



CROSS KAMPINOS | MARATON KRÓL PUSZCZY 42KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: III Cross Kampinos
Organizator: FUNDACJA W PODSKOKACH
Data: 2024-05-25
Miejsce: Laski
Dystans: 42 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	GORZELAŃCZYK Jakub	829	MKS SIECHNICE	M30	1		02:48:57.90	02:49:00.00		4:01	14.9 (100%)
2	BARANOWSKI Andrzej	802	TRIWAWA	M30	2		03:28:46.60	03:28:56.20	+00:39:56 (19.1%)	4:58	12.1 (81.2%)
3	GALA Grzegorz	825	PRZEBIEGŁY SOCHACZEW	M40	1		03:28:58.20	03:29:13.15	+00:40:13 (19.2%)	4:58	12.1 (81.2%)
4	PRZYCHODZKI Łukasz	892	WIELISZEW HERON TEAM	M40	2	Wieliszew Heron Team	03:29:39.80	03:29:42.80	+00:40:42 (19.4%)	4:59	12 (80.5%)
5	MATYSIAK Marcin	869	ULTRAWYRYP.A.PL	M40	3		03:35:41.05	03:35:44.70	+00:46:44 (21.7%)	5:08	11.7 (78.5%)
6	SŁOMIŃSKI Przemysław	910		M40	4		03:42:22.80	03:42:31.60	+00:53:31 (24.1%)	5:17	11.3 (75.8%)
7	JANISZEWSKI Szymon	836		M30	3		03:42:51.85	03:42:58.50	+00:53:58 (24.2%)	5:18	11.3 (75.8%)
8	WOŹNIAK Przemysław	934	WIELISZEW HERON TEAM	M40	5	Wieliszew Heron Team	03:43:03.75	03:43:06.45	+00:54:06 (24.3%)	5:18	11.3 (75.8%)
9	MACHERZYŃSKI Karol	864		M40	6		03:45:55.10	03:45:57.00	+00:56:57 (25.2%)	5:22	11.2 (75.2%)
10	ROSŁOŃSKI Maciej	901		M30	4		03:47:03.80	03:47:06.80	+00:58:06 (25.6%)	5:24	11.1 (74.5%)
11	LIPIŃSKI Bartosz	862	LONG ISLAND ICED TEAM	M30	5	Long Island Iced Team	03:49:19.40	03:49:24.05	+01:00:24 (26.3%)	5:27	11 (73.8%)
12	JANISZEWSKI Jakub	837		M40	7		03:50:01.40	03:50:13.60	+01:01:13 (26.6%)	5:28	11 (73.8%)
13	FOLAND Bogumił	824	BARUNOWCE	M40	8		03:53:36.50	03:53:39.10	+01:04:39 (27.7%)	5:33	10.8 (72.5%)
14	LIPIŃSKI Hubert	861	LONG ISLAND ICED TEAM	M30	6	Long Island Iced Team	03:54:23.45	03:54:28.10	+01:05:28 (27.9%)	5:34	10.8 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
15	SUCHODOLA Piotr	914		M40	9		03:54:47.30	03:55:05.10	+01:06:05 (28.1%)	5:35	10.7 (71.8%)
16	ZABOREK Piotr	935		M40	10		03:55:56.10	03:56:03.25	+01:07:03 (28.4%)	5:37	10.7 (71.8%)
17	JASEK Mikołaj	838		M40	11		03:57:40.40	03:57:47.40	+01:08:47 (28.9%)	5:39	10.6 (71.1%)
18	WINCENCIAK Jan	931		M20	1		03:57:42.45	03:57:47.50	+01:08:47 (28.9%)	5:39	10.6 (71.1%)
19	ŚWIĘTOCHOWSKI Jarosław	923	BESTIE OCR LEGIONOWO	M30	7	Bestie OCR Legionowo	03:59:35.75	03:59:50.55	+01:10:50 (29.5%)	5:42	10.5 (70.5%)
20	MISZCZUK Wojciech	874	OFENSYWA TOMASZÓW	M30	8		04:00:30.75	04:00:33.95	+01:11:33 (29.7%)	5:43	10.5 (70.5%)
21	LEŚNIEWSKI Adam	860		M40	12		04:04:10.35	04:04:25.00	+01:15:25 (30.9%)	5:48	10.3 (69.1%)
