



# CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

CROSS NA WRZOSACH  
Nadleśnictwo Okonek  
2017-08-27  
Okonek  
5.3 km



Klasyfikacja: M-OPEN

| Msc | Zawodnik                       | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------------------|-------|------|-----------|------|----------------|-------------------|--------------|-------------|
| 1   | BRZOZOWSKI Piotr               | 178   |      | M18-44    | 1    | 00:32:33.05    |                   | 6:30         | 9.2 (100%)  |
| 2   | SANIUK Edward                  | 159   |      | M45+      | 1    | 00:33:06.65    | +00:00:33 (1.7%)  | 6:37         | 9.1 (98.9%) |
| 3   | MIELCAREK Leszek               | 110   |      | M45+      | 2    | 00:33:09.85    | +00:00:36 (1.8%)  | 6:38         | 9 (97.8%)   |
| 4   | DEJA Wojciech                  | 23    |      | M45+      | 3    | 00:33:39.00    | +00:01:05 (3.3%)  | 6:43         | 8.9 (96.7%) |
| 5   | ŚWISŁOCKI Bogdan               | 185   |      | M45+      | 4    | 00:33:39.90    | +00:01:06 (3.3%)  | 6:44         | 8.9 (96.7%) |
| 6   | SZCZYTKOWSKI Marek             | 215   |      | M45+      | 5    | 00:37:25.20    | +00:04:52 (13.0%) | 7:29         | 8 (87.0%)   |
| 7   | ŁOPIŃSKI Aleksy                | 102   |      | M45+      | 6    | 00:38:35.15    | +00:06:02 (15.6%) | 7:43         | 7.8 (84.8%) |
| 8   | NOWAK Bartłomiej               | 124   |      | M18-44    | 2    | 00:38:58.65    | +00:06:25 (16.5%) | 7:47         | 7.7 (83.7%) |
| 9   | BERCZYŃSKI Henryk              | 8     |      | M45+      | 7    | 00:39:00.10    | +00:06:27 (16.5%) | 7:48         | 7.7 (83.7%) |
| 10  | KUSIAK Włodzimierz             | 92    |      | M45+      | 8    | 00:39:15.00    | +00:06:41 (17.1%) | 7:51         | 7.6 (82.6%) |
| 11  | NOWAK Maciej                   | 122   |      | M18-44    | 3    | 00:39:23.40    | +00:06:50 (17.4%) | 7:52         | 7.6 (82.6%) |
| 12  | STRZELECKI Sebastian 'Kaszana' | 174   |      | M18-44    | 4    | 00:40:50.75    | +00:08:17 (20.3%) | 8:10         | 7.3 (79.3%) |
| 13  | JASIŁEK Przemysław             | 61    |      | M18-44    | 5    | 00:42:18.45    | +00:09:45 (23.1%) | 8:27         | 7.1 (77.2%) |
| 14  | KRZYŻANOWSKI Wojciech          | 88    |      | M45+      | 9    | 00:42:45.45    | +00:10:12 (23.9%) | 8:33         | 7 (76.1%)   |
| 15  | KULCZYCKI Jan                  | 89    |      | M45+      | 10   | 00:43:53.00    | +00:11:19 (25.8%) | 8:46         | 6.8 (73.9%) |
| 16  | SOKÓŁ Jakub                    | 170   |      | M-jun     | 1    | 00:46:32.70    | +00:13:59 (30.1%) | 9:18         | 6.4 (69.6%) |
| 17  | RAPTA Mieczysław               | 154   |      | M45+      | 11   | 00:47:21.50    | +00:14:48 (31.3%) | 9:28         | 6.3 (68.5%) |
| 18  | CZEKAŁA Jan                    | 119   |      | M45+      | 12   | 00:47:24.00    | +00:14:50 (31.3%) | 9:28         | 6.3 (68.5%) |
| 19  | WYCISŁO Romuald                | 203   |      | M45+      | 13   | 00:47:25.30    | +00:14:52 (31.4%) | 9:29         | 6.3 (68.5%) |
| 20  | WYCISŁO Damian                 | 205   |      | M18-44    | 6    | 00:47:48.10    | +00:15:15 (31.9%) | 9:33         | 6.3 (68.5%) |

Znaleziono 20 wynik(ów)