



Organizator: Transformers Trening & Dieta
Data: 2022-09-11
Miejsce: Leszno
Dystans: 5 km

TORTURA LESZNO

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 11:20

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SOB Art	351	MROWINO RUN	M-Open	8		00:28:31.15	00:28:31.15		5:42	10.5 (100%)
2	POWAŻNY Marek	301	OCR GYM WROCŁAW	M-Open	9	OCR GYM WROCŁAW	00:28:58.15	00:28:58.15	+00:00:27 (1.6%)	5:47	10.4 (99.0%)
3	ŻYTO Grzegorz	459	OCR GYM WROCŁAW	M-Open	16	OCR GYM WROCŁAW	00:31:25.00	00:31:25.00	+00:02:53 (9.2%)	6:17	9.5 (90.5%)
4	RATAJSZCZAK Dominik	315		M-Open	19		00:31:47.75	00:31:47.75	+00:03:16 (10.3%)	6:21	9.4 (89.5%)
5	POKLEPA Dawid	295	CNS NOWA SÓL	M-Open	28	CNS Nowa Sól	00:32:46.45	00:32:46.45	+00:04:15 (13.0%)	6:33	9.2 (87.6%)
6	ŻYNDUL Krystian	458	KRIS-BUD-MONT	M-Open	32		00:32:55.75	00:32:55.75	+00:04:24 (13.4%)	6:35	9.1 (86.7%)
7	ZAGACKI Karol	440	M-FIT RAWICZ	M-Open	41	M-FIT RAWICZ	00:34:25.45	00:34:25.45	+00:05:54 (17.2%)	6:53	8.7 (82.9%)
8	OWSIANY Anna	268	AVENGERS	K-Open	4	Avengers	00:34:38.00	00:34:38.00	+00:06:06 (17.7%)	6:55	8.7 (82.9%)
9	SZLĘZAK Mateusz	368	KGHM SW1 S-5	M-Open	47		00:34:53.95	00:34:53.95	+00:06:22 (18.3%)	6:58	8.6 (81.9%)
10	MIELCARZ Tomasz	231	BIEGOWE DZIKI OCR	M-Open	49	Biegowe Dzikie OCR	00:35:09.20	00:35:09.20	+00:06:38 (18.9%)	7:01	8.5 (81.0%)
11	ADAMIAK Igor	1	OCR GYM WROCŁAW	M-Open	52	OCR GYM WROCŁAW	00:35:18.25	00:35:18.25	+00:06:47 (19.2%)	7:03	8.5 (81.0%)
12	RYBARCZYK Jakub	324	DRUŻYNA WU.	M-Open	55	Drużyna Wu.	00:35:58.30	00:35:58.30	+00:07:27 (20.7%)	7:11	8.3 (79.0%)
13	MAŃCZAK Joanna	213	DRUŻYNA WU.	K-Open	5	Drużyna Wu.	00:36:18.55	00:36:18.55	+00:07:47 (21.5%)	7:15	8.3 (79.0%)
14	WOJCIECHOWSKI Kamil	421	WARRIOR TEAM	M-Open	58		00:36:20.60	00:36:20.60	+00:07:49 (21.5%)	7:16	8.3 (79.0%)
15	TRUBIŁOWICZ Mateusz	399	BIEGOWE DZIKI OCR	M-Open	73	Biegowe Dzikie OCR	00:37:58.55	00:37:58.55	+00:09:27 (24.9%)	7:35	7.9 (75.2%)
16	ŚWIDZIŃSKI Marcin	384	TRANSFORMERS	M-Open	83		00:38:19.25	00:38:19.25	+00:09:48 (25.6%)	7:39	7.8 (74.3%)
17	PRUSKO Paulina	303	OCR GYM WROCŁAW	K-Open	7		00:38:27.70	00:38:27.70	+00:09:56 (25.9%)	7:41	7.8 (74.3%)
18	POWAŻNA Barbara	300	OCR GYM WROCŁAW	K-Open	12	OCR GYM WROCŁAW	00:41:43.00	00:41:43.00	+00:13:11 (31.6%)	8:20	7.2 (68.6%)
19	MIERNIK Przemysław	232	CROSS FIRMUS	M-Open	121		00:41:58.50	00:41:58.50	+00:13:27 (32.1%)	8:23	7.1 (67.6%)
20	KRZEMIEN Sławomir	172	OCR GYM WROCŁAW	M-Open	122	OCR GYM WROCŁAW	00:42:04.50	00:42:04.50	+00:13:33 (32.2%)	8:24	7.1 (67.6%)
21	SOFINSKA Iwona	356		K-Open	16		00:43:16.60	00:43:16.60	+00:14:45 (34.1%)	8:39	6.9 (65.7%)
22	FRYDRYCH Andrzej	71		M-Open	134		00:43:16.90	00:43:16.90	+00:14:45 (34.1%)	8:39	6.9 (65.7%)
23	KAMIŃSKI Stanisław	134		M-Open	143		00:43:52.80	00:43:52.80	+00:15:21 (35.0%)	8:46	6.8 (64.8%)
24	SKOMSKA Lena	343		K-Open	20		00:44:35.80	00:44:35.80	+00:16:04 (36.1%)	8:55	6.7 (63.8%)
25	SOBOLEWSKA Katarzyna	354		K-Open	21		00:44:42.50	00:44:42.50	+00:16:11 (36.2%)	8:56	6.7 (63.8%)
26	WILCZKOWIAK Karolina	418		K-Open	29		00:45:44.55	00:45:44.55	+00:17:13 (37.7%)	9:08	6.6 (62.9%)
27	KARAKOLIS Anna	136	CNS NOWA SÓL	K-Open	35	CNS Nowa Sól	00:46:36.30	00:46:36.30	+00:18:05 (38.8%)	9:19	6.4 (61.0%)
28	POKLEPA Karolina	294	CNS	K-Open	36	CNS Nowa Sól	00:46:37.70	00:46:37.70	+00:18:06 (38.8%)	9:19	6.4 (61.0%)

