

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

Klasyfikacja: 12:15

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	SIERZAN Kamil	1171	CROSSFIT URSYNÓW	Open Mężczyzn	17	12:15	00:00:04	00:15:39	00:33:07	-00:14:00	00:37:16.35	00:37:20.60		5:07	11.7 (100%)
2	KUJAN René	1182	REEBOK CZECHIA	Open Mężczyzn	32	12:15	00:00:06	00:16:03	00:33:37	-00:13:00	00:39:12.45	00:39:19.05	+00:01:56 (4.9%)	5:13	11.5 (98.3%)
3	ŚWIĄTEK Łukasz	1175	CROSSFIT URSYNÓW	Open Mężczyzn	37	12:15	00:00:06	00:16:38	00:34:28	-00:13:00	00:39:55.70	00:40:02.55	+00:02:39 (6.7%)	5:17	11.3 (96.6%)
4	VCELIS Michal	1196		Open Mężczyzn	39	12:15	00:00:06	00:15:56	00:33:38	-00:11:00	00:40:04.25	00:40:11.10	+00:02:47 (7.0%)	5:06	11.7 (100%)
5	KUKLA Janusz	1183	ROSSMANN	Open Mężczyzn	41	12:15	00:00:05	00:15:18	00:32:49	-00:12:00	00:40:07.40	00:40:12.60	+00:02:51 (7.1%)	5:12	11.5 (98.3%)
6	IWAŃSKI Mikołaj	1384		Open Mężczyzn	71	12:15	00:00:05	00:17:18	00:35:44	-00:14:00	00:42:45.90	00:42:51.55	+00:05:29 (12.8%)	5:40	10.6 (90.6%)
7	MAJCHER Cyprian	1555	CROSSFIT URSYNÓW	Open Mężczyzn	74	12:15	00:00:09	00:17:13	00:35:29	-00:13:00	00:43:12.95	00:43:22.05	+00:05:56 (13.8%)	5:37	10.7 (91.5%)
8	SZWIEC Piotr	1522	AXN POLSKA	Open Mężczyzn	91	12:15	00:00:07	00:17:51	00:37:31	-00:14:00	00:44:22.70	00:44:30.00	+00:07:06 (16.0%)	5:50	10.3 (88.0%)
9	LECH Dawid	1189		Open Mężczyzn	96	12:15	00:00:03	00:16:51	00:37:22	-00:14:00	00:44:36.10	00:44:39.65	+00:07:19 (16.4%)	5:51	10.2 (87.2%)
10	PANUFNIK Kamil	1429		Open Mężczyzn	99	12:15	00:00:07	00:17:51	00:37:09	-00:13:00	00:44:41.40	00:44:48.40	+00:07:25 (16.6%)	5:46	10.4 (88.9%)
11	GIDZIŃSKI Piotr	1186		Open Mężczyzn	152	12:15	00:00:06	00:19:03	00:39:16	-00:12:00	00:47:21.15	00:47:27.50	+00:10:04 (21.3%)	5:56	10.1 (86.3%)
12	MASTALEREK Jan	1179	JASKÓLKI PLUS	Open Mężczyzn	153	12:15	00:00:05	00:17:58	00:38:41	-00:13:00	00:47:23.30	00:47:28.75	+00:10:06 (21.3%)	6:02	9.9 (84.6%)
13	BLAŻEJOWSKA Julia	1159	CROSSFIT URSYNÓW	Open Kobiet	12	12:15	00:00:05	00:18:56	00:39:36	-00:13:00	00:48:57.20	00:49:02.60	+00:11:40 (23.9%)	6:11	9.7 (82.9%)
14	LASKOWSKI Patryk	1309		Open Mężczyzn	197	12:15	00:00:06	00:17:49	00:38:22	-00:12:00	00:49:04.35	00:49:10.35	+00:11:48 (24.0%)	6:06	9.8 (83.8%)
15	ŁUKASZYK Marcin	1190		Open Mężczyzn	208	12:15	00:00:09	00:20:01	00:42:14	-00:14:00	00:49:39.50	00:49:48.70	+00:12:23 (24.9%)	6:21	9.4 (80.3%)
16	SMAGACZ Henryk	1193		Open Mężczyzn	217	12:15	00:00:07	00:18:09	00:39:13	-00:08:00	00:49:50.50	00:49:57.60	+00:12:34 (25.2%)	5:47	10.4 (88.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
