



# CROSS KAMPINOS | PÓŁMARATON LEŚNE OCZKO 21KM

B4SPORT

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

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	STRUZIK Anna	491	MIKOŁAJ RACZYŃSKI	K40	1		02:08:12.90	02:08:15.10		6:06	9.8 (100%)
2	PALUCH Kamila	426		K30	1		02:09:34.05	02:09:39.90	+00:01:24 (1.1%)	6:10	9.7 (99.0%)
3	UZNAŃSKA Patrycja	521	SIÓDME POTY	K30	2	Siódme Poty	02:10:46.25	02:10:49.10	+00:02:34 (2.0%)	6:13	9.6 (98.0%)
4	BANAŚ Julianna	207		K20	1		02:12:18.90	02:12:27.85	+00:04:12 (3.2%)	6:18	9.5 (96.9%)
5	MANASTERSKA Katarzyna	383		K30	3		02:13:21.55	02:13:30.95	+00:05:15 (3.9%)	6:21	9.4 (95.9%)
6	ŚWIERCZEK Anna	507		K30	4		02:16:57.70	02:17:10.00	+00:08:54 (6.5%)	6:31	9.2 (93.9%)
7	RACIBORSKA Ania	449	RUNTASTIC	K40	2		02:15:55.60	02:17:31.70	+00:09:16 (6.7%)	6:28	9.3 (94.9%)
8	SLADKOVA Alisa	471	CALYPSO	K30	5	Dream team	02:17:43.95	02:18:15.65	+00:10:00 (7.2%)	6:33	9.1 (92.9%)
9	SIWCZAK Agnieszka	469	WKURW_TEAM	K30	6	Wkurw_team	02:18:19.15	02:18:29.25	+00:10:14 (7.4%)	6:35	9.1 (92.9%)
10	LESZCZYŃSKA Karolina	355		K30	7		02:18:27.80	02:18:38.10	+00:10:23 (7.5%)	6:35	9.1 (92.9%)
11	KOKOSINSKA Anna	322		K30	8	Dream team	02:18:43.35	02:19:15.70	+00:11:00 (7.9%)	6:36	9.1 (92.9%)
12	SITNIK Monika	468		K30	9		02:19:45.20	02:19:48.00	+00:11:32 (8.3%)	6:39	9 (91.8%)
13	PIETRAS Jolanta	434	ROZBIEGANY PIASTÓW	K50	1		02:20:01.10	02:20:13.35	+00:11:58 (8.5%)	6:40	9 (91.8%)
14	JAKIMIUK Aleksandra	285	TEAM ZABIEGANEDNI	K20	2		02:20:27.75	02:20:35.65	+00:12:20 (8.8%)	6:41	9 (91.8%)
15	MINER Beata	397		K40	3		02:20:46.10	02:20:51.85	+00:12:36 (9.0%)	6:42	9 (91.8%)
16	KUCHTA Monika	342	#HAPPYRUNNERS	K40	4		02:20:43.75	02:21:05.50	+00:12:50 (9.1%)	6:42	9 (91.8%)
17	STOPKA Michalina	486	STOPKIRUN	K20	3		02:21:21.90	02:21:28.75	+00:13:13 (9.3%)	6:43	8.9 (90.8%)
18	DOMAŃSKA Karolina	245		K20	4		02:22:48.15	02:23:18.65	+00:15:03 (10.5%)	6:48	8.8 (89.8%)
19	GOSZCZYK MOŚCICKA Paulina	272	POLONIA WARSZAWA	K30	10		02:23:22.50	02:23:38.65	+00:15:23 (10.7%)	6:49	8.8 (89.8%)
20	GRAMS Klaudia	273		K30	11		02:24:09.25	02:24:21.30	+00:16:06 (11.2%)	6:51	8.7 (88.8%)
21	GROCHOWIAK-FELDMAN Magdalena	276		K30	12		02:24:18.55	02:24:29.25	+00:16:14 (11.2%)	6:52	8.7 (88.8%)
22	SOBCZAK Magdalena	474		K40	5		02:24:55.10	02:25:03.15	+00:16:48 (11.6%)	6:54	8.7 (88.8%)
23	SWICARZ Monika	496		K40	6		02:25:44.40	02:25:51.55	+00:17:36 (12.1%)	6:56	8.6 (87.8%)
24	KARDAŚ Iwona	310		K30	13		02:25:53.20	02:26:00.45	+00:17:45 (12.2%)	6:56	8.6 (87.8%)
25	BOGDAŃSKA Anna	217	KSPZ SZARA WILCZYCA	K40	7		02:26:26.40	02:26:48.65	+00:18:33 (12.6%)	6:58	8.6 (87.8%)
26	PRZEŹDZIECKA Katarzyna	447	SMASHING PAPKINS	K40	8	Smashing pApkins	02:27:16.15	02:27:27.10	+00:19:12 (13.0%)	7:00	8.6 (87.8%)
27	BULAVA Maryja	222	RUN_WAWA_RUN	K40	9		02:28:33.10	02:28:48.70	+00:20:33 (13.8%)	7:04	8.5 (86.7%)

