



CROSS KAMPINOS | NIEDZIELNY BIEG 13KM

B4SPORT

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

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 13km	Czas brutto 13km	Gap	Pace min/km	Pace km/h
1	MUCHA Tomasz	1296		M40	1		01:01:12.15	01:01:16.65		4:42	12.7 (100%)
2	ZALEWSKI Paweł	1356	ROPUCH	M40	2		01:04:35.85	01:04:42.90	+00:03:26 (5.3%)	4:58	12.1 (95.3%)
3	JARMUŻEK Marcin	1255		M40	3		01:08:05.30	01:08:12.95	+00:06:56 (10.2%)	5:14	11.5 (90.6%)
4	GOŁĘBIEWSKI Rafał	1241	ORANGE POLSKA	M40	4		01:08:54.90	01:09:03.05	+00:07:46 (11.3%)	5:18	11.3 (89.0%)
5	SZAMOTA Michał	1326		M40	5		01:09:49.45	01:09:55.35	+00:08:38 (12.4%)	5:22	11.2 (88.2%)
6	SZELC Maciej	1327		M40	6		01:13:26.55	01:13:30.60	+00:12:13 (16.6%)	5:38	10.6 (83.5%)
7	MAŃKOWSKI Marek	1286	MAKABI WARSZAWA	M40	7		01:19:34.60	01:19:40.30	+00:18:23 (23.1%)	6:07	9.8 (77.2%)
8	KRZYSZTOFIK Wojciech	1275		M40	8		01:20:41.45	01:20:48.50	+00:19:31 (24.2%)	6:12	9.7 (76.4%)
9	PIĄTKOWSKI Kamil	1304		M40	9		01:22:45.45	01:22:54.05	+00:21:37 (26.1%)	6:21	9.4 (74.0%)
10	OWSIANKO Daniel	1301		M40	10		01:24:40.40	01:24:58.45	+00:23:41 (27.9%)	6:30	9.2 (72.4%)
11	CZAJKOWSKI Radosław	1217		M40	11		01:27:03.60	01:27:10.35	+00:25:53 (29.7%)	6:41	9 (70.9%)
12	NOWAK Maciej	1299		M40	12		01:28:02.10	01:28:05.20	+00:26:48 (30.4%)	6:46	8.9 (70.1%)
13	ŁAJSZCZAK Filip	1280		M40	13		01:29:17.80	01:29:32.00	+00:28:15 (31.6%)	6:52	8.7 (68.5%)
14	GÓRNIAK Paweł	1245		M40	14		01:30:52.95	01:31:02.95	+00:29:46 (32.7%)	6:59	8.6 (67.7%)
15	DOMAŃSKI Jarosław	1226	STREFAREHA.PL	M40	15		01:33:23.60	01:33:38.10	+00:32:21 (34.6%)	7:11	8.4 (66.1%)
16	GODLEWSKI Marcin	1240	PTR	M40	16		01:34:47.60	01:34:55.10	+00:33:38 (35.4%)	7:17	8.2 (64.6%)
17	DERDA Łukasz	1221		M40	17		01:39:18.70	01:39:23.05	+00:38:06 (38.3%)	7:38	7.9 (62.2%)
18	ZDANOWICZ Paweł	1357		M40	18		01:43:03.20	01:43:08.15	+00:41:51 (40.6%)	7:55	7.6 (59.8%)
19	KURMANOWSKI Michał	1278		M40	19		01:52:30.80	01:52:45.00	+00:51:28 (45.7%)	8:39	6.9 (54.3%)
20	MAŁKIEWICZ Paweł	1285		M40	20						(0.0%)

Total 20 results.