17	PERCZYŃSKI Rafał	1192		Open Mężczyzn	252	12:15	00:00:07	00:19:04	00:41:15	-00:14:00	00:51:06.65	00:51:13.85	+00:13:50 (27.1%)	6:30	9.2 (78.6%)
18	BOCHRA Hubert	1383		Open Mężczyzn	257	12:15	00:00:06	00:18:05	00:41:28	-00:13:00	00:51:23.85	00:51:29.95	+00:14:07 (27.5%)	6:26	9.3 (79.5%)
19	CICVÁREK FLÉGLOVÁ Marie	1185		Open Mężczyzn	277	12:15	00:00:06	00:19:00	00:39:37	-00:09:00	00:51:55.05	00:52:01.75	+00:14:38 (28.2%)	6:05	9.8 (83.8%)
20	FREITES Luis	1528		Open Mężczyzn	290	12:15	00:00:05	00:18:59	00:39:59	-00:12:00	00:52:14.60	00:52:19.65	+00:14:58 (28.7%)	6:25	9.3 (79.5%)
21	WROTEK Łukasz	1184	TOTAL FITNESS	Open Mężczyzn	335	12:15	00:00:07	00:16:57	00:36:07	-00:04:00	00:53:35.00	00:53:42.75	+00:16:18 (30.4%)	5:45	10.4 (88.9%)
22	NIWIŃSKI Piotr	1191	CROSSFIT URSYNÓW	Open Mężczyzn	366	12:15	00:00:05	00:19:44	00:42:05	-00:11:00	00:54:24.70	00:54:30.65	+00:17:08 (31.5%)	6:32	9.2 (78.6%)
23	PISKORZ Patryk	1167	CROSSFIT URSYNÓW	Open Mężczyzn	412	12:15	00:00:07	00:21:05	00:43:57	-00:12:00	00:55:45.45	00:55:52.70	+00:18:29 (33.2%)	6:46	8.9 (76.1%)
24	ROSŁON Jerzy	1168	CROSSFIT URSYNÓW	Open Mężczyzn	414	12:15	00:00:06	00:20:15	00:42:36	-00:13:00	00:55:50.45	00:55:57.35	+00:18:34 (33.3%)	6:53	8.7 (74.4%)
25	SAKHASHCHYK Aleh	1491	SAHATY	Open Mężczyzn	431	12:15	00:00:08	00:21:47	00:46:16	-00:14:00	00:56:17.45	00:56:26.20	+00:19:01 (33.8%)	7:01	8.5 (72.6%)
25	ZUBKO Viktor	1492	SAHATY	Open Mężczyzn	432	12:15	00:00:09	00:21:46	00:46:14	-00:14:00	00:56:17.45	00:56:26.50	+00:19:01 (33.8%)	7:01	8.5 (72.6%)
27	STECKIEWICZ Paweł	1173	CROSSFIT URSYNÓW	Open Mężczyzn	433	12:15	00:00:05	00:20:41	00:44:37	-00:13:00	00:56:26.15	00:56:31.95	+00:19:09 (34.0%)	6:56	8.6 (73.5%)
28	WÓJCIK Małgorzata	1389		Open Kobiet	45	12:15	00:00:05	00:20:01	00:43:24	-00:11:00	00:56:39.10	00:56:44.80	+00:19:22 (34.2%)	6:45	8.9 (76.1%)
29	DROŹDŹ Arkadiusz	1160	CROSSFIT URSYNÓW	Open Mężczyzn	441	12:15	00:00:08	00:23:06	00:45:19	-00:14:00	00:56:44.95	00:56:53.90	+00:19:28 (34.3%)	7:04	8.5 (72.6%)
30	WOJDAT Rafał	1176	CROSSFIT URSYNÓW	Open Mężczyzn	456	12:15	00:00:08	00:22:57	00:45:21	-00:12:00	00:57:07.70	00:57:16.25	+00:19:51 (34.8%)	6:54	8.7 (74.4%)
31	PIECHOCKI Karol	1166	CROSSFIT URSYNÓW	Open Mężczyzn	463	12:15	00:00:08	00:22:57	00:45:20	-00:14:00	00:57:20.25	00:57:28.90	+00:20:03 (35.0%)	7:08	8.4 (71.8%)
