



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CROSS KAMPINOS | SOBOTNI BIEG 13KM

III Cross Kampinos
FUNDACJA W PODSKOKACH
2024-05-25
Laski
13 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	WARTAŁOWICZ Grzegorz	1120		M30	1		00:47:35.50	00:47:38.45		3:39	16.4 (100%)
2	BRONOWSKI Paweł	1012	SOKÓŁ BODZANÓW	M30	2		00:49:52.00	00:49:54.30	+00:02:15 (4.5%)	3:50	15.6 (95.1%)
3	DOMINIAK Michał	1022	OBOZY GÓRSKIE	M40	1		00:58:26.30	00:58:30.60	+00:10:52 (18.6%)	4:29	13.3 (81.1%)
4	PLEWKA Michał	1086		M30	3		01:01:07.70	01:01:07.70	+00:13:29 (22.1%)	4:42	12.8 (78.0%)
5	SIKORSKI Marek	1094		M30	4		01:02:19.35	01:02:23.35	+00:14:44 (23.6%)	4:47	12.5 (76.2%)
6	ZIELIŃSKI Marcin	1125		M40	2		01:02:31.15	01:02:31.15	+00:14:52 (23.8%)	4:48	12.5 (76.2%)
7	BUDKOWSKI Patryk	1014		M30	5		01:02:35.85	01:02:35.85	+00:14:57 (23.9%)	4:48	12.5 (76.2%)
8	WYSZOMIERSKI Tomasz	1122		M40	3		01:02:50.75	01:02:50.75	+00:15:12 (24.2%)	4:50	12.4 (75.6%)
9	MORAWSKI Mariusz	1068	SZYBKO I NA NISKIM KWASIE	M20	1		01:05:50.70	01:05:50.70	+00:18:12 (27.6%)	5:03	11.8 (72.0%)
10	DUDARYK Paweł	1024		M20	2		01:05:51.20	01:05:51.20	+00:18:12 (27.7%)	5:03	11.8 (72.0%)
11	SKRONIK Piotr	1096		M30	6		01:09:50.70	01:09:59.60	+00:22:21 (31.9%)	5:22	11.2 (68.3%)
12	MATUSIK Paweł	1065	WĘGROWSCY KOWBOJE	M40	4		01:09:47.50	01:10:01.90	+00:22:23 (32.0%)	5:22	11.2 (68.3%)
13	ŁAGOWSKI Krzysztof	1062		M40	5		01:10:02.15	01:10:05.70	+00:22:27 (32.0%)	5:23	11.1 (67.7%)
14	SZELAĞOWSKI Przemysław	1105	BLICHOWO BELFER TEAM	M40	6		01:10:14.00	01:10:14.00	+00:22:35 (32.2%)	5:24	11.1 (67.7%)
15	ZIELIŃSKI Tomasz	1124	ZALATANI 1BLTR	M40	7		01:10:13.35	01:10:25.90	+00:22:47 (32.4%)	5:24	11.1 (67.7%)
16	DRANKOWSKI Tomasz	1023		M30	7		01:10:29.15	01:10:39.90	+00:23:01 (32.6%)	5:25	11.1 (67.7%)
17	BALTYN-TOKLOWICZ Magdalena	1002		K40	1		01:10:49.60	01:10:49.60	+00:23:11 (32.7%)	5:26	11 (67.1%)
18	OSTROWSKI Piotr	1078		M30	8		01:11:03.95	01:11:03.95	+00:23:25 (33.0%)	5:27	11 (67.1%)
19	BIEDKA Robert	1008	RUN CREW OSTROŁĘKA	M50	1		01:11:40.70	01:11:43.10	+00:24:04 (33.6%)	5:30	10.9 (66.5%)
20	STELMACH Paulina	1101		K30	1		01:12:14.80	01:12:14.80	+00:24:36 (34.1%)	5:33	10.8 (65.9%)
