



COMMANDO RACE 7KM

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	OBLIZAJEK Paweł	7321	WARCHLAKI ADELAJDY	M-Open	1	00:50:56.05	00:50:58.45		8:29	7.1 (100%)
2	MAŁYJUREK Rafał	7215	HUSARIA RACE TEAM	M-Open	2	00:52:44.35	00:52:47.90	+00:01:49 (3.5%)	8:47	6.8 (95.8%)
3	HALOTA Dariusz	7301	DRUŻYNA 123	M-Open	3	00:53:20.00	00:53:25.15	+00:02:26 (4.6%)	8:53	6.8 (95.8%)
4	ZIELIŃSKI Tomasz	7350	WARCHLAKI ADELAJDY	M-Open	4	00:54:46.45	00:54:49.30	+00:03:50 (7.0%)	9:07	6.6 (93.0%)
5	MALEC Bartek	7318	WARCHLAKI ADELAJDY	M-Open	5	00:55:15.75	00:55:18.55	+00:04:20 (7.8%)	9:12	6.5 (91.5%)
6	GAŁKA Rafał	7190		M-Open	6	00:55:32.10	00:55:34.70	+00:04:36 (8.3%)	9:15	6.5 (91.5%)
7	FALKIEWICZ Michał	7290	TEAM DORIS KRAKÓW	M-Open	7	00:58:03.85	00:58:05.90	+00:07:07 (12.3%)	9:40	6.2 (87.3%)
8	ZWOLIŃSKI Michał	7351	TEAM DORIS KRAKÓW	M-Open	8	00:59:33.50	00:59:36.05	+00:08:37 (14.5%)	9:55	6 (84.5%)
9	KANIEWSKI Michał	7309		M-Open	9	00:59:40.65	00:59:46.10	+00:08:47 (14.7%)	9:56	6 (84.5%)
10	OSTAFIN Szymon	7324	HUSARIA RACE TEAM	M-Open	10	01:02:36.15	01:02:38.65	+00:11:40 (18.6%)	10:26	5.8 (81.7%)
11	WOLNY Krzysztof	7401		M-Open	11	01:02:45.50	01:02:49.15	+00:11:50 (18.9%)	10:27	5.7 (80.3%)
12	KASPRZYK Karol	7416		M-Open	12	01:04:06.65	01:04:07.65	+00:13:09 (20.5%)	10:41	5.6 (78.9%)
13	GÓRECKI Michał	7194	SWP RANGERS	M-Open	13	01:04:09.50	01:04:11.85	+00:13:13 (20.6%)	10:41	5.6 (78.9%)
14	DZIWIREK Adam	7288	6BPD	M-Open	14	01:04:50.80	01:04:55.60	+00:13:57 (21.5%)	10:48	5.6 (78.9%)
15	KRAWCZYK Andrzej	7208	JW 4009	M-Open	15	01:05:34.20	01:05:39.45	+00:14:41 (22.4%)	10:55	5.5 (77.5%)
15	RAPACZ Łukasz	7332	JW 4009	M-Open	16	01:05:33.70	01:05:39.45	+00:14:41 (22.4%)	10:55	5.5 (77.5%)
17	RACHOŃ Piotr	7331	6BPD	M-Open	17	01:05:34.40	01:05:39.55	+00:14:41 (22.4%)	10:55	5.5 (77.5%)
18	WĘGRZYN Jakub	7343	DRUŻYNA 123	M-Open	18	01:05:40.90	01:05:46.20	+00:14:47 (22.5%)	10:56	5.5 (77.5%)
19	DURAJ Grzegorz	7285	DRUŻYNA 123	M-Open	19	01:05:40.95	01:05:47.00	+00:14:48 (22.5%)	10:56	5.5 (77.5%)
20	CZULAK Łukasz	7283	KROKUS	M-Open	20	01:07:30.80	01:07:34.00	+00:16:35 (24.6%)	11:15	5.3 (74.6%)
21	WILCZEWSKI Rafał	7345	WARCHLAKI ADELAJDY	M-Open	21	01:08:30.00	01:08:32.25	+00:17:33 (25.6%)	11:25	5.3 (74.6%)
