

RUNMAGEDDON OSTROŁĘKA 5K BY MELVIT

B4SPORT

Organizator: Extreme Events, Runmageddon
Data: 2021-08-07
Miejsce: Ostrołęka
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 10:45

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRZYŻAK Tomasz	1354		Open Mężczyzn	14	10:45	00:50:23.95	00:50:23.95		10:04	6 (100%)
2	EKSTOWICZ Damian	287		Open Mężczyzn	15	10:45	00:50:26.00	00:50:26.00	+00:00:02 (0.1%)	10:05	5.9 (98.3%)
3	MRÓZ Marcin	261	CROSSBOX OKA	Open Mężczyzn	25	10:45	00:52:54.30	00:52:54.30	+00:02:30 (4.7%)	10:34	5.7 (95.0%)
4	MYŚKIEWICZ Adrian	252	BRZESZCZOTEM PO JAJKACH	Open Mężczyzn	48	10:45	00:58:07.00	00:58:07.00	+00:07:43 (13.3%)	11:37	5.2 (86.7%)
5	BRODZIK Mariusz	251	BRZESZCZOTEM PO JAJKACH	Open Masters Mężczyzn	18	10:45	00:58:07.15	00:58:07.15	+00:07:43 (13.3%)	11:37	5.2 (86.7%)
6	ŻYŁOWSKI Wojciech	329		Open Mężczyzn	84	10:45	01:02:42.65	01:02:42.65	+00:12:18 (19.6%)	12:32	4.8 (80.0%)
7	BRYLAK Grzegorz	281		Open Mężczyzn	85	10:45	01:02:42.80	01:02:42.80	+00:12:18 (19.6%)	12:32	4.8 (80.0%)
8	MIŚKO Paweł	314		Open Mężczyzn	97	10:45	01:03:59.85	01:03:59.85	+00:13:35 (21.2%)	12:47	4.7 (78.3%)
9	KRZYZEWSKI Patryk	307		Open Mężczyzn	119	10:45	01:06:12.55	01:06:12.55	+00:15:48 (23.9%)	13:14	4.5 (75.0%)
10	RAKSIMOWICZ Marcin	274	MORSY SZCZYTNO #RESET	Open Masters Mężczyzn	29	10:45	01:07:26.20	01:07:26.20	+00:17:02 (25.3%)	13:29	4.4 (73.3%)
11	KURZĄDKOWSKI Piotr	273	ŁOMŻA Hardcore SQUAD	Open Mężczyzn	138	10:45	01:08:29.05	01:08:29.05	+00:18:05 (26.4%)	13:41	4.4 (73.3%)
12	LOSZ Damian	267	HARDER CIECHANÓW	Open Mężczyzn	141	10:45	01:08:34.20	01:08:34.20	+00:18:10 (26.5%)	13:42	4.4 (73.3%)
13	TURZYŃSKI Adrian	327		Open Mężczyzn	149	10:45	01:09:22.30	01:09:22.30	+00:18:58 (27.3%)	13:52	4.3 (71.7%)
14	KAMIŃSKI Arkadiusz	300		Open Mężczyzn	150	10:45	01:09:22.80	01:09:22.80	+00:18:58 (27.4%)	13:52	4.3 (71.7%)
