



# CROSS KAMPINOS | ULTRA 72KM

B4SPORT

**Wydarzenie:** III Cross Kampinos  
**Organizator:** FUNDACJA W PODSKOKACH  
**Data:** 2024-05-25  
**Miejsce:** Laski  
**Dystans:** 72 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna			Czas netto 72km	Czas brutto 72km	Różn	Tempo min/km	Tempo km/h
						1	33km	49km					
1	<b>PALIWODA Sławek</b>	<b>728</b>	ITPROJEKT BYDGOSZCZ	M30	1	02:46:54			<b>06:21:27.50</b>	<b>06:21:31.00</b>		5:17	11.3 (100%)
2	<b>KOSTRZEWSKA Justyna</b>	<b>714</b>		K40	1	02:45:40			<b>06:26:54.00</b>	<b>06:26:54.00</b>	+00:05:23 (1.4%)	5:22	11.2 (99.1%)
3	<b>WALACIK Adam</b>	<b>747</b>		M30	2	02:46:43			<b>06:28:53.00</b>	<b>06:28:53.00</b>	+00:07:22 (1.9%)	5:24	11.1 (98.2%)
4	<b>JANUSZEWSKI Andrzej</b>	<b>710</b>	TERVEL MOUNTAIN RUNNER	M40	1	03:02:59			<b>06:46:09.50</b>	<b>06:46:12.15</b>	+00:24:41 (6.1%)	5:38	10.6 (93.8%)
5	<b>VACHO Michał</b>	<b>745</b>		M30	3	03:14:37			<b>07:28:44.95</b>	<b>07:28:49.50</b>	+01:07:18 (15.0%)	6:13	9.6 (85.0%)
6	<b>SZYJKA Krzysztof</b>	<b>743</b>		M40	2	03:17:29			<b>07:44:36.85</b>	<b>07:44:36.85</b>	+01:23:05 (17.9%)	6:27	9.3 (82.3%)
7	<b>GAJDA Bartosz</b>	<b>707</b>		M20	1	02:44:15			<b>07:51:00.30</b>	<b>07:51:03.85</b>	+01:29:32 (19.0%)	6:32	9.2 (81.4%)
8	<b>PIOTROWSKI Michał</b>	<b>732</b>		M30	4	03:04:11			<b>07:51:51.40</b>	<b>07:52:02.30</b>	+01:30:31 (19.2%)	6:33	9.2 (81.4%)
9	<b>KWIATEK Tomasz</b>	<b>719</b>	CZARNKÓWEK SOCIAL RUNNING CLUB	M40	3	03:14:11			<b>07:52:44.35</b>	<b>07:52:44.35</b>	+01:31:13 (19.3%)	6:33	9.1 (80.5%)
10	<b>ŚLUSARCZYK Anna</b>	<b>744</b>	PARKRUN PRUSZKÓW	K40	2	03:25:37	05:05:44		<b>07:53:26.65</b>	<b>07:53:34.90</b>	+01:32:03 (19.4%)	6:34	9.1 (80.5%)
11	<b>KARBARCZYK Sebastian</b>	<b>713</b>		M40	4	03:12:54	05:02:00		<b>08:00:49.65</b>	<b>08:01:00.70</b>	+01:39:29 (20.7%)	6:40	9 (79.6%)
12	<b>OBARA Aneta</b>	<b>726</b>	CZARNECKI RUN TEAM	K50	1	03:25:46	05:14:39		<b>08:01:54.25</b>	<b>08:01:54.25</b>	+01:40:23 (20.8%)	6:41	9 (79.6%)
13	<b>ALBIŃSKI Tomasz</b>	<b>1</b>	RUNNING FROGS	M40	5	02:32:51			<b>08:04:27.85</b>	<b>08:04:27.85</b>	+01:42:56 (21.2%)	6:43	8.9 (78.8%)
14	<b>DĄBROWSKI-TUMAŃSKI Paweł</b>	<b>704</b>		M30	5	03:22:35	05:12:41		<b>08:12:39.60</b>	<b>08:12:39.60</b>	+01:51:08 (22.6%)	6:50	8.8 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna			Czas netto 72km	Czas brutto 72km	Różn	Tempo min/km	Tempo km/h