22	FRANKOWSKI Robert	7101	BRAK	M-Open	22	01:08:11.45	01:09:39.30	+00:18:40 (26.8%)	11:22	5.3 (74.6%)
23	JAROSZ Tomasz	7371	OSTATNI NA MECIE	M-Open	23	01:10:30.40	01:10:32.35	+00:19:33 (27.7%)	10:04	6 (84.5%)
24	OLEKSY Kamil	7385	OŚWIECENIA TEAM HAJIME	M-Open	24	01:10:55.10	01:10:59.75	+00:20:01 (28.2%)	10:07	5.9 (83.1%)
25	SIKORA Marek	7155	BODY CHALLENGE OPOLE	M-Open	25	01:09:49.00	01:11:17.00	+00:20:18 (28.5%)	11:38	5.2 (73.2%)
26	WYZGAŁ Daniel	7256		M-Open	26	01:11:50.90	01:11:54.80	+00:20:56 (29.1%)	11:58	5 (70.4%)
27	KYŚ Andrzej	7122		M-Open	27	01:11:14.15	01:12:41.10	+00:21:42 (29.9%)	11:52	5.1 (71.8%)
28	KIEŁTYKA Konrad	7202		M-Open	28	01:12:47.10	01:12:51.20	+00:21:52 (30.0%)	12:07	4.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
29	ŻARNOWSKI Michał	7263		M-Open	29	01:13:31.20	01:13:35.55	+00:22:37 (30.7%)	12:15	4.9 (69.0%)
30	KRZYSZTOFIK Wojciech	7209		M-Open	30	01:13:34.65	01:13:37.70	+00:22:39 (30.8%)	12:15	4.9 (69.0%)
31	TONDYRA Dariusz	7248		M-Open	31	01:13:45.05	01:13:49.70	+00:22:51 (31.0%)	12:17	4.9 (69.0%)
32	CHRYCZOR Tomasz	7410		M-Open	32	01:13:26.10	01:14:53.05	+00:23:54 (31.9%)	12:14	4.9 (69.0%)
33	ZABDYR Rafał	7176	CROSSWORD CYBERSECURITY	M-Open	33	01:13:39.70	01:15:06.50	+00:24:08 (32.1%)	12:16	4.9 (69.0%)
34	KRAMARCZYK Michał	7118		M-Open	34	01:13:43.20	01:15:11.10	+00:24:12 (32.2%)	12:17	4.9 (69.0%)
35	KRAMARCZYK Filip	7117		M-Open	35	01:13:43.60	01:15:11.20	+00:24:12 (32.2%)	12:17	4.9 (69.0%)
36	LESZKO Michał	7125	CROSSWORD CYBERSECURITY	M-Open	36	01:13:48.00	01:15:15.55	+00:24:17 (32.3%)	12:18	4.9 (69.0%)
37	NOWAK Paweł	7144		M-Open	37	01:13:48.25	01:15:16.70	+00:24:18 (32.3%)	12:18	4.9 (69.0%)
38	DUDA Daniel	7100		M-Open	38	01:15:29.50	01:15:35.40	+00:24:36 (32.6%)	12:35	4.8 (67.6%)
39	MICHALEC Bartłomiej	7136		M-Open	39	01:14:09.55	01:15:36.65	+00:24:38 (32.6%)	12:21	4.9 (69.0%)
40	SARAD Krzysztof	7240	SPARTA ZALASOWA	M-Open	40	01:16:18.30	01:16:21.25	+00:25:22 (33.2%)	12:43	4.7 (66.2%)
41	CZARNIK Marek	7186	SPARTA ZALASOWA	M-Open	41	01:16:18.30	01:16:21.45	+00:25:23 (33.2%)	12:43	4.7 (66.2%)
42	KAWA Lukasz	7311		M-Open	42	01:17:09.50	01:17:17.15	+00:26:18 (34.0%)	12:51	4.7 (66.2%)
