



# REEBOK POWERUN BY RUNMAGEDDON

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 12:45

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	<b>ŻAK Mariusz</b>	<b>1255</b>		Open Mężczyzn	9	12:45	00:00:03	00:14:03	00:30:07	-00:13:00	<b>00:34:58.60</b>	<b>00:35:02.25</b>		4:47	12.5 (100%)
2	<b>JAGIELSKA Ewa</b>	<b>1044</b>	REEBOK RUN CREW	Open Kobiet	2	12:45	00:00:04	00:13:24	00:28:30		<b>00:40:11.20</b>	<b>00:40:15.25</b>	+00:05:12 (13.0%)	4:01	14.9 (119.2%)
3	<b>SELIANIN Dmytro</b>	<b>1288</b>		Open Mężczyzn	54	12:45	00:00:03	00:15:43	00:34:06	-00:13:00	<b>00:41:25.05</b>	<b>00:41:28.50</b>	+00:06:26 (15.6%)	5:26	11 (88.0%)
4	<b>BYŚKIEWICZ Mariusz</b>	<b>1539</b>		Open Mężczyzn	56	12:45	00:00:05	00:13:35	00:30:20	-00:06:00	<b>00:41:37.85</b>	<b>00:41:43.20</b>	+00:06:39 (16.0%)	4:45	12.6 (101%)
5	<b>ZAJKO Michał</b>	<b>1227</b>	CROSSFIT Z16	Open Mężczyzn	66	12:45	00:00:03	00:17:01	00:36:35	-00:14:00	<b>00:42:29.40</b>	<b>00:42:33.35</b>	+00:07:30 (17.7%)	5:39	10.6 (84.8%)
6	<b>SKRZYNIARZ Rafał</b>	<b>1250</b>		Open Mężczyzn	77	12:45	00:00:51	00:17:26	00:36:33	-00:14:00	<b>00:43:20.25</b>	<b>00:44:11.50</b>	+00:08:21 (19.3%)	5:44	10.5 (84.0%)
7	<b>JANISZEWSKI Grzegorz</b>	<b>1228</b>	DZIADY OCR	Open Mężczyzn	156	12:45	00:00:05	00:17:34	00:38:00	-00:14:00	<b>00:47:28.90</b>	<b>00:47:34.60</b>	+00:12:30 (26.3%)	6:08	9.8 (78.4%)
8	<b>ANTOSIK Rafał</b>	<b>560</b>		Open Mężczyzn	175	12:45	00:00:05	00:18:01	00:39:26	-00:13:00	<b>00:48:06.70</b>	<b>00:48:12.25</b>	+00:13:08 (27.3%)	6:06	9.8 (78.4%)
9	<b>GĄTNICKI Michał</b>	<b>1240</b>		Open Mężczyzn	177	12:45	00:00:03	00:17:28	00:40:19	-00:13:00	<b>00:48:08.50</b>	<b>00:48:11.90</b>	+00:13:09 (27.3%)	6:06	9.8 (78.4%)
10	<b>BORKOWSKI Wojtek</b>	<b>1461</b>		Open Mężczyzn	205	12:45	00:00:04	00:18:01	00:39:27	-00:12:00	<b>00:49:32.20</b>	<b>00:49:36.55</b>	+00:14:33 (29.4%)	6:09	9.8 (78.4%)
11	<b>NAWROCKI Marcin</b>	<b>1225</b>	CROSSFIT Z16	Open Mężczyzn	206	12:45	00:00:04	00:15:38	00:34:06		<b>00:49:33.25</b>	<b>00:49:37.60</b>	+00:14:34 (29.4%)	4:57	12.1 (96.8%)
12	<b>JEZIORAŃSKI Bartosz</b>	<b>1262</b>	EKIPA HAIER	Open Mężczyzn	212	12:45	00:00:03	00:17:59	00:39:19	-00:07:00	<b>00:49:46.70</b>	<b>00:49:50.65</b>	+00:14:48 (29.7%)	5:40	10.6 (84.8%)
