



CROSS KAMPINOS | NIEDZIELNY BIEG 13KM

B4SPORT

Event: III Cross Kampinos
Organiser: FUNDACJA W PODSKOKACH
Date: 2024-05-26
Place: Laski
Distance: 13 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 13km	Czas brutto 13km	Gap	Pace min/km	Pace km/h
1	ZIELIŃSKI Piotr	1358		M30	1		00:57:24.05	00:57:26.35		4:24	13.6 (100%)
2	SNOPKOWSKI Adam	1323		M20	1		00:58:53.80	00:58:56.05	+00:01:29 (2.5%)	4:31	13.2 (97.1%)
3	MUCHA Tomasz	1296		M40	1		01:01:12.15	01:01:16.65	+00:03:50 (6.3%)	4:42	12.7 (93.4%)
4	BILSKI Krzysztof	1208		M30	2		01:01:43.35	01:01:48.30	+00:04:21 (7.1%)	4:44	12.6 (92.6%)
5	WOJTACZAK Michał	1344		M30	3		01:04:07.95	01:04:11.65	+00:06:45 (10.5%)	4:55	12.2 (89.7%)
6	ZALEWSKA Anna	1355	WIEDŹMY BIEGOWE	K40	1	Wiedźmy Biegowe	01:04:16.00	01:04:23.05	+00:06:56 (10.8%)	4:56	12.1 (89.0%)
7	ZALEWSKI Paweł	1356	ROPUCH	M40	2		01:04:35.85	01:04:42.90	+00:07:16 (11.2%)	4:58	12.1 (89.0%)
8	MAZGAJSKI Tymoteusz	1288		M20	2		01:04:44.45	01:04:47.20	+00:07:20 (11.3%)	4:58	12 (88.2%)
9	WYGONOWSKI Jacek	1349	DZIKUR CREW	M50	1		01:04:45.80	01:04:52.05	+00:07:25 (11.5%)	4:58	12 (88.2%)
10	MICHALSKI Mateusz	1291		M20	3		01:06:08.40	01:06:11.35	+00:08:45 (13.2%)	5:05	11.8 (86.8%)
11	MĘDREK Sebastian	1289		M30	4		01:06:40.20	01:06:44.80	+00:09:18 (13.9%)	5:07	11.7 (86.0%)
12	BĘBAS Paweł	1206		M20	4		01:06:52.15	01:06:54.30	+00:09:27 (14.1%)	5:08	11.7 (86.0%)
13	DOMAŃSKI Szymon	1225	NIEZRZESZONY	M20	5		01:07:05.00	01:07:08.55	+00:09:42 (14.5%)	5:09	11.6 (85.3%)
14	JARMUŻEK Marcin	1255		M40	3		01:08:05.30	01:08:12.95	+00:10:46 (15.8%)	5:14	11.5 (84.6%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 13km	Czas brutto 13km	Gap	Pace min/km	Pace km/h
15	GOŁĘBIEWSKI Rafał	1241	ORANGE POLSKA	M40	4		01:08:54.90	01:09:03.05	+00:11:36 (16.8%)	5:18	11.3 (83.1%)
16	JAKUBOWSKI Dariusz	1251	BIEGAMPŁOCK TEAM	M50	2	biegamPłock team	01:09:12.50	01:09:20.75	+00:11:54 (17.2%)	5:19	11.3 (83.1%)
17	ŻEBIAŁOWICZ Alicja	1359		K20	1		01:09:32.60	01:09:34.95	+00:12:08 (17.5%)	5:20	11.2 (82.4%)
18	SZAMOTA Michał	1326		M40	5		01:09:49.45	01:09:55.35	+00:12:29 (17.9%)	5:22	11.2 (82.4%)
19	PTASIŃSKI Jakub	1312	SIÓDME POTY	M20	6	Siódme Poty	01:09:55.70	01:10:01.65	+00:12:35 (18.0%)	5:22	11.2 (82.4%)
20	ZABROCKI Radosław	1350		M30	5		01:09:53.05	01:10:05.20	+00:12:38 (18.0%)	5:22	11.2 (82.4%)
21	MIAZEK Adam	1290	PRZEBIEGŁY SOCHACZEW	M20	7		01:11:07.50	01:11:19.45	+00:13:53 (19.5%)	5:28	11 (80.9%)
22	TASZYCKI Wiesław	1330		M50	3		01:11:18.05	01:11:35.80	+00:14:09 (19.8%)	5:29	10.9 (80.1%)
