



# CROSS KAMPINOS | PÓŁMARATON LEŚNE OCZKO 21KM

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** III Cross Kampinos  
**Organizator:** FUNDACJA W PODSKOKACH  
**Data:** 2024-05-26  
**Miejsce:** Laski  
**Dystans:** 21 km

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	URBANEK Tomek	519	SWORDS ATHLETICS	M30	1	Swords Athletics	01:34:48.55	01:34:51.10		4:30	13.3 (100%)
2	KOGUT Bartłomiej	321		M30	2		01:35:35.50	01:35:48.05	+00:00:56 (1.0%)	4:33	13.2 (99.2%)
3	MARCHUK Valery	386	UNTS WARSZAWA	M30	3		01:38:16.65	01:38:25.20	+00:03:34 (3.6%)	4:40	12.8 (96.2%)
4	MITROWSKI Dawid	400		M30	4		02:06:39.90	02:06:45.30	+00:31:54 (25.2%)	6:01	9.9 (74.4%)
5	UZNAŃSKI Patryk	522	SIÓDME POTY	M30	5	Siódme Poty	02:09:50.45	02:09:53.75	+00:35:02 (27.0%)	6:10	9.7 (72.9%)
6	JURKOWSKI Bartosz	296		M30	6		02:11:46.60	02:11:52.05	+00:37:00 (28.1%)	6:16	9.6 (72.2%)
7	ŁACH Szczepan	364	SZOK	M30	7		02:11:46.80	02:11:59.90	+00:37:08 (28.1%)	6:16	9.6 (72.2%)
8	OPAŁKA Damian	422	MYRACE	M30	8		02:11:59.65	02:12:09.65	+00:37:18 (28.2%)	6:17	9.5 (71.4%)
9	BRZUSZKIEWICZ Mateusz	220		M30	9		02:14:50.60	02:15:07.55	+00:40:16 (29.8%)	6:25	9.3 (69.9%)
10	FIRST Tomasz	256		M30	10		02:14:50.95	02:15:07.70	+00:40:16 (29.8%)	6:25	9.3 (69.9%)
11	GROMKOWSKI Maciej	277		M30	11	Swords Athletics	02:15:35.50	02:15:51.75	+00:41:00 (30.2%)	6:27	9.3 (69.9%)
12	LAZUR Rafal	353		M30	12		02:16:55.50	02:17:01.55	+00:42:10 (30.8%)	6:31	9.2 (69.2%)
13	BACZEWSKI Mateusz	206		M30	13		02:17:23.60	02:17:35.65	+00:42:44 (31.1%)	6:32	9.2 (69.2%)
14	GODYN Karol	269		M30	14		02:17:21.65	02:17:55.20	+00:43:04 (31.2%)	6:32	9.2 (69.2%)