21	HOFFMANN Maciej	1033		M30	9		01:12:08.30	01:12:17.70	+00:24:39 (34.1%)	5:32	10.8 (65.9%)
22	TROCHIMCZYK Marcin	1113	DELOITTE ADVENTURE TEAM	M30	10		01:12:08.55	01:12:20.10	+00:24:41 (34.1%)	5:32	10.8 (65.9%)
23	CYMIŃSKI Łukasz	1018	STADO PĘDZĄCYCH IMADEŁ	M40	8	Stado Pędzących Imadeł	01:12:23.95	01:12:32.75	+00:24:54 (34.3%)	5:34	10.8 (65.9%)
24	BERNARD Adam	1006		M30	11		01:12:28.60	01:12:34.00	+00:24:55 (34.3%)	5:34	10.8 (65.9%)
25	BAKOWSKI Jakub	1005		M30	12		01:12:38.95	01:12:47.10	+00:25:08 (34.5%)	5:35	10.7 (65.2%)
26	KRÓLAK Magda	1052		K30	2		01:12:47.35	01:12:47.35	+00:25:08 (34.5%)	5:35	10.7 (65.2%)
27	PRZYGODA Kasia	1090	GRUPA CYGAN	K40	2		01:12:50.55	01:12:50.55	+00:25:12 (34.6%)	5:36	10.7 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
28	GODLEWSKI Łukasz	1029		M40	9		01:12:53.55	01:12:53.55	+00:25:15 (34.6%)	5:36	10.7 (65.2%)
29	KOLASZEWSKA Dagna	1045		K30	3		01:13:08.50	01:13:08.50	+00:25:30 (34.9%)	5:37	10.7 (65.2%)
30	BIENIASZ Jakub	1010		M30	13		01:13:24.00	01:13:24.00	+00:25:45 (35.1%)	5:38	10.6 (64.6%)
31	RŻANY Izabela	1092		K30	4		01:13:36.60	01:13:41.10	+00:26:02 (35.3%)	5:39	10.6 (64.6%)
32	KRYCZEK Piotr	1054		M60	1		01:15:30.25	01:15:41.65	+00:28:03 (37.1%)	5:48	10.3 (62.8%)
33	BRZOZOWSKI Jan	1013		M20	3		01:15:36.55	01:15:42.10	+00:28:03 (37.1%)	5:48	10.3 (62.8%)
34	SMODEREK Robert	1097		M50	2		01:15:37.50	01:15:42.60	+00:28:04 (37.1%)	5:49	10.3 (62.8%)
34	LACH-BRZOZOWSKA Edyta	1055		K40	3		01:15:36.60	01:15:42.60	+00:28:04 (37.1%)	5:48	10.3 (62.8%)
36	SARNOWSKA Karolina	1093	PRORUNNING PROMOTION	K40	4		01:15:47.10	01:15:47.10	+00:28:08 (37.1%)	5:49	10.3 (62.8%)
37	KAZAKOU Aliaksandr	1043		M30	14		01:15:47.45	01:15:47.45	+00:28:09 (37.1%)	5:49	10.3 (62.8%)
38	KOZICKI Jędrzej	1050		M30	15		01:15:38.55	01:15:48.70	+00:28:10 (37.2%)	5:49	10.3 (62.8%)
39	LECH Paweł	1056		M20	4		01:16:01.15	01:16:01.15	+00:28:22 (37.3%)	5:50	10.3 (62.8%)
40	NIESTERUK Kuba	1072		M20	5		01:16:05.80	01:16:05.80	+00:28:27 (37.4%)	5:51	10.3 (62.8%)
41	BAKOWSKA Agnieszka	1004		K30	5		01:16:01.10	01:16:08.05	+00:28:29 (37.4%)	5:50	10.3 (62.8%)
42	BARGENDA Łukasz	1003		M40	10		01:16:22.25	01:16:22.25	+00:28:43 (37.6%)	5:52	10.2 (62.2%)
43	KOLMUS Krzysztof	1046		M40	11		01:16:36.75	01:16:36.75	+00:28:58 (37.8%)	5:53	10.2 (62.2%)