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29	DANEK Mariusz	49		M-Open	178		00:47:00.70	00:47:00.70	+00:18:29 (39.3%)	9:24	6.4 (61.0%)
30	KWADRANS Piotr	180	OCR GYM WROCŁAW	M-Open	185	OCR GYM WROCŁAW	00:48:23.45	00:48:23.45	+00:19:52 (41.1%)	9:40	6.2 (59.0%)
31	SINIECKI Krzysztof	341		M-Open	202		00:51:03.90	00:51:03.90	+00:22:32 (44.2%)	10:12	5.9 (56.2%)
32	MOSTOWSKA-NOWAK Elżbieta	239	BABCIE BIEGAJĄ	K-Open	55		00:51:29.05	00:51:29.05	+00:22:57 (44.6%)	10:17	5.8 (55.2%)
33	BINIASZ Weronika	16		K-Open	58		00:51:43.85	00:51:43.85	+00:23:12 (44.9%)	10:20	5.8 (55.2%)
34	SAMCZUK Jakub	467		M-Open	218		00:53:38.65	00:53:38.65	+00:25:07 (46.8%)	10:43	5.6 (53.3%)
35	ŚWITAŁA Dawid	471		M-Open	221		00:53:49.40	00:53:49.40	+00:25:18 (47.0%)	10:45	5.6 (53.3%)
36	SAMCZUK Dariusz	465		M-Open	231		00:54:51.90	00:54:51.90	+00:26:20 (48.0%)	10:58	5.5 (52.4%)
37	MALEPSZA Monika	211	AVENGERS	K-Open	80	Avengers	00:55:20.95	00:55:20.95	+00:26:49 (48.5%)	11:04	5.4 (51.4%)
38	MALEPSZY Paweł	212	AVENGERS	M-Open	235	Avengers	00:55:21.60	00:55:21.60	+00:26:50 (48.5%)	11:04	5.4 (51.4%)
39	WOJTKOWIAK Rafał	428	TEMPUS	M-Open	241		00:56:17.65	00:56:17.65	+00:27:46 (49.3%)	11:15	5.3 (50.5%)
40	PACZEŚNA Paula	273	TEMPUS	K-Open	83		00:56:19.35	00:56:19.35	+00:27:48 (49.4%)	11:15	5.3 (50.5%)
41	WOJTKOWIAK Zofia	427	TEMPUS	K-Open	84		00:56:19.85	00:56:19.85	+00:27:48 (49.4%)	11:15	5.3 (50.5%)
42	LEŚNIEWICZ Piotr	186	TEMPUS	M-Open	243		00:56:20.85	00:56:20.85	+00:27:49 (49.4%)	11:16	5.3 (50.5%)
43	WOJTKOWIAK Aleksandra	426	TEMPUS	K-Open	85		00:56:21.50	00:56:21.50	+00:27:50 (49.4%)	11:16	5.3 (50.5%)
44	SAMCZUK Iwona	468		K-Open	90		00:56:36.25	00:56:36.25	+00:28:05 (49.6%)	11:19	5.3 (50.5%)
45	SAMCZUK Darek	466		M-Open	245		00:56:36.45	00:56:36.45	+00:28:05 (49.6%)	11:19	5.3 (50.5%)
46	CIDYŁO Mariusz	469		M-Open	246		00:56:36.55	00:56:36.55	+00:28:05 (49.6%)	11:19	5.3 (50.5%)
47	GRZYB Hubert	470		M-Open	247		00:56:57.65	00:56:57.65	+00:28:26 (49.9%)	11:23	5.3 (50.5%)
48	PARUS Łukasz	277		M-Open	264		01:01:48.10	01:01:48.10	+00:33:16 (53.9%)	12:21	4.9 (46.7%)
49	KACPRZAK Marek	127		M-Open	267		01:04:07.00	01:04:07.00	+00:35:35 (55.5%)	12:49	4.7 (44.8%)
50	KACPRZAK Krzysztof	126	WRZEŚNIA	M-Open	268	Września	01:04:07.20	01:04:07.20	+00:35:36 (55.5%)	12:49	4.7 (44.8%)
51	MAJEWSKI Kacper	207		M-Open	269		01:05:01.45	01:05:01.45	+00:36:30 (56.1%)	13:00	4.6 (43.8%)
52	MAJEWSKI Kamil	208		M-Open	270		01:05:37.20	01:05:37.20	+00:37:06 (56.5%)	13:07	4.6 (43.8%)
53	WŁODAREK Michał	420		M-Open	291						(0.0%)
54	POMYKAŁA Michał	298	TEMPUS	M-Open	299						(0.0%)
55	NOWAK Jakub	251		M-Open	300						(0.0%)
56	IGNASZAK Tomasz	106		M-Open	301						(0.0%)

Znaleziono 56 wynik(ów)