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15	<b>TYL Karol</b>	<b>515</b>		M30	15		<b>02:18:12.15</b>	<b>02:18:23.50</b>	+00:43:32 (31.5%)	6:34	9.1 (68.4%)
16	<b>SIERZPUTOWSKI Piotr</b>	<b>464</b>		M30	16		<b>02:18:08.50</b>	<b>02:18:28.05</b>	+00:43:36 (31.5%)	6:34	9.1 (68.4%)
17	<b>SZELIGOWSKI Daniel</b>	<b>499</b>		M30	17		<b>02:18:50.60</b>	<b>02:19:02.15</b>	+00:44:11 (31.8%)	6:36	9.1 (68.4%)
18	<b>MAKSYMOWICZ Maksym</b>	<b>376</b>	ØRSTED WARSAW RUNNERS	M30	18		<b>02:18:59.50</b>	<b>02:19:12.90</b>	+00:44:21 (31.9%)	6:37	9.1 (68.4%)
19	<b>KRAJEWSKI Piotr</b>	<b>336</b>		M30	19		<b>02:19:40.40</b>	<b>02:20:01.40</b>	+00:45:10 (32.3%)	6:39	9 (67.7%)
20	<b>PANEK Jarosław</b>	<b>427</b>		M30	20		<b>02:20:37.90</b>	<b>02:20:50.35</b>	+00:45:59 (32.7%)	6:41	9 (67.7%)
21	<b>KACHNIARZ Tomasz</b>	<b>297</b>	SPORT GENERATION	M30	21		<b>02:21:10.85</b>	<b>02:21:54.80</b>	+00:47:03 (33.2%)	6:43	8.9 (66.9%)
22	<b>GAWRYLUK Łukasz</b>	<b>266</b>		M30	22		<b>02:21:36.75</b>	<b>02:22:04.30</b>	+00:47:13 (33.2%)	6:44	8.9 (66.9%)
23	<b>KULESZA Paweł</b>	<b>344</b>		M30	23		<b>02:22:16.65</b>	<b>02:22:32.30</b>	+00:47:41 (33.5%)	6:46	8.9 (66.9%)
24	<b>MORELLI Federico</b>	<b>404</b>		M30	24		<b>02:22:16.15</b>	<b>02:22:42.20</b>	+00:47:51 (33.5%)	6:46	8.9 (66.9%)
25	<b>DUDOJC Karol</b>	<b>249</b>		M30	25		<b>02:23:12.40</b>	<b>02:23:27.80</b>	+00:48:36 (33.9%)	6:49	8.8 (66.2%)
26	<b>MOŚCICKI Piotr</b>	<b>405</b>	POLONIA WARSZAWA	M30	26	Towarzystwo Turystyczne AKS Polonia Warszawa	<b>02:23:21.70</b>	<b>02:23:38.15</b>	+00:48:47 (34.0%)	6:49	8.8 (66.2%)
27	<b>JASTRZĄB Krzysztof</b>	<b>290</b>		M30	27		<b>02:23:24.30</b>	<b>02:23:43.05</b>	+00:48:51 (34.0%)	6:49	8.8 (66.2%)
28	<b>MAJEWSKI Michał</b>	<b>375</b>		M30	28		<b>02:23:33.90</b>	<b>02:23:52.85</b>	+00:49:01 (34.1%)	6:50	8.8 (66.2%)
29	<b>SOSIŃSKI Hubert</b>	<b>478</b>	OTTERS	M30	29		<b>02:23:41.00</b>	<b>02:24:06.65</b>	+00:49:15 (34.2%)	6:50	8.8 (66.2%)
30	<b>ZASŁONKA Paweł</b>	<b>543</b>	ASICSFRONTRUNNER POLAND	M30	30		<b>02:23:58.80</b>	<b>02:24:08.70</b>	+00:49:17 (34.2%)	6:51	8.8 (66.2%)
31	<b>FILIPEK Jan</b>	<b>255</b>		M30	31		<b>02:25:12.35</b>	<b>02:25:15.65</b>	+00:50:24 (34.7%)	6:54	8.7 (65.4%)
32	<b>ŚWIŚ Cyprian</b>	<b>508</b>	GRUPA BIEGOWA UM W-WA	M30	32		<b>02:25:53.40</b>	<b>02:26:20.75</b>	+00:51:29 (35.2%)	6:56	8.6 (64.7%)
33	<b>SUSKI Bartosz</b>	<b>495</b>		M30	33		<b>02:26:13.50</b>	<b>02:26:45.35</b>	+00:51:54 (35.4%)	6:57	8.6 (64.7%)
34	<b>KOZŁOWSKI Artur</b>	<b>334</b>	TEAMZABIEGANEDNI	M30	34		<b>02:26:49.85</b>	<b>02:27:16.15</b>	+00:52:25 (35.6%)	6:59	8.6 (64.7%)
35	<b>OSIECKI Łukasz</b>	<b>424</b>		M30	35		<b>02:27:27.65</b>	<b>02:27:30.00</b>	+00:52:38 (35.7%)	7:01	8.5 (63.9%)
36	<b>KULMA Krzysztof</b>	<b>345</b>		M30	36		<b>02:27:31.00</b>	<b>02:27:44.50</b>	+00:52:53 (35.8%)	7:01	8.5 (63.9%)
37	<b>PIKUS Dariusz</b>	<b>435</b>		M30	37		<b>02:28:29.65</b>	<b>02:28:35.75</b>	+00:53:44 (36.2%)	7:04	8.5 (63.9%)

