

TORTURA LESZNO

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 12:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**PODRZYCKI Arkadiusz**	**293**	SAP	M-Open	4	SAP	**00:27:07.75**	**00:27:07.75**		5:25	11.1 (100%)
2	**LIS Paweł**	**316**	EKIPA AMITY	M-Open	10	Ekipa Amity	**00:29:45.70**	**00:29:45.70**	+00:02:37 (8.8%)	5:57	10.1 (91.0%)
3	**MRÓZ Norbert**	**241**	FITNESSTEAM	M-Open	48		**00:35:01.10**	**00:35:01.10**	+00:07:53 (22.5%)	7:00	8.6 (77.5%)
4	**RATAJCZAK Piotr**	**313**	SAP	M-Open	57	SAP	**00:36:16.50**	**00:36:16.50**	+00:09:08 (25.2%)	7:15	8.3 (74.8%)
5	**SZKUDLARCZYK Szymon**	**503**		M-Open	62		**00:36:43.90**	**00:36:43.90**	+00:09:36 (26.1%)	7:20	8.2 (73.9%)
6	**WOJCIECHOWSKI Karol**	**502**	IG: KAROL_WOJCIECHOWSKII ZAPRASZAM SERDECZNIE	M-Open	65		**00:36:58.55**	**00:36:58.55**	+00:09:50 (26.6%)	7:23	8.1 (73.0%)
7	**BOROWSKI Maciej**	**500**	BIEGOWE DZIKI OCR	M-Open	78	Biegowe Dziki OCR	**00:38:07.35**	**00:38:07.35**	+00:10:59 (28.8%)	7:37	7.9 (71.2%)
8	**MAJEK Mateusz**	**512**		M-Open	82		**00:38:18.05**	**00:38:18.05**	+00:11:10 (29.2%)	7:39	7.8 (70.3%)
9	**POPIELA Sebastian**	**299**	OPTYK BARTKOWIAK TEAM	M-Open	91		**00:38:59.15**	**00:38:59.15**	+00:11:51 (30.4%)	7:47	7.7 (69.4%)
10	**ZADWORNY Adrian**	**501**		M-Open	92		**00:39:07.25**	**00:39:07.25**	+00:11:59 (30.7%)	7:49	7.7 (69.4%)
11	**DWORAK Mateusz**	**58**		M-Open	96		**00:39:36.35**	**00:39:36.35**	+00:12:28 (31.5%)	7:55	7.6 (68.5%)
12	**BUDASZ Kamil**	**514**		M-Open	100		**00:40:17.35**	**00:40:17.35**	+00:13:09 (32.7%)	8:03	7.4 (66.7%)
13	**MUSZYŃSKI Maciej**	**519**		M-Open	107		**00:41:06.50**	**00:41:06.50**	+00:13:58 (34.0%)	8:13	7.3 (65.8%)
14	**JAŃCZAK Sebastian**	**116**		M-Open	120		**00:41:53.90**	**00:41:53.90**	+00:14:46 (35.3%)	8:22	7.2 (64.9%)