43	DZIADOSZ Michał	7286	OCR TEAM DĘBICA	M-Open	43	01:18:43.65	01:18:45.80	+00:27:47 (35.3%)	13:07	4.6 (64.8%)
44	KOWALIK Dariusz	7205		M-Open	44	01:21:38.55	01:21:42.05	+00:30:43 (37.6%)	13:36	4.4 (62.0%)
45	KMITA Jakub	7113		M-Open	45	01:20:42.55	01:22:11.10	+00:31:12 (38.0%)	13:27	4.5 (63.4%)
46	AUGUSTYNIAK Kamil	7274	WARCHLAKI ADELAJDY	M-Open	46	01:22:15.45	01:22:18.50	+00:31:20 (38.1%)	13:42	4.4 (62.0%)
47	BORYCZKA Szymon	7094	POWOLI DO CELU	M-Open	47	01:21:20.15	01:22:48.35	+00:31:49 (38.4%)	13:33	4.4 (62.0%)
48	WICIARZ Jakub	7344		M-Open	48	01:22:46.30	01:22:55.15	+00:31:56 (38.5%)	13:47	4.3 (60.6%)
48	OGAREK Szymon	7414		M-Open	49	01:22:46.90	01:22:55.15	+00:31:56 (38.5%)	13:47	4.3 (60.6%)
50	KOWALSKI Dariusz	7206		M-Open	50	01:23:02.25	01:23:07.35	+00:32:08 (38.7%)	13:50	4.3 (60.6%)
51	KUCHARSKI Krystian	7210		M-Open	51	01:23:42.15	01:23:47.35	+00:32:48 (39.2%)	13:57	4.3 (60.6%)
52	WOLSKI Marcin	7254	MASKA	M-Open	52	01:23:51.90	01:23:56.80	+00:32:58 (39.3%)	13:58	4.3 (60.6%)
53	MASLOUSKI Mikita	7132		M-Open	53	01:22:50.60	01:24:18.50	+00:33:20 (39.5%)	13:48	4.3 (60.6%)
54	BOBROWSKI Michał	7278		M-Open	54	01:24:16.30	01:24:21.50	+00:33:23 (39.6%)	14:02	4.3 (60.6%)
55	JANOSKA Wojtek	7305	JW 4686	M-Open	55	01:25:01.80	01:25:07.40	+00:34:08 (40.1%)	14:10	4.2 (59.2%)
56	MOCUR Dawid	7221		M-Open	56	01:25:03.45	01:25:09.95	+00:34:11 (40.1%)	14:10	4.2 (59.2%)
57	CIEŃKIEWICZ Wiktor	7282	16BPD	M-Open	57	01:25:13.85	01:25:20.20	+00:34:21 (40.3%)	14:12	4.2 (59.2%)
58	MAZIARKA Krzysztof	7218		M-Open	58	01:25:16.85	01:25:21.45	+00:34:23 (40.3%)	14:12	4.2 (59.2%)
59	BŁACH Miłosz	7277	COMMANDO FAMILY	M-Open	59	01:25:23.75	01:25:28.05	+00:34:29 (40.4%)	14:14	4.2 (59.2%)
60	FIUK Marcin	7369		M-Open	60	01:25:43.55	01:25:46.75	+00:34:48 (40.6%)	12:14	4.9 (69.0%)
61	KANDEFER Wojciech	7308	COMMANDO FAMILY	M-Open	61	01:25:46.35	01:25:50.25	+00:34:51 (40.6%)	14:17	4.2 (59.2%)
62	GONET Tomasz	7296	COMMANDO FAMILY	M-Open	62	01:25:51.35	01:25:55.55	+00:34:57 (40.7%)	14:18	4.2 (59.2%)
63	SKWARA Michał	7137		M-Open	63	01:25:18.00	01:26:50.25	+00:35:51 (41.3%)	14:13	4.2 (59.2%)
64	KŁĘBEK Mateusz	7312		M-Open	64	01:27:07.80	01:27:12.75	+00:36:14 (41.6%)	14:31	4.1 (57.7%)
