



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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	ŻUKOWSKI Paweł	549	VEGE RUNNERS	M40	1	Vege Runners	01:36:30.75	01:36:34.50		4:35	13.1 (100%)
2	SOBCZAK Grzegorz	473		M40	2		02:06:36.95	02:06:43.20	+00:30:08 (23.8%)	6:01	10 (76.3%)
3	DECRESSAC Stephane	532		M40	3		02:08:05.05	02:08:07.50	+00:31:33 (24.6%)	6:05	9.8 (74.8%)
4	JANOWIAK Wojciech	288		M40	4		02:10:09.10	02:10:14.95	+00:33:40 (25.9%)	6:11	9.7 (74.0%)
5	PILECKI Paweł	436	RUNTASTIC	M40	5	Runtastic	02:10:11.65	02:11:49.30	+00:35:14 (26.7%)	6:11	9.7 (74.0%)
6	LUBERECKI Kamil	361	RUNTASTIC	M40	6	Runtastic	02:10:19.50	02:11:56.05	+00:35:21 (26.8%)	6:12	9.7 (74.0%)
7	CORBI Mathieu	231		M40	7		02:12:17.40	02:12:39.75	+00:36:05 (27.2%)	6:17	9.5 (72.5%)
8	MANISZEWSKI Mateusz	384		M40	8		02:12:31.60	02:12:52.60	+00:36:18 (27.3%)	6:18	9.5 (72.5%)
9	ŚLIWERSKI Jacek	505		M40	9		02:12:40.10	02:12:59.30	+00:36:24 (27.4%)	6:19	9.5 (72.5%)
10	WALEWSKI Andrzej	524		M40	10		02:16:08.90	02:16:30.25	+00:39:55 (29.3%)	6:28	9.3 (71.0%)
11	ZAMBROWSKI Sławomir	542		M40	11		02:18:13.60	02:18:48.20	+00:42:13 (30.4%)	6:34	9.1 (69.5%)
12	SZYSZKA Michał	504		M40	12		02:18:33.45	02:18:51.00	+00:42:16 (30.4%)	6:35	9.1 (69.5%)
13	MIZERA Marcin	401	BEST WEEKEND EVER	M40	13	Best Weekend Ever	02:18:13.60	02:18:52.65	+00:42:18 (30.5%)	6:34	9.1 (69.5%)
13	CZERNIC Piotr	235	BEST WEEKEND EVER	M40	13	Best Weekend Ever	02:18:14.05	02:18:52.65	+00:42:18 (30.5%)	6:34	9.1 (69.5%)