15	DOMURAD Łukasz	1366		Open Mężczyzn	151	10:45	01:09:26.45	01:09:26.45	+00:19:02 (27.4%)	13:53	4.3 (71.7%)
16	DOMALEWSKI Tomasz	272	ŁOMŻA Hardcore SQUAD	Open Mężczyzn	154	10:45	01:09:34.55	01:09:34.55	+00:19:10 (27.6%)	13:54	4.3 (71.7%)
17	ARCICHOWSKI Piotr	250	BRZESZCZOTEM PO JAJKACH	Open Mężczyzn	155	10:45	01:09:47.55	01:09:47.55	+00:19:23 (27.8%)	13:57	4.3 (71.7%)
18	TAG Paweł	325		Open Mężczyzn	159	10:45	01:10:03.60	01:10:03.60	+00:19:39 (28.1%)	14:00	4.3 (71.7%)
19	ŚWIDER Jakub	244		Open Mężczyzn	163	10:45	01:10:14.55	01:10:14.55	+00:19:50 (28.2%)	14:02	4.3 (71.7%)
20	OLENDER Kinga	317		Open Kobiet	10	10:45	01:12:08.50	01:12:08.50	+00:21:44 (30.1%)	14:25	4.2 (70.0%)
21	OBUDZIŃSKA Monika	268	HARDER CIECHANÓW	Open Masters Kobiet	5	10:45	01:13:45.55	01:13:45.55	+00:23:21 (31.7%)	14:45	4.1 (68.3%)
22	OBUDZIŃSKI Marcin	269	HARDER CIECHANÓW	Open Masters Mężczyzn	42	10:45	01:13:45.80	01:13:45.80	+00:23:21 (31.7%)	14:45	4.1 (68.3%)
23	CHEŁSTOWSKI Radosław	282		Open Mężczyzn	204	10:45	01:13:49.90	01:13:49.90	+00:23:25 (31.7%)	14:45	4.1 (68.3%)
24	KOWALSKI Robert	388		Open Mężczyzn	210	10:45	01:14:37.15	01:14:37.15	+00:24:13 (32.5%)	14:55	4 (66.7%)
25	GRZEGORCZYK Krystian	293		Open Mężczyzn	217	10:45	01:15:43.20	01:15:43.20	+00:25:19 (33.4%)	15:08	4 (66.7%)
26	TRZASKA Jarek	326		Open Mężczyzn	227	10:45	01:16:19.80	01:16:19.80	+00:25:55 (34.0%)	15:15	3.9 (65.0%)
27	ZADROŻNY Krzysztof	270	HARDER CIECHANÓW	Open Mężczyzn	239	10:45	01:16:54.35	01:16:54.35	+00:26:30 (34.5%)	15:22	3.9 (65.0%)
28	ROŻNIECKI Kamil	271	KLUB BIEGACZA RTV EURO AGD	Open Mężczyzn	242	10:45	01:17:13.00	01:17:13.00	+00:26:49 (34.7%)	15:26	3.9 (65.0%)
29	DĄBEK Kinga	249	#TEAMFURIA	Open Kobiet	24	10:45	01:19:29.15	01:19:29.15	+00:29:05 (36.6%)	15:53	3.8 (63.3%)
30	GROMOTKA Maja	292		Open Kobiet	29	10:45	01:19:55.75	01:19:55.75	+00:29:31 (36.9%)	15:59	3.8 (63.3%)