65	LEKSTON Norbert	7314		M-Open	65	01:27:08.20	01:27:13.20	+00:36:14 (41.6%)	14:31	4.1 (57.7%)
66	KASPERCZYK Szczepan	7201		M-Open	66	01:27:26.30	01:27:35.25	+00:36:36 (41.8%)	14:34	4.1 (57.7%)
67	PASTERNAK Patryk	7326		M-Open	67	01:27:51.80	01:27:57.85	+00:36:59 (42.1%)	14:38	4.1 (57.7%)
68	PIETRZYK Piotr	7327		M-Open	68	01:28:02.30	01:28:08.40	+00:37:09 (42.2%)	14:40	4.1 (57.7%)
69	BIENIEK Kacper	7276		M-Open	69	01:28:11.95	01:28:16.30	+00:37:17 (42.3%)	14:42	4.1 (57.7%)
70	GURGUL Mateusz	7299		M-Open	70	01:28:12.00	01:28:16.60	+00:37:18 (42.3%)	14:42	4.1 (57.7%)
71	MARSZAŁEK Mateusz	7217		M-Open	71	01:28:15.65	01:28:21.90	+00:37:23 (42.3%)	14:42	4.1 (57.7%)
72	TRZOS Sebastian	7168		M-Open	72	01:27:13.40	01:28:46.50	+00:37:48 (42.6%)	14:32	4.1 (57.7%)

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73	OLCHAWSKI Dawid	7147		M-Open	73	01:27:10.85	01:28:49.90	+00:37:51 (42.6%)	14:31	4.1 (57.7%)
74	WOJNAR Jerzy	7253		M-Open	74	01:29:12.20	01:29:16.30	+00:38:17 (42.9%)	14:52	4 (56.3%)
75	ZAWADA Mikołaj	7349		M-Open	75	01:29:42.25	01:29:49.60	+00:38:51 (43.3%)	12:48	4.7 (66.2%)
76	GROBECKI Daniel	7195		M-Open	76	01:29:44.10	01:29:50.55	+00:38:52 (43.3%)	14:57	4 (56.3%)
77	POPCZYK Grzegorz	7235		M-Open	77	01:29:58.90	01:30:06.75	+00:39:08 (43.4%)	14:59	4 (56.3%)
78	SUROWIEC Bartosz	7395	OSTATNINA MECIE	M-Open	78	01:30:12.15	01:30:19.00	+00:39:20 (43.6%)	12:53	4.7 (66.2%)
79	JĘDRZEJCZAK Robert	7373		M-Open	79	01:30:15.60	01:30:20.30	+00:39:21 (43.6%)	12:53	4.7 (66.2%)
80	NOWAK Mateusz	7143		M-Open	80	01:30:39.55	01:32:07.90	+00:41:09 (44.7%)	15:06	4 (56.3%)
81	TWARÓG Robert	7399	BZIKI	M-Open	81	01:32:03.20	01:32:10.60	+00:41:12 (44.7%)	13:09	4.6 (64.8%)
82	SKWARA Janusz	7157		M-Open	82	01:31:10.35	01:32:42.65	+00:41:44 (45.0%)	15:11	3.9 (54.9%)
83	WOSZEK Bartosz	7175		M-Open	83	01:31:14.05	01:32:44.35	+00:41:45 (45.0%)	15:12	3.9 (54.9%)
84	SZCZAŁBA Krzysztof	7166	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	84	01:32:11.55	01:33:41.65	+00:42:43 (45.6%)	15:21	3.9 (54.9%)
85	KUŹMA Michał	7212	#TORPEDA	M-Open	85	01:34:16.55	01:34:23.90	+00:43:25 (46.0%)	15:42	3.8 (53.5%)
