



**Event:**  
**Organiser:**  
**Date:**  
**Place:**  
**Distance:**

IronRace Trzcianka 2017  
IRON RACE POLSKA  
2017-08-26  
Trzcianka  
6.2 km

## IRONRACE SPACER REKRUTA

B4SPORT



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 6.2km	Gap	Pace min/km	Pace km/h
1	<b>MOWIŃSKI Grzegorz</b>	<b>150</b>				<b>00:33:37.00</b>		5:25	11.1 (100%)
2	<b>KĘPA Bartosz</b>	<b>76</b>		Fala 3	1	<b>00:35:05.45</b>	+00:01:28 (4.2%)	5:39	10.6 (95.5%)
3	<b>CHUDY Dariusz</b>	<b>37</b>		Fala 1	1	<b>00:36:42.75</b>	+00:03:05 (8.4%)	5:55	10.1 (91.0%)
4	<b>ZDRENKA Kamil</b>	<b>10</b>		Fala 1	2	<b>00:38:11.05</b>	+00:04:34 (12.0%)	6:09	9.7 (87.4%)
5	<b>ROMANOWSKI Jakub</b>	<b>30</b>		Fala 1	3	<b>00:38:13.00</b>	+00:04:36 (12.0%)	6:09	9.7 (87.4%)
6	<b>GIERDYS Paweł</b>	<b>31</b>		Fala 1	4	<b>00:39:13.15</b>	+00:05:36 (14.3%)	6:19	9.5 (85.6%)
7	<b>THOMAS Bartosz</b>	<b>24</b>		Fala 1	5	<b>00:40:03.90</b>	+00:06:26 (16.1%)	6:27	9.3 (83.8%)
8	<b>LUDZIAK Jakub</b>	<b>82</b>		Fala 2	1	<b>00:40:18.10</b>	+00:06:41 (16.6%)	6:30	9.2 (82.9%)
9	<b>MUMOT Krystian</b>	<b>34</b>		Fala 1	6	<b>00:40:25.85</b>	+00:06:48 (16.9%)	6:31	9.2 (82.9%)
10	<b>CZAIŃSKI Artur</b>	<b>28</b>		Fala 1	7	<b>00:40:38.00</b>	+00:07:01 (17.3%)	6:33	9.2 (82.9%)
11	<b>MAĆKOWIAK Maciej</b>	<b>38</b>		Fala 1	8	<b>00:40:48.85</b>	+00:07:11 (17.6%)	6:35	9.1 (82.0%)
12	<b>CZARNOTTA Artur</b>	<b>78</b>				<b>00:41:00.05</b>	+00:07:23 (18.0%)	6:36	9.1 (82.0%)
13	<b>RADNY Pamela</b>	<b>35</b>		Fala 3	2	<b>00:41:03.60</b>	+00:07:26 (18.1%)	6:37	9.1 (82.0%)
14	<b>GRUSZKIEWICZ Przemysław</b>	<b>36</b>		Fala 3	3	<b>00:41:05.10</b>	+00:07:28 (18.2%)	6:37	9.1 (82.0%)
15	<b>ZDRENKA Karolina</b>	<b>13</b>		Fala 1	9	<b>00:41:23.90</b>	+00:07:46 (18.8%)	6:40	9 (81.1%)
16	<b>SKRĘTNY Sebastian</b>	<b>11</b>		Fala 1	10	<b>00:41:24.10</b>	+00:07:47 (18.8%)	6:40	9 (81.1%)
17	<b>SZYMCZYK Szymon</b>	<b>14</b>		Fala 1	11	<b>00:41:25.70</b>	+00:07:48 (18.9%)	6:40	9 (81.1%)
18	<b>ZDRENKA Krystian</b>	<b>12</b>		Fala 1	12	<b>00:41:28.05</b>	+00:07:51 (18.9%)	6:41	9 (81.1%)
19	<b>KOPAŃSKI Bogdan</b>	<b>61</b>		Fala 3	4	<b>00:41:59.60</b>	+00:08:22 (19.9%)	6:46	8.9 (80.2%)
20	<b>KALNIUK Paweł</b>	<b>22</b>		Fala 1	13	<b>00:42:16.70</b>	+00:08:39 (20.5%)	6:49	8.8 (79.3%)
21	<b>JURGA Dawid</b>	<b>39</b>		Fala 1	14	<b>00:43:59.30</b>	+00:10:22 (23.6%)	7:05	8.5 (76.6%)
22	<b>GODAWA Ola</b>	<b>91</b>		Fala 3	5	<b>00:44:49.05</b>	+00:11:12 (25.0%)	7:13	8.3 (74.8%)
23	<b>WIŚNIEWSKA Róża</b>	<b>59</b>		Fala 2	2	<b>00:45:49.10</b>	+00:12:12 (26.6%)	7:23	8.1 (73.0%)
24	<b>ŚWITALSKI Dawid</b>	<b>55</b>		Fala 1	15	<b>00:46:18.50</b>	+00:12:41 (27.4%)	7:28	8 (72.1%)
25	<b>LIPSKI Patryk</b>	<b>23</b>		Fala 1	16	<b>00:46:32.15</b>	+00:12:55 (27.8%)	7:30	8 (72.1%)
26	<b>KRASOŃ Piotr</b>	<b>83</b>		Fala 2	3	<b>00:49:22.45</b>	+00:15:45 (31.9%)	7:57	7.5 (67.6%)
27	<b>KULACIAK Gabriel</b>	<b>85</b>		Fala 2	4	<b>00:49:28.80</b>	+00:15:51 (32.1%)	7:58	7.5 (67.6%)