						1	33km	49km					
15	<b>SZKLARSKI Jacek</b>	<b>741</b>		M40	6		03:30:43	05:22:35	<b>08:19:27.50</b>	<b>08:19:36.00</b>	+01:58:05 (23.6%)	6:56	8.6 (76.1%)
16	<b>WNUK Tomasz</b>	<b>750</b>	BREMBO	M40	7		03:22:46	05:15:08	<b>08:22:09.75</b>	<b>08:22:17.15</b>	+02:00:46 (24.0%)	6:58	8.6 (76.1%)
17	<b>BIELIŃSKI Paweł</b>	<b>9</b>		M40	8		02:58:11	05:09:00	<b>08:29:30.30</b>	<b>08:29:30.30</b>	+02:07:59 (25.1%)	7:04	8.5 (75.2%)
18	<b>MADYCKI Jerzy</b>	<b>722</b>		M30	6		03:17:45	05:08:58	<b>08:29:30.60</b>	<b>08:29:30.60</b>	+02:07:59 (25.1%)	7:04	8.5 (75.2%)
19	<b>SAJDAK Tomasz</b>	<b>87</b>		M40	9		02:44:01	05:14:42	<b>08:30:59.00</b>	<b>08:30:59.00</b>	+02:09:28 (25.3%)	7:05	8.5 (75.2%)
20	<b>ŁYCZKOWSKI Łukasz</b>	<b>721</b>		M40	10		03:25:00	05:29:57	<b>08:33:17.55</b>	<b>08:33:20.80</b>	+02:11:49 (25.7%)	7:07	8.4 (74.3%)
21	<b>PIEJKO Jakub</b>	<b>731</b>		M30	7		03:28:19	05:22:25	<b>08:40:56.95</b>	<b>08:41:04.60</b>	+02:19:33 (26.8%)	7:14	8.3 (73.5%)
22	<b>SPRINGER Szymon</b>	<b>737</b>	WATAHA L-PAAK	M30	8		03:25:48	05:24:29	<b>08:44:04.35</b>	<b>08:44:04.35</b>	+02:22:33 (27.2%)	7:16	8.2 (72.6%)
23	<b>KRAWCZYK Michał</b>	<b>47</b>		M20	2		02:47:24	05:11:29	<b>08:46:01.65</b>	<b>08:46:01.65</b>	+02:24:30 (27.5%)	7:18	8.2 (72.6%)
24	<b>ZIÓŁKOWSKA-WNUK Monika</b>	<b>753</b>		K40	3		03:33:15	05:36:21	<b>08:46:22.90</b>	<b>08:46:30.40</b>	+02:24:59 (27.5%)	7:18	8.2 (72.6%)
25	<b>ZIELIŃSKI Marcin</b>	<b>752</b>		M30	9		03:28:20	05:36:26	<b>08:50:05.75</b>	<b>08:50:11.35</b>	+02:28:40 (28.0%)	7:21	8.1 (71.7%)
26	<b>LUPA Dawid</b>	<b>720</b>		M30	10		03:34:01	05:36:55	<b>08:50:21.70</b>	<b>08:50:27.45</b>	+02:28:56 (28.1%)	7:21	8.1 (71.7%)
27	<b>DE ROSIER Marek</b>	<b>705</b>		M30	11		03:20:41	05:30:51	<b>08:54:09.85</b>	<b>08:54:09.85</b>	+02:32:38 (28.6%)	7:25	8.1 (71.7%)
28	<b>TABULSKA Katarzyna</b>	<b>95</b>	KB SZURACZ TERESPOL	K40	4		03:10:47	05:33:43	<b>08:56:06.35</b>	<b>08:56:06.35</b>	+02:34:35 (28.8%)	7:26	8.1 (71.7%)
29	<b>CHOROSTKOWSKI Maciej</b>	<b>702</b>	WUJEK JEST BEZ KLUBU	M40	11		03:43:38	05:53:18	<b>08:58:06.20</b>	<b>08:58:17.10</b>	+02:36:46 (29.1%)	7:28	8 (70.8%)
