



**Organizator:** Transformers Trening & Dieta  
**Data:** 2021-09-12  
**Miejsce:** Leszno  
**Dystans:** 5 km

# TORTURA LESZNO 2021

B4SPORT

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INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 12:15

| Msc | Zawodnik              | Numer | Klub                                     | Kategoria | Mkat | Drużyna 1                                | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|------------------------------------------|-----------|------|------------------------------------------|----------------|-----------------|-------------------|--------------|--------------|
| 1   | FETSIUKOU Aliaksei    | 419   | OCR GYM                                  | M-Open    | 7    | OCR GYM                                  | 00:25:44.35    | 00:25:44.35     |                   | 5:08         | 11.7 (100%)  |
| 2   | MARCINKOWSKI Adam     | 386   | CZARNA HORDA                             | M-Open    | 9    |                                          | 00:26:33.45    | 00:26:33.45     | +00:00:49 (3.1%)  | 5:18         | 11.3 (96.6%) |
| 3   | BAJON Przemysław      | 394   | WATAHA                                   | M-Open    | 11   | OCR GYM                                  | 00:26:41.30    | 00:26:41.30     | +00:00:56 (3.6%)  | 5:20         | 11.2 (95.7%) |
| 4   | KASPRZAK Artur        | 102   | TEAM TRANSFORMERS                        | M-Open    | 19   | Team Transformers                        | 00:28:03.55    | 00:28:03.55     | +00:02:19 (8.3%)  | 5:36         | 10.7 (91.5%) |
| 5   | DĄBEK Patryk          | 40    | COLOS GYM                                | M-Open    | 25   |                                          | 00:29:33.85    | 00:29:33.85     | +00:03:49 (12.9%) | 5:54         | 10.2 (87.2%) |
| 6   | OLEJNICZAK Marek      | 225   | TEAM TRANSFORMERS                        | M-Open    | 44   | Team Transformers                        | 00:32:08.55    | 00:32:08.55     | +00:06:24 (19.9%) | 6:25         | 9.3 (79.5%)  |
| 7   | GORLAS Miron          | 69    |                                          | M-Open    | 46   |                                          | 00:32:16.40    | 00:32:16.40     | +00:06:32 (20.2%) | 6:27         | 9.3 (79.5%)  |
| 8   | KOTALA Arkadiusz      | 388   |                                          | M-Open    | 53   |                                          | 00:33:10.35    | 00:33:10.35     | +00:07:26 (22.4%) | 6:38         | 9 (76.9%)    |
| 9   | BRZESKOT Bartosz      | 30    |                                          | M-Open    | 54   |                                          | 00:33:17.20    | 00:33:17.20     | +00:07:32 (22.7%) | 6:39         | 9 (76.9%)    |
| 10  | WOJCIECHOWSKI Mateusz | 341   | EKIPA AMITY                              | M-Open    | 57   |                                          | 00:33:24.45    | 00:33:24.45     | +00:07:40 (23.0%) | 6:40         | 9 (76.9%)    |
| 11  | SUSZYŃSKI Łukasz      | 391   | OX WOŁÓW                                 | M-Open    | 63   |                                          | 00:34:00.35    | 00:34:00.35     | +00:08:16 (24.3%) | 6:48         | 8.8 (75.2%)  |
| 12  | PIENIAK Piotr         | 240   | PROKOL PRACOWNIA PROJEKTOWO-KOSZTORYSOWA | M-Open    | 70   | PROKOL PRACOWNIA PROJEKTOWO KOSZTORYSOWA | 00:34:33.65    | 00:34:33.65     | +00:08:49 (25.5%) | 6:54         | 8.7 (74.4%)  |
| 13  | ŻYNDUL Krystian       | 365   |                                          | M-Open    | 73   |                                          | 00:34:55.95    | 00:34:55.95     | +00:09:11 (26.3%) | 6:59         | 8.6 (73.5%)  |
| 14  | KORALEWSKI Pawel      | 131   |                                          | M-Open    | 77   | OCR GYM                                  | 00:35:55.50    | 00:35:55.50     | +00:10:11 (28.4%) | 7:11         | 8.4 (71.8%)  |