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15	KUŚMIEREK Dariusz	347		M40	15		02:18:32.95	02:19:01.95	+00:42:27 (30.5%)	6:35	9.1 (69.5%)
16	WÓJCICKI Bartosz	537		M40	16		02:19:10.80	02:19:21.75	+00:42:47 (30.7%)	6:37	9.1 (69.5%)
17	WONCHOCKI Przemysław	535	32DROP	M40	17		02:19:07.45	02:19:23.70	+00:42:49 (30.7%)	6:37	9.1 (69.5%)
18	KRYSIEWICZ Marcin	339		M40	18		02:19:50.40	02:20:00.10	+00:43:25 (31.0%)	6:39	9 (68.7%)
19	DOMAGAŁA Grzegorz	244		M40	19		02:20:38.15	02:20:50.00	+00:44:15 (31.4%)	6:41	9 (68.7%)
20	SIENKIEWICZ Piotr	463		M40	20		02:20:19.70	02:21:04.55	+00:44:30 (31.5%)	6:40	9 (68.7%)
21	MATERA Rafał	390		M40	21		02:22:21.75	02:23:07.25	+00:46:32 (32.5%)	6:46	8.9 (67.9%)
22	GAWLAS Mateusz	265	WÓŁKAN WÓŁKA	M40	22		02:23:24.05	02:23:31.60	+00:46:57 (32.7%)	6:49	8.8 (67.2%)
23	MAZUR Artur	392		M40	23		02:23:41.15	02:23:51.30	+00:47:16 (32.9%)	6:50	8.8 (67.2%)
24	PARZNIEWSKI Maciej	428	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	24	Towarzystwo Turystyczne AKS Polonia Warszawa	02:26:18.00	02:26:33.00	+00:49:58 (34.1%)	6:58	8.6 (65.6%)
25	KARWACKI Sebastian	311	#HAPPYRUNNERS	M40	25		02:26:43.20	02:27:05.25	+00:50:30 (34.3%)	6:59	8.6 (65.6%)
26	CHOIŃSKI Paweł	225	SMASHING PĄPKINS	M40	26	Smashing pApkins	02:27:16.50	02:27:27.45	+00:50:52 (34.5%)	7:00	8.6 (65.6%)
27	KĘPKA Paweł	316		M40	27		02:27:36.65	02:28:05.95	+00:51:31 (34.8%)	7:01	8.5 (64.9%)
28	KANTON Michał	306		M40	28		02:27:49.30	02:28:17.65	+00:51:43 (34.9%)	7:02	8.5 (64.9%)
29	RAJEWSKI Daniel	450		M40	29		02:27:57.45	02:28:29.85	+00:51:55 (35.0%)	7:02	8.5 (64.9%)
30	RUTKOWSKI Michał	457	TEAM ZABIEGANEDNI	M40	30	Team ZabieganeDni	02:27:57.10	02:28:39.55	+00:52:05 (35.0%)	7:02	8.5 (64.9%)
31	PIOTROWSKI Andrzej	438		M40	31		02:28:39.10	02:28:57.75	+00:52:23 (35.2%)	7:04	8.5 (64.9%)
32	MACIEJCZYK Andrzej	370	BEST WEEKEND EVER	M40	32	Best Weekend Ever	02:28:21.65	02:29:00.60	+00:52:26 (35.2%)	7:03	8.5 (64.9%)
33	GASIŃSKI Łukasz	263		M40	33		02:28:46.85	02:29:04.65	+00:52:30 (35.2%)	7:05	8.5 (64.9%)
34	KOSIŃSKI Marcin	324		M40	34		02:30:12.75	02:30:20.00	+00:53:45 (35.8%)	7:09	8.4 (64.1%)
35	KAJCIŃSKI Grzegorz	300		M40	35		02:30:37.40	02:30:57.35	+00:54:22 (36.0%)	7:10	8.4 (64.1%)
36	KOWALSKI Łukasz	331	AMDG	M40	36		02:29:56.70	02:31:11.00	+00:54:36 (36.1%)	7:08	8.4 (64.1%)
37	MARKOWSKI Łukasz	388		M40	37		02:31:10.75	02:31:27.95	+00:54:53 (36.2%)	7:11	8.3 (63.4%)

