



REEBOK POWERUN BY RUNMAGEDDON

B4SPORT

Organizator: Extreme Events, Runmageddon
Data: 2018-04-14
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 10:30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KASZA Rafał	675		Open Mężczyzn	4	10:30	00:00:03	00:14:18	00:29:46	-00:14:00	00:32:20.25	00:32:23.65		4:38	12.9 (100%)
2	SZYSZKO Cezary	1284	POWER TRAINING	Open Mężczyzn	26	10:30	00:00:05	00:14:52	00:32:41	-00:13:00	00:38:49.85	00:38:55.45	+00:06:29 (16.7%)	5:11	11.6 (89.9%)
3	MAJCHROWICZ Damian	685		Open Mężczyzn	46	10:30	00:00:04	00:15:58	00:33:58	-00:14:00	00:40:37.55	00:40:41.70	+00:08:17 (20.4%)	5:27	11 (85.3%)
4	TRYBUSZKIEWICZ Wojciech	1034		Open Mężczyzn	60	10:30	00:00:00	00:15:58	00:33:22	-00:09:00	00:42:04.15	00:42:04.15	+00:09:43 (23.1%)	5:06	11.7 (90.7%)
5	SALCZAK-BEREDA Grzegorz	694		Open Mężczyzn	90	10:30	00:00:05	00:17:48	00:37:12	-00:14:00	00:44:22.70	00:44:27.90	+00:12:02 (27.1%)	5:50	10.3 (79.8%)
6	JĘDRCZAK Kacper	667		Open Mężczyzn	121	10:30	00:00:06	00:17:33	00:36:56	-00:11:00	00:45:49.45	00:45:55.80	+00:13:29 (29.4%)	5:40	10.6 (82.2%)
7	BATOROWICZ Emil	650	VIGO SYSTEM	Open Mężczyzn	182	10:30	00:00:05	00:18:02	00:39:13	-00:14:00	00:48:25.30	00:48:30.85	+00:16:05 (33.2%)	6:14	9.6 (74.4%)
8	TOMASZEWSKI Karol	704		Open Mężczyzn	189	10:30	00:00:03	00:17:16	00:37:13	-00:11:00	00:48:41.55	00:48:45.10	+00:16:21 (33.6%)	5:58	10.1 (78.3%)
9	LACHOWSKI Adam	682		Open Mężczyzn	224	10:30	00:00:04	00:19:57	00:41:20	-00:13:00	00:50:05.10	00:50:09.80	+00:17:44 (35.4%)	6:18	9.5 (73.6%)
10	BUGAJ Mirosław	660		Open Mężczyzn	231	10:30	00:00:07	00:19:30	00:39:55	-00:11:00	00:50:20.50	00:50:28.45	+00:18:00 (35.8%)	6:08	9.8 (76.0%)
11	SAWICKI Marcin	695		Open Mężczyzn	259	10:30	00:00:10	00:20:41	00:42:52	-00:14:00	00:51:27.10	00:51:37.85	+00:19:06 (37.1%)	6:32	9.2 (71.3%)
12	JĘDRZEJCZYK Adam	615	BIGTIRES.PL TEAM	Open Mężczyzn	276	10:30	00:00:10	00:20:55	00:41:53	-00:13:00	00:51:55.00	00:52:05.15	+00:19:34 (37.7%)	6:29	9.2 (71.3%)
13	SIWEK Leszek	1295		Open Mężczyzn	293	10:30	00:00:10	00:18:15	00:37:52	-00:05:00	00:52:21.75	00:52:32.05	+00:20:01 (38.2%)	5:44	10.5 (81.4%)
14	KUŹNIARSKI Paweł	681		Open Mężczyzn	309	10:30	00:00:07	00:19:50	00:42:27	-00:13:00	00:52:50.65	00:52:58.35	+00:20:30 (38.8%)	6:35	9.1 (70.5%)
15	KWIATKOWSKI Filip	1314		Open Mężczyzn	324	10:30	00:00:10	00:21:30	00:43:27	-00:13:00	00:53:24.20	00:53:34.85	+00:21:03 (39.4%)	6:38	9 (69.8%)