						Czas netto	Czas brutto			Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	5km	5km	Różn	min/km	km/h
31	GROMOTKA Janusz	291	CROSS TRENING MAZOVIA CIECHANÓW	Open Masters Mężczyzn	56	10:45	01:19:56.25	01:19:56.25	+00:29:32 (37.0%)	15:59	3.8 (63.3%)
32	LEŚNIEWSKA Anna	257		Open Kobiet	33	10:45	01:20:22.85	01:20:22.85	+00:29:58 (37.3%)	16:04	3.7 (61.7%)
33	LEŚNIEWSKI Paweł	309		Open Masters Mężczyzn	60	10:45	01:20:51.55	01:20:51.55	+00:30:27 (37.7%)	16:10	3.7 (61.7%)
34	BIALIK Paweł	253	CROSS TRENING MAZOVIA CIECHANÓW	Open Mężczyzn	311	10:45	01:20:55.20	01:20:55.20	+00:30:31 (37.7%)	16:11	3.7 (61.7%)
35	MRÓZ Agnieszka	260	CROSSBOX OKA	Open Kobiet	35	10:45	01:20:56.75	01:20:56.75	+00:30:32 (37.7%)	16:11	3.7 (61.7%)
36	KRUSZYŃSKA Żaneta	256	CROSS TRENING MAZOVIA CIECHANÓW	Open Kobiet	44	10:45	01:22:17.45	01:22:17.45	+00:31:53 (38.8%)	16:27	3.6 (60.0%)
37	RUSZKOWSKA Anna	258	CROSS TRENING MAZOVIA CIECHANÓW	Open Masters Kobiet	15	10:45	01:22:17.95	01:22:17.95	+00:31:54 (38.8%)	16:27	3.6 (60.0%)
38	RUSZKOWSKI Przemysław	259	CROSS TRENING MAZOVIA CIECHANÓW	Open Mężczyzn	332	10:45	01:22:23.70	01:22:23.70	+00:31:59 (38.8%)	16:28	3.6 (60.0%)
39	MIGAS Magdalena	313		Open Kobiet	52	10:45	01:22:52.75	01:22:52.75	+00:32:28 (39.2%)	16:34	3.6 (60.0%)
40	GRABOWSKI Artur	289		Open Mężczyzn	341	10:45	01:22:52.80	01:22:52.80	+00:32:28 (39.2%)	16:34	3.6 (60.0%)
41	ZIĘBA Paweł	328		Open Mężczyzn	360	10:45	01:24:22.05	01:24:22.05	+00:33:58 (40.3%)	16:52	3.6 (60.0%)
42	BUDEK Weronika	456		Open Kobiet	78	10:45	01:26:34.90	01:26:34.90	+00:36:10 (41.8%)	17:18	3.5 (58.3%)
43	FILAS Rafał	460		Open Mężczyzn	402	10:45	01:27:14.40	01:27:14.40	+00:36:50 (42.2%)	17:26	3.4 (56.7%)
44	KOWALCZYK Rafał	304		Open Mężczyzn	411	10:45	01:27:36.85	01:27:36.85	+00:37:12 (42.5%)	17:31	3.4 (56.7%)
45	MAZUREK Adrian	312		Open Mężczyzn	445	10:45	01:29:41.25	01:29:41.25	+00:39:17 (43.8%)	17:56	3.3 (55.0%)
46	GADLAS Sebastian	288		Open Mężczyzn	485	10:45	01:31:52.20	01:31:52.20	+00:41:28 (45.1%)	18:22	3.3 (55.0%)
47	MARKOWSKA Katarzyna	310		Open Masters Kobiet	30	10:45	01:33:23.90	01:33:23.90	+00:42:59 (46.0%)	18:40	3.2 (53.3%)
48	PAWLAK Natalia	320	WATAHA	Open Kobiet	122	10:45	01:33:25.10	01:33:25.10	+00:43:01 (46.1%)	18:41	3.2 (53.3%)
49	BASZYŃSKA Waleria	277		Open Kobiet	129	10:45	01:34:15.60	01:34:15.60	+00:43:51 (46.5%)	18:51	3.2 (53.3%)
50	MATYSIEWICZ Józef	311		Open Masters Mężczyzn	97	10:45	01:34:37.95	01:34:37.95	+00:44:14 (46.7%)	18:55	3.2 (53.3%)
51	RYSZCZUK Krystian	264	EXTREME WAYS	Open Mężczyzn	532	10:45	01:34:45.65	01:34:45.65	+00:44:21 (46.8%)	18:57	3.2 (53.3%)
52	KOSIŃSKI Tomasz	262	EXTREME WAYS	Open Mężczyzn	533	10:45	01:34:46.15	01:34:46.15	+00:44:22 (46.8%)	18:57	3.2 (53.3%)