44	GRZEŚKOWIAK Jacek	1032		M50	3		01:16:42.75	01:16:42.75	+00:29:04 (37.9%)	5:54	10.2 (62.2%)
45	OCHWAT Aleksandra	1074		K20	1		01:16:38.10	01:16:46.40	+00:29:07 (37.9%)	5:53	10.2 (62.2%)
46	PNIAK Michał	1087	KS TABOR RYMANÓW	M20	6		01:16:51.70	01:16:51.70	+00:29:13 (38.0%)	5:54	10.1 (61.6%)
47	DĘBOWSKI Blazej	1021	O CHUJ CI CHODZI	M30	16	O chuj ci chodzi	01:16:47.15	01:16:52.35	+00:29:13 (38.0%)	5:54	10.2 (62.2%)
48	KAŁUCKI Krzysztof	1040		M50	4		01:16:47.80	01:16:55.65	+00:29:17 (38.1%)	5:54	10.2 (62.2%)
49	KRUK Andrzej	1053		M50	5		01:20:29.90	01:20:29.90	+00:32:51 (40.8%)	6:11	9.7 (59.1%)
50	UMIASTOWSKI Marcin	1115		M40	12		01:20:22.95	01:20:33.40	+00:32:54 (40.9%)	6:10	9.7 (59.1%)
51	DEMBICKY Peter	1020		M40	13		01:20:19.85	01:20:36.00	+00:32:57 (40.9%)	6:10	9.7 (59.1%)
52	KRASNODĘBSKI Damian	1051		M30	17		01:23:35.00	01:23:35.00	+00:35:56 (43.0%)	6:25	9.3 (56.7%)
53	PIETRZAK Sebastian	1085	SPOTT	M40	14		01:23:43.55	01:23:43.55	+00:36:05 (43.1%)	6:26	9.3 (56.7%)
54	AMBROCHOWICZ Damian	1000		M20	7		01:23:48.65	01:23:48.65	+00:36:10 (43.2%)	6:26	9.3 (56.7%)
55	URBANEK Patrycja	1116		K20	2		01:23:46.05	01:23:52.40	+00:36:13 (43.2%)	6:26	9.3 (56.7%)
56	OJRZYŃSKA Milena	1075		K20	3		01:23:52.70	01:23:52.70	+00:36:14 (43.2%)	6:27	9.3 (56.7%)
57	OSTROWSKI Maciej	1079		M20	8		01:23:49.15	01:24:02.45	+00:36:24 (43.3%)	6:26	9.3 (56.7%)
58	CHODZIC Michał	1016		M30	18		01:24:50.50	01:24:50.50	+00:37:12 (43.8%)	6:31	9.2 (56.1%)
59	ŚWITEK Marcin	1110	DOBRA ŁYDA	M30	19		01:24:48.65	01:25:01.95	+00:37:23 (44.0%)	6:31	9.2 (56.1%)
60	PERZANOWSKI Jakub	1084		M30	20		01:25:48.15	01:25:55.40	+00:38:16 (44.6%)	6:36	9.1 (55.5%)
61	HREHORUK Emilia	1034		K40	5		01:25:45.55	01:25:59.70	+00:38:21 (44.6%)	6:35	9.1 (55.5%)
62	SZUBERT Michal	1106	MOTOSZPROTY	M40	15		01:26:08.10	01:26:08.10	+00:38:29 (44.7%)	6:37	9.1 (55.5%)
63	KOWALSKI Andrzej	1049	NAPRZÓD MŁOCINY	M40	16		01:26:59.00	01:26:59.00	+00:39:20 (45.2%)	6:41	9 (54.9%)
64	KAPICA Ewelina	1041		K30	6		01:27:58.05	01:28:06.25	+00:40:27 (45.9%)	6:46	8.9 (54.3%)
65	STANKIEWICZ Hubert	1099	BIEGACZE Z POWSINA	M40	17	Biegacze z Powsina	01:27:53.80	01:28:09.85	+00:40:31 (46.0%)	6:45	8.9 (54.3%)