86	JĘŻAK Piotr	7197	#TORPEDA	M-Open	86	01:34:17.05	01:34:24.00	+00:43:25 (46.0%)	15:43	3.8 (53.5%)
87	OMYŁA Krzysztof	7228	HUSARIA RACE TEAM	M-Open	87	01:34:43.40	01:34:49.55	+00:43:51 (46.2%)	15:47	3.8 (53.5%)
88	DZIUBA Tomasz	7287	ŁAJZY TEAM	M-Open	88	01:34:57.85	01:35:02.55	+00:44:04 (46.4%)	13:34	4.4 (62.0%)
89	JAZGAR Mateusz	7306	KRÓTKA PIŁKA	M-Open	89	01:35:46.60	01:35:49.90	+00:44:51 (46.8%)	13:40	4.4 (62.0%)
90	SZCZEPANIK Sebastian	7340	KRÓTKA PIŁKA	M-Open	90	01:35:47.00	01:35:50.05	+00:44:51 (46.8%)	13:41	4.4 (62.0%)
91	SIWY Bartosz	7389	BZIKI	M-Open	91	01:35:49.80	01:35:56.85	+00:44:58 (46.9%)	13:41	4.4 (62.0%)
92	SZUMIGALSKI Michał	7397	BZIKI	M-Open	92	01:35:51.00	01:35:58.05	+00:44:59 (46.9%)	13:41	4.4 (62.0%)
93	GĘŚLAK Grzegorz	7370	BZIKI	M-Open	93	01:35:51.85	01:35:59.20	+00:45:00 (46.9%)	13:41	4.4 (62.0%)
93	TWARÓG Rafał	7398	BZIKI	M-Open	94	01:35:51.55	01:35:59.20	+00:45:00 (46.9%)	13:41	4.4 (62.0%)
95	WILEŃSKI Rafał	7173		M-Open	95	01:36:05.10	01:36:06.10	+00:45:07 (47.0%)	16:00	3.7 (52.1%)
96	HANKUZ Jakub	7104		M-Open	96	01:34:35.70	01:36:08.60	+00:45:10 (47.0%)	15:46	3.8 (53.5%)
97	STRUS Sebastian	7163	CROSSFITSIEDLCE	M-Open	97	01:34:43.95	01:36:09.95	+00:45:11 (47.0%)	15:47	3.8 (53.5%)
98	OBŁOZA Adam	7146	CROSSFITSIEDLCE	M-Open	98	01:34:44.45	01:36:10.05	+00:45:11 (47.0%)	15:47	3.8 (53.5%)
99	WARZECHA Robert	7252		M-Open	99	01:36:12.15	01:36:17.05	+00:45:18 (47.1%)	16:02	3.7 (52.1%)
100	SKWARA Grzegorz	7156		M-Open	100	01:34:52.45	01:36:26.25	+00:45:27 (47.1%)	15:48	3.8 (53.5%)
101	MAZUR Krzysztof	7219	OPEL ACTIVE TEAM	M-Open	101	01:36:37.50	01:36:41.50	+00:45:43 (47.3%)	16:06	3.7 (52.1%)
102	KACZMARCZYK Grzegorz	7108		M-Open	102	01:35:33.05	01:37:04.70	+00:46:06 (47.5%)	15:55	3.8 (53.5%)
103	MOSTOWIK Szymon	7139		M-Open	103	01:35:37.25	01:37:10.35	+00:46:11 (47.5%)	15:56	3.8 (53.5%)
104	MATUSZYK Artur	7133		M-Open	104	01:35:56.50	01:37:35.35	+00:46:36 (47.8%)	15:59	3.8 (53.5%)
105	LENCZNAK Mateusz	7123	BONKERS	M-Open	105	01:36:29.55	01:37:58.00	+00:46:59 (48.0%)	16:05	3.7 (52.1%)
106	LENCZNAK Dawid	7124	BONKERS	M-Open	106	01:36:30.85	01:37:59.00	+00:47:00 (48.0%)	16:05	3.7 (52.1%)
107	TUREK Tomasz	7169	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	107	01:36:34.35	01:38:04.80	+00:47:06 (48.0%)	16:05	3.7 (52.1%)