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38	KOZUB Paweł	335		M40	38		02:31:50.15	02:31:55.35	+00:55:20 (36.4%)	7:13	8.3 (63.4%)
39	KAMIŃSKI Michał	305		M40	39		02:31:48.95	02:32:00.70	+00:55:26 (36.5%)	7:13	8.3 (63.4%)
40	GLIWIŃSKI Zbigniew	267		M40	40		02:32:08.05	02:32:41.20	+00:56:06 (36.7%)	7:14	8.3 (63.4%)
41	BARTKÓW Paweł	210		M40	41		02:32:26.50	02:32:43.55	+00:56:09 (36.8%)	7:15	8.3 (63.4%)
42	ŁUŻYŃSKI Wojciech	369		M40	42		02:33:22.75	02:33:51.75	+00:57:17 (37.2%)	7:18	8.2 (62.6%)
43	BĘBEN Patryk	215	HAMUJ PIĘTĄ	M40	43		02:33:49.55	02:33:54.65	+00:57:20 (37.3%)	7:19	8.2 (62.6%)
44	KOWALIK Sławomir	328	HAMUJ PIĘTĄ	M40	44		02:33:49.70	02:33:54.85	+00:57:20 (37.3%)	7:19	8.2 (62.6%)
45	STOŻEK Grzegorz	488		M40	45		02:33:55.75	02:33:59.55	+00:57:25 (37.3%)	7:19	8.2 (62.6%)
46	ONUFROWICZ Michał	421	ALE TEMPO	M40	46		02:33:51.05	02:34:09.15	+00:57:34 (37.4%)	7:19	8.2 (62.6%)
47	MAZGAJSKI Michał	391		M40	47		02:35:34.35	02:35:48.05	+00:59:13 (38.0%)	7:24	8.1 (61.8%)
48	BANDOSZ Bartłomiej	208	BIESIADNICZO BIEGOWY KS ŁAWECZKA WILANÓW	M40	48		02:36:08.60	02:36:22.80	+00:59:48 (38.2%)	7:26	8.1 (61.8%)
49	BECEK Jakub	212	BBKS "ŁAWECZKA" WILANÓW	M40	49	BBKS"Ławeczka" Wilanów	02:36:09.20	02:36:23.50	+00:59:49 (38.2%)	7:26	8.1 (61.8%)
50	BAŃKOWSKI Daniel	209		M40	50		02:36:43.90	02:36:57.00	+01:00:22 (38.5%)	7:27	8 (61.1%)
51	URBANIAK Paweł	520		M40	51		02:37:11.70	02:37:30.35	+01:00:55 (38.7%)	7:29	8 (61.1%)
52	POHL Arkadiusz	444		M40	52		02:37:29.60	02:38:09.60	+01:01:35 (38.9%)	7:29	8 (61.1%)
53	ŁEMPICKI Michał	367	TBD GRUPA BIEGOWA ŚW. JÓZEFA	M40	53		02:37:54.65	02:38:12.10	+01:01:37 (39.0%)	7:31	8 (61.1%)
54	ATYS Bartłomiej	204		M40	54		02:37:58.30	02:38:23.30	+01:01:48 (39.0%)	7:31	8 (61.1%)
55	WRÓBLEWSKI Tomasz	538		M40	55		02:38:35.95	02:38:45.10	+01:02:10 (39.2%)	7:33	7.9 (60.3%)
56	SALCZAK-BEREDA Grzegorz	461	RUN DE GIRARD	M40	56		02:38:39.40	02:38:47.15	+01:02:12 (39.2%)	7:33	7.9 (60.3%)
57	WOLNY Wojciech	534	TRI AMO	M40	57		02:39:11.40	02:39:36.70	+01:03:02 (39.5%)	7:34	7.9 (60.3%)
58	PORĘBSKI Łukasz	445		M40	58		02:40:51.85	02:41:21.55	+01:04:47 (40.1%)	7:39	7.8 (59.5%)
59	KARAŚ Paweł	308		M40	59		02:41:55.20	02:42:08.60	+01:05:34 (40.4%)	7:42	7.8 (59.5%)
60	DOMAŃSKI Piotr	246	RUN DE GIRARD	M40	60		02:42:21.35	02:42:28.90	+01:05:54 (40.6%)	7:43	7.8 (59.5%)

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61	MALINOWSKI Robert	380	KAMIONRUN	M40	61		02:43:12.90	02:43:31.65	+01:06:57 (40.9%)	7:46	7.7 (58.8%)
62	KAŁOWSKI Irek	303	K-ŁOSIE	M40	62		02:47:02.80	02:47:29.65	+01:10:55 (42.3%)	7:57	7.5 (57.3%)
63	FELDMAN Łukasz	252		M40	63		02:47:58.55	02:48:09.60	+01:11:35 (42.6%)	7:59	7.5 (57.3%)
64	MAĆKOWIAK Tomasz	373		M40	64		02:47:34.80	02:48:14.80	+01:11:40 (42.6%)	7:58	7.5 (57.3%)
65	SOBIENIAK Przemysław	475	DORSZ	M40	65		02:50:03.00	02:50:16.75	+01:13:42 (43.3%)	8:05	7.4 (56.5%)
66	PAWŁOWSKI Mirosław	429		M40	66		02:51:25.65	02:51:55.60	+01:15:21 (43.8%)	8:09	7.4 (56.5%)
67	TOBOR Michał	510	BAZALT - TOBOR THE GREAT	M40	67		02:52:01.75	02:52:15.15	+01:15:40 (43.9%)	8:11	7.3 (55.7%)
68	KIEPSKI Szymon	318		M40	68		03:30:28.75	03:30:52.90	+01:54:18 (54.2%)	10:01	6 (45.8%)
69	SUCHENEK Karol	493		M40	69						(0.0%)
70	MIDERA Szymon	396		M40	70						(0.0%)

Znaleziono 70 wynik(ów)