



Wydarzenie: III Cross Kampinos
Organizator: FUNDACJA W PODSKOKACH
Data: 2024-05-26
Miejsce: Laski
Dystans: 13 km

CROSS KAMPINOS | NIEDZIELNY BIEG 13KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo 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	WOJTCZAK Michał	1344		M30	3		01:04:07.95	01:04:11.65	+00:06:45 (10.5%)	4:55	12.2 (89.7%)
6	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%)
7	MAZGAJSKI Tymoteusz	1288		M20	2		01:04:44.45	01:04:47.20	+00:07:20 (11.3%)	4:58	12 (88.2%)
8	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%)
9	MICHALSKI Mateusz	1291		M20	3		01:06:08.40	01:06:11.35	+00:08:45 (13.2%)	5:05	11.8 (86.8%)
10	MĘDREK Sebastian	1289		M30	4		01:06:40.20	01:06:44.80	+00:09:18 (13.9%)	5:07	11.7 (86.0%)
11	BĘBAS Paweł	1206		M20	4		01:06:52.15	01:06:54.30	+00:09:27 (14.1%)	5:08	11.7 (86.0%)
12	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%)
13	JARMUŻEK Marcin	1255		M40	3		01:08:05.30	01:08:12.95	+00:10:46 (15.8%)	5:14	11.5 (84.6%)
14	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%)
15	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%)
16	SZAMOTA Michał	1326		M40	5		01:09:49.45	01:09:55.35	+00:12:29 (17.9%)	5:22	11.2 (82.4%)
17	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%)
18	ZABROCKI Radosław	1350		M30	5		01:09:53.05	01:10:05.20	+00:12:38 (18.0%)	5:22	11.2 (82.4%)
19	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%)
20	TASZYCKI Wiesław	1330		M50	3		01:11:18.05	01:11:35.80	+00:14:09 (19.8%)	5:29	10.9 (80.1%)
21	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%)
22	OSIŃSKI Wojciech	1300		M30	7		01:13:12.35	01:13:16.05	+00:15:49 (21.6%)	5:37	10.7 (78.7%)
23	SZELC Maciej	1327		M40	6		01:13:26.55	01:13:30.60	+00:16:04 (21.9%)	5:38	10.6 (77.9%)
24	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%)
25	KAŁOWSKI Bartosz	1258		M30	9		01:14:57.75	01:15:08.05	+00:17:41 (23.6%)	5:45	10.4 (76.5%)
26	KOCHANOWICZ Wojciech	1266		M30	10		01:15:16.05	01:15:21.15	+00:17:54 (23.8%)	5:47	10.4 (76.5%)
27	MIELCUCH Tomasz	1293		M30	11		01:15:21.25	01:15:24.80	+00:17:58 (23.8%)	5:47	10.4 (76.5%)