22	DZIUBA Paweł	821		M20	2		04:12:10.70	04:12:18.00	+01:23:18 (33.0%)	6:00	10 (67.1%)
23	BUCZKOWSKI Piotr	810		M40	13		04:14:41.00	04:14:45.00	+01:25:45 (33.7%)	6:03	9.9 (66.4%)
24	ŁUCZYNA Grzegorz	863	POD KOCIĄ ŁAPĄ	M30	9		04:16:25.80	04:16:34.00	+01:27:34 (34.1%)	6:06	9.8 (65.8%)
25	SASIN Przemysław	907		M30	10		04:17:01.65	04:17:05.00	+01:28:05 (34.3%)	6:07	9.8 (65.8%)
26	NORMAN Winston	881	RUN FAT BOY RUN	M50	1		04:17:48.70	04:17:58.00	+01:28:58 (34.5%)	6:08	9.8 (65.8%)
27	GORCZYŃSKI Wojciech	828		M30	11		04:18:12.00	04:18:21.00	+01:29:21 (34.6%)	6:08	9.8 (65.8%)
28	ROMAŃSKI Tomasz	900		M40	14		04:18:38.05	04:19:00.00	+01:30:00 (34.7%)	6:09	9.7 (65.1%)
29	CHUDZIK Wojciech	815		M20	3		04:23:15.90	04:23:18.00	+01:34:18 (35.8%)	6:16	9.6 (64.4%)
30	FERREIRA Franclin	822	SMAC MARATON	M50	2		04:25:43.10	04:25:51.00	+01:36:51 (36.4%)	6:19	9.5 (63.8%)
31	MAZUREK Maciej	871	SMERFY	M30	12		04:25:50.75	04:26:00.00	+01:37:00 (36.5%)	6:19	9.5 (63.8%)
32	KACZMAREK Mateusz	841		M30	13		04:25:59.25	04:26:09.00	+01:37:09 (36.5%)	6:19	9.5 (63.8%)
33	PRZYDALSKI Wojtek	893		M30	14		04:27:51.55	04:27:55.00	+01:38:55 (36.9%)	6:22	9.4 (63.1%)
34	MALINOWSKI Marcin	866		M40	15		04:28:57.10	04:29:02.00	+01:40:02 (37.2%)	6:24	9.4 (63.1%)
35	RZĘDZIAN Michał	906	SKPB LUBLIN	M40	16		04:28:56.15	04:29:17.00	+01:40:17 (37.2%)	6:24	9.4 (63.1%)
36	CICHOWSKI Michał	817		M40	17		04:29:10.90	04:29:24.00	+01:40:24 (37.3%)	6:24	9.4 (63.1%)
37	WELKIER Marcin	930		M50	3		04:30:04.00	04:30:08.00	+01:41:08 (37.4%)	6:25	9.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
38	KUŹMICKI Marcin	857		M50	4		04:33:00.00	04:33:18.00	+01:44:18 (38.2%)	6:30	9.2 (61.7%)
39	PRZYGODA Paweł	894		M40	18		04:33:49.55	04:34:00.80	+01:45:00 (38.3%)	6:31	9.2 (61.7%)
40	KOWAL Joanna	850		K30	1		04:33:59.75	04:34:06.60	+01:45:06 (38.3%)	6:31	9.2 (61.7%)
41	GRABOWSKI Błażej	830	JACEKBIEGA RUNNING TEAM	M40	19		04:34:45.80	04:34:54.00	+01:45:54 (38.5%)	6:32	9.2 (61.7%)
42	LENKIEWICZ Aleksander	859	WKRUWTEAM	M40	20		04:35:18.40	04:35:23.00	+01:46:23 (38.6%)	6:33	9.2 (61.7%)
43	KŁÓDKIEWICZ Marcin	848		M40	21		04:35:18.65	04:35:23.05	+01:46:23 (38.6%)	6:33	9.2 (61.7%)
44	JANASZ Andrzej	835		M50	5		04:36:20.15	04:36:25.00	+01:47:25 (38.9%)	6:34	9.1 (61.1%)
45	CELEJ Bartosz	813		M20	4		04:36:32.85	04:36:38.00	+01:47:38 (38.9%)	6:35	9.1 (61.1%)
46	PALIWODA Małgorzata	885		K30	2		04:36:37.40	04:36:56.00	+01:47:56 (39.0%)	6:35	9.1 (61.1%)
