



# TORTURA LESZNO 2021

B4SPORT

**Organizator:** Transformers Trening & Dieta  
**Data:** 2021-09-12  
**Miejsce:** Leszno  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 11:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BRZOZOWSKI Filip</b>	<b>31</b>	SPARTA RUNNERS	M-Open	4	SPARTA RUNNERS	<b>00:25:01.05</b>	<b>00:25:01.05</b>		5:00	12
2	<b>NAGLAK Hubert</b>	<b>406</b>	HELL'S GYM OCR PĘPOWO	M-Open	5	Hell's gym ocr Pępowo	<b>00:25:28.90</b>	<b>00:25:28.90</b>	+00:00:27	5:05	11.8
3	<b>GLAPIAK Maciej</b>	<b>67</b>	AWL WROCŁAW	M-Open	12		<b>00:26:57.60</b>	<b>00:26:57.60</b>	+00:01:56	5:23	11.1
4	<b>PRAŁAT Arkadiusz</b>	<b>247</b>		M-Open	13		<b>00:27:07.65</b>	<b>00:27:07.65</b>	+00:02:06	5:25	11.1
5	<b>KLUCZYŃSKI Kamil</b>	<b>119</b>	MOVE RUN FUN	M-Open	14		<b>00:27:30.65</b>	<b>00:27:30.65</b>	+00:02:29	5:30	10.9
6	<b>TROJANOWSKI Artur</b>	<b>318</b>	BIEGOWE DZIKI OCR	M-Open	15	Biegowe Dziki OCR	<b>00:27:46.30</b>	<b>00:27:46.30</b>	+00:02:45	5:33	10.8
7	<b>KĘPA Bartosz</b>	<b>377</b>	SPARTA RUNNERS	M-Open	17	SPARTA RUNNERS	<b>00:27:57.80</b>	<b>00:27:57.80</b>	+00:02:56	5:35	10.7
8	<b>LEWICKI Piotr</b>	<b>161</b>	EMERYCI NA START	M-Open	21		<b>00:28:44.60</b>	<b>00:28:44.60</b>	+00:03:43	5:44	10.4
9	<b>STOLAREK Sebastian</b>	<b>295</b>	SPARTA RUNNERS	M-Open	24	SPARTA RUNNERS	<b>00:29:11.75</b>	<b>00:29:11.75</b>	+00:04:10	5:50	10.3
10	<b>SZAŁATA Piotr</b>	<b>300</b>	BIEGOWE DZIKI OCR	M-Open	28	Biegowe Dziki OCR	<b>00:29:49.15</b>	<b>00:29:49.15</b>	+00:04:48	5:57	10.1
11	<b>DUCHNOWSKI Tomasz</b>	<b>368</b>	SPARTA RUNNERS	M-Open	29	SPARTA RUNNERS	<b>00:29:53.95</b>	<b>00:29:53.95</b>	+00:04:52	5:58	10
12	<b>SOBOLEWSKI Artur</b>	<b>288</b>	MROWNO RUN	M-Open	31		<b>00:30:10.60</b>	<b>00:30:10.60</b>	+00:05:09	6:02	9.9
13	<b>FRĄCZAK Dariusz</b>	<b>61</b>		M-Open	33		<b>00:30:36.70</b>	<b>00:30:36.70</b>	+00:05:35	6:07	9.8
14	<b>DOPIERALSKI Dariusz</b>	<b>45</b>		M-Open	36		<b>00:30:49.30</b>	<b>00:30:49.30</b>	+00:05:48	6:09	9.7
15	<b>OSTOJSKI Michał</b>	<b>226</b>	HELL'S GYM OCR PĘPOWO	M-Open	37		<b>00:31:00.25</b>	<b>00:31:00.25</b>	+00:05:59	6:12	9.7
16	<b>WALKOWIAK Rafał</b>	<b>327</b>		M-Open	38		<b>00:31:22.65</b>	<b>00:31:22.65</b>	+00:06:21	6:16	9.6
17	<b>TRUBIŁOWICZ Mateusz</b>	<b>319</b>	BIEGOWE DZIKI OCR	M-Open	48	Biegowe Dziki OCR	<b>00:32:42.95</b>	<b>00:32:42.95</b>	+00:07:41	6:32	9.2
