorota</b>	<b>7275</b>	KROKUS	K-Open	79	<b>02:02:46.55</b>	<b>02:02:50.60</b>	+00:58:08 (47.3%)	17:32	3.4 (60.7%)
80	<b>SZCZUREK Magdalena</b>	<b>7247</b>		K-Open	80	<b>02:06:11.75</b>	<b>02:06:15.30</b>	+01:01:33 (48.8%)	18:01	3.3 (58.9%)
81	<b>RAŚ Agnieszka</b>	<b>7237</b>	HUSARIA RACE TEAM	K-Open	81	<b>02:06:12.20</b>	<b>02:06:15.65</b>	+01:01:34 (48.8%)	18:01	3.3 (58.9%)
82	<b>GALARA Aneta</b>	<b>7102</b>	FITNESS KOCMYRZÓW LUBORZYCA	K-Open	82	<b>02:05:31.85</b>	<b>02:07:02.65</b>	+01:02:21 (49.1%)	20:55	2.9 (51.8%)
83	<b>KUCHAREK Iwona</b>	<b>7120</b>	FITNESS KOCMYRZÓW LUBORZYCA	K-Open	83	<b>02:05:34.05</b>	<b>02:07:02.80</b>	+01:02:21 (49.1%)	20:55	2.9 (51.8%)
83	<b>MENTEL Agnieszka</b>	<b>7135</b>	FITNESS KOCMYRZÓW-LUBRZYCA	K-Open	84	<b>02:05:33.40</b>	<b>02:07:02.80</b>	+01:02:21 (49.1%)	20:55	2.9 (51.8%)
85	<b>MACZEK Weronika</b>	<b>7129</b>		K-Open	85	<b>02:05:56.40</b>	<b>02:07:27.40</b>	+01:02:45 (49.2%)	20:59	2.9 (51.8%)
86	<b>PLACHETKA Hanna</b>	<b>7151</b>		K-Open	86	<b>02:05:57.35</b>	<b>02:07:28.45</b>	+01:02:46 (49.2%)	20:59	2.9 (51.8%)
87	<b>PSZCZOLA Joanna</b>	<b>7330</b>	TEAM DORIS KRAKÓW	K-Open	87	<b>02:09:10.05</b>	<b>02:09:19.90</b>	+01:04:38 (50.0%)	18:27	3.3 (58.9%)
88	<b>OLKUSKA Anna</b>	<b>7322</b>	TEAM DORIS KRAKÓW	K-Open	88	<b>02:09:10.20</b>	<b>02:09:20.05</b>	+01:04:38 (50.0%)	18:27	3.3 (58.9%)
88	<b>GAWLIK Anita</b>	<b>7295</b>	TEAM DORIS KRAKÓW	K-Open	89	<b>02:09:10.25</b>	<b>02:09:20.05</b>	+01:04:38 (50.0%)	18:27	3.3 (58.9%)
90	<b>FALKIEWICZ Sylwia</b>	<b>7289</b>	TEAM DORIS KRAKÓW	K-Open	90	<b>02:09:10.60</b>	<b>02:09:20.20</b>	+01:04:38 (50.0%)	18:27	3.3 (58.9%)
91	<b>PRUCIA Katarzyna</b>	<b>7329</b>	TEAM DORIS KRAKÓW	K-Open	91	<b>02:09:10.25</b>	<b>02:09:20.35</b>	+01:04:38 (50.0%)	18:27	3.3 (58.9%)
92	<b>SZCZEPANIK Dorota</b>	<b>7339</b>	TEAM DORIS KRAKÓW	K-Open	92	<b>02:09:10.95</b>	<b>02:09:20.55</b>	+01:04:38 (50.0%)	18:27	3.3 (58.9%)
93	<b>KOTRA Aneta</b>	<b>7115</b>	HUSARIA RACE TEAM	K-Open	93	<b>02:07:58.15</b>	<b>02:09:32.45</b>	+01:04:50 (50.1%)	21:19	2.8 (50.0%)
94	<b>WOLARCZYK Gabriela</b>	<b>7174</b>		K-Open	94	<b>02:08:52.70</b>	<b>02:10:22.60</b>	+01:05:40 (50.4%)	21:28	2.8 (50.0%)
95	<b>LISEK Anna</b>	<b>7316</b>	GRUPA GRILLOWA	K-Open	95	<b>02:11:35.70</b>	<b>02:11:42.40</b>	+01:07:00 (50.9%)	18:48	3.2 (57.1%)
96	<b>STUDZIŃSKA Dagmara</b>	<b>7392</b>		K-Open	96	<b>02:14:55.00</b>	<b>02:14:58.20</b>	+01:10:16 (52.1%)	19:16	3.1 (55.4%)
97	<b>SZEGDA Anna</b>	<b>7396</b>		K-Open	97	<b>02:16:10.30</b>	<b>02:16:13.50</b>	+01:11:31 (52.5%)	19:27	3.1 (55.4%)
98	<b>SOŁEK Ilona</b>	<b>7158</b>	FITNESS KOCMYRZÓW-LUBORZYCA	K-Open	98	<b>02:16:43.80</b>	<b>02:18:13.85</b>	+01:13:32 (53.2%)	19:31	3.1 (55.4%)
99	<b>KLIMCZAK Barbara</b>	<b>7111</b>		K-Open	99	<b>02:22:13.85</b>	<b>02:23:44.75</b>	+01:19:03 (55.0%)	20:19	3 (53.6%)
100	<b>STUDNICKA Anna</b>	<b>7164</b>		K-Open	100	<b>02:22:13.85</b>	<b>02:23:45.70</b>	+01:19:04 (55.0%)	20:19	3 (53.6%)
101	<b>JACEWICZ Martyna</b>	<b>7304</b>		K-Open	101	<b>02:41:17.90</b>	<b>02:41:24.85</b>	+01:36:43 (59.9%)	23:02	2.6 (46.4%)
102	<b>ZATORSKA Agnieszka</b>	<b>7259</b>		K-Open	102					(0.0%)

Znaleziono 102 wynik(ów)