32	ILUKOWICZ Dagmara	1162	CROSSFIT URSYNÓW	Open Kobiet	52	12:15	00:00:06	00:22:02	00:44:58	-00:11:00	00:57:20.50	00:57:27.25	+00:20:04 (35.0%)	6:50	8.8 (75.2%)
33	SAWICKI Paweł	1170	CROSSFIT URSYNÓW	Open Mężczyzn	498	12:15	00:00:09	00:18:29	00:39:19		00:58:17.90	00:58:27.85	+00:21:01 (36.1%)	5:49	10.3 (88.0%)
34	SZEFER Marcin	1195		Open Mężczyzn	499	12:15	00:00:06	00:21:30	00:46:20	-00:13:00	00:58:19.00	00:58:25.90	+00:21:02 (36.1%)	7:07	8.4 (71.8%)
35	PLICHTA Paweł	1426	CROSSFIT URSYNÓW	Open Mężczyzn	502	12:15	00:00:09	00:23:05	00:45:19	-00:13:00	00:58:19.75	00:58:29.10	+00:21:03 (36.1%)	7:08	8.4 (71.8%)
36	SAMEK Karolina	1169	CROSSFIT URSYNÓW	Open Kobiet	66	12:15	00:00:08	00:22:56	00:45:21	-00:13:00	00:58:28.75	00:58:37.15	+00:21:12 (36.3%)	7:08	8.4 (71.8%)
37	KOSZEWA Anastazja	1164	CROSSFIT URSYNÓW	Open Kobiet	73	12:15	00:00:08	00:22:56	00:45:22	-00:12:00	00:58:55.50	00:59:04.30	+00:21:39 (36.7%)	7:05	8.5 (72.6%)
38	STANOCH Jarek	1194		Open Mężczyzn	540	12:15	00:00:03	00:19:01	00:41:10	-00:14:00	00:59:42.75	00:59:46.70	+00:22:26 (37.6%)	7:22	8.1 (69.2%)
39	KAPROŃ Artur	1413	CROSSFIT URSYNÓW	Open Mężczyzn	586	12:15	00:00:09	00:21:59	00:45:08	-00:12:00	01:01:11.15	01:01:20.35	+00:23:54 (39.1%)	7:19	8.2 (70.1%)

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40	WOŹNIEWSKA Karolina	1507		Open Kobiet	123	12:15	00:00:08	00:20:28	00:42:49	-00:04:00	01:02:11.65	01:02:20.10	+00:24:55 (40.1%)	6:37	9.1 (77.8%)
41	SZYLBERG Aleksandra	1381	SPARTAN SGX WARSAW	Open Kobiet	130	12:15	00:00:06	00:23:11	00:48:10	-00:11:00	01:02:53.40	01:03:00.05	+00:25:37 (40.7%)	7:23	8.1 (69.2%)
42	PAUK Wojciech	1158	AUTOJOZEFOW	Open Mężczyzn	642	12:15	00:00:07	00:24:12	00:49:10	-00:13:00	01:04:13.65	01:04:20.95	+00:26:57 (42.0%)	7:43	7.8 (66.7%)
43	ROSENKIEWICZ Jan	1140		Open Mężczyzn	665	12:15	00:00:08	00:24:39	00:49:51	-00:11:00	01:05:09.05	01:05:17.60	+00:27:52 (42.8%)	7:36	7.9 (67.5%)
44	OKONSKA Cecylia	1157	AUTOJOZEFOW	Open Kobiet	154	12:15	00:00:07	00:24:11	00:49:10	-00:12:00	01:05:13.90	01:05:21.10	+00:27:57 (42.9%)	7:43	7.8 (66.7%)
45	KAPUŚCIŃSKI Maciej	1163	CROSSFIT URSYNÓW	Open Mężczyzn	666	12:15	00:00:08	00:24:38	00:51:33	-00:14:00	01:05:15.75	01:05:24.40	+00:27:59 (42.9%)	7:55	7.6 (65.0%)
46	SKARZYŃSKA Lidia	1172	CROSSFIT URSYNÓW	Open Kobiet	166	12:15	00:00:08	00:23:09	00:47:54	-00:09:00	01:06:08.45	01:06:16.65	+00:28:52 (43.6%)	7:30	8 (68.4%)
47	FIJAŁKOWSKI Dariusz	1050		Open Mężczyzn	698	12:15	00:00:05	00:22:58	00:49:43	-00:14:00	01:06:46.40	01:06:51.50	+00:29:30 (44.2%)	8:04	7.4 (63.2%)