108	HRABIA Mariusz	7196		M-Open	108	01:38:00.80	01:38:10.70	+00:47:12 (48.1%)	16:20	3.7 (52.1%)
109	BOŻĘCKI Łukasz	7184		M-Open	109	01:38:14.85	01:38:20.55	+00:47:22 (48.2%)	16:22	3.7 (52.1%)
110	STOLARSKI Jarosław	7162		M-Open	110	01:36:49.65	01:38:23.35	+00:47:24 (48.2%)	16:08	3.7 (52.1%)
111	TRĘBACZ Arek	7167		M-Open	111	01:36:53.55	01:38:26.60	+00:47:28 (48.2%)	16:08	3.7 (52.1%)
112	ŻMUDA Rafał	7178		M-Open	112	01:36:57.95	01:38:31.20	+00:47:32 (48.3%)	16:09	3.7 (52.1%)
113	RECZEK Piotr	7387		M-Open	113	01:38:38.25	01:38:40.55	+00:47:42 (48.3%)	14:05	4.3 (60.6%)
114	CZECHURA Maciej	7367	OSTATNI NA MECIE	M-Open	114	01:39:31.45	01:39:33.60	+00:48:35 (48.8%)	14:13	4.2 (59.2%)
115	KOLBA Kamil	7374	OŚWIECENIA TEAM HAJIME	M-Open	115	01:40:04.25	01:40:10.50	+00:49:12 (49.1%)	14:17	4.2 (59.2%)
116	STĘPIEŃ Rafał	7391	OŚWIECENIA TEAM HAJIME	M-Open	116	01:40:33.40	01:40:39.50	+00:49:41 (49.4%)	14:21	4.2 (59.2%)

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117	MIEDZIŃSKI Łukasz	7380	OŚWIECENIA TEAM HAJIME	M-Open	117	01:40:49.45	01:40:58.00	+00:49:59 (49.5%)	14:24	4.2 (59.2%)
118	KOWALSKI Adam	7376	OŚWIECENIA TEAM HAJIME	M-Open	118	01:41:04.20	01:41:09.70	+00:50:11 (49.6%)	14:26	4.2 (59.2%)
119	SOKOŁOWSKI Władysław	7336		M-Open	119	01:42:02.25	01:42:05.20	+00:51:06 (50.1%)	14:34	4.1 (57.7%)
120	HAS Marcin	7417		M-Open	120	01:42:01.30	01:42:09.60	+00:51:11 (50.1%)	14:34	4.1 (57.7%)
121	SIMIŃSKI Rafał	7418		M-Open	121	01:42:10.45	01:42:18.70	+00:51:20 (50.2%)	14:35	4.1 (57.7%)
122	OLEJNICZAK Patryk	7227		M-Open	122	01:42:20.85	01:42:27.05	+00:51:28 (50.2%)	17:03	3.5 (49.3%)
123	HYRA Michał	7303		M-Open	123	01:43:12.40	01:43:21.40	+00:52:22 (50.7%)	14:44	4.1 (57.7%)
124	STUMIŃSKI Kamil	7403		M-Open	124	01:44:10.10	01:44:47.10	+00:53:48 (51.4%)	17:21	3.5 (49.3%)
125	JÓZEFczyk Piotr	7106		M-Open	125	01:43:29.60	01:45:10.70	+00:54:12 (51.5%)	17:14	3.5 (49.3%)
126	NOWAK Tadeusz	7226		M-Open	126	01:45:12.50	01:45:17.70	+00:54:19 (51.6%)	17:32	3.4 (47.9%)
127	TYRPA Grzegorz	7249		M-Open	127	01:45:36.60	01:45:43.10	+00:54:44 (51.8%)	17:36	3.4 (47.9%)
