



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CROSS KAMPINOS | SOBOTNI BIEG 13KM

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



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	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	SZELAŃGOWSKI 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	OSTROWSKI Piotr	1078		M30	8		01:11:03.95	01:11:03.95	+00:23:25 (33.0%)	5:27	11 (67.1%)
18	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%)
19	HOFFMANN Maciej	1033		M30	9		01:12:08.30	01:12:17.70	+00:24:39 (34.1%)	5:32	10.8 (65.9%)
20	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%)
21	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%)
22	BERNARD Adam	1006		M30	11		01:12:28.60	01:12:34.00	+00:24:55 (34.3%)	5:34	10.8 (65.9%)
23	BAKOWSKI Jakub	1005		M30	12		01:12:38.95	01:12:47.10	+00:25:08 (34.5%)	5:35	10.7 (65.2%)
24	GODLEWSKI Łukasz	1029		M40	9		01:12:53.55	01:12:53.55	+00:25:15 (34.6%)	5:36	10.7 (65.2%)
25	BIENIASZ Jakub	1010		M30	13		01:13:24.00	01:13:24.00	+00:25:45 (35.1%)	5:38	10.6 (64.6%)
26	KRYCZEK Piotr	1054		M60	1		01:15:30.25	01:15:41.65	+00:28:03 (37.1%)	5:48	10.3 (62.8%)
27	BRZOZOWSKI Jan	1013		M20	3		01:15:36.55	01:15:42.10	+00:28:03 (37.1%)	5:48	10.3 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
28	SMODEREK Robert	1097		M50	2		01:15:37.50	01:15:42.60	+00:28:04 (37.1%)	5:49	10.3 (62.8%)
29	KAZAKOU Aliaksandr	1043		M30	14		01:15:47.45	01:15:47.45	+00:28:09 (37.1%)	5:49	10.3 (62.8%)
30	KOZICKI Jędrzej	1050		M30	15		01:15:38.55	01:15:48.70	+00:28:10 (37.2%)	5:49	10.3 (62.8%)
31	LECH Paweł	1056		M20	4		01:16:01.15	01:16:01.15	+00:28:22 (37.3%)	5:50	10.3 (62.8%)
32	NIESTERUK Kuba	1072		M20	5		01:16:05.80	01:16:05.80	+00:28:27 (37.4%)	5:51	10.3 (62.8%)
33	BARGENDA Łukasz	1003		M40	10		01:16:22.25	01:16:22.25	+00:28:43 (37.6%)	5:52	10.2 (62.2%)
34	KOLMUS Krzysztof	1046		M40	11		01:16:36.75	01:16:36.75	+00:28:58 (37.8%)	5:53	10.2 (62.2%)
35	GRZEŚKOWIAK Jacek	1032		M50	3		01:16:42.75	01:16:42.75	+00:29:04 (37.9%)	5:54	10.2 (62.2%)
36	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%)
37	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%)
38	KAŁUCKI Krzysztof	1040		M50	4		01:16:47.80	01:16:55.65	+00:29:17 (38.1%)	5:54	10.2 (62.2%)
39	KRUK Andrzej	1053		M50	5		01:20:29.90	01:20:29.90	+00:32:51 (40.8%)	6:11	9.7 (59.1%)
40	UMIASTOWSKI Marcin	1115		M40	12		01:20:22.95	01:20:33.40	+00:32:54 (40.9%)	6:10	9.7 (59.1%)
41	DEMBICKY Peter	1020		M40	13		01:20:19.85	01:20:36.00	+00:32:57 (40.9%)	6:10	9.7 (59.1%)
42	KRASNODEBSKI Damian	1051		M30	17		01:23:35.00	01:23:35.00	+00:35:56 (43.0%)	6:25	9.3 (56.7%)
43	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%)
44	AMBROCHOWICZ Damian	1000		M20	7		01:23:48.65	01:23:48.65	+00:36:10 (43.2%)	6:26	9.3 (56.7%)
45	OSTROWSKI Maciej	1079		M20	8		01:23:49.15	01:24:02.45	+00:36:24 (43.3%)	6:26	9.3 (56.7%)
46	CHODZIC Michał	1016		M30	18		01:24:50.50	01:24:50.50	+00:37:12 (43.8%)	6:31	9.2 (56.1%)
47	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%)
48	PERZANOWSKI Jakub	1084		M30	20		01:25:48.15	01:25:55.40	+00:38:16 (44.6%)	6:36	9.1 (55.5%)
49	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%)
50	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%)
51	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%)
52	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%)
53	PAŁASZ Paweł	1081		M50	6		01:29:40.95	01:29:40.95	+00:42:02 (46.9%)	6:53	8.7 (53.0%)
54	RUSZCZYŃSKI Tomasz	1091		M40	18		01:30:01.50	01:30:13.25	+00:42:34 (47.2%)	6:55	8.7 (53.0%)
55	GASIUK Sławomir	1028		M50	7		01:30:01.55	01:30:13.40	+00:42:34 (47.2%)	6:55	8.7 (53.0%)
56	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%)
57	SIWIŃSKI Adam	1095		M40	19		01:36:25.00	01:36:25.00	+00:48:46 (50.6%)	7:25	8.1 (49.4%)
58	LECHOWICZ Łukasz	1057		M40	20		01:37:41.00	01:37:41.00	+00:50:02 (51.2%)	7:30	8 (48.8%)
59	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%)
60	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%)
61	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%)
62	LITAK Grzegorz	1060		M60	2		01:43:55.00	01:43:55.00	+00:56:16 (54.2%)	7:59	7.5 (45.7%)
63	FRONK Grzegorz	1026		M30	23		01:44:11.70	01:44:25.00	+00:56:46 (54.4%)	8:00	7.5 (45.7%)
64	KALICKI Wojciech	1039		M40	22		01:57:47.55	01:57:56.00	+01:10:17 (59.6%)	9:03	6.6 (40.2%)
65	SULIŃSKI Andrzej	1103		M50	10		01:58:00.00	01:58:00.00	+01:10:21 (59.6%)	9:04	6.6 (40.2%)
66	PAŁASZ Gniewomir	1082		M20	9		02:33:37.45	02:33:41.00	+01:46:02 (69.0%)	11:49	5.1 (31.1%)
67	CISZEWSKI Krzysztof	1017		M40	23		02:37:31.10	02:37:45.00	+01:50:06 (69.8%)	12:07	5 (30.5%)