48	STOCKA Małgorzata	1174	CROSSFIT URSYNÓW	Open Kobiet	184	12:15	00:00:07	00:24:03	00:48:33	-00:08:00	01:07:35.20	01:07:42.25	+00:30:18 (44.9%)	7:33	7.9 (67.5%)
49	KAPUŚCIŃSKA Aleksandra	1224	CROSSFIT URSYNÓW	Open Kobiet	193	12:15	00:00:07	00:24:39	00:51:33	-00:11:00	01:08:16.25	01:08:24.20	+00:30:59 (45.4%)	7:55	7.6 (65.0%)
50	ZVOLSKA Marketa	1198		Open Kobiet	199	12:15	00:00:07	00:24:04	00:52:14	-00:13:00	01:08:54.05	01:09:01.60	+00:31:37 (45.9%)	8:11	7.3 (62.4%)
51	JACKOWSKI Piotr	1187		Open Mężczyzn	755	12:15	00:00:08	00:24:43	00:52:51	-00:13:00	01:09:39.35	01:09:48.30	+00:32:23 (46.5%)	8:16	7.3 (62.4%)
52	FLORCZYK Mariola	1051		Open Kobiet	217	12:15	00:00:04	00:22:57	00:49:38	-00:11:00	01:09:46.95	01:09:51.65	+00:32:30 (46.6%)	8:04	7.4 (63.2%)
53	NAJMAN Michal	1339		Open Mężczyzn	759	12:15	00:00:03	00:22:59	00:49:44	-00:11:00	01:09:48.45	01:09:52.20	+00:32:32 (46.6%)	8:04	7.4 (63.2%)
54	WITKOWSKA Monika	1059		Open Kobiet	220	12:15	00:00:00	00:23:03	00:49:46	-00:11:00	01:09:51.95	01:09:51.95	+00:32:35 (46.7%)	8:05	7.4 (63.2%)
55	FILIPOWICZ Bartosz	1464	CROSSFIT URSYNÓW	Open Mężczyzn	763	12:15	00:00:08	00:25:53	00:54:40	-00:12:00	01:09:54.25	01:10:03.00	+00:32:37 (46.7%)	8:11	7.3 (62.4%)
56	TOKARSKA Agnieszka	1387		Open Kobiet	227	12:15	00:00:04	00:28:15	00:57:18	-00:11:00	01:10:19.90	01:10:24.20	+00:33:03 (47.0%)	8:08	7.4 (63.2%)
57	ROZWADOWSKA Izabela	1386		Open Kobiet	228	12:15	00:00:03	00:28:16	00:57:19	-00:11:00	01:10:20.20	01:10:24.10	+00:33:03 (47.0%)	8:08	7.4 (63.2%)
58	JANKOWSKA Anita	1053		Open Kobiet	235	12:15	00:00:05	00:22:57	00:49:40	-00:10:00	01:10:46.50	01:10:51.50	+00:33:30 (47.3%)	8:04	7.4 (63.2%)
59	ZIÓŁKOWSKA Lidia	1049	ŻUKI GNOJARZE	Open Kobiet	275	12:15	00:00:04	00:22:58	00:49:38	-00:08:00	01:12:46.80	01:12:51.65	+00:35:30 (48.8%)	8:04	7.4 (63.2%)
60	JASKÓLSKI Michał	1178	JASKÓLKI PLUS	Open Mężczyzn	805	12:15	00:00:06	00:26:22	00:56:11	-00:11:00	01:12:59.80	01:13:06.10	+00:35:43 (48.9%)	8:24	7.1 (60.7%)
61	BAŁCHANOWSKI Piotr	1450		Open Mężczyzn	823	12:15	00:00:05	00:33:19	01:00:30	-00:14:00	01:14:33.50	01:14:39.05	+00:37:17 (50.0%)	8:51	6.8 (58.1%)
62	JABŁOŃSKI Tomasz	1493	SPARTAN SGX WARSAW	Open Mężczyzn	826	12:15	00:00:05	00:23:52	00:56:34	-00:13:00	01:14:51.75	01:14:57.45	+00:37:35 (50.2%)	8:47	6.8 (58.1%)

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63	DUDEK Radosław	1161	CROSSFIT URSYNÓW	Open Mężczyzn	833	12:15	00:00:08	00:23:05	00:50:51	-00:06:00	01:15:16.20	01:15:24.50	+00:37:59 (50.5%)	8:07	7.4 (63.2%)