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28	PĘTLAK Tadeusz	1303		M20	8		01:16:04.45	01:16:17.00	+00:18:50 (24.7%)	5:51	10.3 (75.7%)
29	WALICKI Marcin	1338		M30	12		01:17:14.60	01:17:20.10	+00:19:53 (25.7%)	5:56	10.1 (74.3%)
30	RUDNICKI Wojciech	1314		M30	13		01:18:53.90	01:19:02.55	+00:21:36 (27.3%)	6:04	9.9 (72.8%)
31	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%)
32	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%)
33	KRZYSZTOFIK Wojciech	1275		M40	8		01:20:41.45	01:20:48.50	+00:23:22 (28.9%)	6:12	9.7 (71.3%)
34	ZACHARZEWSKI Alan	1351		M30	14		01:21:21.70	01:21:34.95	+00:24:08 (29.6%)	6:15	9.6 (70.6%)
35	PIĄTKOWSKI Kamil	1304		M40	9		01:22:45.45	01:22:54.05	+00:25:27 (30.7%)	6:21	9.4 (69.1%)
36	OWSIANKO Daniel	1301		M40	10		01:24:40.40	01:24:58.45	+00:27:32 (32.4%)	6:30	9.2 (67.6%)
37	BETKA Tomasz	1205		M30	15		01:25:10.15	01:25:28.50	+00:28:02 (32.8%)	6:33	9.2 (67.6%)
38	TURLEJ Oskar	1333		M20	9		01:26:57.10	01:27:03.55	+00:29:37 (34.0%)	6:41	9 (66.2%)
39	CZAJKOWSKI Radosław	1217		M40	11		01:27:03.60	01:27:10.35	+00:29:44 (34.1%)	6:41	9 (66.2%)
40	NOWAK Maciej	1299		M40	12		01:28:02.10	01:28:05.20	+00:30:38 (34.8%)	6:46	8.9 (65.4%)
41	KOSOWICZ Wojtek	1271		M50	5		01:28:42.30	01:28:51.25	+00:31:24 (35.4%)	6:49	8.8 (64.7%)
42	KNYT Jarosław	1264		M30	16		01:29:11.95	01:29:28.80	+00:32:02 (35.8%)	6:51	8.7 (64.0%)
43	ŁAJSZCZAK Filip	1280		M40	13		01:29:17.80	01:29:32.00	+00:32:05 (35.8%)	6:52	8.7 (64.0%)
44	WOŹNIAKOWSKI Tomasz	1346		M30	17		01:30:15.30	01:30:26.35	+00:33:00 (36.5%)	6:56	8.6 (63.2%)
45	KORDACZUK Igor	1270		M20	10		01:30:45.40	01:30:52.15	+00:33:25 (36.8%)	6:58	8.6 (63.2%)
46	GÓRNIAK Paweł	1245		M40	14		01:30:52.95	01:31:02.95	+00:33:36 (36.9%)	6:59	8.6 (63.2%)
47	SKWARCZYŁO Adam	1321		M30	18		01:28:53.50	01:31:47.50	+00:34:21 (37.4%)	6:50	8.8 (64.7%)
48	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%)
49	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%)
50	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%)
51	DERDA Łukasz	1221		M40	17		01:39:18.70	01:39:23.05	+00:41:56 (42.2%)	7:38	7.9 (58.1%)
52	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%)
53	ZDANOWICZ Paweł	1357		M40	18		01:43:03.20	01:43:08.15	+00:45:41 (44.3%)	7:55	7.6 (55.9%)
54	KOZIOŁEK Szymon	1272		M20	11		01:43:24.40	01:43:39.60	+00:46:13 (44.6%)	7:57	7.5 (55.1%)
55	CEMBROWSKI Krzysztof	1212		M50	7		01:46:18.50	01:46:40.40	+00:49:14 (46.2%)	8:10	7.3 (53.7%)
56	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%)
57	WRZESIEŃ Piotr	1348		M50	8		01:48:33.00	01:48:33.00	+00:51:06 (47.1%)	8:21	7.2 (52.9%)
58	SKOLIK Jan	1320		M20	13		01:51:22.80	01:51:38.75	+00:54:12 (48.6%)	8:34	7 (51.5%)
59	SKOLIK Andrzej	1319		M50	9		01:51:23.60	01:51:39.20	+00:54:12 (48.6%)	8:34	7 (51.5%)
60	KURMANOWSKI Michał	1278		M40	19		01:52:30.80	01:52:45.00	+00:55:18 (49.1%)	8:39	6.9 (50.7%)
61	DANIEWSKI Paweł	1219		M20	14		01:55:49.45	01:56:02.15	+00:58:35 (50.5%)	8:54	6.7 (49.3%)
62	MIZERSKI Mateusz	1295		M20	15		02:00:26.35	02:00:40.30	+01:03:13 (52.4%)	9:15	6.5 (47.8%)
63	MAŁKIEWICZ Paweł	1285		M40	20						(0.0%)
64	GIL Paweł	1237		M20	16						(0.0%)

Znaleziono 64 wynik(ów)