



# CROSS KAMPINOS | KAMPINOSKA SETKA 102KM

B4SPORT

**Wydarzenie:** III Cross Kampinos  
**Organizator:** FUNDACJA W PODSKOKACH  
**Data:** 2024-05-25  
**Miejsce:** Laski  
**Dystans:** 102 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	33km	80km	Czas netto 102km	Czas brutto 102km	Różn	Tempo min/km	Tempo km/h
1	WAWRZYNEK Łukasz	103	STELLANTIS ACTIVE TEAM	M30	1		02:43:43	06:44:36	09:01:49.75	09:01:58.80		5:18	11.3 (100%)
2	TRAWIŃSKI Andrzej	96	JTENDO	M40	1		03:04:11	07:19:39	09:32:47.80	09:32:54.20	+00:30:55 (5.4%)	5:36	10.7 (94.7%)
3	JAROSZYŃSKI Filip	36		M20	1		02:58:24	07:17:15	09:53:46.75	09:53:53.95	+00:51:55 (8.7%)	5:49	10.3 (91.2%)
4	WYGANOWSKI Jan	106	LA MIA PASTA	M30	2		03:04:07	07:19:29	10:06:07.30	10:06:19.05	+01:04:20 (10.6%)	5:56	10.1 (89.4%)
5	ZYSK Tomasz	109	BLACK HAT TEAM	M30	3		02:52:01	07:49:09	10:17:18.45	10:17:24.55	+01:15:25 (12.2%)	6:03	9.9 (87.6%)
6	KYCIA Piotr	54		M50	1		03:06:09	07:56:12	10:24:51.80	10:25:00.50	+01:23:01 (13.3%)	6:07	9.8 (86.7%)
7	CHMIEL Krzysztof	14	ZABIEGANY WOŁOMIN	M30	4	Zabiegany Wołomin	03:19:14	07:57:55	10:30:13.35	10:30:18.60	+01:28:19 (14.0%)	6:10	9.7 (85.8%)
8	SIEPIETOWSKI Piotr	89	LS AIRPORT RUN	M50	2		03:03:13	08:09:59	10:49:52.80	10:50:00.75	+01:48:01 (16.6%)	6:22	9.4 (83.2%)
9	BANY Robert	5		M50	3		02:58:24	08:03:29	10:52:31.80	10:52:42.40	+01:50:43 (17.0%)	6:23	9.4 (83.2%)
10	MAREK Bartłomiej	58	EAZYMUT.PL/HARDY MAREK	M30	5		03:13:25	08:16:34	11:11:37.15	11:11:43.85	+02:09:45 (19.3%)	6:35	9.1 (80.5%)
11	WIECZOREK Piotr	105		M40	2		03:23:10	08:35:44	11:14:53.10	11:15:10.80	+02:13:12 (19.7%)	6:36	9.1 (80.5%)
12	CISZEWSKI Sebastian	18		M30	6		02:46:44	08:07:10	11:18:19.60	11:18:25.95	+02:16:27 (20.1%)	6:39	9 (79.6%)
13	CHEŁCHOWSKI Norbert	13	GÓRAL Z MAZUR RUNNING TEAM	M40	3		03:35:31	08:47:05	11:18:48.85	11:19:01.30	+02:17:02 (20.2%)	6:39	9 (79.6%)
14	MIKA Tomasz	63	STOKOWCZYKI TEAM	M40	4		03:10:14	08:26:07	11:24:25.30	11:24:32.00	+02:22:33 (20.8%)	6:42	8.9 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	33km	80km	Czas netto 102km	Czas brutto 102km	Różn	Tempo min/km	Tempo km/h