23	WRÓBEL Dominik	1347	PTR	M30	6		01:11:36.10	01:11:44.35	+00:14:18 (19.9%)	5:30	10.9 (80.1%)
24	DZIWIŃSKA Judyta	1232		K20	2		01:11:55.80	01:12:01.95	+00:14:35 (20.3%)	5:31	10.8 (79.4%)
25	OSIŃSKI Wojciech	1300		M30	7		01:13:12.35	01:13:16.05	+00:15:49 (21.6%)	5:37	10.7 (78.7%)
26	SZELC Maciej	1327		M40	6		01:13:26.55	01:13:30.60	+00:16:04 (21.9%)	5:38	10.6 (77.9%)
27	WIECZOREK Maciej	1341	UKA	M30	8		01:13:19.60	01:13:31.55	+00:16:05 (21.9%)	5:38	10.6 (77.9%)
28	MAKOWSKA Ewa	1284		K40	2		01:14:20.10	01:14:28.50	+00:17:02 (22.9%)	5:43	10.5 (77.2%)
29	MICHAŁEK Sylwia	1292	ADIDAS RUNNERS WARSAW	K30	1		01:14:53.30	01:14:56.75	+00:17:30 (23.4%)	5:45	10.4 (76.5%)
30	BIALIC Gabriela	1207		K20	3		01:15:00.65	01:15:06.30	+00:17:39 (23.5%)	5:46	10.4 (76.5%)
31	KAŁOWSKI Bartosz	1258		M30	9		01:14:57.75	01:15:08.05	+00:17:41 (23.6%)	5:45	10.4 (76.5%)
32	KOCHANOWICZ Wojciech	1266		M30	10		01:15:16.05	01:15:21.15	+00:17:54 (23.8%)	5:47	10.4 (76.5%)
33	MIELCUCH Tomasz	1293		M30	11		01:15:21.25	01:15:24.80	+00:17:58 (23.8%)	5:47	10.4 (76.5%)
34	WOŁKOWICZ-WYSZOMIRSKA Monika	1345	MINT MEDIA	K40	3	Mint Media	01:16:03.85	01:16:09.25	+00:18:42 (24.6%)	5:51	10.3 (75.7%)
35	PĘTLAK Tadeusz	1303		M20	8		01:16:04.45	01:16:17.00	+00:18:50 (24.7%)	5:51	10.3 (75.7%)
36	KASZUBSKA Aleksandra	1260		K20	4		01:16:24.35	01:16:32.75	+00:19:06 (25.0%)	5:52	10.2 (75.0%)
37	WALICKI Marcin	1338		M30	12		01:17:14.60	01:17:20.10	+00:19:53 (25.7%)	5:56	10.1 (74.3%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 13km	Czas brutto 13km	Gap	Pace min/km	Pace km/h
38	RUDNICKI Wojciech	1314		M30	13		01:18:53.90	01:19:02.55	+00:21:36 (27.3%)	6:04	9.9 (72.8%)
39	STANASZEK Konstancja	1324		K30	2		01:19:13.95	01:19:29.30	+00:22:02 (27.7%)	6:05	9.8 (72.1%)
40	MYĆ Edyta	1297		K50	1		01:19:24.65	01:19:33.55	+00:22:07 (27.8%)	6:06	9.8 (72.1%)
41	MAŃKOWSKI Marek	1286	MAKABI WARSZAWA	M40	7		01:19:34.60	01:19:40.30	+00:22:13 (27.9%)	6:07	9.8 (72.1%)
42	FIRST Piotr	1233	BARBELL GARAGE TRIATHLON TEAM PŁOŃSK	M50	4		01:20:02.75	01:20:06.15	+00:22:39 (28.3%)	6:09	9.7 (71.3%)
43	URBAŃSKA Katarzyna	1334		K30	3		01:20:37.40	01:20:43.00	+00:23:16 (28.8%)	6:12	9.7 (71.3%)
44	KRZYSZTOFIK Wojciech	1275		M40	8		01:20:41.45	01:20:48.50	+00:23:22 (28.9%)	6:12	9.7 (71.3%)
45	KHMIALEUSKAYA Dziyana	1261		K30	4		01:20:48.40	01:20:56.15	+00:23:29 (29.0%)	6:12	9.7 (71.3%)
46	KNYAZHISHCHE Svetlana	1263		K30	5		01:20:55.35	01:20:59.65	+00:23:33 (29.1%)	6:13	9.6 (70.6%)