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28	<b>RZEPECKA-GONTAR Anna</b>	<b>460</b>		K40	10		<b>02:29:05.65</b>	<b>02:29:12.00</b>	+00:20:56 (14.0%)	7:05	8.5 (86.7%)
29	<b>KOWALSKA Agata</b>	<b>329</b>		K40	11		<b>02:29:16.65</b>	<b>02:29:24.35</b>	+00:21:09 (14.2%)	7:06	8.4 (85.7%)
30	<b>LEWANDOWSKA Marzena</b>	<b>357</b>	RUNTASTIC	K40	12	Runtastic	<b>02:29:19.00</b>	<b>02:30:57.85</b>	+00:22:42 (15.0%)	7:06	8.4 (85.7%)
31	<b>PODAREWSKA-KACHLICKA Helena</b>	<b>442</b>	WSPARCIETRENINGOWE.PL	K40	13		<b>02:30:34.95</b>	<b>02:31:10.35</b>	+00:22:55 (15.2%)	7:10	8.4 (85.7%)
32	<b>PIOTROWSKA Edyta</b>	<b>437</b>	BRAC TWO BIEGOWE BGK	K40	14	Bractwo Biegowe BGK	<b>02:31:01.20</b>	<b>02:31:13.95</b>	+00:22:58 (15.2%)	7:11	8.3 (84.7%)
33	<b>SZCZEPANIAK Paulina</b>	<b>498</b>		K40	15		<b>02:31:12.60</b>	<b>02:31:39.65</b>	+00:23:24 (15.4%)	7:12	8.3 (84.7%)
34	<b>CHECHŁACZ Hanna</b>	<b>224</b>		K30	14		<b>02:31:23.10</b>	<b>02:31:47.50</b>	+00:23:32 (15.5%)	7:12	8.3 (84.7%)
35	<b>WASILEWSKA Paulina</b>	<b>525</b>		K30	15		<b>02:31:45.50</b>	<b>02:32:07.45</b>	+00:23:52 (15.7%)	7:13	8.3 (84.7%)
36	<b>NOWAK Magdalena</b>	<b>411</b>		K40	16		<b>02:32:28.65</b>	<b>02:32:47.00</b>	+00:24:31 (16.1%)	7:15	8.3 (84.7%)
37	<b>TREBNIO Emilia</b>	<b>512</b>		K30	16		<b>02:33:28.70</b>	<b>02:33:43.95</b>	+00:25:28 (16.6%)	7:18	8.2 (83.7%)
38	<b>MADEJ Katarzyna</b>	<b>374</b>	ALETEMPO	K40	17		<b>02:33:58.85</b>	<b>02:34:17.00</b>	+00:26:01 (16.9%)	7:19	8.2 (83.7%)
39	<b>FURS Anna</b>	<b>259</b>		K30	17		<b>02:35:13.65</b>	<b>02:35:50.65</b>	+00:27:35 (17.7%)	7:23	8.1 (82.7%)
40	<b>WALCZUK Magdalena</b>	<b>523</b>		K40	18		<b>02:37:09.95</b>	<b>02:37:28.65</b>	+00:29:13 (18.6%)	7:29	8 (81.6%)
41	<b>SZPLIT Agata</b>	<b>502</b>		K30	18		<b>02:39:14.15</b>	<b>02:39:32.75</b>	+00:31:17 (19.6%)	7:34	7.9 (80.6%)
42	<b>KALECIŃSKA Izabella</b>	<b>301</b>		K50	2		<b>02:39:37.80</b>	<b>02:39:41.70</b>	+00:31:26 (19.7%)	7:36	7.9 (80.6%)