15	<b>MICHALAK Dawid</b>	<b>61</b>	WOLSZTYNSKI KLUB BIEGOWY	M40	5		02:51:38	08:04:30	<b>11:25:05.65</b>	<b>11:25:24.45</b>	+02:23:25 (20.9%)	6:42	8.9 (78.8%)
16	<b>OSTAPIŃSKI Wojtek</b>	<b>71</b>	OSTRESROKI	M50	4		03:26:35	08:50:35	<b>11:36:41.00</b>	<b>11:36:51.10</b>	+02:34:52 (22.2%)	6:49	8.8 (77.9%)
17	<b>MACHOROWSKI Rafał</b>	<b>57</b>		M20	2		03:08:46	08:16:22	<b>11:44:36.95</b>	<b>11:44:45.65</b>	+02:42:46 (23.1%)	6:54	8.7 (77.0%)
18	<b>POGORZELSKI Kamil</b>	<b>78</b>		M20	3		03:12:18	09:01:01	<b>12:04:00.25</b>	<b>12:04:13.95</b>	+03:02:15 (25.2%)	7:05	8.5 (75.2%)
19	<b>CZERNICH Kamil</b>	<b>19</b>	KS ATLETA	M30	7		03:11:47	08:48:15	<b>12:07:39.10</b>	<b>12:07:46.35</b>	+03:05:47 (25.5%)	7:08	8.4 (74.3%)
20	<b>JAGIEŁŁO Katarzyna</b>	<b>33</b>	KS BIEGAJĄCE ZĄBKI	K40	1		03:22:27	09:04:40	<b>12:08:21.50</b>	<b>12:08:21.50</b>	+03:06:22 (25.6%)	7:08	8.4 (74.3%)
21	<b>JAGIEŁŁO Krzysztof</b>	<b>34</b>	KS BIEGAJĄCE ZĄBKI	M40	6		03:22:21	09:04:37	<b>12:08:16.75</b>	<b>12:08:23.40</b>	+03:06:24 (25.6%)	7:08	8.4 (74.3%)
22	<b>DRZEWIECKA Sylwia</b>	<b>21</b>		K20	1		03:17:14	09:01:07	<b>12:29:37.45</b>	<b>12:29:44.05</b>	+03:27:45 (27.7%)	7:20	8.2 (72.6%)
23	<b>MISIOR Łukasz</b>	<b>66</b>	ŻBIK SKŁAD	M30	8		03:35:37	09:33:04	<b>12:36:36.60</b>	<b>12:36:51.55</b>	+03:34:52 (28.4%)	7:25	8.1 (71.7%)
24	<b>VELAYOS LÓPEZ Miguel</b>	<b>100</b>	OGASPORTS.ORG	M20	4		03:25:52	09:32:03	<b>12:36:40.50</b>	<b>12:36:52.35</b>	+03:34:53 (28.4%)	7:25	8.1 (71.7%)
25	<b>ROGACZEWSKI Mateusz</b>	<b>81</b>	ZABIEGANY WOŁOMIN	M20	5	Zabiegany Wołomin	03:26:38	09:18:04	<b>12:36:54.85</b>	<b>12:37:04.80</b>	+03:35:06 (28.4%)	7:25	8.1 (71.7%)
26	<b>KRUPIŃSKI Przemysław</b>	<b>49</b>	TENPO PRYMA SORT	M30	9		03:31:41	09:15:19	<b>12:42:39.50</b>	<b>12:42:50.50</b>	+03:40:51 (29.0%)	7:28	8 (70.8%)
27	<b>JUCHNOWICZ Adrian</b>	<b>37</b>		M20	6		03:13:24	09:11:59	<b>12:47:08.55</b>	<b>12:47:16.05</b>	+03:45:17 (29.4%)	7:31	8 (70.8%)
28	<b>BUDNICKI Andrzej</b>	<b>11</b>	BIEGUNKA	M50	5	Biegunka	03:43:06	09:25:57	<b>12:48:13.30</b>	<b>12:48:26.20</b>	+03:46:27 (29.5%)	7:31	8 (70.8%)