16	WILCZYŃSKI Mariusz	706		Open Mężczyzn	331	10:30	00:00:07	00:19:58	00:42:47	-00:14:00	00:53:31.90	00:53:39.35	+00:21:11 (39.6%)	6:45	8.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	PODOLAK Radosław	692		Open Mężczyzn	373	10:30	00:00:05	00:19:28	00:42:36	-00:13:00	00:54:35.80	00:54:41.20	+00:22:15 (40.8%)	6:45	8.9 (69.0%)
18	BAŃBURA Radek	658		Open Mężczyzn	380	10:30	00:00:06	00:19:52	00:43:09	-00:14:00	00:54:41.85	00:54:48.65	+00:22:21 (40.9%)	6:52	8.7 (67.4%)
19	ZIMOŃ Norbert	1296		Open Mężczyzn	397	10:30	00:00:04	00:18:06	00:40:47	-00:14:00	00:55:08.25	00:55:12.70	+00:22:48 (41.4%)	6:54	8.7 (67.4%)
20	JEŻ Marcin	668		Open Mężczyzn	457	10:30	00:00:06	00:20:22	00:43:15	-00:12:00	00:57:09.10	00:57:15.45	+00:24:48 (43.4%)	6:54	8.7 (67.4%)
21	JĘDRZEJCZYK-KOWALSKA Sylwia	616	BIGTIRES.PL TEAM	Open Kobiet	51	10:30	00:00:09	00:19:09	00:40:18	-00:06:00	00:57:17.95	00:57:27.30	+00:24:57 (43.6%)	6:19	9.5 (73.6%)
22	SIKORA Mateusz	696		Open Mężczyzn	468	10:30	00:00:00	00:19:55	00:43:14	-00:10:00	00:57:26.15	00:57:26.15	+00:25:05 (43.7%)	6:44	8.9 (69.0%)
23	KOŁODZIEJSKI Maciej	676		Open Mężczyzn	476	10:30	00:00:07	00:19:44	00:43:24	-00:09:00	00:57:41.75	00:57:49.40	+00:25:21 (44.0%)	6:40	9 (69.8%)
24	ANSZPERGER Bogdan	656		Open Mężczyzn	480	10:30	00:00:06	00:21:27	00:46:23	-00:09:00	00:57:44.40	00:57:51.35	+00:25:24 (44.0%)	6:40	9 (69.8%)
25	KARWOWSKI Bartosz	641	PKP S.A.	Open Mężczyzn	481	10:30	00:00:04	00:18:23	00:40:52		00:57:45.05	00:57:49.70	+00:25:24 (44.0%)	5:46	10.4 (80.6%)
26	ROSŁON Dominika	1320		Open Kobiet	61	10:30	00:00:04	00:17:16	00:40:22	-00:05:00	00:57:58.95	00:58:03.10	+00:25:38 (44.2%)	6:17	9.5 (73.6%)
27	SKRZECZ Radosław	698		Open Mężczyzn	492	10:30	00:00:08	00:21:28	00:45:00	-00:10:00	00:58:09.35	00:58:17.80	+00:25:49 (44.4%)	6:48	8.8 (68.2%)
28	ANSZPERGER Piotr	657		Open Mężczyzn	508	10:30	00:00:06	00:21:28	00:46:24	-00:07:00	00:58:26.15	00:58:33.10	+00:26:05 (44.7%)	6:32	9.2 (71.3%)
29	MIERZEJEWSKI Piotr	688		Open Mężczyzn	509	10:30	00:00:06	00:20:22	00:44:40	-00:13:00	00:58:27.35	00:58:33.80	+00:26:07 (44.7%)	7:08	8.4 (65.1%)
30	CHOJECKI Michał	647	R99	Open Mężczyzn	518	10:30	00:00:06	00:22:16	00:47:02	-00:14:00	00:58:49.70	00:58:55.75	+00:26:29 (45.0%)	7:16	8.2 (63.6%)
31	KIOŁBASA Damian	624	GIRIEWOJ BOYS	Open Mężczyzn	541	10:30	00:00:05	00:20:24	00:44:53	-00:13:00	00:59:45.25	00:59:50.65	+00:27:25 (45.9%)	7:16	8.2 (63.6%)
32	SOBOŃ Łukasz	629	GORUNNERS	Open Mężczyzn	557	10:30	00:00:08	00:21:47	00:47:25	-00:14:00	01:00:19.50	01:00:27.95	+00:27:59 (46.4%)	7:25	8.1 (62.8%)