47	PIETRUSIŃSKA Ola	1305		K40	4		01:21:00.75	01:21:06.00	+00:23:39 (29.2%)	6:13	9.6 (70.6%)
48	ZACHARZEWSKI Alan	1351		M30	14		01:21:21.70	01:21:34.95	+00:24:08 (29.6%)	6:15	9.6 (70.6%)
49	GRYZ Dominika	1248		K30	6		01:21:53.15	01:22:06.45	+00:24:40 (30.0%)	6:17	9.5 (69.9%)
50	PIĄTKOWSKI Kamil	1304		M40	9		01:22:45.45	01:22:54.05	+00:25:27 (30.7%)	6:21	9.4 (69.1%)
51	OWSIANKO Daniel	1301		M40	10		01:24:40.40	01:24:58.45	+00:27:32 (32.4%)	6:30	9.2 (67.6%)
52	BETKA Tomasz	1205		M30	15		01:25:10.15	01:25:28.50	+00:28:02 (32.8%)	6:33	9.2 (67.6%)
53	SZLENDAK BĘCEK Izabela	1328	BIESIADNICZO BIEGOWY KLUB SPORTOWY "ŁAWECZKA" WILANÓW	K40	5		01:25:49.80	01:25:56.05	+00:28:29 (33.2%)	6:36	9.1 (66.9%)
54	CHUDZIK Joanna	1214		K40	6		01:26:09.75	01:26:18.15	+00:28:51 (33.4%)	6:37	9.1 (66.9%)
55	TURLEJ Oskar	1333		M20	9		01:26:57.10	01:27:03.55	+00:29:37 (34.0%)	6:41	9 (66.2%)
56	CZAJKOWSKI Radosław	1217		M40	11		01:27:03.60	01:27:10.35	+00:29:44 (34.1%)	6:41	9 (66.2%)
57	BANDOSZ Tamara	1202	BBKS ŁAWECZKA WILANÓW	K40	7		01:27:51.95	01:27:58.70	+00:30:32 (34.7%)	6:45	8.9 (65.4%)
58	NOWAK Maciej	1299		M40	12		01:28:02.10	01:28:05.20	+00:30:38 (34.8%)	6:46	8.9 (65.4%)
59	SZWEYCER Maria	1329	ZABIEGANEDNI	K20	5		01:28:08.65	01:28:11.75	+00:30:45 (34.9%)	6:46	8.9 (65.4%)
60	GODLEWSKA Izabella	1239	GANG ŚWIETLIKÓW	K20	6		01:28:38.30	01:28:51.05	+00:31:24 (35.4%)	6:49	8.8 (64.7%)

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61	KOSOWICZ Wojtek	1271		M50	5		01:28:42.30	01:28:51.25	+00:31:24 (35.4%)	6:49	8.8 (64.7%)
62	SHVAIKOUSKAYA Volha	1317		K40	8		01:29:18.50	01:29:22.95	+00:31:56 (35.7%)	6:52	8.7 (64.0%)
63	KNYT Jarosław	1264		M30	16		01:29:11.95	01:29:28.80	+00:32:02 (35.8%)	6:51	8.7 (64.0%)
64	ŁAJSZCZAK Filip	1280		M40	13		01:29:17.80	01:29:32.00	+00:32:05 (35.8%)	6:52	8.7 (64.0%)
65	DĘBEK Aleksandra	1222		K30	7		01:29:44.55	01:29:56.85	+00:32:30 (36.1%)	6:54	8.7 (64.0%)
66	WOŹNIAKOWSKI Tomasz	1346		M30	17		01:30:15.30	01:30:26.35	+00:33:00 (36.5%)	6:56	8.6 (63.2%)
67	KORDACZUK Igor	1270		M20	10		01:30:45.40	01:30:52.15	+00:33:25 (36.8%)	6:58	8.6 (63.2%)
68	GÓRNIAK Paweł	1245		M40	14		01:30:52.95	01:31:02.95	+00:33:36 (36.9%)	6:59	8.6 (63.2%)
69	ZAHAYEUSKAYA Natallia	1353		K30	8		01:30:53.00	01:31:04.70	+00:33:38 (36.9%)	6:59	8.6 (63.2%)
70	BURCZAK Anna	1211		K30	9		01:31:10.40	01:31:14.55	+00:33:48 (37.0%)	7:00	8.6 (63.2%)
71	SKWARCZYŁO Adam	1321		M30	18		01:28:53.50	01:31:47.50	+00:34:21 (37.4%)	6:50	8.8 (64.7%)
