



CROSS KAMPINOS | MARATON KRÓL PUSZCZY 42KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

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

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 42km	Czas brutto 42km	Różn	Tempo min/km	Tempo km/h
1	GALA Grzegorz	825	PRZEBIEGŁY SOCHACZEW	M40	1		03:28:58.20	03:29:13.15		4:58	12.1 (100%)
2	PRZYCHODZKI Łukasz	892	WIELISZEW HERON TEAM	M40	2	Wieliszew Heron Team	03:29:39.80	03:29:42.80	+00:00:29 (0.2%)	4:59	12 (99.2%)
3	MATYSIAK Marcin	869	ULTRAWYRYP.PL	M40	3		03:35:41.05	03:35:44.70	+00:06:31 (3.0%)	5:08	11.7 (96.7%)
4	SŁOMIŃSKI Przemysław	910		M40	4		03:42:22.80	03:42:31.60	+00:13:18 (6.0%)	5:17	11.3 (93.4%)
5	WOŹNIAK Przemysław	934	WIELISZEW HERON TEAM	M40	5	Wieliszew Heron Team	03:43:03.75	03:43:06.45	+00:13:53 (6.2%)	5:18	11.3 (93.4%)
6	MACHERZYŃSKI Karol	864		M40	6		03:45:55.10	03:45:57.00	+00:16:43 (7.4%)	5:22	11.2 (92.6%)
7	JANISZEWSKI Jakub	837		M40	7		03:50:01.40	03:50:13.60	+00:21:00 (9.1%)	5:28	11 (90.9%)
8	FOLAND Bogumił	824	BARUNOWCE	M40	8		03:53:36.50	03:53:39.10	+00:24:25 (10.5%)	5:33	10.8 (89.3%)
9	SUCHODOLA Piotr	914		M40	9		03:54:47.30	03:55:05.10	+00:25:51 (11.0%)	5:35	10.7 (88.4%)
10	ZABOREK Piotr	935		M40	10		03:55:56.10	03:56:03.25	+00:26:50 (11.4%)	5:37	10.7 (88.4%)
11	JASEK Mikołaj	838		M40	11		03:57:40.40	03:57:47.40	+00:28:34 (12.0%)	5:39	10.6 (87.6%)
12	LEŚNIEWSKI Adam	860		M40	12		04:04:10.35	04:04:25.00	+00:35:11 (14.4%)	5:48	10.3 (85.1%)
13	BUCZKOWSKI Piotr	810		M40	13		04:14:41.00	04:14:45.00	+00:45:31 (17.9%)	6:03	9.9 (81.8%)
14	ROMAŃSKI Tomasz	900		M40	14		04:18:38.05	04:19:00.00	+00:49:46 (19.2%)	6:09	9.7 (80.2%)
15	MALINOWSKI Marcin	866		M40	15		04:28:57.10	04:29:02.00	+00:59:48 (22.2%)	6:24	9.4 (77.7%)
16	RZĘDZIAN Michał	906	SKPB LUBLIN	M40	16		04:28:56.15	04:29:17.00	+01:00:03 (22.3%)	6:24	9.4 (77.7%)
17	CICHOWSKI Michał	817		M40	17		04:29:10.90	04:29:24.00	+01:00:10 (22.3%)	6:24	9.4 (77.7%)
18	PRZYGODA Paweł	894		M40	18		04:33:49.55	04:34:00.80	+01:04:47 (23.6%)	6:31	9.2 (76.0%)
19	GRABOWSKI Błażej	830	JACEKBIEGA RUNNING TEAM	M40	19		04:34:45.80	04:34:54.00	+01:05:40 (23.9%)	6:32	9.2 (76.0%)
20	LENKIEWICZ Aleksander	859	WKRUWTEAM	M40	20		04:35:18.40	04:35:23.00	+01:06:09 (24.0%)	6:33	9.2 (76.0%)
21	KŁÓDKIEWICZ Marcin	848		M40	21		04:35:18.65	04:35:23.05	+01:06:09 (24.0%)	6:33	9.2 (76.0%)
22	KOZAK Krzysztof	852	SUPERSONIC	M40	22		04:38:17.05	04:38:25.00	+01:09:11 (24.9%)	6:37	9.1 (75.2%)
23	MAKAREWICZ Wojciech	865		M40	23		04:51:03.85	04:51:10.00	+01:21:56 (28.1%)	6:55	8.7 (71.9%)
24	FLISZKIEWICZ Michał	823	GRAW-NET	M40	24		05:02:56.25	05:03:02.00	+01:33:48 (31.0%)	7:12	8.3 (68.6%)
25	MALINOWSKI Marcin	867		M40	25		05:03:41.80	05:03:59.00	+01:34:45 (31.2%)	7:13	8.3 (68.6%)
26	RZEWUSKI Juliusz	905	ZABIEGANY WOŁOMIN	M40	26	Zabiegany Wołomin	05:05:10.85	05:05:18.00	+01:36:04 (31.5%)	7:15	8.3 (68.6%)
27	BORKOWSKI Karol	806	ZABIEGANY WOŁOMIN	M40	27		05:06:22.40	05:06:30.00	+01:37:16 (31.7%)	7:17	8.2 (67.8%)