47	KUFTA Piotr	856		M20	5		04:38:00.80	04:38:07.00	+01:49:07 (39.2%)	6:37	9.1 (61.1%)
48	KOZAK Krzysztof	852	SUPERSONIC	M40	22		04:38:17.05	04:38:25.00	+01:49:25 (39.3%)	6:37	9.1 (61.1%)
49	ZIELIŃSKI Dariusz	942	SYRENKA CX	M50	6		04:38:12.50	04:38:28.85	+01:49:28 (39.3%)	6:37	9.1 (61.1%)
50	GUMOWSKI Cezary	832		M20	6		04:38:58.00	04:39:08.00	+01:50:08 (39.5%)	6:38	9 (60.4%)
51	BOSAK Hubert	809		M30	15	Aerospace Runners	04:40:13.65	04:40:20.00	+01:51:20 (39.7%)	6:40	9 (60.4%)
52	SZYMANSKI Ariel	919		M30	16		04:42:46.30	04:43:01.90	+01:54:01 (40.3%)	6:43	8.9 (59.7%)
53	KRUPA Agnieszka	854		K40	1		04:44:48.60	04:44:56.00	+01:55:56 (40.7%)	6:46	8.8 (59.1%)
54	CHYSTIKOV Artem	816		M30	17		04:45:53.05	04:46:04.00	+01:57:04 (40.9%)	6:48	8.8 (59.1%)
55	MAZLOUM Amir	870	DAWAJ KAŁACH TEAM	M30	18		04:46:10.40	04:46:24.00	+01:57:24 (41.0%)	6:48	8.8 (59.1%)
56	ŚLUZEK Mirosław	922		M60	1		04:50:07.15	04:50:21.00	+02:01:21 (41.8%)	6:54	8.7 (58.4%)
57	MAKAREWICZ Wojciech	865		M40	23		04:51:03.85	04:51:10.00	+02:02:10 (42.0%)	6:55	8.7 (58.4%)
58	PAROL Piotr	887		M30	19		04:53:32.55	04:53:46.00	+02:04:46 (42.5%)	6:59	8.6 (57.7%)
59	SIEPIELSKI Damian	909		M30	20		04:57:11.55	04:57:18.00	+02:08:18 (43.2%)	7:04	8.5 (57.0%)
60	KACZKOWSKI Jarogniew	840	PRUSZKOWSKIE OGONKI	M60	2		04:57:36.50	04:57:49.00	+02:08:49 (43.3%)	7:05	8.5 (57.0%)

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61	CUPRZYŃSKI Łukasz	818	HERE WE GO AGAIN	M30	21		05:00:44.25	05:00:52.00	+02:11:52 (43.8%)	7:09	8.4 (56.4%)
62	SZELAGOWSKI Michał	915	ENDLESS PAIN	M30	22		05:00:51.95	05:00:58.00	+02:11:58 (43.8%)	7:09	8.4 (56.4%)
63	TORZ Daria	925	TENPO PRYMA SORT	K20	1		05:01:01.05	05:01:24.00	+02:12:24 (43.9%)	7:10	8.4 (56.4%)
64	FLISZKIEWICZ Michał	823	GRAW-NET	M40	24		05:02:56.25	05:03:02.00	+02:14:02 (44.2%)	7:12	8.3 (55.7%)
65	MALINOWSKI Marcin	867		M40	25		05:03:41.80	05:03:59.00	+02:14:59 (44.4%)	7:13	8.3 (55.7%)
65	KANTOR Darek	844	NIEMCE TEAM	M50	7	Niemce Team	05:03:43.95	05:03:59.00	+02:14:59 (44.4%)	7:13	8.3 (55.7%)
67	RZEWUSKI Juliusz	905	ZABIEGANY WOŁOMIN	M40	26	Zabiegany Wołomin	05:05:10.85	05:05:18.00	+02:16:18 (44.6%)	7:15	8.3 (55.7%)
68	BORKOWSKI Karol	806	ZABIEGANY WOŁOMIN	M40	27		05:06:22.40	05:06:30.00	+02:17:30 (44.9%)	7:17	8.2 (55.0%)
69	RADEK Tomasz	895		M30	23		05:06:39.85	05:06:49.00	+02:17:49 (44.9%)	7:18	8.2 (55.0%)
70	ZAWADZKA Jagoda	939	BIAŁOSTOCKA SEKTA BIEGACZY	K40	2	Białostocka Sekta Biegaczy	05:08:09.25	05:08:19.00	+02:19:19 (45.2%)	7:20	8.2 (55.0%)