66	SUŁKOWSKA-WIROWSKA Gabriela	1104		K40	6		01:29:10.15	01:29:10.15	+00:41:31 (46.6%)	6:51	8.7 (53.0%)
67	WALEWSKI Wojciech	1119	JULIA JEST SUPER!	M30	21		01:29:27.00	01:29:33.00	+00:41:54 (46.8%)	6:52	8.7 (53.0%)
68	WALEWSKA Yuliia	1118		K30	7		01:29:33.05	01:29:33.05	+00:41:54 (46.8%)	6:53	8.7 (53.0%)
69	PAŁASZ Paweł	1081		M50	6		01:29:40.95	01:29:40.95	+00:42:02 (46.9%)	6:53	8.7 (53.0%)
70	PASTERNAK Karolina	1083	DELOITTE ADVENTURE TEAM	K20	4		01:29:31.15	01:29:43.00	+00:42:04 (46.9%)	6:53	8.7 (53.0%)
71	ŚWIĘCH Aneta	1109	EAZYMUT.PL	K30	8		01:29:51.60	01:29:51.60	+00:42:13 (47.0%)	6:54	8.7 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
72	RUSZCZYŃSKI Tomasz	1091		M40	18		01:30:01.50	01:30:13.25	+00:42:34 (47.2%)	6:55	8.7 (53.0%)
73	GASIUK Sławomir	1028		M50	7		01:30:01.55	01:30:13.40	+00:42:34 (47.2%)	6:55	8.7 (53.0%)
74	MILICEVIC Andela	1067		K30	9		01:30:28.00	01:30:42.60	+00:43:04 (47.5%)	6:57	8.6 (52.4%)
75	POŁUJAŃSKA Sandra	1088	WILD ROSES CREW	K30	10		01:31:03.00	01:31:03.00	+00:43:24 (47.7%)	7:00	8.6 (52.4%)
76	DĄBROWSKA Kasia	1019	WILD ROSES CREW	K30	11		01:31:07.00	01:31:07.00	+00:43:28 (47.7%)	7:00	8.6 (52.4%)
77	TARCZYŃSKA Karolina	1111		K40	7		01:31:11.30	01:31:26.00	+00:43:47 (47.9%)	7:00	8.6 (52.4%)
78	BOWNIK Gabriela	1011		K30	12		01:31:23.10	01:31:32.90	+00:43:54 (48.0%)	7:01	8.5 (51.8%)
79	ANDREJUK Katarzyna	1001		K40	8		01:32:47.90	01:33:03.00	+00:45:24 (48.8%)	7:08	8.4 (51.2%)
80	MIELNICZEK Magdalena	1066	BIEGAJ Z URSUSEM	K50	1		01:33:19.00	01:33:19.00	+00:45:40 (48.9%)	7:10	8.4 (51.2%)
81	KLUKOWSKA Justyna	1044		K30	13		01:33:08.45	01:33:24.00	+00:45:45 (49.0%)	7:09	8.4 (51.2%)
82	LORBACH Viktoria	1061		K20	5		01:33:20.30	01:33:28.00	+00:45:49 (49.0%)	7:10	8.4 (51.2%)
83	KABULSKA Maja	1038	OISEAUX	K30	14		01:33:58.00	01:33:58.00	+00:46:19 (49.3%)	7:13	8.3 (50.6%)
84	TYCZYŃSKI Przemysław	1114	LECĘ NA MARSA	M30	22		01:34:54.55	01:35:09.00	+00:47:30 (49.9%)	7:18	8.2 (50.0%)
85	KOPER-HAMORI Agata	1047		K40	9		01:34:59.40	01:35:18.00	+00:47:39 (50.0%)	7:18	8.2 (50.0%)
86	SIWIŃSKI Adam	1095		M40	19		01:36:25.00	01:36:25.00	+00:48:46 (50.6%)	7:25	8.1 (49.4%)
87	MARKOWICZ Patrycja	1063		K20	6		01:36:43.30	01:36:48.00	+00:49:09 (50.8%)	7:26	8.1 (49.4%)