29	<b>RUDAŚ Marcin</b>	<b>83</b>	LEŚNE BOBRY	M40	7		03:35:38	09:35:50	<b>13:08:11.05</b>	<b>13:08:25.65</b>	+04:06:26 (31.3%)	7:43	7.8 (69.0%)
30	<b>BEDNARZ Paweł</b>	<b>6</b>	LENIWIE DO PRZODU	M40	8		03:35:37	09:35:49	<b>13:08:11.40</b>	<b>13:08:25.70</b>	+04:06:26 (31.3%)	7:43	7.8 (69.0%)
31	<b>STÓJ Maciek</b>	<b>93</b>		M30	10		03:42:20	10:04:39	<b>13:18:30.20</b>	<b>13:18:40.15</b>	+04:16:41 (32.1%)	7:49	7.7 (68.1%)
32	<b>BAJDAŁA Robert</b>	<b>2</b>		M30	11		03:31:56	09:58:35	<b>13:18:32.35</b>	<b>13:18:42.30</b>	+04:16:43 (32.1%)	7:49	7.7 (68.1%)
33	<b>SZLENDAK Leszek</b>	<b>94</b>	OŻAROWSKI ŚWIR	M40	9		03:31:57	09:58:36	<b>13:25:06.85</b>	<b>13:25:16.20</b>	+04:23:17 (32.7%)	7:53	7.6 (67.3%)
34	<b>DYDAK Dawid</b>	<b>22</b>		M30	12		03:17:15	09:53:43	<b>13:28:40.30</b>	<b>13:28:46.15</b>	+04:26:47 (33.0%)	7:55	7.6 (67.3%)
35	<b>MIAZEK Łukasz</b>	<b>60</b>	PRZEBIEGŁY SOCHACZEW	M40	10		03:56:59	10:14:41	<b>13:32:11.75</b>	<b>13:32:24.75</b>	+04:30:25 (33.3%)	7:57	7.5 (66.4%)
36	<b>PRAWDZIK Renata</b>	<b>80</b>	TEAM DUCHNOWSKI	K40	2		03:49:11	10:14:52	<b>13:34:12.65</b>	<b>13:34:20.05</b>	+04:32:21 (33.4%)	7:58	7.5 (66.4%)
37	<b>RUTKOWSKA Agnieszka</b>	<b>85</b>	ZABIEGANY WOŁOMIN	K40	3	Zabiegany Wołomin	04:05:38	10:16:22	<b>13:41:05.55</b>	<b>13:41:19.05</b>	+04:39:20 (34.0%)	8:02	7.5 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	33km	80km	Czas netto 102km	Czas brutto 102km	Różn	Tempo min/km	Tempo km/h
38	ZGIET Radek	108	CZART CZARTAJEW	M50	6		03:36:25	09:59:03	<b>13:42:10.70</b>	<b>13:42:19.40</b>	+04:40:20 (34.1%)	8:03	7.4 (65.5%)
39	GRZEJDAK Rafał	27	LUBRYKANT MAFIA	M40	11		03:45:15	10:11:44	<b>13:44:18.30</b>	<b>13:44:32.10</b>	+04:42:33 (34.3%)	8:04	7.4 (65.5%)
40	MIKULSKI Piotr	64	LUBRYKANT MAFIA	M40	12		03:45:16	10:11:45	<b>13:44:18.65</b>	<b>13:44:32.55</b>	+04:42:33 (34.3%)	8:04	7.4 (65.5%)
41	JANISZEWSKI Rafał	35	BRAVEHEARTS LEGIINOWO	M30	13		03:46:11	10:11:23	<b>13:45:00.40</b>	<b>13:45:14.60</b>	+04:43:15 (34.3%)	8:05	7.4 (65.5%)
42	PARYS Michał	72	ZABIEGANY WOŁOMIN	M40	13	Zabiegany Wołomin	03:21:52	10:16:30	<b>13:48:33.40</b>	<b>13:48:39.20</b>	+04:46:40 (34.6%)	8:07	7.4 (65.5%)