33	KLEJPS Wojciech	625	GIRIEWOJ BOYS	Open Mężczyzn	597	10:30	00:00:05	00:20:24	00:44:53	-00:11:00	01:01:46.45	01:01:52.10	+00:29:26 (47.7%)	7:16	8.2 (63.6%)
34	KUSY Teresa	648	R99	Open Kobiet	117	10:30	00:00:06	00:22:17	00:47:02	-00:11:00	01:01:49.60	01:01:55.75	+00:29:29 (47.7%)	7:16	8.2 (63.6%)
35	WIĘSEK Andrzej	705		Open Mężczyzn	609	10:30	00:00:06	00:22:23	00:47:25	-00:14:00	01:02:29.30	01:02:35.80	+00:30:09 (48.3%)	7:38	7.8 (60.5%)
36	MRÓZ Łukasz	689		Open Mężczyzn	622	10:30	00:00:06	00:22:23	00:47:25	-00:13:00	01:03:08.35	01:03:15.25	+00:30:48 (48.8%)	7:36	7.9 (61.2%)
37	ŚREDNICKI Michał	649	SOLLERS	Open Mężczyzn	623	10:30	00:00:06	00:19:08	00:43:35	-00:04:00	01:03:16.75	01:03:23.10	+00:30:56 (48.9%)	6:43	8.9 (69.0%)
38	HURANSKY Serhii	666		Open Mężczyzn	656	10:30	00:00:08	00:25:49	00:51:11	-00:14:00	01:04:42.85	01:04:51.65	+00:32:22 (50.0%)	7:52	7.6 (58.9%)
39	ZIELIŃSKA Marlena	707		Open Kobiet	156	10:30	00:00:06	00:22:23	00:47:25	-00:10:00	01:05:33.30	01:05:40.00	+00:33:13 (50.7%)	7:33	7.9 (61.2%)

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40	MENTONE Dario	687		Open Mężczyzn	684	10:30	00:00:05	00:22:51	00:49:47	-00:12:00	01:06:03.25	01:06:09.05	+00:33:43 (51.0%)	7:48	7.7 (59.7%)
41	ZAKRZEWSKI Artur	1271	REEBOK RUN CREW SKIERNIEWICE	Open Mężczyzn	699	10:30	00:00:05	00:24:02	00:50:42	-00:12:00	01:06:47.30	01:06:53.00	+00:34:27 (51.6%)	7:52	7.6 (58.9%)
42	ZAKRZEWSKA Sylwia	1270	REEBOK RUN CREW SKIERNIEWICE	Open Kobiet	177	10:30	00:00:07	00:24:06	00:50:41	-00:12:00	01:06:49.55	01:06:56.95	+00:34:29 (51.6%)	7:52	7.6 (58.9%)
43	ZAKRZEWSKI Grzegorz	646	POWER TRAINING	Open Mężczyzn	721	10:30	00:00:08	00:22:44	00:49:44	-00:10:00	01:07:47.00	01:07:55.20	+00:35:26 (52.3%)	7:46	7.7 (59.7%)
44	CZERPAK Piotr	627	GORUNNERS	Open Mężczyzn	731	10:30	00:00:10	00:26:58	00:52:28	-00:11:00	01:08:13.00	01:08:23.15	+00:35:52 (52.6%)	7:55	7.6 (58.9%)
45	BERTRAM Łukasz	626	GORUNNERS	Open Mężczyzn	737	10:30	00:00:10	00:26:56	00:52:27	-00:12:00	01:08:23.80	01:08:34.40	+00:36:03 (52.7%)	8:02	7.5 (58.1%)
46	JÓŻWIK Agnieszka	669		Open Kobiet	221	10:30	00:00:05	00:25:02	00:52:22	-00:11:00	01:09:54.70	01:09:59.75	+00:37:34 (53.7%)	8:05	7.4 (57.4%)
47	GOMULSKA Agnieszka	663		Open Kobiet	225	10:30	00:00:05	00:25:04	00:52:24	-00:04:00	01:10:15.00	01:10:20.85	+00:37:54 (54.0%)	7:25	8.1 (62.8%)
48	ŚWIĄTEK Arkadiusz	700		Open Mężczyzn	773	10:30	00:00:09	00:24:31	00:51:58	-00:14:00	01:10:31.25	01:10:40.75	+00:38:11 (54.1%)	8:27	7.1 (55.0%)
49	ALLAWIAH Suzan	453		Open Kobiet	254	10:30	00:00:09	00:25:04	00:53:08	-00:11:00	01:11:44.15	01:11:54.00	+00:39:23 (54.9%)	8:16	7.3 (56.6%)