88	MARKOWICZ Paula	1064		K20	7		01:36:45.50	01:36:50.00	+00:49:11 (50.8%)	7:26	8.1 (49.4%)
89	NĘDZI Monika	1071		K30	15		01:37:00.00	01:37:00.00	+00:49:21 (50.9%)	7:27	8 (48.8%)
90	NATKAŃSKA Agata	1069		K20	8		01:37:05.00	01:37:05.00	+00:49:26 (50.9%)	7:28	8 (48.8%)
91	LECHOWICZ Lukasz	1057		M40	20		01:37:41.00	01:37:41.00	+00:50:02 (51.2%)	7:30	8 (48.8%)
92	KOWALSKA Barbara	1048	RUN DE GIRARD	K40	10		01:38:03.35	01:38:10.00	+00:50:31 (51.5%)	7:32	8 (48.8%)
93	WASILUK Aleksandra	1121	RUN DE GIRARD	K40	11		01:38:04.35	01:38:11.00	+00:50:32 (51.5%)	7:32	8 (48.8%)
94	GALACKA Dominika	1027		K40	12		01:42:11.65	01:42:24.00	+00:54:45 (53.5%)	7:51	7.6 (46.3%)
95	GOŁKOWSKI Zbigniew	1030	EAZYMUT.PL	M50	8		01:42:17.05	01:42:26.00	+00:54:47 (53.5%)	7:52	7.6 (46.3%)
96	ZIÓŁKOWSKA Kinga	1126	AFAP	K30	16	AFAP	01:43:19.00	01:43:19.00	+00:55:40 (53.9%)	7:56	7.5 (45.7%)
97	JAKUBOWICZ Olga	1036	AFAP	K40	13	AFAP	01:43:10.15	01:43:27.00	+00:55:48 (53.9%)	7:56	7.6 (46.3%)
98	LEWANDOWSKI Piotr	1059	Z 11 W-WA	M50	9		01:43:33.00	01:43:33.00	+00:55:54 (54.0%)	7:57	7.5 (45.7%)
99	JAKUBOWICZ Michał	1035	AFAP	M40	21	AFAP	01:43:20.05	01:43:37.00	+00:55:58 (54.0%)	7:56	7.5 (45.7%)
100	LITAK Grzegorz	1060		M60	2		01:43:55.00	01:43:55.00	+00:56:16 (54.2%)	7:59	7.5 (45.7%)
101	LECHOWICZ-DYL Katarzyna	1058		K40	14		01:44:21.00	01:44:21.00	+00:56:42 (54.3%)	8:01	7.5 (45.7%)
102	FRONK Grzegorz	1026		M30	23		01:44:11.70	01:44:25.00	+00:56:46 (54.4%)	8:00	7.5 (45.7%)
103	NITECKA Patrycja	1073		K30	17		01:44:32.00	01:44:32.00	+00:56:53 (54.4%)	8:02	7.5 (45.7%)
104	BIELECKA Aleksandra	1009		K40	15		01:45:08.00	01:45:19.00	+00:57:40 (54.8%)	8:05	7.4 (45.1%)
105	KALICKI Wojciech	1039		M40	22		01:57:47.55	01:57:56.00	+01:10:17 (59.6%)	9:03	6.6 (40.2%)
106	SULIŃSKI Andrzej	1103		M50	10		01:58:00.00	01:58:00.00	+01:10:21 (59.6%)	9:04	6.6 (40.2%)
107	SULIŃSKA Julia	1102		K20	9		01:58:11.00	01:58:11.00	+01:10:32 (59.7%)	9:05	6.6 (40.2%)
108	JAWORSKA Agata	1037		K30	18		02:13:51.45	02:14:03.60	+01:26:25 (64.5%)	10:17	5.8 (35.4%)
109	PAŁASZ Gniewomir	1082		M20	9		02:33:37.45	02:33:41.00	+01:46:02 (69.0%)	11:49	5.1 (31.1%)
110	CISZEWSKI Krzysztof	1017		M40	23		02:37:31.10	02:37:45.00	+01:50:06 (69.8%)	12:07	5 (30.5%)

Znaleziono 110 wynik(ów)