72	DOBEK Tomasz	1224	BIEGAMPŁOCK TEAM	M50	6	biegamPłock team	01:31:34.35	01:31:50.65	+00:34:24 (37.5%)	7:02	8.5 (62.5%)
73	BAJOR Katarzyna	1201		K30	10		01:31:49.65	01:31:57.90	+00:34:31 (37.5%)	7:03	8.5 (62.5%)
74	POBOŻY Katarzyna	1308		K30	11		01:32:42.05	01:32:46.95	+00:35:20 (38.1%)	7:07	8.4 (61.8%)
75	DOMAŃSKI Jarosław	1226	STREFAREHA.PL	M40	15		01:33:23.60	01:33:38.10	+00:36:11 (38.7%)	7:11	8.4 (61.8%)
76	JANUSZEWSKA Anna	1252		K30	12		01:33:53.95	01:34:13.85	+00:36:47 (39.0%)	7:13	8.3 (61.0%)
76	JANUSZEWSKA Maria	1253		K20	7		01:33:54.20	01:34:13.85	+00:36:47 (39.0%)	7:13	8.3 (61.0%)
78	GODLEWSKI Marcin	1240	PTR	M40	16		01:34:47.60	01:34:55.10	+00:37:28 (39.5%)	7:17	8.2 (60.3%)
79	RZYMAŃSKA Magdalena	1316	PTR	K50	2		01:34:51.70	01:34:59.45	+00:37:33 (39.5%)	7:17	8.2 (60.3%)
80	GAJDA Marta	1235		K40	9		01:35:27.80	01:35:41.60	+00:38:15 (40.0%)	7:20	8.2 (60.3%)
81	WŁODARCZYK Eulalia	1343		K40	10		01:35:48.30	01:36:05.45	+00:38:39 (40.2%)	7:22	8.1 (59.6%)
82	DĘBEK Magdalena	1223		K20	8		01:36:30.70	01:36:43.05	+00:39:16 (40.6%)	7:25	8.1 (59.6%)
83	LITASZEWSKA Magdalena	1279		K30	13		01:36:50.40	01:37:12.15	+00:39:45 (40.9%)	7:26	8.1 (59.6%)

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84	DERDA Łukasz	1221		M40	17		01:39:18.70	01:39:23.05	+00:41:56 (42.2%)	7:38	7.9 (58.1%)
85	RYCZAŁEK Aleksandra	1315		K40	11		01:40:06.70	01:40:23.00	+00:42:56 (42.8%)	7:42	7.8 (57.4%)
86	ZAJĄCZKOWSKI Wojciech	1354	POWER TRAINING	M60	1		01:42:09.45	01:42:20.90	+00:44:54 (43.9%)	7:51	7.6 (55.9%)
87	ZDANOWICZ Paweł	1357		M40	18		01:43:03.20	01:43:08.15	+00:45:41 (44.3%)	7:55	7.6 (55.9%)
88	KOZIOŁEK Szymon	1272		M20	11		01:43:24.40	01:43:39.60	+00:46:13 (44.6%)	7:57	7.5 (55.1%)
89	KLIMEK Anna	1262		K50	3		01:44:05.30	01:44:20.15	+00:46:53 (44.9%)	8:00	7.5 (55.1%)
90	BRUŹDZIAK Agata	1210		K30	14		01:44:15.50	01:44:22.75	+00:46:56 (45.0%)	8:01	7.5 (55.1%)
91	DZIEKANOWSKA Karolina	1231		K20	9		01:44:21.35	01:44:29.95	+00:47:03 (45.0%)	8:01	7.5 (55.1%)
92	STRAINIUK Viktorija	1325		K30	15		01:44:23.25	01:44:32.65	+00:47:06 (45.1%)	8:01	7.5 (55.1%)
93	CEMBROWSKI Krzysztof	1212		M50	7		01:46:18.50	01:46:40.40	+00:49:14 (46.2%)	8:10	7.3 (53.7%)
94	KRUPA Małgorzata	1274		K20	10		01:46:33.10	01:46:40.75	+00:49:14 (46.2%)	8:11	7.3 (53.7%)
95	BASIAK Marta	1203	OTTERS	K30	16		01:46:21.60	01:46:41.05	+00:49:14 (46.2%)	8:10	7.3 (53.7%)
96	ŁASZCZEWSKA-SZERLE Katarzyna	1282		K30	17		01:46:21.90	01:46:41.20	+00:49:14 (46.2%)	8:10	7.3 (53.7%)
97	PRZYBYLSKA Katarzyna	1311		K40	12		01:46:56.95	01:47:07.05	+00:49:40 (46.4%)	8:13	7.3 (53.7%)