| Msc | Zawodnik            | Numer | Klub         | Kategoria | Mkat | Drużyna 1   | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|--------------|-----------|------|-------------|-------------------|--------------------|----------------------|-----------------|----------------|
| 15  | BORKOWSKI Mateusz   | 24    | COLOS GYM    | M-Open    | 83   |             | 00:36:35.65       | 00:36:35.65        | +00:10:51<br>(29.7%) | 7:19            | 8.2<br>(70.1%) |
| 16  | NASKRĘT Damian      | 410   | TRANSFORMERS | M-Open    | 94   |             | 00:37:48.60       | 00:37:48.60        | +00:12:04<br>(31.9%) | 7:33            | 7.9<br>(67.5%) |
| 17  | ŚWIDZIŃSKI Marcin   | 312   | TRANSFORMERS | M-Open    | 105  |             | 00:38:59.95       | 00:38:59.95        | +00:13:15<br>(34.0%) | 7:47            | 7.7<br>(65.8%) |
| 18  | KRAKOWIAK Daniel    | 140   |              | M-Open    | 106  |             | 00:39:05.75       | 00:39:05.75        | +00:13:21<br>(34.2%) | 7:49            | 7.7<br>(65.8%) |
| 19  | FRYDRYCH Andrzej    | 62    |              | M-Open    | 107  |             | 00:39:07.30       | 00:39:07.30        | +00:13:22<br>(34.2%) | 7:49            | 7.7<br>(65.8%) |
| 20  | BOJANOWSKI Marek    | 22    |              | M-Open    | 111  |             | 00:39:22.90       | 00:39:22.90        | +00:13:38<br>(34.6%) | 7:52            | 7.6<br>(65.0%) |
| 21  | MARCINIAK Jędrzej   | 417   |              | M-Open    | 115  |             | 00:39:41.00       | 00:39:41.00        | +00:13:56<br>(35.1%) | 7:56            | 7.6<br>(65.0%) |
| 22  | PUZIAK Andrzej      | 253   |              | M-Open    | 117  |             | 00:39:52.85       | 00:39:52.85        | +00:14:08<br>(35.5%) | 7:58            | 7.5<br>(64.1%) |
| 23  | KAROLCZAK Damian    | 401   | OCR GYM      | M-Open    | 118  | OCR GYM     | 00:39:54.40       | 00:39:54.40        | +00:14:10<br>(35.5%) | 7:58            | 7.5<br>(64.1%) |
| 24  | PAWIŁOJĆ Jakub      | 232   |              | M-Open    | 120  |             | 00:40:02.45       | 00:40:02.45        | +00:14:18<br>(35.7%) | 8:00            | 7.5<br>(64.1%) |
| 25  | SKRZYPCZYK Martyna  | 281   | COLOS GYM    | K-Open    | 15   |             | 00:40:16.70       | 00:40:16.70        | +00:14:32<br>(36.1%) | 8:03            | 7.5<br>(64.1%) |
| 26  | SZYMKOWIAK Mirosław | 307   | EKIPA AMITY  | M-Open    | 121  | Ekipa Amity | 00:40:22.55       | 00:40:22.55        | +00:14:38<br>(36.3%) | 8:04            | 7.4<br>(63.2%) |
| 27  | MATUSZEWSKI Marcin  | 191   | EKIPA AMITY  | M-Open    | 129  | Ekipa Amity | 00:41:02.95       | 00:41:02.95        | +00:15:18<br>(37.3%) | 8:12            | 7.3<br>(62.4%) |
| 28  | BOGONOS Pawel       | 390   | OX WOLOW     | M-Open    | 130  |             | 00:41:25.20       | 00:41:25.20        | +00:15:40<br>(37.9%) | 8:17            | 7.2<br>(61.5%) |
| 29  | GORLAS Artur        | 70    |              | M-Open    | 139  |             | 00:41:46.60       | 00:41:46.60        | +00:16:02<br>(38.4%) | 8:21            | 7.2<br>(61.5%) |
| 30  | WITA Adrian         | 335   | EKIPA AMITY  | M-Open    | 147  |             | 00:43:43.55       | 00:43:43.55        | +00:17:59<br>(41.1%) | 8:44            | 6.9<br>(59.0%) |
| 31  | KRZEMIEN Śławomir   | 143   | OCR GYM      | M-Open    | 155  | OCR GYM     | 00:44:39.35       | 00:44:39.35        | +00:18:55<br>(42.4%) | 8:55            | 6.7<br>(57.3%) |
| 32  | MARCINIAK Klaudia   | 182   |              | K-Open    | 25   |             | 00:45:57.00       | 00:45:57.00        | +00:20:12<br>(44.0%) | 9:11            | 6.5<br>(55.6%) |
| 33  | PODGÓRSKA Sylwia    | 367   |              | K-Open    | 31   |             | 00:47:11.45       | 00:47:11.45        | +00:21:27<br>(45.5%) | 9:26            | 6.4<br>(54.7%) |
| 34  | JANOWICZ Paulina    | 437   |              | K-Open    | 32   |             | 00:47:11.60       | 00:47:11.60        | +00:21:27<br>(45.5%) | 9:26            | 6.4<br>(54.7%) |
| 35  | NYNYK Andrii        | 221   |              | M-Open    | 203  |             | 00:50:40.10       | 00:50:40.10        | +00:24:55<br>(49.2%) | 10:08           | 5.9<br>(50.4%) |
| 36  | KONARKOWSKA Tetyana | 123   | 68           | K-Open    | 42   |             | 00:50:40.70       | 00:50:40.70        | +00:24:56<br>(49.2%) | 10:08           | 5.9<br>(50.4%) |
| 37  | BIEDALAK Krzysztof  | 16    |              | M-Open    | 209  |             | 00:51:56.25       | 00:51:56.25        | +00:26:11<br>(50.4%) | 10:23           | 5.8<br>(49.6%) |