13	<b>WYRODA Marcin</b>	<b>1254</b>		Open Mężczyzn	220	12:45	00:00:04	00:19:33	00:41:14	-00:14:00	<b>00:49:57.00</b>	<b>00:50:01.95</b>	+00:14:58 (30.0%)	6:23	9.4 (75.2%)
14	<b>BRUSIŁO Ilona</b>	<b>1394</b>	MAMY RUSZAMY	Open Kobiet	14	12:45	00:00:05	00:16:21	00:35:08		<b>00:50:36.05</b>	<b>00:50:41.25</b>	+00:15:37 (30.9%)	5:03	11.9 (95.2%)
15	<b>ZAREMBA Anna</b>	<b>1256</b>		Open Kobiet	17	12:45	00:00:07	00:20:10	00:41:08	-00:13:00	<b>00:51:29.35</b>	<b>00:51:36.65</b>	+00:16:30 (32.1%)	6:26	9.3 (74.4%)
16	<b>ZAREBSKI Lukasz</b>	<b>1335</b>		Open Mężczyzn	344	12:45	00:00:06	00:16:57	00:36:30	-00:04:00	<b>00:53:48.10</b>	<b>00:53:54.95</b>	+00:18:49 (35.0%)	5:46	10.4 (83.2%)

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	MOSKWA Dawid	1527		Open Mężczyzn	371	12:45	00:00:04	00:17:26	00:38:42	-00:01:00	00:54:33.15	00:54:37.90	+00:19:34 (35.9%)	5:33	10.8 (86.4%)
18	CZECH Piotr	1515		Open Mężczyzn	374	12:45	00:00:03	00:18:55	00:42:45	-00:13:00	00:54:36.05	00:54:39.45	+00:19:37 (35.9%)	6:45	8.9 (71.2%)
19	GRZYB Albert	1025		Open Mężczyzn	387	12:45	00:00:05	00:19:27	00:41:17	-00:11:00	00:54:50.00	00:54:55.05	+00:19:51 (36.2%)	6:35	9.1 (72.8%)
20	LASZEWICZ Patrycja	1246		Open Kobiet	42	12:45	00:00:06	00:19:44	00:42:44	-00:05:00	00:56:03.40	00:56:09.65	+00:21:04 (37.6%)	6:06	9.8 (78.4%)
21	KUCIŃSKI Damian	1245		Open Mężczyzn	437	12:45	00:00:05	00:21:11	00:44:19	-00:13:00	00:56:37.00	00:56:42.05	+00:21:38 (38.2%)	6:57	8.6 (68.8%)
22	WALENTYŃSKI Bartek	1253		Open Mężczyzn	454	12:45	00:00:06	00:18:36	00:40:01	-00:05:00	00:57:01.05	00:57:07.55	+00:22:02 (38.7%)	6:12	9.7 (77.6%)
23	RUDZKI Michał	1226	CROSSFIT Z16	Open Mężczyzn	461	12:45	00:00:04	00:20:38	00:44:44	-00:13:00	00:57:15.75	00:57:20.00	+00:22:17 (38.9%)	7:01	8.5 (68.0%)
24	PAROL Jacek	1342		Open Mężczyzn	470	12:45	00:00:05	00:22:11	00:46:41	-00:09:00	00:57:31.20	00:57:37.15	+00:22:32 (39.2%)	6:39	9 (72.0%)
25	MUSIAŁ Krzysztof	1030		Open Mężczyzn	472	12:45	00:00:05	00:21:17	00:44:58	-00:13:00	00:57:36.90	00:57:42.05	+00:22:38 (39.3%)	7:03	8.5 (68.0%)
26	CZUŁEK Magdalena	1237		Open Kobiet	69	12:45	00:00:05	00:21:10	00:44:19	-00:11:00	00:58:37.15	00:58:42.20	+00:23:38 (40.3%)	6:57	8.6 (68.8%)
27	TARNACKI Rafał	1233	THETIMEHASCOME	Open Mężczyzn	535	12:45	00:00:02	00:18:02	00:43:55	-00:12:00	00:59:36.45	00:59:39.40	+00:24:37 (41.3%)	7:09	8.4 (67.2%)