50	DERMAŃSKA Marta	612	A TO NIE MARATON?	Open Kobiet	269	10:30	00:00:09	00:24:32	00:53:15	-00:12:00	01:12:31.15	01:12:40.60	+00:40:10 (55.4%)	8:27	7.1 (55.0%)
51	STĘPIEŃ Dorota	614	A TO NIE MARATON?	Open Kobiet	270	10:30	00:00:09	00:24:32	00:53:09	-00:12:00	01:12:31.50	01:12:40.55	+00:40:11 (55.4%)	8:27	7.1 (55.0%)
52	GORECKI Lukasz	665		Open Mężczyzn	801	10:30	00:00:11	00:26:52	00:55:14	-00:13:00	01:12:49.75	01:13:01.60	+00:40:29 (55.6%)	8:35	7 (54.3%)
53	PASEK Marta	638	PACZKA Z PIASECZNA	Open Kobiet	279	10:30	00:00:06	00:26:29	00:55:43	-00:11:00	01:12:51.20	01:12:57.90	+00:40:30 (55.6%)	8:23	7.2 (55.8%)
54	IDASZAK Wioletta	1259	REEBOK RUN CREW SKIERNIEWICE	Open Kobiet	285	10:30	00:00:07	00:23:16	00:50:43	-00:06:00	01:13:19.60	01:13:27.35	+00:40:59 (55.9%)	7:56	7.6 (58.9%)
55	KRUSZYŃSKA Agnieszka	613	A TO NIE MARATON?	Open Kobiet	288	10:30	00:00:09	00:24:31	00:53:10	-00:11:00	01:13:31.60	01:13:40.70	+00:41:11 (56.0%)	8:27	7.1 (55.0%)
56	SZEWCZYK Zuzanna	1545		Open Kobiet	292	10:30	00:00:09	00:25:08	00:53:10	-00:09:00	01:13:49.20	01:13:59.15	+00:41:28 (56.2%)	8:17	7.2 (55.8%)
57	MILCZAREK Karolina	651	VIGO SYSTEM	Open Kobiet	301	10:30	00:00:05	00:26:02	00:56:54	-00:11:00	01:14:09.20	01:14:14.40	+00:41:48 (56.4%)	8:30	7 (54.3%)
58	ZMORCZYŃSKA Agata	639	PACZKA Z PIASECZNA	Open Kobiet	309	10:30	00:00:07	00:27:03	00:57:06	-00:11:00	01:15:15.00	01:15:22.00	+00:42:54 (57.0%)	8:37	7 (54.3%)
59	REJDYCH Tomasz	631	LAZY BONES	Open Mężczyzn	834	10:30	00:00:09	00:26:36	00:56:21	-00:14:00	01:15:19.65	01:15:29.30	+00:42:59 (57.1%)	8:56	6.7 (51.9%)
60	KAŻMIERCZAK Monika	618	BŁYSKAWICZNE RĘCE	Open Kobiet	319	10:30	00:00:04	00:28:50	00:58:00	-00:11:00	01:15:42.40	01:15:46.75	+00:43:22 (57.3%)	8:40	6.9 (53.5%)
61	KUCZYŃSKA Patrycja	620	BŁYSKAWICZNE RĘCE	Open Kobiet	336	10:30	00:00:05	00:28:49	00:57:59	-00:11:00	01:16:44.50	01:16:49.90	+00:44:24 (57.9%)	8:46	6.8 (52.7%)
62	GÓRECKA Ewa	664		Open Kobiet	349	10:30	00:00:11	00:26:50	00:55:12	-00:08:00	01:17:57.10	01:18:08.75	+00:45:36 (58.5%)	8:35	7 (54.3%)

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63	KASPRZAK Jarosław	673	CROSSBOXFIT KĘTRZYN	Open Mężczyzn	855	10:30	00:00:08	00:30:47	01:00:56	-00:13:00	01:18:13.85	01:18:22.40	+00:45:53 (58.7%)	9:07	6.6 (51.2%)
64	LITWINOWICZ Magdalena	683		Open Kobiet	358	10:30	00:00:07	00:27:59	00:57:05	-00:11:00	01:18:54.60	01:19:02.45	+00:46:34 (59.0%)	8:59	6.7 (51.9%)
65	BUTA Bartosz	617	BŁYSKAWICZNE RĘCE	Open Mężczyzn	857	10:30	00:00:04	00:26:18	00:56:21	-00:08:00	01:18:55.55	01:18:59.85	+00:46:35 (59.0%)	8:41	6.9 (53.5%)
