



# 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<br>72km | Czas brutto<br>72km | Różn                 | Tempo<br>min/km | Tempo<br>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<br>(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<br>(1.4%)  | 5:22            | 11.2<br>(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<br>(1.9%)  | 5:24            | 11.1<br>(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<br>(6.1%)  | 5:38            | 10.6<br>(93.8%) |
| 5   | <b>VACHO Michal</b>             | <b>745</b> |                                | M30       | 3    | 03:14:37 |          |      | <b>07:28:44.95</b> | <b>07:28:49.50</b>  | +01:07:18<br>(15.0%) | 6:13            | 9.6<br>(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<br>(17.9%) | 6:27            | 9.3<br>(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<br>(19.0%) | 6:32            | 9.2<br>(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<br>(19.2%) | 6:33            | 9.2<br>(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<br>(19.3%) | 6:33            | 9.1<br>(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<br>(19.4%) | 6:34            | 9.1<br>(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<br>(20.7%) | 6:40            | 9<br>(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<br>(20.8%) | 6:41            | 9<br>(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<br>(21.2%) | 6:43            | 8.9<br>(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<br>(22.6%) | 6:50            | 8.8<br>(77.9%)  |

| Msc | Zawodnik                      | Numer      | Klub                 | Kategoria | Mkat | Drużyna |          |          | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-------------------------------|------------|----------------------|-----------|------|---------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                               |            |                      |           |      | 1       | 33km     | 49km     | 72km               | 72km               |                      |              |                |
| 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<br>(23.6%) | 6:56         | 8.6<br>(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<br>(24.0%) | 6:58         | 8.6<br>(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<br>(25.1%) | 7:04         | 8.5<br>(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<br>(25.1%) | 7:04         | 8.5<br>(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<br>(25.3%) | 7:05         | 8.5<br>(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<br>(25.7%) | 7:07         | 8.4<br>(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<br>(26.8%) | 7:14         | 8.3<br>(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<br>(27.2%) | 7:16         | 8.2<br>(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<br>(27.5%) | 7:18         | 8.2<br>(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<br>(27.5%) | 7:18         | 8.2<br>(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<br>(28.0%) | 7:21         | 8.1<br>(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<br>(28.1%) | 7:21         | 8.1<br>(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<br>(28.6%) | 7:25         | 8.1<br>(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<br>(28.8%) | 7:26         | 8.1<br>(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<br>(29.1%) | 7:28         | 8<br>(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<br>(29.2%) | 7:28         | 8<br>(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<br>(29.4%) | 7:30         | 8<br>(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<br>(30.3%) | 7:35         | 7.9<br>(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<br>(30.3%) | 7:35         | 7.9<br>(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<br>(30.6%) | 7:38         | 7.9<br>(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<br>(30.6%) | 7:38         | 7.9<br>(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<br>(30.6%) | 7:37         | 7.9<br>(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<br>(32.8%) | 7:52         | 7.6<br>(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<br>(33.2%) | 7:56  | 7.6<br>(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<br>(34.9%) | 8:07  | 7.4<br>(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<br>(34.9%) | 8:07  | 7.4<br>(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<br>(35.2%) | 8:10  | 7.3<br>(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<br>(35.7%) | 8:14  | 7.3<br>(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<br>(35.8%) | 8:15  | 7.3<br>(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<br>(35.8%) | 8:15  | 7.3<br>(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<br>(36.6%) | 8:21  | 7.2<br>(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<br>(39.5%) | 8:45  | 6.9<br>(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<br>(40.2%) | 8:51  | 6.8<br>(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<br>(41.8%) | 6:25  | 9.3<br>(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<br>(44.5%) | 9:33  | 6.3<br>(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<br>(44.5%) | 9:33  | 6.3<br>(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<br>(44.9%) | 9:36  | 6.2<br>(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<br>(45.0%) | 9:37  | 6.2<br>(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<br>(45.2%) | 9:39  | 6.2<br>(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<br>(45.6%) | 9:43  | 6.2<br>(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<br>(48.0%) | 10:11 | 5.9<br>(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<br>(48.0%) | 10:11 | 5.9<br>(52.2%) |              |            |
|     | <b>MINOR Helena</b>         | <b>724</b> |                       | K20       |      |         | 04:45:43<br>DNF | 06:23:57<br>DNF | <b>DNF</b>         | <b>DNF</b>         | -                    | -     | - (0.0%)       |              |            |
|     | <b>KUNDYS Karolina</b>      | <b>52</b>  | #WAWRZYNTTEAM         | K40       |      |         | 04:25:26<br>DNF | DNF             | <b>DNF</b>         | <b>DNF</b>         | -                    | -     | - (0.0%)       |              |            |
|     | <b>ŻYŁOWICZ Marcin</b>      | <b>754</b> |                       | M30       |      |         | 05:01:58<br>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%)       |              |            |