28	ŁASZCZYCH Małgorzata	1521		Open Kobiet	91	12:45	00:00:06	00:21:17	00:45:44	-00:09:00	01:00:14.10	01:00:20.45	+00:25:15 (41.9%)	6:55	8.7 (69.6%)
29	CISZEK Daniel	1236		Open Mężczyzn	563	12:45	00:00:05	00:20:50	00:46:34	-00:14:00	01:00:25.20	01:00:31.05	+00:25:26 (42.1%)	7:26	8.1 (64.8%)
30	GODZIMIRSKA Eliza	1333		Open Kobiet	99	12:45	00:00:06	00:18:44	00:40:23	-00:04:00	01:00:46.15	01:00:52.75	+00:25:47 (42.4%)	6:28	9.3 (74.4%)
31	ROMAŃSKI Franek	1318	REEBOK RUN CREW	Open Mężczyzn	578	12:45	00:00:06	00:18:43	00:40:23	-00:04:00	01:00:46.45	01:00:52.65	+00:25:47 (42.4%)	6:28	9.3 (74.4%)
32	MILCZAREK Maja	1249		Open Kobiet	100	12:45	00:00:03	00:19:24	00:42:36		01:00:46.95	01:00:50.80	+00:25:48 (42.5%)	6:04	9.9 (79.2%)
33	MALINOWSKI Przemysław	1247		Open Mężczyzn	579	12:45	00:00:04	00:21:10	00:46:44	-00:13:00	01:00:53.70	01:00:57.95	+00:25:55 (42.6%)	7:23	8.1 (64.8%)
34	TRUSZKOWSKA Marta	1231	S&M	Open Kobiet	115	12:45	00:00:07	00:22:58	00:46:53	-00:10:00	01:01:42.70	01:01:50.15	+00:26:44 (43.3%)	7:10	8.4 (67.2%)
35	JAKUBIAK Sylwia	1230	S&M	Open Kobiet	116	12:45	00:00:07	00:22:58	00:46:53	-00:10:00	01:01:43.30	01:01:50.35	+00:26:44 (43.3%)	7:10	8.4 (67.2%)
36	TERPIŁOWSKI Michał	1553		Open Mężczyzn	607	12:45	00:00:06	00:23:11	00:48:44	-00:13:00	01:02:24.10	01:02:30.50	+00:27:25 (43.9%)	7:32	8 (64.0%)
37	LUTOSTAŃSKI Dominik	1402		Open Mężczyzn	629	12:45	00:00:05	00:23:12	00:48:45	-00:12:00	01:03:24.30	01:03:30.20	+00:28:25 (44.8%)	7:32	8 (64.0%)
38	ŁĄCKA Karolina	1334		Open Kobiet	142	12:45	00:02:38	00:20:27	00:44:33		01:04:33.50	01:07:11.70	+00:29:34 (45.8%)	6:27	9.3 (74.4%)
39	ERDMANN Karolina	157		Open Kobiet	143	12:45	00:02:38	00:20:27	00:44:31		01:04:39.10	01:07:17.95	+00:29:40 (45.9%)	6:27	9.3 (74.4%)

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
40	<b>JAROSZEWSKI Sławomir</b>	<b>1509</b>		Open Mężczyzn	687	12:45	00:00:07	00:22:06	00:48:12	-00:08:00	<b>01:06:14.75</b>	<b>01:06:22.00</b>	+00:31:16 (47.2%)	7:25	8.1 (64.8%)
41	<b>SKARBEEK Radosław</b>	<b>1232</b>	THETIMEHASCOME	Open Mężczyzn	716	12:45	00:00:03	00:21:23	00:47:10	-00:11:00	<b>01:07:28.50</b>	<b>01:07:31.95</b>	+00:32:29 (48.2%)	7:50	7.6 (60.8%)
42	<b>WEWIÓRSKI Maciej</b>	<b>1223</b>	COOLZYNI	Open Mężczyzn	723	12:45	00:00:09	00:23:04	00:49:53	-00:11:00	<b>01:07:55.20</b>	<b>01:08:04.30</b>	+00:32:56 (48.5%)	7:53	7.6 (60.8%)