71	WOŁOS Marta	933	BIAŁOSTOCKA SEKTA BIEGACZY	K30	3		05:08:11.40	05:08:21.00	+02:19:21 (45.2%)	7:20	8.2 (55.0%)
72	RUTKOW. Michał	902		M30	24		05:10:31.20	05:10:40.00	+02:21:40 (45.6%)	7:23	8.1 (54.4%)
73	BARTOSIAK Brajan	803		M20	7		05:15:09.15	05:15:18.10	+02:26:18 (46.4%)	7:30	8 (53.7%)
74	KRAJKA Jarosław	853	AZS UMCS BIEGA	M40	28		05:15:33.40	05:15:36.55	+02:26:36 (46.5%)	7:30	8 (53.7%)
75	BIALORUCKI Adrian	804		M30	25		05:15:52.50	05:16:09.15	+02:27:09 (46.5%)	7:31	8 (53.7%)
76	GRZEGORCZYK Franciszek	831		M40	29		05:17:04.90	05:17:15.25	+02:28:15 (46.7%)	7:32	7.9 (53.0%)
77	NEY Patrick	878	RUN FATBOY RUN	M40	30		05:17:24.85	05:17:35.10	+02:28:35 (46.8%)	7:33	7.9 (53.0%)
78	WNUK Szymon	932	SKPB LUBLIN	M30	26		05:18:40.60	05:18:57.95	+02:29:57 (47.0%)	7:35	7.9 (53.0%)
79	RELUGA Dariusz	897		M40	31		05:19:52.15	05:20:06.50	+02:31:06 (47.2%)	7:36	7.9 (53.0%)
80	ZDUNIAK Marcin	941	BIEGAM NA TARCHOMINIE	M40	32	Biegam na Tarchominie	05:23:04.15	05:23:24.90	+02:34:24 (47.7%)	7:41	7.8 (52.3%)
81	CZARNIECKI Kamil	819	12TRI.PL	M40	33		05:23:04.50	05:23:25.10	+02:34:25 (47.7%)	7:41	7.8 (52.3%)
82	PANKOWSKA Aleksandra	886	KKB KOŁBIEL BIEGA	K30	4		05:24:40.65	05:24:52.20	+02:35:52 (48.0%)	7:43	7.8 (52.3%)
83	TWOMEY Mark	928	RUN FATBOY RUN	M40	34	Run Fatboy Run	05:25:28.60	05:25:39.00	+02:36:39 (48.1%)	7:44	7.7 (51.7%)

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84	RADZIWONOWICZ Adriana	896		K40	3		05:25:53.55	05:26:07.90	+02:37:07 (48.2%)	7:45	7.7 (51.7%)
85	STĘPIEŃ Krzysztof	911		M40	35		05:25:53.35	05:26:08.15	+02:37:08 (48.2%)	7:45	7.7 (51.7%)
86	ZAKROCZYMSKI Michał	936		M50	8		05:28:30.25	05:28:51.60	+02:39:51 (48.6%)	7:49	7.7 (51.7%)
87	SAWICKA Antonina	908		K20	2		05:28:30.40	05:28:51.80	+02:39:51 (48.6%)	7:49	7.7 (51.7%)
88	PODKAŃSKI Jacek	890		M40	36		05:30:21.20	05:30:21.20	+02:41:21 (48.8%)	7:51	7.6 (51.0%)
89	NYŻNYK Monika	882	KAMPIRUN TEAM	K40	4		05:32:45.50	05:33:04.10	+02:44:04 (49.3%)	7:55	7.6 (51.0%)
90	MIELCAREK Konrad	873		M50	9		05:33:52.50	05:34:04.55	+02:45:04 (49.4%)	7:56	7.5 (50.3%)
91	KAŻMIERCZAK Bartłomiej	846		M40	37		05:39:23.65	05:39:36.90	+02:50:36 (50.2%)	8:04	7.4 (49.7%)
92	RESZCZYNSKI Pawel	898		M50	10		05:39:55.30	05:40:03.70	+02:51:03 (50.3%)	8:05	7.4 (49.7%)
93	KOLASA Andrzej	849	KLUB J,SŁOWACKIEGO	M60	3		05:39:48.20	05:40:10.75	+02:51:10 (50.3%)	8:05	7.4 (49.7%)
94	SZERLE Tomasz	916		M30	27		05:43:18.85	05:43:30.70	+02:54:30 (50.8%)	8:10	7.3 (49.0%)