43	<b>ORLIŃSKA Edyta</b>	<b>423</b>	BWRUNNERS	K30	19		<b>02:40:13.40</b>	<b>02:40:17.75</b>	+00:32:02 (20.0%)	7:37	7.9 (80.6%)
44	<b>PIESZCZOCH Amelia</b>	<b>433</b>		K20	5		<b>02:40:39.10</b>	<b>02:40:48.70</b>	+00:32:33 (20.2%)	7:39	7.8 (79.6%)
45	<b>MICHALSKA Agnieszka</b>	<b>394</b>		K30	20		<b>02:41:09.70</b>	<b>02:41:32.55</b>	+00:33:17 (20.6%)	7:40	7.8 (79.6%)
46	<b>BASINSKA Joanna</b>	<b>211</b>		K40	19		<b>02:42:25.45</b>	<b>02:42:33.35</b>	+00:34:18 (21.1%)	7:44	7.8 (79.6%)
47	<b>CZERWIEC Magdalena</b>	<b>236</b>		K40	20		<b>02:42:42.90</b>	<b>02:43:13.30</b>	+00:34:58 (21.4%)	7:44	7.7 (78.6%)
48	<b>ROSTOCKA Natasza</b>	<b>456</b>		K20	6		<b>02:43:50.60</b>	<b>02:44:18.55</b>	+00:36:03 (21.9%)	7:48	7.7 (78.6%)
49	<b>MODZELEWSKA Urszula</b>	<b>402</b>	GEODAR	K60	1		<b>02:44:12.55</b>	<b>02:44:19.20</b>	+00:36:04 (22.0%)	7:49	7.7 (78.6%)
50	<b>KOWALSKA Agata</b>	<b>330</b>		K20	7		<b>02:44:41.55</b>	<b>02:44:54.45</b>	+00:36:39 (22.2%)	7:50	7.7 (78.6%)
51	<b>RĄCZKOWSKA Patrycja</b>	<b>453</b>		K40	21		<b>02:43:27.75</b>	<b>02:45:16.95</b>	+00:37:01 (22.4%)	7:47	7.7 (78.6%)
52	<b>PODLASINSKA Paulina</b>	<b>443</b>		K40	22		<b>02:45:01.10</b>	<b>02:45:23.95</b>	+00:37:08 (22.5%)	7:51	7.6 (77.6%)
53	<b>SZEWCZYK Zuzanna</b>	<b>500</b>		K30	21		<b>02:45:52.60</b>	<b>02:45:58.00</b>	+00:37:42 (22.7%)	7:53	7.6 (77.6%)
54	<b>PŁUŻAŃSKA Kasia</b>	<b>440</b>	BEAUTY SPORT TEAM	K30	22		<b>02:46:11.45</b>	<b>02:46:37.10</b>	+00:38:22 (23.0%)	7:54	7.6 (77.6%)
55	<b>KOZANECKA - ŻARNECKA Anka</b>	<b>333</b>		K40	23		<b>02:47:03.00</b>	<b>02:47:33.50</b>	+00:39:18 (23.5%)	7:57	7.5 (76.5%)
56	<b>OCHOCKA Ewa</b>	<b>416</b>		K40	24		<b>02:49:46.15</b>	<b>02:50:08.20</b>	+00:41:53 (24.6%)	8:05	7.4 (75.5%)
57	<b>SPRAWKA Magdalena</b>	<b>479</b>		K20	8		<b>02:51:04.20</b>	<b>02:51:07.20</b>	+00:42:52 (25.1%)	8:08	7.4 (75.5%)