43	KOŁACZ Piotr	41	KOŁATKI	M50	7	Kołatki	03:27:53	10:00:33	<b>13:51:02.90</b>	<b>13:51:19.65</b>	+04:49:20 (34.8%)	8:08	7.4 (65.5%)
44	KUPTTEL Robert	53		M40	14		03:32:58	09:49:46	<b>13:56:39.10</b>	<b>13:56:52.00</b>	+04:54:53 (35.2%)	8:12	7.3 (64.6%)
45	KORENKIEWICZ Marcin	43	MARKOWI BIEGACZE	M30	14	Markowi Biegacze	03:42:18	10:31:03	<b>13:59:00.35</b>	<b>13:59:10.60</b>	+04:57:11 (35.4%)	8:13	7.3 (64.6%)
46	POŁATYŃSKI Piotr	79		M40	15		03:21:17	10:14:49	<b>14:04:10.85</b>	<b>14:04:10.85</b>	+05:02:12 (35.8%)	8:16	7.2 (63.7%)
47	BEMBENEK Mateusz	7		M30	15		03:42:20	10:31:09	<b>14:09:46.45</b>	<b>14:09:56.40</b>	+05:07:57 (36.2%)	8:19	7.2 (63.7%)
48	HARASIM Mateusz	30		M20	7		03:35:53	10:06:54	<b>14:16:38.65</b>	<b>14:16:38.65</b>	+05:14:39 (36.7%)	8:23	7.1 (62.8%)
49	WALDER William	101		M30	16		03:36:26	10:27:35	<b>14:20:54.50</b>	<b>14:21:05.55</b>	+05:19:06 (37.1%)	8:26	7.1 (62.8%)
50	HOROSZCZAK Adrian	31		M30	17		03:58:39	10:51:14	<b>14:27:45.90</b>	<b>14:27:53.70</b>	+05:25:54 (37.6%)	8:30	7.1 (62.8%)
51	ROGOZIŃSKI Adam	82		M30	18		03:46:14	10:29:16	<b>14:30:27.80</b>	<b>14:30:38.05</b>	+05:28:39 (37.7%)	8:32	7 (61.9%)
52	PIŁAT Tomasz	73	PIŁACI Z KAŁAIBÓW	M30	19		03:32:58	10:38:57	<b>14:48:45.25</b>	<b>14:48:53.35</b>	+05:46:54 (39.0%)	8:42	6.9 (61.1%)
53	ORLICZ Michał	70		M60	1		03:42:14	10:45:52	<b>14:54:02.60</b>	<b>14:54:14.50</b>	+05:52:15 (39.4%)	8:45	6.8 (60.2%)
54	SĘDECKI Piotr	88	BIEGAM WIĘC JESTEM	M60	2		04:05:15	11:32:43	<b>14:55:53.65</b>	<b>14:56:06.85</b>	+05:54:08 (39.5%)	8:46	6.8 (60.2%)
55	STAN Jacek	92		M50	8		04:05:16	11:32:34	<b>14:55:56.65</b>	<b>14:56:09.65</b>	+05:54:10 (39.5%)	8:47	6.8 (60.2%)
56	PODRAŻKA Dariusz	77	LKS DAR PLACENCJA	M40	16		04:05:17	11:32:34	<b>14:56:00.05</b>	<b>14:56:12.20</b>	+05:54:13 (39.5%)	8:47	6.8 (60.2%)
57	KUBACKI Sebastian	51		M40	17		03:26:49	10:47:33	<b>15:08:11.75</b>	<b>15:08:26.70</b>	+06:06:27 (40.3%)	8:54	6.7 (59.3%)
58	PIOTROWSKI Kamil	74		M40	18		03:51:27	10:53:47	<b>15:12:59.95</b>	<b>15:13:07.95</b>	+06:11:09 (40.6%)	8:57	6.7 (59.3%)
59	LIS Krzysztof	56	BIEGUNKA	M50	9	Biegunka	04:00:02	10:57:20	<b>15:14:07.75</b>	<b>15:14:21.45</b>	+06:12:22 (40.7%)	8:57	6.7 (59.3%)