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38	ZIELIŃSKI Paweł	547	ŚWIĘTE ŚWIRY	M30	38		02:28:49.15	02:28:55.70	+00:54:04 (36.3%)	7:05	8.5 (63.9%)
39	HOLEWIŃSKI Igor	280		M30	39		02:28:26.90	02:29:03.05	+00:54:11 (36.4%)	7:04	8.5 (63.9%)
40	TRZASKOWSKI Rafał	514		M30	40		02:29:14.10	02:29:23.20	+00:54:32 (36.5%)	7:06	8.4 (63.2%)
41	WEŻYK Maciej	528		M30	41		02:29:05.85	02:29:26.45	+00:54:35 (36.5%)	7:05	8.5 (63.9%)
42	MACIEJEWSKI Krystian	371	BESTIE OCR LEGIONOWO	M30	42	Bestie OCR Legionowo	02:29:29.30	02:29:44.90	+00:54:53 (36.7%)	7:07	8.4 (63.2%)
43	ZYBURA Mateusz	548		M30	43		02:31:05.95	02:31:08.15	+00:56:17 (37.2%)	7:11	8.3 (62.4%)
44	PLEŚNIAK Michał	439		M30	44		02:31:22.65	02:31:47.50	+00:56:56 (37.5%)	7:12	8.3 (62.4%)
45	KARAŚ Michał	309		M30	45		02:31:33.10	02:32:21.45	+00:57:30 (37.7%)	7:13	8.3 (62.4%)
46	KUCHARSKI Maciej	341	KS STASZEWCY	M30	46	KS STASZEWCY	02:32:24.00	02:32:29.45	+00:57:38 (37.8%)	7:15	8.3 (62.4%)
47	DĄBROWSKI Emil	239		M30	47		02:34:54.55	02:35:14.55	+01:00:23 (38.9%)	7:22	8.1 (60.9%)
48	KOTKO Damian	327		M30	48		02:35:04.65	02:35:18.40	+01:00:27 (38.9%)	7:23	8.1 (60.9%)
49	NOWIŃSKI Artur	413		M30	49		02:35:20.15	02:35:37.00	+01:00:45 (39.0%)	7:23	8.1 (60.9%)
50	COTELNIC Michał	232		M30	50		02:37:48.10	02:37:56.75	+01:03:05 (39.9%)	7:30	8 (60.2%)
51	KRUPOWICZ Adrian	338	UNITRA	M30	51		02:40:48.20	02:41:01.05	+01:06:09 (41.1%)	7:39	7.8 (58.6%)
52	MALINOWSKI Arkadiusz	381	COPACABANA	M30	52		02:40:28.95	02:41:01.80	+01:06:10 (41.1%)	7:38	7.9 (59.4%)
53	SIKORSKI Igor	465		M30	53		02:41:26.45	02:41:35.70	+01:06:44 (41.3%)	7:41	7.8 (58.6%)
54	WASILEWSKI Damian	526	FANI MARYLI RODOWICZ	M30	54		02:43:23.50	02:43:45.25	+01:08:54 (42.1%)	7:46	7.7 (57.9%)
55	CZARNOCKI Łukasz	233		M30	55		02:44:06.00	02:44:14.55	+01:09:23 (42.2%)	7:48	7.7 (57.9%)
56	LIS Tomasz	360		M30	56		02:44:19.85	02:44:28.10	+01:09:37 (42.3%)	7:49	7.7 (57.9%)
57	BUDEK Tomasz	221		M30	57		02:44:08.45	02:44:43.25	+01:09:52 (42.4%)	7:48	7.7 (57.9%)
58	KUŁAK Michał	346		M30	58		02:45:10.95	02:45:27.40	+01:10:36 (42.7%)	7:51	7.6 (57.1%)
59	KIEŁBOWICZ Stanisław	317		M30	59		02:45:32.05	02:45:58.55	+01:11:07 (42.9%)	7:52	7.6 (57.1%)
60	JURCZYK Paweł	294		M30	60		02:45:04.05	02:46:23.50	+01:11:32 (43.0%)	7:51	7.6 (57.1%)

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61	<b>PŁUŻAŃSKI Witold</b>	<b>441</b>	CIELAKI TEAM	M30	61		<b>02:46:26.10</b>	<b>02:46:51.00</b>	+01:11:59 (43.2%)	7:55	7.6 (57.1%)
62	<b>ULAS Paweł</b>	<b>518</b>		M30	62		<b>02:49:00.40</b>	<b>02:49:36.40</b>	+01:14:45 (44.1%)	8:02	7.5 (56.4%)
63	<b>ZGUDKA Radosław</b>	<b>545</b>		M30	63		<b>02:49:46.75</b>	<b>02:50:16.35</b>	+01:15:25 (44.3%)	8:05	7.4 (55.6%)
64	<b>KAZIMIERUK Mateusz</b>	<b>314</b>		M30	64		<b>02:53:49.70</b>	<b>02:55:32.65</b>	+01:20:41 (46.0%)	8:16	7.2 (54.1%)
65	<b>WOŹNIAK Paweł</b>	<b>536</b>	SÍÓDME POTY	M30	65	Siódme Poty	<b>02:56:53.75</b>	<b>02:57:08.20</b>	+01:22:17 (46.5%)	8:25	7.1 (53.4%)
66	<b>FURS Dzmitry</b>	<b>258</b>		M30	66		<b>03:00:41.90</b>	<b>03:01:19.00</b>	+01:26:27 (47.7%)	8:36	7 (52.6%)
67	<b>LIPIETA Jakub</b>	<b>359</b>		M30	67		<b>03:01:35.60</b>	<b>03:02:07.85</b>	+01:27:16 (47.9%)	8:38	6.9 (51.9%)
68	<b>KALUKIEWICZ Wacisław</b>	<b>302</b>		M30	68						(0.0%)

Znaleziono 68 wynik(ów)