128	SAŁACH Maciej	7239		M-Open	128	01:45:36.35	01:45:43.40	+00:54:44 (51.8%)	17:36	3.4 (47.9%)
129	ZYCH Mateusz	7262	KILLTEAM	M-Open	129	01:45:36.95	01:45:43.45	+00:54:45 (51.8%)	17:36	3.4 (47.9%)
130	WILKOSZ Wojciech	7346	SKAWINA BIEGA	M-Open	130	01:45:58.55	01:46:04.30	+00:55:05 (51.9%)	15:08	4 (56.3%)
131	NAZIM Paweł	7320	SKAWINA BIEGA	M-Open	131	01:45:58.30	01:46:04.70	+00:55:06 (51.9%)	15:08	4 (56.3%)
132	MARGAS Krzysztof	7216	CONCETY	M-Open	132	01:46:24.00	01:46:33.20	+00:55:34 (52.2%)	17:44	3.4 (47.9%)
133	RYL Robert	7238		M-Open	133	01:46:58.10	01:47:04.25	+00:56:05 (52.4%)	17:49	3.4 (47.9%)
134	OWSIAK Tomasz	7230	BIEGNĄCY POD PRĄD	M-Open	134	01:47:14.55	01:47:20.55	+00:56:22 (52.5%)	17:52	3.4 (47.9%)
135	BIENIEK Bartłomiej	7181		M-Open	135	01:49:03.15	01:49:08.50	+00:58:10 (53.3%)	18:10	3.3 (46.5%)
136	ROKITA Radosław	7388	OŚWIECENIA TEAM HAJIME	M-Open	136	01:50:14.15	01:50:21.30	+00:59:22 (53.8%)	15:44	3.8 (53.5%)
137	JAWORSKI Kamil	7372	OŚWIECENIA TEAM HAJIME	M-Open	137	01:50:16.40	01:50:22.50	+00:59:24 (53.8%)	15:45	3.8 (53.5%)
138	CIEŚLA Michał	7363	OŚWIECENIA TEAM HAJIME	M-Open	138	01:50:16.95	01:50:22.85	+00:59:24 (53.8%)	15:45	3.8 (53.5%)
139	KOLBA Michał	7375	OŚWIECENIA TEAM HAJIME	M-Open	139	01:51:15.60	01:51:21.70	+01:00:23 (54.2%)	15:53	3.8 (53.5%)
140	MROCZKA Maciej	7383	OŚWIECENIA TEAM HAJIME	M-Open	140	01:51:59.45	01:52:05.25	+01:01:06 (54.5%)	16:00	3.8 (53.5%)
141	KUCHARCZYK Łukasz	7377	OŚWIECENIA TEAM HAJIME	M-Open	141	01:51:59.65	01:52:06.35	+01:01:07 (54.5%)	16:00	3.8 (53.5%)
142	CHLUPKA Łukasz	7185		M-Open	142	01:52:20.40	01:52:29.15	+01:01:30 (54.7%)	16:03	3.7 (52.1%)
143	RAJ Tomasz	7236	HUSARIA RACE TEAM	M-Open	143	01:52:34.65	01:52:42.90	+01:01:44 (54.8%)	16:04	3.7 (52.1%)
144	HANDZLIK Artur	7302		M-Open	144	01:52:49.50	01:52:56.35	+01:01:57 (54.9%)	16:07	3.7 (52.1%)
145	GOLCH Michał	7193		M-Open	145	01:52:59.50	01:53:07.60	+01:02:09 (54.9%)	16:08	3.7 (52.1%)
146	GROŃ Adam	7406		M-Open	146	01:53:24.30	01:54:55.50	+01:03:57 (55.6%)	18:54	3.2 (45.1%)
147	BOCHEŃSKI Michał	7182		M-Open	147	01:55:52.30	01:55:57.70	+01:04:59 (56.0%)	16:33	3.6 (50.7%)
148	RUDZKI Marcin	7333		M-Open	148	01:56:56.95	01:57:04.30	+01:06:05 (56.5%)	16:42	3.6 (50.7%)
