



# CROSS KAMPINOS | ULTRA 72KM

B4SPORT

**Event:** III Cross Kampinos  
**Organiser:** FUNDACJA W PODSKOKACH  
**Date:** 2024-05-25  
**Place:** Laski  
**Distance:** 72 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Drużyna 1	33km	49km	Net time 72km	Czas brutto 72km	Gap	Pace min/km	Pace km/h
1	JANUSZEWSKI Andrzej	710	TERVEL MOUNTAIN RUNNER	M40	1		03:02:59		<b>06:46:09.50</b>	<b>06:46:12.15</b>		5:38	10.6 (100%)
2	SZYJKA Krzysztof	743		M40	2		03:17:29		<b>07:44:36.85</b>	<b>07:44:36.85</b>	+00:58:24 (12.6%)	6:27	9.3 (87.7%)
3	KWIATEK Tomasz	719	CZARNKÓWEK SOCIAL RUNNING CLUB	M40	3		03:14:11		<b>07:52:44.35</b>	<b>07:52:44.35</b>	+01:06:32 (14.1%)	6:33	9.1 (85.8%)
4	KARBARCZYK Sebastian	713		M40	4		03:12:54	05:02:00	<b>08:00:49.65</b>	<b>08:01:00.70</b>	+01:14:48 (15.6%)	6:40	9 (84.9%)
5	ALBIŃSKI Tomasz	1	RUNNING FROGS	M40	5		02:32:51		<b>08:04:27.85</b>	<b>08:04:27.85</b>	+01:18:15 (16.2%)	6:43	8.9 (84.0%)
6	SZKLARSKI Jacek	741		M40	6		03:30:43	05:22:35	<b>08:19:27.50</b>	<b>08:19:36.00</b>	+01:33:23 (18.7%)	6:56	8.6 (81.1%)
7	WNUK Tomasz	750	BREMBO	M40	7		03:22:46	05:15:08	<b>08:22:09.75</b>	<b>08:22:17.15</b>	+01:36:05 (19.1%)	6:58	8.6 (81.1%)
8	BIELIŃSKI Paweł	9		M40	8		02:58:11	05:09:00	<b>08:29:30.30</b>	<b>08:29:30.30</b>	+01:43:18 (20.3%)	7:04	8.5 (80.2%)
9	SAJDAK Tomasz	87		M40	9		02:44:01	05:14:42	<b>08:30:59.00</b>	<b>08:30:59.00</b>	+01:44:46 (20.5%)	7:05	8.5 (80.2%)
10	ŁYCZKOWSKI Łukasz	721		M40	10		03:25:00	05:29:57	<b>08:33:17.55</b>	<b>08:33:20.80</b>	+01:47:08 (20.9%)	7:07	8.4 (79.2%)
11	CHOROSTKOWSKI Maciej	702	WUJEK JEST BEZ KLUBU	M40	11		03:43:38	05:53:18	<b>08:58:06.20</b>	<b>08:58:17.10</b>	+02:12:04 (24.5%)	7:28	8 (75.5%)
12	FRANCOIS Hugu	706		M40	12		03:18:24	05:35:49	<b>08:58:28.05</b>	<b>08:58:37.25</b>	+02:12:25 (24.6%)	7:28	8 (75.5%)
13	KOWALSKI Waldemar	45		M40	13		02:31:41	05:07:20	<b>09:00:14.30</b>	<b>09:00:14.30</b>	+02:14:02 (24.8%)	7:30	8 (75.5%)
14	SROCZYŃSKI Marcin	739	NETBOX BIEGA	M40	14		03:58:23	06:15:00	<b>09:45:29.50</b>	<b>09:45:36.60</b>	+02:59:24 (30.6%)	8:07	7.4 (69.8%)

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15	<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>	+03:07:54 (31.6%)	8:15	7.3 (68.9%)
16	<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>	+03:44:13 (35.6%)	8:45	6.9 (65.1%)
17	<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>	+04:41:40 (40.9%)	9:33	6.3 (59.4%)

Total 17 results.