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15	**KLECHA Paweł**	**153**		M-Open	137		**00:43:30.00**	**00:43:30.00**	+00:16:22 (37.6%)	8:42	6.9 (62.2%)
16	**KOMORNICKI Krzysztof**	**137**		M-Open	139		**00:43:32.10**	**00:43:32.10**	+00:16:24 (37.7%)	8:42	6.9 (62.2%)
17	**KLECHA Karol**	**152**	FF	M-Open	141		**00:43:36.00**	**00:43:36.00**	+00:16:28 (37.8%)	8:43	6.9 (62.2%)
18	**MATUSZAK Adam**	**220**		M-Open	142		**00:43:47.75**	**00:43:47.75**	+00:16:40 (38.1%)	8:45	6.9 (62.2%)
19	**MATUSZAK Agnieszka**	**221**		K-Open	18		**00:44:01.40**	**00:44:01.40**	+00:16:53 (38.4%)	8:48	6.8 (61.3%)
20	**ANTKOWIAK Hubert**	**5**	FITNESS FACTORY	M-Open	145		**00:44:02.40**	**00:44:02.40**	+00:16:54 (38.4%)	8:48	6.8 (61.3%)
21	**KARPIŃSKI Paweł**	**138**	FDW PASZE	M-Open	156		**00:44:56.60**	**00:44:56.60**	+00:17:48 (39.6%)	8:59	6.7 (60.4%)
22	**DOPIERALSKI Dariusz**	**68**	FERMY WOŹNIAK	M-Open	157		**00:45:02.40**	**00:45:02.40**	+00:17:54 (39.8%)	9:00	6.7 (60.4%)
23	**KOKOT Krzysztof**	**157**		M-Open	168		**00:45:58.80**	**00:45:58.80**	+00:18:51 (41.0%)	9:11	6.5 (58.6%)
24	**MAJEK Mateusz**	**498**		M-Open	174		**00:46:36.65**	**00:46:36.65**	+00:19:28 (41.8%)	9:19	6.4 (57.7%)
25	**SZMYT Robert**	**370**	EKIPA AMITY	M-Open	190	Ekipa Amity	**00:49:04.05**	**00:49:04.05**	+00:21:56 (44.7%)	9:48	6.1 (55.0%)
26	**SZMYT Magdalena**	**369**	EKIPA AMITY	K-Open	51	Ekipa Amity	**00:49:53.00**	**00:49:53.00**	+00:22:45 (45.6%)	9:58	6 (54.1%)
27	**SZYMKOWIAK Mirek**	**376**	EKIPA AMITY	M-Open	197	Ekipa Amity	**00:50:30.10**	**00:50:30.10**	+00:23:22 (46.3%)	10:06	5.9 (53.2%)
28	**JASICZEK Jakub**	**119**	EKIPA AMITY	M-Open	198	Ekipa Amity	**00:50:31.95**	**00:50:31.95**	+00:23:24 (46.3%)	10:06	5.9 (53.2%)
29	**JAKUBOWSKI Michał**	**505**		M-Open	203		**00:51:13.30**	**00:51:13.30**	+00:24:05 (47.0%)	10:14	5.9 (53.2%)
30	**SADOWSKI Dariusz**	**328**		M-Open	222		**00:54:08.00**	**00:54:08.00**	+00:27:00 (49.9%)	10:49	5.5 (49.5%)
31	**GOLEBIOWSKA Małgorzata**	**85**	RUN TEAM RYDZYNA	K-Open	75		**00:54:38.30**	**00:54:38.30**	+00:27:30 (50.3%)	10:55	5.5 (49.5%)
32	**TOBÓŁKA Maciej**	**395**	TEAM TRANSFORMERS	M-Open	229		**00:54:48.75**	**00:54:48.75**	+00:27:41 (50.5%)	10:57	5.5 (49.5%)
33	**CHUDZIŃSKI Patryk**	**516**		M-Open	233		**00:55:14.05**	**00:55:14.05**	+00:28:06 (50.9%)	11:02	5.4 (48.6%)
34	**CUDAJEWICZ Grzegorz**	**46**	FITNESSTEAM	M-Open	239		**00:56:05.20**	**00:56:05.20**	+00:28:57 (51.6%)	11:13	5.3 (47.7%)
35	**SADOWSKI Wiktor**	**327**		M-Open	242		**00:56:17.85**	**00:56:17.85**	+00:29:10 (51.8%)	11:15	5.3 (47.7%)
36	**SADOWSKA Agnieszka**	**326**	FITNESSTEAM	K-Open	86		**00:56:21.70**	**00:56:21.70**	+00:29:13 (51.9%)	11:16	5.3 (47.7%)
37	**MRÓZ Joanna**	**240**	FITNESTEAM	K-Open	87		**00:56:22.55**	**00:56:22.55**	+00:29:14 (51.9%)	11:16	5.3 (47.7%)