18	<b>KALISZ Adrian</b>	<b>97</b>	SPARTA RUNNERS	M-Open	50	SPARTA RUNNERS	<b>00:32:49.40</b>	<b>00:32:49.40</b>	+00:07:48	6:33	9.1
19	<b>WIELIŃSKI Hubert</b>	<b>332</b>	ONI TEŻ SPOCENI	M-Open	51	Oni też spoceni	<b>00:32:53.65</b>	<b>00:32:53.65</b>	+00:07:52	6:34	9.1
20	<b>GRUETZMACHER Katarzyna</b>	<b>73</b>	RUNAWAY PĘPOWO	K-Open	3		<b>00:33:14.85</b>	<b>00:33:14.85</b>	+00:08:13	6:38	9
21	<b>KACZMAREK Mateusz</b>	<b>93</b>	BIEGAJLESZNO	M-Open	62		<b>00:33:56.35</b>	<b>00:33:56.35</b>	+00:08:55	6:47	8.8
22	<b>ROBACZYŃSKI Kacper</b>	<b>263</b>		M-Open	64		<b>00:34:01.10</b>	<b>00:34:01.10</b>	+00:09:00	6:48	8.8
23	<b>KIELASZEWSKI Hubert</b>	<b>110</b>		M-Open	66		<b>00:34:18.80</b>	<b>00:34:18.80</b>	+00:09:17	6:51	8.7
24	<b>MIELCARZ Tomasz</b>	<b>196</b>	BIEGOWE DZIKI OCR	M-Open	69	Biegowe Dziki OCR	<b>00:34:27.60</b>	<b>00:34:27.60</b>	+00:09:26	6:53	8.7
25	<b>SZTURO Kacper</b>	<b>303</b>		M-Open	75		<b>00:35:18.60</b>	<b>00:35:18.60</b>	+00:10:17	7:03	8.5
26	<b>ZIELIŃSKI Michał</b>	<b>392</b>	RUNAWAY	M-Open	79		<b>00:36:01.15</b>	<b>00:36:01.15</b>	+00:11:00	7:12	8.3
27	<b>PRZYBYLSKI Eryk</b>	<b>250</b>		M-Open	92	PERPETUM PROMILE	<b>00:37:43.40</b>	<b>00:37:43.40</b>	+00:12:42	7:32	8
28	<b>WOLNIK Grzegorz</b>	<b>348</b>		M-Open	103		<b>00:38:54.15</b>	<b>00:38:54.15</b>	+00:13:53	7:46	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
29	<b>RZAŚA Krzysztof</b>	<b>269</b>		M-Open	109		<b>00:39:13.40</b>	<b>00:39:13.40</b>	+00:14:12	7:50	7.6
30	<b>BARTOSIK Marek</b>	<b>12</b>	KGHM ZG RUN	M-Open	123		<b>00:40:48.85</b>	<b>00:40:48.85</b>	+00:15:47	8:09	7.4
31	<b>MATUSZEWSKI Roman</b>	<b>190</b>	OŻGOŁY	M-Open	125		<b>00:40:53.05</b>	<b>00:40:53.05</b>	+00:15:52	8:10	7.3
32	<b>KOPACZYK Michał</b>	<b>130</b>	OŻGOŁY	M-Open	126		<b>00:40:54.05</b>	<b>00:40:54.05</b>	+00:15:53	8:10	7.3
33	<b>TURKIEWICZ Mariusz</b>	<b>320</b>		M-Open	127		<b>00:40:54.95</b>	<b>00:40:54.95</b>	+00:15:53	8:10	7.3
34	<b>ROBACZYŃSKI Dawid</b>	<b>264</b>		M-Open	132		<b>00:41:31.30</b>	<b>00:41:31.30</b>	+00:16:30	8:18	7.2
35	<b>SZCZEPANEK Beata</b>	<b>409</b>	SPARTA RUNNERS	K-Open	16		<b>00:42:03.70</b>	<b>00:42:03.70</b>	+00:17:02	8:24	7.1
36	<b>MOTEK Michał</b>	<b>204</b>		M-Open	142		<b>00:42:34.35</b>	<b>00:42:34.35</b>	+00:17:33	8:30	7
37	<b>WITKOWSKI Marek</b>	<b>337</b>	BIEGOWE DZIKI OCR	M-Open	146	Biegowe Dzikie OCR	<b>00:43:17.25</b>	<b>00:43:17.25</b>	+00:18:16	8:39	6.9