Place	Participant	Number	Club	Category	MCat	Net time 6.2km	Gap	Pace min/km	Pace km/h
28	<b>MROZIK Tomasz</b>	<b>87</b>		Fala 2	5	<b>00:49:48.15</b>	+00:16:11 (32.5%)	8:01	7.5 (67.6%)
29	<b>BOHATKIEWICZ Robert</b>	<b>21</b>		Fala 1	17	<b>00:49:53.45</b>	+00:16:16 (32.6%)	8:02	7.5 (67.6%)
30	<b>SMAGA Iwona</b>	<b>29</b>		Fala 1	18	<b>00:50:02.90</b>	+00:16:25 (32.8%)	8:04	7.4 (66.7%)
31	<b>RYCZKOWSKI Paweł</b>	<b>27</b>		Fala 1	19	<b>00:50:30.85</b>	+00:16:53 (33.5%)	8:08	7.4 (66.7%)
32	<b>WCISŁO Magdalena</b>	<b>77</b>		Fala 3	6	<b>00:50:32.15</b>	+00:16:55 (33.5%)	8:09	7.4 (66.7%)
33	<b>ŁASTOWSKI Dariusz</b>	<b>68</b>		Fala 3	7	<b>00:50:32.50</b>	+00:16:55 (33.5%)	8:09	7.4 (66.7%)
34	<b>GRUSZKIEWICZ Przemysław</b>	<b>46</b>				<b>00:50:32.80</b>	+00:16:55 (33.5%)	8:09	7.4 (66.7%)
35	<b>SKRZYPCZAK Paulina</b>	<b>69</b>		Fala 3	8	<b>00:50:33.30</b>	+00:16:56 (33.5%)	8:09	7.4 (66.7%)
36	<b>MAJEWSKA Magdalena</b>	<b>71</b>		Fala 3	9	<b>00:50:33.80</b>	+00:16:56 (33.5%)	8:09	7.4 (66.7%)
37	<b>HOFFMAN Natalia</b>	<b>63</b>		Fala 3	10	<b>00:50:56.65</b>	+00:17:19 (34.0%)	8:13	7.3 (65.8%)
38	<b>PAWLAK Michał</b>	<b>62</b>		Fala 3	11	<b>00:50:59.20</b>	+00:17:22 (34.1%)	8:13	7.3 (65.8%)
39	<b>TOMPOROWSKA Sylwia</b>	<b>73</b>		Fala 3	12	<b>00:51:33.05</b>	+00:17:56 (34.8%)	8:19	7.2 (64.9%)
40	<b>JAKUBOWSKI Wojciech</b>	<b>75</b>		Fala 3	13	<b>00:51:35.35</b>	+00:17:58 (34.8%)	8:19	7.2 (64.9%)
41	<b>TOMPOROWSKI Ariel</b>	<b>72</b>		Fala 3	14	<b>00:51:35.85</b>	+00:17:58 (34.8%)	8:19	7.2 (64.9%)
42	<b>KUSKOWSKA Katarzyna</b>	<b>48</b>		Fala 2	6	<b>00:52:00.75</b>	+00:18:23 (35.4%)	8:23	7.2 (64.9%)
43	<b>KUSKOWSKI Łukasz</b>	<b>47</b>		Fala 2	7	<b>00:52:02.65</b>	+00:18:25 (35.4%)	8:23	7.1 (64.0%)
44	<b>GRZYŚNIK Agata</b>	<b>50</b>		Fala 2	8	<b>00:52:04.60</b>	+00:18:27 (35.4%)	8:24	7.1 (64.0%)
45	<b>NOWICKI Arkadiusz</b>	<b>86</b>		Fala 2	9	<b>00:52:34.90</b>	+00:18:57 (36.1%)	8:28	7.1 (64.0%)
46	<b>MALINOWSKA Ewa</b>	<b>70</b>		Fala 3	15	<b>00:53:47.55</b>	+00:20:10 (37.5%)	8:40	6.9 (62.2%)
47	<b>ŚWIATOWY Wojciech</b>	<b>81</b>		Fala 2	10	<b>00:54:58.55</b>	+00:21:21 (38.9%)	8:52	6.8 (61.3%)