149	DOROŻKO Marcin	7284		M-Open	149	01:56:56.65	01:57:04.40	+01:06:05 (56.5%)	16:42	3.6 (50.7%)
150	PITALA Paweł	7233		M-Open	150	01:57:59.85	01:58:08.00	+01:07:09 (56.9%)	16:51	3.6 (50.7%)
151	NIEBRZYDOWSKI Raymond	7402		M-Open	151	01:58:37.70	01:58:42.20	+01:07:43 (57.1%)	16:56	3.5 (49.3%)
152	KUŚNIERZ Marek	7211		M-Open	152	01:59:25.55	01:59:33.55	+01:08:35 (57.4%)	17:03	3.5 (49.3%)
153	STAŃCZUK Bartosz	7160	CROSSFITSIEDLCE	M-Open	153	01:58:53.65	02:00:20.35	+01:09:21 (57.6%)	19:49	3 (42.3%)
154	CZAPIŃSKI Bartosz	7098	CROSSFITSIEDLCE	M-Open	154	01:59:04.85	02:00:30.65	+01:09:32 (57.7%)	19:50	3 (42.3%)
155	GRZEGORSKI Radosław	7103		M-Open	155	01:59:07.00	02:00:38.00	+01:09:39 (57.7%)	19:51	3 (42.3%)
156	PODGÓRSKI Michał	7386	OSTATNI NA MECIE	M-Open	156	02:01:10.40	02:01:18.95	+01:10:20 (58.0%)	17:18	3.5 (49.3%)
157	OLSZAŃSKI Paweł	7323		M-Open	157	02:02:42.05	02:02:49.60	+01:11:51 (58.5%)	17:31	3.4 (47.9%)
158	KUCHARZEK Mariusz	7121	FITNESS KOCMYRZÓW - LUBORZYCA	M-Open	158	02:05:34.40	02:07:03.25	+01:16:04 (59.9%)	20:55	2.9 (40.8%)
159	MENTEL Sławomir	7134	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	159	02:05:34.10	02:07:04.00	+01:16:05 (59.9%)	20:55	2.9 (40.8%)
160	KŁECZEK Dominik	7112		M-Open	160	02:07:57.80	02:09:32.40	+01:18:33 (60.6%)	21:19	2.8 (39.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
161	BARCZ Bartłomiej	7091		M-Open	161	02:08:52.85	02:10:22.55	+01:19:24 (60.9%)	21:28	2.8 (39.4%)
162	LISEK Lechosław	7317	GRUPA GRILLOWA	M-Open	162	02:11:35.55	02:11:42.70	+01:20:44 (61.3%)	18:47	3.2 (45.1%)
163	STUDZIŃSKI Jarek	7393		M-Open	163	02:15:02.10	02:15:04.90	+01:24:06 (62.3%)	19:17	3.1 (43.7%)
164	SUMARA Robert	7394		M-Open	164	02:16:05.90	02:16:10.00	+01:25:11 (62.6%)	19:26	3.1 (43.7%)
165	WOLF Jerzy	7400		M-Open	165	02:16:10.15	02:16:14.15	+01:25:15 (62.6%)	19:27	3.1 (43.7%)
166	KOZERA Andrzej	7116	FITNESS KOCMYRZÓW-LUBORZYCA	M-Open	166	02:16:07.00	02:17:38.00	+01:26:39 (63.0%)	19:26	3.1 (43.7%)
167	KREMMYDAS Evangelos	7119	2SLOW2WIN	M-Open	167	02:22:13.40	02:23:45.30	+01:32:46 (64.5%)	20:19	3 (42.3%)
168	ADAMSKI Marek	7273		M-Open	168	02:41:17.60	02:41:24.55	+01:50:26 (68.4%)	23:02	2.6 (36.6%)

Znaleziono 168 wynik(ów)