95	KACZMARSKI Filip	842		M20	8		05:44:12.10	05:44:26.10	+02:55:26 (50.9%)	8:11	7.3 (49.0%)
96	CHILKIEWICZ Marcin	814		M30	28		05:47:02.65	05:47:18.25	+02:58:18 (51.3%)	8:15	7.3 (49.0%)
97	SZMYT Tomasz	917		M60	4		05:48:24.15	05:48:32.50	+02:59:32 (51.5%)	8:17	7.2 (48.3%)
98	GIBUŁA Bartek	827		M20	9		05:48:53.55	05:48:59.40	+02:59:59 (51.6%)	8:18	7.2 (48.3%)
99	ŚLUSARSKI Maciej	920		M20	10		05:48:43.35	05:49:05.80	+03:00:05 (51.6%)	8:18	7.2 (48.3%)
100	BOJAR Paweł	805		M40	38		05:49:05.85	05:49:21.20	+03:00:21 (51.6%)	8:18	7.2 (48.3%)
101	STRZELCZYK Paweł	913		M40	39		05:49:16.40	05:49:34.55	+03:00:34 (51.7%)	8:18	7.2 (48.3%)
102	BOROWSKI Paweł	807		M30	29		05:52:39.35	05:52:52.60	+03:03:52 (52.1%)	8:23	7.1 (47.7%)
103	INOROWICZ Joanna	834		K40	5		05:53:30.15	05:53:38.80	+03:04:38 (52.2%)	8:25	7.1 (47.7%)
104	OLKOWSKI Robert	884		M50	11		05:53:31.65	05:53:47.55	+03:04:47 (52.2%)	8:25	7.1 (47.7%)
105	PILARSKA Monika	889		K40	6		05:54:06.90	05:54:26.45	+03:05:26 (52.3%)	8:25	7.1 (47.7%)
106	TOBOR Michał	924	BAZALT - TOBOR THE GREAT	M40	40		05:59:15.15	05:59:25.70	+03:10:25 (53.0%)	8:33	7 (47.0%)

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107	JASIŃSKI Mikołaj	839	TBD - TRAILOWE BIEGI DUCHOWE	M50	12		05:59:26.90	05:59:37.45	+03:10:37 (53.0%)	8:33	7 (47.0%)
108	MĘŻYKOWSKI Krzysztof	872		M50	13		06:08:54.10	06:08:59.60	+03:19:59 (54.2%)	8:47	6.8 (45.6%)
109	ŻURAWSKA Agnieszka	945	CMKP TEAM	K50	1		06:08:50.15	06:09:04.50	+03:20:04 (54.2%)	8:46	6.8 (45.6%)
110	RYDEL Michał	903		M30	30		06:27:37.45	06:27:40.60	+03:38:40 (56.4%)	9:13	6.5 (43.6%)
111	KRUPIŃSKI Michał	855		M30	31		06:28:32.40	06:28:52.85	+03:39:52 (56.5%)	9:15	6.5 (43.6%)
112	BAKA Marcin	800		M50	14		06:34:17.20	06:34:33.75	+03:45:33 (57.2%)	9:23	6.4 (43.0%)
113	MŁODECKA Sylwia	876	VIRTUAL RUNNERS CLUB	K50	2		06:35:46.45	06:36:03.20	+03:47:03 (57.3%)	9:25	6.4 (43.0%)
114	BAKA Magdalena	801		K40	7		06:38:04.60	06:38:22.45	+03:49:22 (57.6%)	9:28	6.3 (42.3%)
115	ŚLUSARSKI Łukasz	921		M50	15		06:46:01.00	06:46:23.10	+03:57:23 (58.4%)	9:40	6.2 (41.6%)
116	NAPIÓRKOWSKI Mariusz	877		M40	41		06:50:02.00	06:50:16.50	+04:01:16 (58.8%)	9:45	6.1 (40.9%)
117	HOŁDAKOWSKA Anna	833		K50	3		06:57:58.35	06:58:20.45	+04:09:20 (59.6%)	9:57	6 (40.3%)
118	NIELIWODZKI Hubert	880		M20	11		07:55:24.45	07:55:47.00	+05:06:47 (64.5%)	11:19	5.3 (35.6%)
	OLECH Marcin	883		M50			DNF	DNF	-	-	- (0.0%)
	MŁOCKA-GORCZYŃSKA Matylda	875		K30			DNF	DNF	-	-	- (0.0%)

Znaleziono 120 wynik(ów)