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|-----|-----------------------|-------|---------------------------|-----------|------|---------------------|----------------|-----------------|-------------------|--------------|-------------|
| 38  | WITKOWSKI Rafał       | 336   | OCR GYM                   | M-Open    | 212  | OCR GYM             | 00:52:15.75    | 00:52:15.75     | +00:26:31 (50.8%) | 10:27        | 5.7 (48.7%) |
| 39  | BARCZYSZYN Aleksandra | 9     | OCR GYM                   | K-Open    | 49   | OCR GYM             | 00:52:56.75    | 00:52:56.75     | +00:27:12 (51.4%) | 10:35        | 5.7 (48.7%) |
| 40  | MAROSZ Martyna        | 185   | STOWARZYSZENIE EXTREMALNI | K-Open    | 57   |                     | 00:54:56.15    | 00:54:56.15     | +00:29:11 (53.1%) | 10:59        | 5.5 (47.0%) |
| 41  | SAJA Weronika         | 271   | STOWARZYSZENIE EXTREMALNI | K-Open    | 58   |                     | 00:54:56.35    | 00:54:56.35     | +00:29:12 (53.1%) | 10:59        | 5.5 (47.0%) |
| 42  | KNOZOWSKA Bożena      | 120   | COLOS GYM                 | K-Open    | 67   |                     | 00:57:04.80    | 00:57:04.80     | +00:31:20 (54.9%) | 11:24        | 5.3 (45.3%) |
| 43  | MACHOWSKA Malwina     | 166   |                           | K-Open    | 68   |                     | 00:57:13.75    | 00:57:13.75     | +00:31:29 (55.0%) | 11:26        | 5.2 (44.4%) |
| 44  | DUDZIK Iwona          | 50    | TRANSFORMERS              | K-Open    | 69   |                     | 00:57:21.65    | 00:57:21.65     | +00:31:37 (55.1%) | 11:28        | 5.2 (44.4%) |
| 45  | WOŚ Kinga             | 350   |                           | K-Open    | 85   |                     | 01:01:30.25    | 01:01:30.25     | +00:35:45 (58.2%) | 12:18        | 4.9 (41.9%) |
| 46  | KALISKI Darek         | 96    | TOYOCAR TEAM LESZNO       | M-Open    | 247  | TOYOCAR TEAM LESZNO | 01:01:58.55    | 01:01:58.55     | +00:36:14 (58.5%) | 12:23        | 4.8 (41.0%) |
| 47  | GRAJNERT Paulina      | 72    | TOYOCAR TEAM LESZNO       | K-Open    | 86   | TOYOCAR TEAM LESZNO | 01:01:59.55    | 01:01:59.55     | +00:36:15 (58.5%) | 12:23        | 4.8 (41.0%) |