53	KRAWCZAK Emil	263	EXTREME WAYS	Open Mężczyzn	534	10:45	01:34:48.15	01:34:48.15	+00:44:24 (46.8%)	18:57	3.2 (53.3%)
54	SZPAKOWSKI Jacek	265	EXTREME WAYS	Open Mężczyzn	535	10:45	01:34:48.60	01:34:48.60	+00:44:24 (46.8%)	18:57	3.2 (53.3%)
55	GROCHOLSKI Maciej	290		Open Masters Mężczyzn	111	10:45	01:37:04.75	01:37:04.75	+00:46:40 (48.1%)	19:24	3.1 (51.7%)
56	KACZYŃSKI Marcin	299		Open Masters Mężczyzn	112	10:45	01:37:05.55	01:37:05.55	+00:46:41 (48.1%)	19:25	3.1 (51.7%)
57	KONCEWICZ Kornel	302		Open Mężczyzn	590	10:45	01:38:23.20	01:38:23.20	+00:47:59 (48.8%)	19:40	3 (50.0%)
57	OLENDER Paweł	318		Open Mężczyzn	590	10:45	01:38:23.20	01:38:23.20	+00:47:59 (48.8%)	19:40	3 (50.0%)
59	JACHNA Jacek	294		Open Mężczyzn	612	10:45	01:39:18.30	01:39:18.30	+00:48:54 (49.2%)	19:51	3 (50.0%)
60	OLENDER Przemek	319		Open Mężczyzn	640	10:45	01:41:32.75	01:41:32.75	+00:51:08 (50.4%)	20:18	3 (50.0%)
61	BOCZEK Szymon	280		Open Mężczyzn	641	10:45	01:41:32.95	01:41:32.95	+00:51:09 (50.4%)	20:18	3 (50.0%)
62	JESIONEK Krystian	298		Open Mężczyzn	717	10:45	01:50:14.00	01:50:14.00	+00:59:50 (54.3%)	22:02	2.7 (45.0%)
63	JESIONEK Fabian	297		Open Mężczyzn	718	10:45	01:50:33.25	01:50:33.25	+01:00:09 (54.4%)	22:06	2.7 (45.0%)
64	BAKUŁA Przemysław	278		Open Mężczyzn	722	10:45	01:51:11.65	01:51:11.65	+01:00:47 (54.7%)	22:14	2.7 (45.0%)
65	KOTAS Patrycja	303		Open Kobiet	252	10:45	01:51:32.70	01:51:32.70	+01:01:08 (54.8%)	22:18	2.7 (45.0%)
66	KWIATEK Magdalena	308		Open Masters Kobiet	61	10:45	02:03:20.50	02:03:20.50	+01:12:56 (59.1%)	24:40	2.4 (40.0%)
67	MOTYKA Krzysztof	276	OUTDOOR TRAINING	Open Masters Mężczyzn	138	10:45	02:03:20.75	02:03:20.75	+01:12:56 (59.1%)	24:40	2.4 (40.0%)
67	CZERNIAKIEWICZ Anna	275	OUTDOOR TRAINING	Open Masters Kobiet	62	10:45	02:03:20.75	02:03:20.75	+01:12:56 (59.1%)	24:40	2.4 (40.0%)
69	MATYSIUK Magdalena	1242		Open Kobiet	281	10:45	02:03:20.80	02:03:20.80	+01:12:56 (59.1%)	24:40	2.4 (40.0%)
70	KARDASZ Magdalena	301		Open Masters Kobiet	63	10:45	02:03:21.20	02:03:21.20	+01:12:57 (59.1%)	24:40	2.4 (40.0%)
71	CHRÓŚCIK Piotr	284		Open Masters Mężczyzn	139	10:45	02:03:21.30	02:03:21.30	+01:12:57 (59.1%)	24:40	2.4 (40.0%)
72	MONACH Katarzyna	315	GLADIATORS BY RMF4RT	Open Masters Kobiet	64	10:45	02:03:21.35	02:03:21.35	+01:12:57 (59.1%)	24:40	2.4 (40.0%)
72	MALISZEWSKA Agnieszka	266		Open Masters Kobiet	64	10:45	02:03:21.35	02:03:21.35	+01:12:57 (59.1%)	24:40	2.4 (40.0%)
72	BAŁAZY Beata	279		Open Masters Kobiet	64	10:45	02:03:21.35	02:03:21.35	+01:12:57 (59.1%)	24:40	2.4 (40.0%)

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75	MROCZEK Aleksandra	316		Open Kobiet	282	10:45	02:03:21.55	02:03:21.55	+01:12:57 (59.1%)	24:40	2.4 (40.0%)
76	JESIONEK Dawid	296		Open Mężczyzn	764	10:45	02:08:37.10	02:08:37.10	+01:18:13 (60.8%)	25:43	2.3 (38.3%)

Znaleziono 76 wynik(ów)