66	SERWIN Andrzej	709	CROSSBOXFIT KĘTRZYN	Open Mężczyzn	860	10:30	00:00:09	00:30:44	01:00:50	-00:12:00	01:19:12.70	01:19:22.55	+00:46:52 (59.2%)	9:07	6.6 (51.2%)
67	REJDYCH Daria	630	LAZY BONES	Open Kobiet	361	10:30	00:00:09	00:26:36	00:56:21	-00:10:00	01:19:20.60	01:19:30.10	+00:47:00 (59.2%)	8:56	6.7 (51.9%)
68	KOBYLIŃSKI Paweł	619	BŁYSKAWICZNE RĘCE	Open Mężczyzn	861	10:30	00:00:04	00:29:58	01:01:12	-00:13:00	01:19:20.95	01:19:25.40	+00:47:00 (59.2%)	9:14	6.5 (50.4%)
69	KAMINSKA Agnieszka	672		Open Kobiet	362	10:30	00:00:08	00:28:13	00:57:29	-00:11:00	01:19:25.45	01:19:33.85	+00:47:05 (59.3%)	9:02	6.6 (51.2%)
70	KAŁOWSKA Agnieszka	671		Open Kobiet	365	10:30	00:00:08	00:26:38	00:57:29	-00:07:00	01:19:44.65	01:19:52.70	+00:47:24 (59.4%)	8:40	6.9 (53.5%)
71	KOSIERADZKI Michał	679		Open Mężczyzn	866	10:30	00:00:07	00:28:00	00:57:21	-00:10:00	01:19:55.05	01:20:02.50	+00:47:34 (59.5%)	8:59	6.7 (51.9%)
72	KOSIERADZKA Aleksandra	1466		Open Kobiet	371	10:30	00:00:00	00:28:06	00:57:12	-00:10:00	01:20:02.45	01:20:02.45	+00:47:42 (59.6%)	9:00	6.7 (51.9%)
73	ZIÓŁKOWSKI Adam	633	NIE MA LIPY!	Open Mężczyzn	868	10:30	00:00:11	00:30:39	01:01:17	-00:13:00	01:20:22.90	01:20:34.10	+00:48:02 (59.8%)	9:20	6.4 (49.6%)
74	KACA Grzegorz	632	NIE MA LIPY!	Open Mężczyzn	869	10:30	00:00:11	00:30:38	01:01:16	-00:12:00	01:20:41.40	01:20:52.55	+00:48:21 (59.9%)	9:16	6.5 (50.4%)
75	LIWIŃSKA Paulina	684		Open Kobiet	379	10:30	00:00:08	00:29:29	00:59:29	-00:11:00	01:20:47.35	01:20:56.20	+00:48:27 (60.0%)	9:10	6.5 (50.4%)
76	KASPRZAK Marta	674	CROSSBOXFIT KĘTRZYN	Open Kobiet	386	10:30	00:00:09	00:30:47	01:00:56	-00:09:00	01:21:51.95	01:22:01.60	+00:49:31 (60.5%)	9:05	6.6 (51.2%)
77	KUBACKA Małgorzata	708	CROSSBOXFIT KĘTRZYN	Open Kobiet	388	10:30	00:00:09	00:30:45	01:00:51	-00:09:00	01:21:54.70	01:22:04.35	+00:49:34 (60.5%)	9:05	6.6 (51.2%)
78	ZIÓŁKOWSKI Michał	634	NIE MA LIPY!	Open Mężczyzn	874	10:30	00:00:11	00:30:37	01:01:16	-00:11:00	01:22:07.80	01:22:19.20	+00:49:47 (60.6%)	9:18	6.4 (49.6%)
79	STANGRET Paulina	621	BŁYSKAWICZNE RĘCE	Open Kobiet	394	10:30	00:00:00	00:30:15	01:00:36	-00:06:00	01:22:38.95	01:22:38.95	+00:50:18 (60.9%)	8:51	6.8 (52.7%)
80	KOMOROWSKA Sylwia	677		Open Kobiet	401	10:30	00:00:09	00:30:44	01:00:54	-00:06:00	01:24:46.95	01:24:56.45	+00:52:26 (61.9%)	9:04	6.6 (51.2%)
81	SMALA Dorota	699		Open Kobiet	451	10:30	00:00:08	00:32:23	01:05:58	-00:09:00			+00:45:32	10:25	5.8 (45.0%)

Znaleziono 81 wynik(ów)