60	DOMBEK Robert	20	BIEGUNKA	M40	19	Biegunka	03:59:59	10:57:17	<b>15:14:08.30</b>	<b>15:14:21.75</b>	+06:12:22 (40.7%)	8:57	6.7 (59.3%)

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61	FELIGA Mariusz	23	ADIDAS RUNNERS WARSAW	M40	20		03:23:52	10:45:41	15:16:28.60	15:16:37.45	+06:14:38 (40.9%)	8:59	6.7 (59.3%)
62	IWANOW Marek	32		M30	20		03:51:42	11:28:59	15:21:05.20	15:21:16.35	+06:19:17 (41.2%)	9:01	6.6 (58.4%)
63	LELONKIEWICZ Michał	55		M40	21		03:32:52	11:22:26	15:32:41.20	15:32:51.45	+06:30:52 (41.9%)	9:08	6.6 (58.4%)
64	BRZOZOWSKI Waldemar	10		M50	10				15:37:45.30	15:38:02.00	+06:36:03 (42.2%)	9:11	6.5 (57.5%)
65	OLSZAŃSKI Krzysztof	68	RUNNING FREE	M40	22		04:08:05	11:38:53	15:37:54.85	15:38:11.50	+06:36:12 (42.2%)	9:11	6.5 (57.5%)
66	CIEŚLAK Przemysław	17		M50	11		04:06:34	11:39:30	15:42:03.30	15:42:54.10	+06:40:55 (42.5%)	9:14	6.5 (57.5%)
67	MIDOŃSKI Jan	65		M30	21		04:02:50	11:39:00	15:44:22.30	15:44:36.50	+06:42:37 (42.6%)	9:15	6.5 (57.5%)
68	WALKOWIAK Marcin	102		M20	8		03:32:58	12:00:02	15:49:08.00	15:49:23.25	+06:47:24 (42.9%)	9:18	6.4 (56.6%)
69	ZALEWSKI Kosma	107		M20	9		04:37:51	13:38:18	15:55:29.85	15:55:40.70	+06:53:41 (43.3%)	9:22	6.4 (56.6%)
70	SŁAWIŃSKI Kazimierz	90		M50	12		04:11:39	12:03:04	16:21:13.45	16:21:28.00	+07:19:29 (44.8%)	9:37	6.2 (54.9%)
71	KRAKOWIAK Paweł	46	KUŹNIA TRIATHLONU	M30	22		02:47:04	07:54:16			+01:09:38	5:55	10.1 (89.4%)
72	FURMAŃCZYK Michał	24	TRAMINEL EKOPEL	M50	13		03:58:49	10:41:49			+03:57:57	8:01	7.5 (66.4%)
73	GAPSKI Marcin	25	AEROSPACE RUNNERS	M40	23		03:26:46	10:47:48			+04:03:10	8:05	7.4 (65.5%)
DQ	HARASIM Adrian	29		M20			03:46:22 DQ	DQ	DQ	DQ			(0.0%)
DQ	RUDNICKI Filip	84		M20			04:28:44 DQ	DQ	DQ	DQ			(0.0%)
DQ	BALON Marcin	3	UKS GUZIKÓWKA	M50			04:50:18 DQ	DQ	DQ	DQ			(0.0%)
	BAŁDYGA Mariusz	4	#JTCNW	M30			04:26:15 DNF	12:13:18 DNF	DNF	DNF		-	- (0.0%)
	MEKSA Piotr	59	OPYPY	M20			04:18:53 DNF	12:23:26 DNF	DNF	DNF		-	- (0.0%)
	MICHALAK Lesław	62	N-BIKE	M40			03:04:24 DNF	DNF	DNF	DNF		-	- (0.0%)
	BĘBENEK Marcin	8		M40			04:57:28 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 80 wynik(ów)