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28	KRAJKA Jarosław	853	AZS UMCS BIEGA	M40	28		05:15:33.40	05:15:36.55	+01:46:23 (33.7%)	7:30	8 (66.1%)
29	GRZEGORCZYK Franciszek	831		M40	29		05:17:04.90	05:17:15.25	+01:48:02 (34.1%)	7:32	7.9 (65.3%)
30	NEY Patrick	878	RUN FATBOY RUN	M40	30		05:17:24.85	05:17:35.10	+01:48:21 (34.1%)	7:33	7.9 (65.3%)
31	RELUGA Dariusz	897		M40	31		05:19:52.15	05:20:06.50	+01:50:53 (34.6%)	7:36	7.9 (65.3%)
32	ZDUNIAK Marcin	941	BIEGAM NA TARCHOMINIE	M40	32	Biegam na Tarchominie	05:23:04.15	05:23:24.90	+01:54:11 (35.3%)	7:41	7.8 (64.5%)
33	CZARNIECKI Kamil	819	12TRI.PL	M40	33		05:23:04.50	05:23:25.10	+01:54:11 (35.3%)	7:41	7.8 (64.5%)
34	TWOMEY Mark	928	RUN FATBOY RUN	M40	34	Run Fatboy Run	05:25:28.60	05:25:39.00	+01:56:25 (35.8%)	7:44	7.7 (63.6%)
35	STĘPIEŃ Krzysztof	911		M40	35		05:25:53.35	05:26:08.15	+01:56:55 (35.8%)	7:45	7.7 (63.6%)
36	PODKAŃSKI Jacek	890		M40	36		05:30:21.20	05:30:21.20	+02:01:08 (36.7%)	7:51	7.6 (62.8%)
37	KAŻMIERCZAK Bartłomiej	846		M40	37		05:39:23.65	05:39:36.90	+02:10:23 (38.4%)	8:04	7.4 (61.2%)
38	BOJAR Paweł	805		M40	38		05:49:05.85	05:49:21.20	+02:20:08 (40.1%)	8:18	7.2 (59.5%)
39	STRZELCZYK Paweł	913		M40	39		05:49:16.40	05:49:34.55	+02:20:21 (40.2%)	8:18	7.2 (59.5%)
40	TOBOR Michał	924	BAZALT - TOBOR THE GREAT	M40	40		05:59:15.15	05:59:25.70	+02:30:12 (41.8%)	8:33	7 (57.9%)
41	NAPIÓRKOWSKI Mariusz	877		M40	41		06:50:02.00	06:50:16.50	+03:21:03 (49.0%)	9:45	6.1 (50.4%)

Znaleziono 41 wynik(ów)