98	KOMUDA Kacper	1268	PRYWATNE LATANIE	M20	12		01:47:07.45	01:47:16.95	+00:49:50 (46.5%)	8:14	7.3 (53.7%)
99	KOMUDA Joanna	1267	PRYWATNE LATANIE	K40	13		01:47:40.20	01:47:50.00	+00:50:23 (46.7%)	8:16	7.2 (52.9%)
100	SIEMIENIUK Anna	1318		K40	14		01:48:14.75	01:48:31.35	+00:51:05 (47.1%)	8:19	7.2 (52.9%)
101	KOBIERSKA Katarzyna	1265		K40	15		01:48:14.90	01:48:31.55	+00:51:05 (47.1%)	8:19	7.2 (52.9%)
102	WRZESIEŃ Piotr	1348		M50	8		01:48:33.00	01:48:33.00	+00:51:06 (47.1%)	8:21	7.2 (52.9%)
103	WĘCLEWSKA Kamila	1340	SZOK	K30	18		01:50:13.65	01:50:17.45	+00:52:51 (47.9%)	8:28	7.1 (52.2%)
104	DANG Monika	1218		K20	11		01:51:14.55	01:51:23.45	+00:53:57 (48.4%)	8:33	7 (51.5%)
105	SKOLIK Jan	1320		M20	13		01:51:22.80	01:51:38.75	+00:54:12 (48.6%)	8:34	7 (51.5%)
106	SKOLIK Andrzej	1319		M50	9		01:51:23.60	01:51:39.20	+00:54:12 (48.6%)	8:34	7 (51.5%)

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107	DUL Martyna	1229		K20	12		01:51:39.05	01:51:50.25	+00:54:23 (48.6%)	8:35	7 (51.5%)
108	KURMANOWSKI Michał	1278		M40	19		01:52:30.80	01:52:45.00	+00:55:18 (49.1%)	8:39	6.9 (50.7%)
109	WASILEWSKA Jolanta	1339		K30	19		01:52:30.35	01:52:45.05	+00:55:18 (49.1%)	8:39	6.9 (50.7%)
110	ŁAJSZCZAK Karolina	1281		K20	13		01:55:47.40	01:56:00.85	+00:58:34 (50.5%)	8:54	6.7 (49.3%)
111	DANIEWSKI Paweł	1219		M20	14		01:55:49.45	01:56:02.15	+00:58:35 (50.5%)	8:54	6.7 (49.3%)
112	PRĘDKA Ewa	1310		K50	4		01:57:45.50	01:57:54.70	+01:00:28 (51.3%)	9:03	6.6 (48.5%)
113	BRAUN Weronika	1209		K30	20		01:58:22.35	01:58:33.75	+01:01:07 (51.6%)	9:06	6.6 (48.5%)
114	DĄBROWSKA Beata	1220		K60	1		01:59:06.00	01:59:17.00	+01:01:50 (51.8%)	9:09	6.5 (47.8%)
115	KAMIŃSKA Julia	1259		K20	14		02:00:20.45	02:00:33.90	+01:03:07 (52.4%)	9:15	6.5 (47.8%)
116	JAGODZIŃSKA Ewa	1250		K20	15		02:00:21.05	02:00:35.15	+01:03:08 (52.4%)	9:15	6.5 (47.8%)
117	MIZERSKI Mateusz	1295		M20	15		02:00:26.35	02:00:40.30	+01:03:13 (52.4%)	9:15	6.5 (47.8%)
118	GOMULIŃSKA Katarzyna	1242		K50	5		02:01:29.95	02:01:42.95	+01:04:16 (52.8%)	9:20	6.4 (47.1%)
119	GAJGER Joanna	1236		K30	21		02:07:10.90	02:07:25.95	+01:09:59 (54.9%)	9:46	6.1 (44.9%)
120	WALASIŃSKA Urszula	1335		K40	16		02:26:28.95	02:26:40.00	+01:29:13 (60.8%)	11:16	5.3 (39.0%)
121	MADYCKA Marlena	1283		K40	17		02:54:09.70	02:54:25.60	+01:56:59 (67.1%)	13:23	4.5 (33.1%)
122	MAŁKIEWICZ Paweł	1285		M40	20						(0.0%)
123	MARZUCHOWSKA Monika	1287		K30	22						(0.0%)
124	GIL Paweł	1237		M20	16						(0.0%)

Total 124 results.