38	<b>MIERNIK Przemysław</b>	<b>197</b>	CROSS FIRMUS OBORNIKI ŚLĄSKIE	M-Open	174		<b>00:47:02.85</b>	<b>00:47:02.85</b>	+00:22:01	9:24	6.4
39	<b>KONIECZNY Bartosz</b>	<b>127</b>		M-Open	177	PERPETUM PROMILE	<b>00:47:47.85</b>	<b>00:47:47.85</b>	+00:22:46	9:33	6.3
40	<b>JUŚKOWIAK Mikołaj</b>	<b>89</b>		M-Open	178	PERPETUM PROMILE	<b>00:47:47.95</b>	<b>00:47:47.95</b>	+00:22:46	9:33	6.3
41	<b>PACZYŃSKI Marcin</b>	<b>231</b>	PERPETUM PROMILE	M-Open	179	PERPETUM PROMILE	<b>00:47:51.80</b>	<b>00:47:51.80</b>	+00:22:50	9:34	6.3
42	<b>KACZOROWSKI Jakub</b>	<b>95</b>		M-Open	186	PERPETUM PROMILE	<b>00:48:24.85</b>	<b>00:48:24.85</b>	+00:23:23	9:40	6.2
43	<b>JANKOWIAK Katarzyna</b>	<b>81</b>		K-Open	40		<b>00:49:14.35</b>	<b>00:49:14.35</b>	+00:24:13	9:50	6.1
44	<b>POHLAND Paweł</b>	<b>244</b>		M-Open	187		<b>00:49:14.55</b>	<b>00:49:14.55</b>	+00:24:13	9:50	6.1
45	<b>KOWALSKI Mateusz</b>	<b>136</b>	DIRTY SPARROWS	M-Open	188		<b>00:49:34.35</b>	<b>00:49:34.35</b>	+00:24:33	9:54	6.1
46	<b>WOŹNIAK Marcin</b>	<b>352</b>		M-Open	189		<b>00:49:43.25</b>	<b>00:49:43.25</b>	+00:24:42	9:56	6
47	<b>JUŚKOWIAK Marek</b>	<b>91</b>		M-Open	196		<b>00:50:15.95</b>	<b>00:50:15.95</b>	+00:25:14	10:03	6
48	<b>POLRZYŃSKI Rafał</b>	<b>246</b>		M-Open	198		<b>00:50:22.50</b>	<b>00:50:22.50</b>	+00:25:21	10:04	6
49	<b>KAŹMIERSKI Martyn</b>	<b>106</b>		M-Open	199	PERPETUM PROMILE	<b>00:50:27.55</b>	<b>00:50:27.55</b>	+00:25:26	10:05	5.9
50	<b>NOWAK Przemysław</b>	<b>212</b>		M-Open	202	PERPETUM PROMILE	<b>00:50:35.70</b>	<b>00:50:35.70</b>	+00:25:34	10:07	5.9
51	<b>KACZMAREK Leszek</b>	<b>94</b>		M-Open	204		<b>00:50:45.15</b>	<b>00:50:45.15</b>	+00:25:44	10:09	5.9
52	<b>TARNAWSKI Maciej</b>	<b>314</b>		M-Open	210		<b>00:52:03.40</b>	<b>00:52:03.40</b>	+00:27:02	10:24	5.8
53	<b>JUŚKOWIAK Agnieszka</b>	<b>90</b>		K-Open	53	PERPETUM PROMILE	<b>00:54:25.75</b>	<b>00:54:25.75</b>	+00:29:24	10:53	5.5
54	<b>JUŚKOWIAK Natalia</b>	<b>88</b>		K-Open	62	PERPETUM PROMILE	<b>00:55:42.20</b>	<b>00:55:42.20</b>	+00:30:41	11:08	5.4
55	<b>APIECIONEK Piotr</b>	<b>7</b>	DZIK TUCHORZA	M-Open	228		<b>00:55:43.80</b>	<b>00:55:43.80</b>	+00:30:42	11:08	5.4
56	<b>TARNAWSKI Bartosz</b>	<b>315</b>		M-Open	251		<b>01:02:42.85</b>	<b>01:02:42.85</b>	+00:37:41	12:32	4.8
57	<b>KRÓLIKOWSKI Jacek</b>	<b>141</b>	BIEGAJ LESZNO	M-Open	263		<b>03:23:56.45</b>	<b>03:23:56.45</b>	+02:58:55	40:47	1.5

Znaleziono 57 wynik(ów)