| 48  | KUŚNIEREK Jakub       | 152   | TOYOCAR TEAM LESZNO       | M-Open    | 248  | TOYOCAR TEAM LESZNO | 01:01:59.80    | 01:01:59.80     | +00:36:15 (58.5%) | 12:23        | 4.8 (41.0%) |
| 49  | SMEKTAŁA Małgorzata   | 283   | TOYOCAR TEAM LESZNO       | K-Open    | 87   | TOYOCAR TEAM LESZNO | 01:01:59.85    | 01:01:59.85     | +00:36:15 (58.5%) | 12:23        | 4.8 (41.0%) |
| 50  | MIERZEJEWSKA Laura    | 198   | TOYOCAR TEAM LESZNO       | K-Open    | 88   | TOYOCAR TEAM LESZNO | 01:01:59.90    | 01:01:59.90     | +00:36:15 (58.5%) | 12:23        | 4.8 (41.0%) |
| 51  | UFNIAK Radosław       | 323   | TOYOCAR TEAM LESZNO       | M-Open    | 249  | TOYOCAR TEAM LESZNO | 01:02:00.05    | 01:02:00.05     | +00:36:15 (58.5%) | 12:24        | 4.8 (41.0%) |
| 52  | FRANKA Magdalena      | 60    | TOYOCAR TEAM LESZNO       | K-Open    | 89   | TOYOCAR TEAM LESZNO | 01:02:00.95    | 01:02:00.95     | +00:36:16 (58.5%) | 12:24        | 4.8 (41.0%) |
| 53  | MIRECKI Jakub         | 202   |                           | M-Open    | 250  |                     | 01:02:28.15    | 01:02:28.15     | +00:36:43 (58.8%) | 12:29        | 4.8 (41.0%) |
| 54  | OZGOWICZ Sylwia       | 227   | CNS NOWA SÓL              | K-Open    | 92   | CNS Nowa Sól        | 01:04:24.95    | 01:04:24.95     | +00:38:40 (60.0%) | 12:52        | 4.7 (40.2%) |
| 55  | STASZAK Małgorzata    | 293   | CNS NOWA SÓL              | K-Open    | 93   | CNS Nowa Sól        | 01:04:25.05    | 01:04:25.05     | +00:38:40 (60.0%) | 12:53        | 4.7 (40.2%) |
| 56  | ŁOWCZYŃSKA Ewelina    | 387   | CNS NOWA SÓL              | K-Open    | 94   |                     | 01:04:25.25    | 01:04:25.25     | +00:38:40 (60.0%) | 12:53        | 4.7 (40.2%) |
| 57  | KASPRZAK Hieronim     | 103   | TEAM TRANSFORMERS         | M-Open    | 254  | Team Transformers   | 01:04:26.35    | 01:04:26.35     | +00:38:42 (60.1%) | 12:53        | 4.7 (40.2%) |
| 58  | DOMAGAŁA Patrycja     | 44    |                           | K-Open    | 95   |                     | 01:04:39.30    | 01:04:39.30     | +00:38:54 (60.2%) | 12:55        | 4.6 (39.3%) |
| 59  | MUSIELAK Patrycja     | 206   |                           | K-Open    | 96   |                     | 01:04:42.25    | 01:04:42.25     | +00:38:57 (60.2%) | 12:56        | 4.6 (39.3%) |