43	<b>RAJCIC Maciej</b>	<b>178</b>		Open Mężczyzn	726	12:45	00:00:06	00:21:54	00:48:36	-00:09:00	<b>01:08:02.70</b>	<b>01:08:08.80</b>	+00:33:04 (48.6%)	7:42	7.8 (62.4%)
44	<b>BERNATOWICZ Adam</b>	<b>1234</b>		Open Mężczyzn	743	12:45	00:00:11	00:23:20	00:50:37	-00:10:00	<b>01:08:52.25</b>	<b>01:09:03.70</b>	+00:33:53 (49.2%)	7:53	7.6 (60.8%)
45	<b>PRZYBYSZOWSKI Miłosz</b>	<b>417</b>	COOLZYNI	Open Mężczyzn	750	12:45	00:00:08	00:23:05	00:49:56	-00:09:00	<b>01:09:20.90</b>	<b>01:09:29.15</b>	+00:34:22 (49.6%)	7:50	7.7 (61.6%)
46	<b>DŻEGAN Kinga</b>	<b>1238</b>		Open Kobiet	248	12:45	00:00:07	00:23:18	00:51:03	-00:01:00	<b>01:11:28.15</b>	<b>01:11:36.05</b>	+00:36:29 (51.1%)	7:14	8.3 (66.4%)
47	<b>STANKIEWICZ Małgorzata</b>	<b>1251</b>		Open Kobiet	282	12:45	00:00:06	00:23:32	00:50:45	-00:06:00	<b>01:12:54.90</b>	<b>01:13:01.55</b>	+00:37:56 (52.0%)	7:53	7.6 (60.8%)
48	<b>KONOPKA Agnieszka</b>	<b>1244</b>		Open Kobiet	294	12:45	00:00:06	00:23:32	00:50:45	-00:05:00	<b>01:13:54.00</b>	<b>01:14:00.95</b>	+00:38:55 (52.7%)	7:53	7.6 (60.8%)
49	<b>KAIM Kamil</b>	<b>1447</b>	X TEAM SPECIAL FORCES	Open Mężczyzn	835	12:45	00:00:11	00:25:20	00:57:09	-00:14:00	<b>01:15:40.55</b>	<b>01:15:52.40</b>	+00:40:41 (53.8%)	8:58	6.7 (53.6%)
50	<b>FELISIAK Rafał</b>	<b>1446</b>	X TEAM SPECIAL FORCES	Open Mężczyzn	836	12:45	00:00:12	00:25:20	00:57:08	-00:14:00	<b>01:15:41.00</b>	<b>01:15:53.05</b>	+00:40:42 (53.8%)	8:58	6.7 (53.6%)
51	<b>KAŁUZIŃSKA Roksana</b>	<b>1448</b>	X TEAM SPECIAL FORCES	Open Kobiet	334	12:45	00:00:10	00:25:22	00:57:11	-00:13:00	<b>01:16:42.60</b>	<b>01:16:53.15</b>	+00:41:44 (54.4%)	8:58	6.7 (53.6%)
52	<b>HYRA Katarzyna</b>	<b>1241</b>		Open Kobiet	340	12:45	00:00:11	00:28:16	00:59:41	-00:11:00	<b>01:17:20.70</b>	<b>01:17:31.95</b>	+00:42:22 (54.8%)	8:50	6.8 (54.4%)
53	<b>HELIA Switłana</b>	<b>464</b>		Open Kobiet	367	12:45	00:00:05	00:25:44	00:57:22	-00:09:00	<b>01:19:47.20</b>	<b>01:19:52.55</b>	+00:44:48 (56.2%)	8:52	6.8 (54.4%)
54	<b>BIŃKOWSKI Maciej</b>	<b>1380</b>	SPARTAN SGX WARSAW	Open Mężczyzn	881	12:45	00:00:08	00:28:35	01:02:41	-00:06:00	<b>01:23:50.00</b>	<b>01:23:58.70</b>	+00:48:51 (58.3%)	8:59	6.7 (53.6%)
55	<b>GĄTNICKI Mateusz</b>	<b>1239</b>		Open Mężczyzn	907	12:45	00:00:03	00:17:28	00:40:20	-00:07:00			+00:10:12	5:22	11.2 (89.6%)

Znaleziono 55 wynik(ów)