48	<b>KOŚCIELNIAK Krystian</b>	<b>84</b>		Fala 2	11	<b>00:55:17.30</b>	+00:21:40 (39.2%)	8:55	6.7 (60.4%)
49	<b>JANECZEK Julia</b>	<b>57</b>		Fala 3	16	<b>00:55:28.30</b>	+00:21:51 (39.4%)	8:56	6.7 (60.4%)
50	<b>MAZUR Katarzyna</b>	<b>52</b>		Fala 2	12	<b>00:55:34.65</b>	+00:21:57 (39.5%)	8:57	6.7 (60.4%)
51	<b>KRZYŻANIAK Paulina</b>	<b>60</b>		Fala 2	13	<b>00:55:34.90</b>	+00:21:57 (39.5%)	8:57	6.7 (60.4%)
52	<b>SKRZYPSKA Małgorzata</b>	<b>53</b>		Fala 2	14	<b>00:55:34.95</b>	+00:21:57 (39.5%)	8:57	6.7 (60.4%)
53	<b>STEFANIAK Paweł</b>	<b>43</b>		Fala 1	20	<b>00:56:41.00</b>	+00:23:04 (40.7%)	9:08	6.6 (59.5%)
54	<b>DUDA Maciej</b>	<b>44</b>		Fala 1	21	<b>00:56:42.00</b>	+00:23:05 (40.7%)	9:08	6.6 (59.5%)
55	<b>KRASZEWSKI Adam</b>	<b>42</b>		Fala 1	22	<b>00:56:43.70</b>	+00:23:06 (40.7%)	9:09	6.6 (59.5%)
56	<b>KRASZEWSKA Katarzyna</b>	<b>41</b>		Fala 1	23	<b>00:56:45.35</b>	+00:23:08 (40.8%)	9:09	6.6 (59.5%)
57	<b>JASTRZĘBSKI Jacek</b>	<b>26</b>		Fala 1	24	<b>00:57:46.30</b>	+00:24:09 (41.8%)	9:19	6.4 (57.7%)
58	<b>KACZMAREK Jakub</b>	<b>33</b>		Fala 1	25	<b>00:57:46.50</b>	+00:24:09 (41.8%)	9:19	6.4 (57.7%)
59	<b>KŁOS- ŁOTOCKA Justyna</b>	<b>67</b>		Fala 3	17	<b>00:57:50.35</b>	+00:24:13 (41.9%)	9:19	6.4 (57.7%)
60	<b>SAGANOWSKI Mariusz</b>	<b>90</b>		Fala 2	15	<b>00:59:02.90</b>	+00:25:25 (43.1%)	9:31	6.3 (56.8%)
61	<b>SAGANOWSKA Aleksandra</b>	<b>88</b>		Fala 2	16	<b>00:59:03.50</b>	+00:25:26 (43.1%)	9:31	6.3 (56.8%)
62	<b>ŚLIWIŃSKA Emilia</b>	<b>89</b>		Fala 2	17	<b>00:59:03.65</b>	+00:25:26 (43.1%)	9:31	6.3 (56.8%)
63	<b>KASPRZAK Katarzyna</b>	<b>45</b>		Fala 2	18	<b>00:59:04.50</b>	+00:25:27 (43.1%)	9:31	6.3 (56.8%)
64	<b>KASPRZAK Jakub</b>	<b>54</b>		Fala 2	19	<b>00:59:15.20</b>	+00:25:38 (43.3%)	9:33	6.3 (56.8%)
65	<b>CHALIMONIUK Katarzyna</b>	<b>74</b>		Fala 3	18	<b>01:04:21.00</b>	+00:30:44 (47.8%)	10:22	5.8 (52.3%)
66	<b>ALCHIMOWICZ Dorota</b>	<b>64</b>		Fala 3	19	<b>01:04:21.30</b>	+00:30:44 (47.8%)	10:22	5.8 (52.3%)
67	<b>DOŁOWY Magdalena</b>	<b>58</b>				<b>01:04:21.55</b>	+00:30:44 (47.8%)	10:22	5.8 (52.3%)
68	<b>OLSZEWSKA Marta</b>	<b>25</b>		Fala 1	26	<b>01:15:03.75</b>	+00:41:26 (55.2%)	12:06	5 (45.0%)

Total 68 results.