58	<b>MICHAŁOWSKA Joanna</b>	<b>395</b>		K50	3		<b>02:50:37.50</b>	<b>02:51:18.40</b>	+00:43:03 (25.1%)	8:07	7.4 (75.5%)
59	<b>SOCHA Marzena</b>	<b>477</b>		K30	23		<b>02:54:49.35</b>	<b>02:55:08.85</b>	+00:46:53 (26.8%)	8:19	7.2 (73.5%)
60	<b>DEMUS Anna</b>	<b>241</b>		K50	4		<b>02:56:57.70</b>	<b>02:57:02.35</b>	+00:48:47 (27.6%)	8:25	7.1 (72.4%)
61	<b>LASZCZKOWSKA Natalia</b>	<b>350</b>		K20	9		<b>02:59:44.75</b>	<b>02:59:55.45</b>	+00:51:40 (28.7%)	8:33	7 (71.4%)
62	<b>KUZNICKA Karolina</b>	<b>348</b>		K30	24		<b>03:02:00.85</b>	<b>03:02:21.55</b>	+00:54:06 (29.7%)	8:40	6.9 (70.4%)
63	<b>BELL Nicci</b>	<b>214</b>	WITC	K50	5	WITC B team	<b>03:10:26.65</b>	<b>03:10:44.80</b>	+01:02:29 (32.8%)	9:04	6.6 (67.3%)
64	<b>SINCLAIR Karen</b>	<b>467</b>	HASLEMERE BORDER AC	K50	6		<b>03:10:27.10</b>	<b>03:10:45.05</b>	+01:02:29 (32.8%)	9:04	6.6 (67.3%)
65	<b>SMOLIŃSKA Dominika</b>	<b>472</b>	IZABELIN NA START	K30	25	Izabelin na Start	<b>03:10:46.75</b>	<b>03:11:05.70</b>	+01:02:50 (32.9%)	9:05	6.6 (67.3%)
66	<b>DERDA Anna</b>	<b>242</b>		K20	10		<b>03:17:56.00</b>	<b>03:18:03.55</b>	+01:09:48 (35.2%)	9:25	6.4 (65.3%)
67	<b>KARWALSKA Martyna</b>	<b>312</b>		K20	11		<b>03:17:44.10</b>	<b>03:18:15.65</b>	+01:10:00 (35.3%)	9:24	6.4 (65.3%)
68	<b>OLECH Anna</b>	<b>419</b>		K40	25		<b>03:19:58.95</b>	<b>03:20:33.50</b>	+01:12:18 (36.1%)	9:31	6.3 (64.3%)
69	<b>OLCZAK Urszula</b>	<b>417</b>	UMCS BIEGA	K50	7		<b>03:30:55.00</b>	<b>03:31:35.80</b>	+01:23:20 (39.4%)	10:02	6 (61.2%)
70	<b>PAKULSKA Agata</b>	<b>425</b>		K40	26		<b>03:31:01.05</b>	<b>03:31:46.70</b>	+01:23:31 (39.4%)	10:02	6 (61.2%)
71	<b>MOTYL Martyna</b>	<b>406</b>		K30	26		<b>03:32:22.50</b>	<b>03:32:44.45</b>	+01:24:29 (39.7%)	10:06	5.9 (60.2%)

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72	<b>JAKIMOWICZ Iwona</b>	<b>286</b>		K50	8		<b>03:36:16.65</b>	<b>03:36:31.65</b>	+01:28:16 (40.8%)	10:17	5.8 (59.2%)

Znaleziono 72 wynik(ów)