64	BOJANOWICZ Katarzyna	1469	REKINY FITNESSU	Open Kobiet	329	12:15	00:00:04	00:28:16	00:58:02	-00:11:00	01:16:11.35	01:16:15.50	+00:38:55 (51.1%)	8:43	6.9 (59.0%)
65	ZAWISZA Joanna	1411		Open Kobiet	338	12:15	00:00:04	00:28:17	00:58:03	-00:10:00	01:17:11.05	01:17:15.75	+00:39:54 (51.7%)	8:43	6.9 (59.0%)
66	LISZEWSKA Marta	1427		Open Kobiet	343	12:15	00:00:06	00:33:17	01:00:29	-00:11:00	01:17:32.90	01:17:39.00	+00:40:16 (51.9%)	8:51	6.8 (58.1%)
67	JASKÓLSKA Izabela	1177	JASKÓLKI PLUS	Open Kobiet	344	12:15	00:00:06	00:26:24	00:56:23	-00:11:00	01:17:37.85	01:17:44.70	+00:40:21 (52.0%)	8:51	6.8 (58.1%)
68	MURAS Daniel	1385		Open Mężczyzn	858	12:15	00:00:04	00:30:04	01:00:12	-00:11:00	01:18:58.15	01:19:03.05	+00:41:41 (52.8%)	8:59	6.7 (57.3%)
69	MICHALEK Mateusz	1494		Open Mężczyzn	870	12:15	00:00:06	00:28:54	01:00:23	-00:11:00	01:20:41.60	01:20:48.05	+00:43:25 (53.8%)	9:10	6.5 (55.6%)
70	GAŚSIOR Katarzyna	1547		Open Kobiet	383	12:15	00:00:06	00:28:55	01:00:23	-00:10:00	01:21:19.95	01:21:26.35	+00:44:03 (54.2%)	9:08	6.6 (56.4%)
71	DYBICKI Konrad	1436		Open Mężczyzn	876	12:15	00:00:06	00:33:19	01:03:22	-00:09:00	01:22:44.50	01:22:50.80	+00:45:28 (55.0%)	9:10	6.5 (55.6%)
72	ZALEWSKA Adrianna	1197		Open Kobiet	411	12:15	00:00:04	00:30:10	01:02:08	-00:09:00	01:26:05.50	01:26:09.75	+00:48:49 (56.7%)	9:30	6.3 (53.8%)
73	PAWŁOWSKA Agnieszka	1370		Open Kobiet	416	12:15	00:00:05	00:33:20	01:03:17	-00:09:00	01:26:36.05	01:26:41.05	+00:49:19 (57.0%)	9:33	6.3 (53.8%)
74	NIEWIŃSKA Martyna	1428		Open Kobiet	423	12:15	00:00:06	00:33:20	01:03:23	-00:07:00	01:28:40.25	01:28:46.70	+00:51:23 (58.0%)	9:34	6.3 (53.8%)
75	KOCHANOWSKI Paweł	1181	MONSTERY	Open Mężczyzn	895	12:15	00:00:08	00:33:15	01:13:41	-00:09:00	01:47:29.75	01:47:37.95	+01:10:13 (65.3%)	11:38	5.2 (44.4%)
76	NIEŚŁUCHOWSKI Kamil	1416	LEPIEJ PÓŹNO NIŻ WCALE	Open Mężczyzn	896	12:15	00:00:05	00:36:17	01:18:29	-00:12:00	01:49:42.40	01:49:48.05	+01:12:26 (66.0%)	12:10	4.9 (41.9%)
77	KOCHANOWSKA Karina	1180	MONSTERY	Open Kobiet	444	12:15	00:00:07	00:33:16	01:13:43	-00:06:00	01:50:29.70	01:50:37.40	+01:13:13 (66.3%)	11:39	5.2 (44.4%)
78	KOWALCZYK Katarzyna	1410	LEPIEJ PÓŹNO NIŻ WCALE	Open Kobiet	445	12:15	00:00:05	00:36:14	01:18:28	-00:07:00	01:54:25.15	01:54:30.30	+01:17:08 (67.4%)	12:08	4.9 (41.9%)
79	ZAGÓRSKA Sylwia	1390	LEPIEJ PÓŹNO NIŻ WCALE	Open Kobiet	446	12:15	00:00:05	00:36:15	01:18:29	-00:06:00	01:55:35.80	01:55:41.50	+01:18:19 (67.8%)	12:09	4.9 (41.9%)

Znaleziono 79 wynik(ów)