30	<b>FRANCOIS Hugu</b>	<b>706</b>		M40	12		03:18:24	05:35:49	<b>08:58:28.05</b>	<b>08:58:37.25</b>	+02:37:06 (29.2%)	7:28	8 (70.8%)
31	<b>KOWALSKI Waldemar</b>	<b>45</b>		M40	13		02:31:41	05:07:20	<b>09:00:14.30</b>	<b>09:00:14.30</b>	+02:38:43 (29.4%)	7:30	8 (70.8%)
32	<b>DĄBEK Agnieszka</b>	<b>703</b>		K40	5		03:33:50	05:42:35	<b>09:07:06.95</b>	<b>09:07:06.95</b>	+02:45:35 (30.3%)	7:35	7.9 (69.9%)
33	<b>WALENDZIK Wiesia</b>	<b>748</b>		K40	6		03:28:39	05:36:24	<b>09:07:01.75</b>	<b>09:07:07.35</b>	+02:45:36 (30.3%)	7:35	7.9 (69.9%)
34	<b>PASTERNAK Łukasz</b>	<b>730</b>	ECHO TWARDOGÓRA	M30	12		03:29:13	05:41:15	<b>09:09:40.20</b>	<b>09:09:40.20</b>	+02:48:09 (30.6%)	7:38	7.9 (69.9%)
34	<b>PLOCH Sebastian</b>	<b>733</b>		M50	1		03:29:12	05:41:15	<b>09:09:40.20</b>	<b>09:09:40.20</b>	+02:48:09 (30.6%)	7:38	7.9 (69.9%)
34	<b>SAWIŃSKI Mateusz</b>	<b>734</b>	WATAHA L-PAAK	M30	12		03:30:39	05:45:05	<b>09:09:31.25</b>	<b>09:09:40.20</b>	+02:48:09 (30.6%)	7:37	7.9 (69.9%)
37	<b>KAŁUZIŃSKI Dominik</b>	<b>712</b>		M30	14		03:49:11	06:07:09	<b>09:27:32.60</b>	<b>09:27:32.60</b>	+03:06:01 (32.8%)	7:52	7.6 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna			Czas netto		Czas brutto	Różn	Tempo min/km	Tempo km/h
						1	33km	49km	72km	72km				
38	<b>CHMIEL Anna</b>	<b>701</b>	ZABIEGANY WOŁOMIN	K30	1		04:01:35	06:12:17	<b>09:31:17.30</b>	<b>09:31:17.30</b>	+03:09:46 (33.2%)	7:56	7.6 (67.3%)	
39	<b>SROCZYŃSKA Justyna</b>	<b>738</b>	NETBOX BIEGA	K40	7		03:58:25	06:15:04	<b>09:45:29.40</b>	<b>09:45:36.50</b>	+03:24:05 (34.9%)	8:07	7.4 (65.5%)	
40	<b>SROCZYŃSKI Marcin</b>	<b>739</b>	NETBOX BIEGA	M40	14		03:58:23	06:15:00	<b>09:45:29.50</b>	<b>09:45:36.60</b>	+03:24:05 (34.9%)	8:07	7.4 (65.5%)	
41	<b>CHUDIO Marcin</b>	<b>16</b>		M30	15		03:31:18	06:02:43	<b>09:48:31.25</b>	<b>09:48:31.25</b>	+03:27:00 (35.2%)	8:10	7.3 (64.6%)	
42	<b>WEIS Michał</b>	<b>749</b>	OBSTACLE CENTER TEAM	M30	16		03:57:01	06:17:20	<b>09:52:52.90</b>	<b>09:52:52.90</b>	+03:31:21 (35.7%)	8:14	7.3 (64.6%)	
43	<b>KRYSZKIEWICZ Adam</b>	<b>715</b>		M40	15		03:33:05	05:51:11	<b>09:54:03.05</b>	<b>09:54:06.20</b>	+03:32:35 (35.8%)	8:15	7.3 (64.6%)	
44	<b>KURMANOWSKA Monika</b>	<b>718</b>		K30	2		03:46:26	06:06:49	<b>09:54:04.90</b>	<b>09:54:12.55</b>	+03:32:41 (35.8%)	8:15	7.3 (64.6%)	
