



TORTURA LESZNO

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 11:40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KOŁOSZUK Marcin	76	MISS FIT	M-Open	3	Miss Fit	00:24:13.50	00:24:13.50		4:50	12.4 (100%)
2	TROCKI Patryk	398	DIRTY SPARROWS	M-Open	7	Dirty Sparrows	00:27:53.00	00:27:53.00	+00:03:39 (13.1%)	5:34	10.8 (87.1%)
3	SAJNÓG Leszek	330	BIEGAJ LESZNO	M-Open	11	Biegaj Leszno	00:30:04.15	00:30:04.15	+00:05:50 (19.4%)	6:00	10 (80.6%)
4	TABAKA Wiesław	385		M-Open	25		00:32:05.20	00:32:05.20	+00:07:51 (24.5%)	6:25	9.4 (75.8%)
5	TABAKA Natalia	386		K-Open	1		00:32:05.50	00:32:05.50	+00:07:52 (24.5%)	6:25	9.4 (75.8%)
6	ŚMIGŁAK Łukasz	380	DIRTY SPARROWS	M-Open	30	Dirty Sparrows	00:32:52.95	00:32:52.95	+00:08:39 (26.3%)	6:34	9.1 (73.4%)
7	OKONIEWSKI Marcin	262		M-Open	40		00:34:21.45	00:34:21.45	+00:10:07 (29.5%)	6:52	8.7 (70.2%)
8	ZIOŁO Krzysztof	455	DIRTY SPARROWS	M-Open	45	Dirty Sparrows	00:34:49.05	00:34:49.05	+00:10:35 (30.4%)	6:57	8.6 (69.4%)
9	WOJNICKI Wojciech	424	DIRTY SPARROWS	M-Open	69	Dirty Sparrows	00:37:23.15	00:37:23.15	+00:13:09 (35.2%)	7:28	8 (64.5%)
10	ALEKSANDER Łukasz	3	AKADEMIA TAEKWON DO IN NAE	M-Open	71	Akademia Taekwon-do IN NAE	00:37:34.90	00:37:34.90	+00:13:21 (35.5%)	7:30	8 (64.5%)
11	RYCHLEWSKI Michał	325	DIRTY SPARROWS	M-Open	86	Dirty Sparrows	00:38:37.25	00:38:37.25	+00:14:23 (37.3%)	7:43	7.8 (62.9%)
12	SOBIERAJ Radosław	353	POLSKA	M-Open	87	Akademia Taekwon-do IN NAE	00:38:40.55	00:38:40.55	+00:14:27 (37.4%)	7:44	7.8 (62.9%)
13	JÓSKA Paweł	120	AKADEMIA TAEKWON-DO IN NAE	M-Open	97	Akademia Taekwon-do IN NAE	00:39:44.10	00:39:44.10	+00:15:30 (39.0%)	7:56	7.6 (61.3%)
14	ŚMIGŁAK Kasia	381	DIRTY SPARROWS	K-Open	11	Dirty Sparrows	00:41:02.30	00:41:02.30	+00:16:48 (41.0%)	8:12	7.3 (58.9%)

							Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1			Różn		
15	SPYCHAŁA Jacek	358	DIRTY SPARROWS	M-Open	108	Dirty Sparrows	00:41:06.80	00:41:06.80	+00:16:53 (41.1%)	8:13	7.3 (58.9%)
16	MATECKA Natalia	219		K-Open	14		00:42:39.20	00:42:39.20	+00:18:25 (43.2%)	8:31	7 (56.5%)
17	ZIOŁO Ewa	456	DIRTY SPARROWS	K-Open	15	Dirty Sparrows	00:42:51.00	00:42:51.00	+00:18:37 (43.5%)	8:34	7 (56.5%)
18	GRABOWSKI Kamil	89	DIRTY SPARROWS	M-Open	138		00:43:31.10	00:43:31.10	+00:19:17 (44.3%)	8:42	6.9 (55.6%)
19	NOWAK Patryk	250	PBO DEWELOPER	M-Open	146		00:44:10.35	00:44:10.35	+00:19:56 (45.2%)	8:50	6.8 (54.8%)
20	ZIMNA Katarzyna	515	CROSS TRAINING PĘPOWO	K-Open	24	Cross Taining Pępowo	00:44:50.35	00:44:50.35	+00:20:36 (46.0%)	8:58	6.7 (54.0%)
21	NOWAK Adrian	249	PBO DEWELOPER	M-Open	162		00:45:29.35	00:45:29.35	+00:21:15 (46.7%)	9:05	6.6 (53.2%)
22	SZAJDA Adrianna	509	CROSS TRAINING PĘPOWO	K-Open	30		00:45:48.45	00:45:48.45	+00:21:34 (47.1%)	9:09	6.6 (53.2%)
23	CIEŚLIK Marcin	44		M-Open	172		00:46:31.80	00:46:31.80	+00:22:18 (47.9%)	9:18	6.4 (51.6%)
24	SUSŁA Aneta	363		K-Open	38	Akademia Taekwon-do IN NAE	00:47:00.55	00:47:00.55	+00:22:47 (48.5%)	9:24	6.4 (51.6%)
25	JANOWICZ Paulina	472	BIEGAJ LESZNO	K-Open	39		00:47:26.45	00:47:26.45	+00:23:12 (48.9%)	9:29	6.3 (50.8%)
26	KILAN Adrian	473		M-Open	180		00:47:29.90	00:47:29.90	+00:23:16 (49.0%)	9:29	6.3 (50.8%)
27	ADAMKIEWICZ Katarzyna	2		K-Open	56		00:51:37.55	00:51:37.55	+00:27:24 (53.1%)	10:19	5.8 (46.8%)
28	BUDZYNSKI Łukasz	29		M-Open	207		00:51:57.25	00:51:57.25	+00:27:43 (53.4%)	10:23	5.8 (46.8%)
29	SAKOWICZ Kinga	331	MISS FIT	K-Open	60	Miss Fit	00:52:57.80	00:52:57.80	+00:28:44 (54.3%)	10:35	5.7 (46.0%)
30	PETLUSZEWSKA Karolina	285	MISS FIT	K-Open	61		00:52:57.95	00:52:57.95	+00:28:44 (54.3%)	10:35	5.7 (46.0%)
31	NOWAK Anna	252	DIRTY SPARROWS	K-Open	62		00:53:02.25	00:53:02.25	+00:28:48 (54.3%)	10:36	5.7 (46.0%)
32	KRAWCZYK Agnieszka	169	MISS FIT	K-Open	66	Miss Fit	00:53:17.30	00:53:17.30	+00:29:03 (54.5%)	10:39	5.6 (45.2%)
33	KRAWCZYK Adrian	170		M-Open	213		00:53:18.00	00:53:18.00	+00:29:04 (54.5%)	10:39	5.6 (45.2%)
34	KORZH Svitlana	160	DIRTY SPARROWS	K-Open	67	Dirty Sparrows	00:53:21.00	00:53:21.00	+00:29:07 (54.6%)	10:40	5.6 (45.2%)
35	MYSZYNSKI Tomasz	244	DIRTY SPARROWS	M-Open	215	Dirty Sparrows	00:53:24.55	00:53:24.55	+00:29:11 (54.6%)	10:40	5.6 (45.2%)
36	CIEŚLIK Magdalena	43	MISSFIT	K-Open	72	Miss Fit	00:53:53.05	00:53:53.05	+00:29:39 (55.0%)	10:46	5.6 (45.2%)
37	DZIENKOWSKA Joanna	61		K-Open	73		00:54:01.40	00:54:01.40	+00:29:47 (55.2%)	10:48	5.6 (45.2%)

							Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1			Różn		
38	MYSZYNSKI Maciej	245	DIRTY SPARROWS	M-Open	225	Dirty Sparrows	00:54:32.65	00:54:32.65	+00:30:19 (55.6%)	10:54	5.5 (44.4%)
39	ŁUPICKI Andrzej	511		M-Open	226		00:54:42.95	00:54:42.95	+00:30:29 (55.7%)	10:56	5.5 (44.4%)
40	DZIENKOWSKI Przemysław	62		M-Open	228		00:54:47.90	00:54:47.90	+00:30:34 (55.8%)	10:57	5.5 (44.4%)
41	JANOWICZ Karol	115		M-Open	230		00:54:48.80	00:54:48.80	+00:30:35 (55.8%)	10:57	5.5 (44.4%)
42	ŁUPICKI Andrzej Marek	193	DINOZAURY ATAKUJĄ	M-Open	232		00:54:55.50	00:54:55.50	+00:30:42 (55.9%)	10:59	5.5 (44.4%)
43	TADYSZAK Barbara	387		K-Open	79		00:55:12.80	00:55:12.80	+00:30:59 (56.1%)	11:02	5.4 (43.5%)
44	TADYSZAK Piotr	388		M-Open	234		00:55:15.60	00:55:15.60	+00:31:02 (56.2%)	11:03	5.4 (43.5%)
45	CHROSTOWSKA Monika	36	MISS FIT	K-Open	89		00:56:29.45	00:56:29.45	+00:32:15 (57.1%)	11:17	5.3 (42.7%)
46	HOLLSTEIN Katarzyna	102	MISS FIT	K-Open	97	Miss Fit	00:57:24.80	00:57:24.80	+00:33:11 (57.8%)	11:28	5.2 (41.9%)
47	KALINOWICZ Anna	132	MISS FIT	K-Open	115		01:02:41.95	01:02:41.95	+00:38:28 (61.4%)	12:32	4.8 (38.7%)
48	WOJTKOWIAK Wojciech	429	MISS FIT	M-Open	272	Miss Fit	01:10:23.40	01:10:23.40	+00:46:09 (65.6%)	14:04	4.3 (34.7%)
49	WOJTKOWIAK-SCHMIDT Agnieszka	431	MISS FIT	K-Open	120	Miss Fit	01:10:23.70	01:10:23.70	+00:46:10 (65.6%)	14:04	4.3 (34.7%)
50	TYSZKIEWICZ Agnieszka	404	MISS FIT	K-Open	121	Miss Fit	01:11:04.05	01:11:04.05	+00:46:50 (65.9%)	14:12	4.2 (33.9%)
51	BENDKOWSKA Sylwia	14		K-Open	122	Miss Fit	01:11:04.10	01:11:04.10	+00:46:50 (65.9%)	14:12	4.2 (33.9%)
52	KOWALCZYK Kamila	163	MISS FIT	K-Open	123	Miss Fit	01:11:12.05	01:11:12.05	+00:46:58 (66.0%)	14:14	4.2 (33.9%)
53	NIKOLISZYN Piotr	248	MISS FIT	M-Open	273	Miss Fit	01:11:56.35	01:11:56.35	+00:47:42 (66.3%)	14:23	4.2 (33.9%)
54	MAJKUSIAK Paulina	209	MISS FIT	K-Open	124	Miss Fit	01:11:57.00	01:11:57.00	+00:47:43 (66.3%)	14:23	4.2 (33.9%)
55	URBAN Patryk	407	MISSFIT	M-Open	274		01:12:05.65	01:12:05.65	+00:47:52 (66.4%)	14:25	4.2 (33.9%)
55	ZIĘBA Beata	454	MISSFIT	K-Open	125	Miss Fit	01:12:05.65	01:12:05.65	+00:47:52 (66.4%)	14:25	4.2 (33.9%)
57	PŁÓCIENICZAK Sylwia	291	RUN TEAM RYDZYNA	K-Open	126		01:13:49.45	01:13:49.45	+00:49:35 (67.2%)	14:45	4.1 (33.1%)
58	PRZYBYLSKA Anna	305		K-Open	127		01:14:13.20	01:14:13.20	+00:49:59 (67.4%)	14:50	4 (32.3%)
58	RUDZIEWICZ Małgorzata	321	TUNTEAM RYDZYNA	K-Open	127	RunTeam Rydzyna	01:14:13.20	01:14:13.20	+00:49:59 (67.4%)	14:50	4 (32.3%)
60	PŁÓCIENICZAK Witold	290	RUN TEAM RYDZYNA	M-Open	275		01:14:14.60	01:14:14.60	+00:50:01 (67.4%)	14:50	4 (32.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	RUDZIEWICZ Mariusz	320	RUN TEAM RYDZYNA	M-Open	276	RunTeam Rydzyna	01:13:02.40	01:14:19.90	+00:50:06 (67.4%)	14:36	4.1 (33.1%)
62	ŻUR Ewa	457		K-Open	129		01:13:03.90	01:14:32.30	+00:50:18 (67.5%)	14:36	4.1 (33.1%)
63	ŻUR Daniel	485		M-Open	281		01:14:01.95	01:15:34.95	+00:51:21 (67.9%)	14:48	4.1 (33.1%)
64	RUDZIEWICZ Jakub	322		M-Open	282	RunTeam Rydzyna	01:18:07.60	01:18:07.60	+00:53:54 (69.0%)	15:37	3.8 (30.6%)
65	RUTKOWSKI Arek	323	DIRTY SPARROWS	M-Open	293	Dirty Sparrows					(0.0%)

Znaleziono 65 wynik(ów)