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38	**CUDAJEWICZ Anna**	**45**	FITNESSTEAM	K-Open	88		**00:56:24.10**	**00:56:24.10**	+00:29:16 (51.9%)	11:16	5.3 (47.7%)
39	**ŁOŚ-KRAWCZYK Magdalena**	**191**	FITNESSTEAM	K-Open	92		**00:56:39.65**	**00:56:39.65**	+00:29:31 (52.1%)	11:19	5.3 (47.7%)
40	**BODAK Agnieszka**	**19**	FITNESSTEAM	K-Open	95		**00:57:10.10**	**00:57:10.10**	+00:30:02 (52.5%)	11:26	5.2 (46.8%)
41	**CHODZIŃSKI Rafał**	**35**	MÜLLER TEAM	M-Open	249		**00:57:27.15**	**00:57:27.15**	+00:30:19 (52.8%)	11:29	5.2 (46.8%)
42	**BODAK Piotr**	**20**	FITNESSTEAM	M-Open	250		**00:57:45.60**	**00:57:45.60**	+00:30:37 (53.0%)	11:33	5.2 (46.8%)
43	**STACHOWIAK Małgorzata**	**359**	FITTNESSTEAM	K-Open	98		**00:57:47.85**	**00:57:47.85**	+00:30:40 (53.1%)	11:33	5.2 (46.8%)
44	**KRAWCZYK Fabian**	**168**	FITNESSTEAM	M-Open	257		**00:58:54.85**	**00:58:54.85**	+00:31:47 (54.0%)	11:46	5.1 (45.9%)
45	**TARNAWSKI Maciej**	**389**		M-Open	258		**00:59:07.05**	**00:59:07.05**	+00:31:59 (54.1%)	11:49	5.1 (45.9%)
46	**KAPCIUK Wojciech**	**517**		M-Open	261		**01:00:28.70**	**01:00:28.70**	+00:33:20 (55.1%)	12:05	5 (45.0%)
47	**GRUSZKA Marcin**	**93**		M-Open	262		**01:00:36.70**	**01:00:36.70**	+00:33:28 (55.2%)	12:07	5 (45.0%)
48	**BRDYS Agata**	**27**		K-Open	110	Glizdeczki	**01:00:59.90**	**01:00:59.90**	+00:33:52 (55.5%)	12:11	4.9 (44.1%)
49	**GRUSZKA Agata**	**92**		K-Open	111	Glizdeczki	**01:01:24.50**	**01:01:24.50**	+00:34:16 (55.8%)	12:16	4.9 (44.1%)
50	**CZUBAK Karolina**	**47**		K-Open	112	Glizdeczki	**01:01:24.75**	**01:01:24.75**	+00:34:17 (55.8%)	12:16	4.9 (44.1%)
51	**GRUSZKA Marta**	**91**		K-Open	113	Glizdeczki	**01:01:29.85**	**01:01:29.85**	+00:34:22 (55.9%)	12:17	4.9 (44.1%)
52	**MARYNIAK Dorota**	**216**		K-Open	114		**01:01:31.70**	**01:01:31.70**	+00:34:23 (55.9%)	12:18	4.9 (44.1%)
53	**TARNAWSKI Bartosz**	**390**		M-Open	265		**01:02:19.80**	**01:02:19.80**	+00:35:12 (56.5%)	12:27	4.8 (43.2%)
54	**OLSZÓWKA Dawid**	**266**	BELONA	M-Open	286	Belona	**01:40:03.70**	**01:40:03.70**	+01:12:55 (72.9%)	20:00	3 (27.0%)
55	**SAWICKA Monika**	**335**	BELONA	K-Open	132	Belona	**01:41:00.50**	**01:41:00.50**	+01:13:52 (73.1%)	20:12	3 (27.0%)
56	**GRZEŚKÓW Joasia**	**95**	BELONA	K-Open	133		**01:41:01.20**	**01:41:01.20**	+01:13:53 (73.1%)	20:12	3 (27.0%)
57	**ZAKRZEWSKA Anna**	**446**	BELONA	K-Open	134	Belona	**01:41:01.85**	**01:41:01.85**	+01:13:54 (73.1%)	20:12	3 (27.0%)
58	**KOWALSKA Ewa**	**165**	BELONA	K-Open	135		**01:41:01.90**	**01:41:01.90**	+01:13:54 (73.1%)	20:12	3 (27.0%)
59	**MACIEJEWSKA Grażyna**	**197**	BELONA TEAM	K-Open	136		**01:41:02.00**	**01:41:02.00**	+01:13:54 (73.1%)	20:12	3 (27.0%)
60	**GĄSIOREK Małgorzata**	**80**		K-Open	137	Belona	**01:41:02.95**	**01:41:02.95**	+01:13:55 (73.2%)	20:12	3 (27.0%)

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61	**DYBA Wojciech**	**59**		M-Open	287	Belona	**01:41:04.90**	**01:41:04.90**	+01:13:57 (73.2%)	20:12	3 (27.0%)
62	**MACIEJEWSKI Rafał**	**199**	BELONA TEAM	M-Open	288		**01:41:09.20**	**01:41:09.20**	+01:14:01 (73.2%)	20:13	3 (27.0%)

Znaleziono 62 wynik(ów)