45	<b>KOŁACZ Liliana</b>	<b>42</b>	KOŁATKI	K40	8	Kołatki	02:54:37	05:27:29	<b>10:02:04.40</b>	<b>10:02:04.40</b>	+03:40:33 (36.6%)	8:21	7.2 (63.7%)	
46	<b>MAGDA Łukasz</b>	<b>723</b>	DRUŻYNA ORZECHA	M40	16		03:28:20	07:04:26	<b>10:30:25.30</b>	<b>10:30:25.30</b>	+04:08:54 (39.5%)	8:45	6.9 (61.1%)	
47		<b>751</b>					04:26:26	07:14:48	<b>10:37:58.25</b>	<b>10:38:09.80</b>	+04:16:38 (40.2%)	8:51	6.8 (60.2%)	
48	<b>TYRANKIEWICZ Kamila</b>	<b>99</b>	JUMP&FLY, KABATY	K40	9		04:25:26	06:58:53	<b>10:56:02.40</b>	<b>10:56:02.40</b>	+04:34:31 (41.8%)	6:25	9.3 (82.3%)	
49	<b>SELWESTRUK Izabela</b>	<b>735</b>		K40	10		04:28:08	07:11:06	<b>11:27:41.40</b>	<b>11:27:52.50</b>	+05:06:21 (44.5%)	9:33	6.3 (55.8%)	
50	<b>SELWESTRUK Tomasz</b>	<b>736</b>		M40	17		04:28:32	07:11:44	<b>11:27:41.60</b>	<b>11:27:52.60</b>	+05:06:21 (44.5%)	9:33	6.3 (55.8%)	
51	<b>GULA Tomasz</b>	<b>28</b>	GBY	M30	17		04:26:06	07:10:12	<b>11:31:51.00</b>	<b>11:31:52.00</b>	+05:10:21 (44.9%)	9:36	6.2 (54.9%)	
52	<b>MUCHA Krzysztof</b>	<b>725</b>	@STARSI.PANOWIE.TRZEJ	M50	2		04:34:09	07:22:32	<b>11:33:11.65</b>	<b>11:33:21.20</b>	+05:11:50 (45.0%)	9:37	6.2 (54.9%)	
53	<b>PAŁASZYŃSKA Beata</b>	<b>729</b>	MUD FOXES	K40	11		04:35:59	07:16:19	<b>11:35:39.25</b>	<b>11:35:47.90</b>	+05:14:16 (45.2%)	9:39	6.2 (54.9%)	
54	<b>KRZYSZTONEK Grzegorz</b>	<b>716</b>	@STARSI.PANOWIE.TRZEJ	M50	3		04:32:17	07:16:28	<b>11:40:38.35</b>	<b>11:40:48.85</b>	+05:19:17 (45.6%)	9:43	6.2 (54.9%)	
55	<b>OSTROWSKI Mateusz</b>	<b>727</b>		M20	3		04:34:40	07:30:21	<b>12:13:14.60</b>	<b>12:13:24.50</b>	+05:51:53 (48.0%)	10:11	5.9 (52.2%)	
56	<b>BOGACKI Piotr</b>	<b>700</b>		M20	4		04:34:44	07:30:24	<b>12:13:16.15</b>	<b>12:13:26.30</b>	+05:51:55 (48.0%)	10:11	5.9 (52.2%)	
	<b>MINOR Helena</b>	<b>724</b>		K20			04:45:43 DNF	06:23:57 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>KUNDYS Karolina</b>	<b>52</b>	#WAWRZYNTTEAM	K40			04:25:26 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>ŻYŁOWICZ Marcin</b>	<b>754</b>		M30			05:01:58 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	
	<b>WADOWSKI Marcin</b>	<b>746</b>	@STARSI.PANOWIE.TRZEJ	M50			DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)	

