



# CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Wydarzenie: CROSS NA WRZOSACH 2018  
Organizator: Nadleśnictwo Okonek  
Data: 2018-08-25  
Miejsce: Okonek  
Dystans: 10.6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	WIRKUS Łukasz	54	LKBIMBRACI PETK	M30-39	1	00:19:06	00:38:17.85		3:36	16.6
2	CZECHOWICZ Miłosz	6	TRENUJ Z NAJLEPSZYMI	M18-29	1	00:19:20	00:39:37.34	+00:01:19	3:44	16.1
3	CERK Łukasz	5		M18-29	2	00:19:57	00:40:00.28	+00:01:42	3:46	15.9
4	PERLIK Tomasz	33		M18-29	3	00:19:47	00:41:01.24	+00:02:43	3:52	15.5
5	WIRKUS Antonina	55	MKL SZCZECINEK	K30-39	1	00:20:48	00:41:58.42	+00:03:40	3:57	15.1
6	GÓRA Sylwester	10	#ZABIEGANINOCA	M40-49	1	00:21:57	00:43:57.16	+00:05:39	4:08	14.5
7	CENTKA Michał	4	MAM TĘ MOC	M40-49	2	00:21:42	00:44:04.64	+00:05:46	4:09	14.4
8	PIECHOTA Mariusz	34	WATAHA WAŁCZ	M50-59	1	00:21:56	00:44:14.03	+00:05:56	4:10	14.4
9	ŚWIERAD Przemysław	45	100 BATALION ŁĄCZNOŚĆ	M30-39	2	00:22:10	00:44:26.50	+00:06:08	4:11	14.3
10	WERNER Kamila	49		K30-39	2	00:21:57	00:44:41.35	+00:06:23	4:12	14.2
11	MICHAŁOWSKI Dariusz	30		M40-49	3	00:22:58	00:46:45.24	+00:08:27	4:24	13.6
12	OSTROWSKI Marian	199	SENIOR 54	M60-69	1	00:23:16	00:47:04.12	+00:08:46	4:26	13.5
13	TRZEPACZ Gabriela	46	100 BATALION ŁĄCZNOŚCI	K18-29	1	00:23:46	00:48:34.47	+00:10:16	4:35	13.1
14	KOPCZAK Grzegorz	21		M30-39	3	00:24:07	00:48:54.83	+00:10:36	4:36	13
15	RUDNIK Jerzy	53	FLORIAN CHOJNICE	M60-69	2	00:24:18	00:49:33.88	+00:11:16	4:40	12.8
16	JAROSZ Roman	19		M50-59	2	00:24:43	00:50:01.45	+00:11:43	4:43	12.7
17	ZADROŻNY Szymon	52	WATAHA WAŁCZ	M40-49	4	00:24:43	00:50:14.17	+00:11:56	4:44	12.7
18	JABŁOŃSKI Andrzej	17		M40-49	5	00:24:31	00:50:27.48	+00:12:09	4:45	12.6
19	SAWICKI Leszek	40	UZALEŻNIA MNIE TYLKO SPORT	M30-39	4	00:24:38	00:50:28.23	+00:12:10	4:45	12.6
20	FIŁONOWICZ Monika	9		K40-49	1	00:24:26	00:50:33.68	+00:12:15	4:46	12.6
21	PRZYBYSZ Łukasz	35	#ZABIEGANINOCA	M18-29	4	00:24:45	00:51:01.30	+00:12:43	4:48	12.5
22	ŁAWNICZAK Justyna	26		K30-39	3	00:25:01	00:51:09.61	+00:12:51	4:49	12.4
23	ROKOSZ Łukasz	37		M30-39	5	00:25:29	00:51:25.82	+00:13:07	4:51	12.4
24	RZADKIEWICZ Łukasz	39	OSP LOTYŃ	M18-29	5	00:25:15	00:51:32.47	+00:13:14	4:51	12.3
25	GRABOWSKA Marta	12		K18-29	2	00:25:12	00:51:40.22	+00:13:22	4:52	12.3
26	ZDANOWSKI Marian	63		M60-69	3	00:25:44	00:51:56.13	+00:13:38	4:53	12.2
27	HAŁKA Ola	16		K18-29	3	00:26:25	00:52:45.15	+00:14:27	4:58	12.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
28	<b>SOKOŁOWSKI Wojciech</b>	<b>43</b>	CZARNE PANTERY	M40-49	6	00:26:23	<b>00:53:26.97</b>	+00:15:09	5:02	11.9
29	<b>GUTOWSKA Dorota</b>	<b>15</b>		K30-39	4	00:26:28	<b>00:53:51.24</b>	+00:15:33	5:04	11.8
30	<b>KRZEWIŃSKA Małgorzata</b>	<b>24</b>	TKKF KOSZALIN	K50-59	1	00:26:22	<b>00:54:05.08</b>	+00:15:47	5:06	11.8
31	<b>JAROSZ Dariusz</b>	<b>18</b>	TKKF KOSZALIN	M40-49	7	00:26:21	<b>00:54:05.35</b>	+00:15:47	5:06	11.8
32	<b>KOWALCZYK Mariusz</b>	<b>23</b>		M40-49	8	00:26:11	<b>00:54:27.30</b>	+00:16:09	5:08	11.7
33	<b>GRABOWSKI Marek</b>	<b>13</b>		M50-59	3	00:26:47	<b>00:54:53.43</b>	+00:16:35	5:10	11.6
34	<b>ŁEPEK Kamil</b>	<b>27</b>	KAMARO TEAM	M30-39	6	00:27:56	<b>00:55:59.10</b>	+00:17:41	5:16	11.4
35	<b>SŁAPCZYŃSKA Marta</b>	<b>42</b>		K18-29	4	00:27:39	<b>00:56:07.66</b>	+00:17:49	5:17	11.3
36	<b>KOPKIEWICZ Konrad</b>	<b>22</b>	OSP LOTYŃ	M30-39	7	00:26:59	<b>00:56:57.43</b>	+00:18:39	5:22	11.2
37	<b>RUTKOWSKA Anna</b>	<b>38</b>	WATAHA WAŁCZ	K40-49	2	00:27:21	<b>00:56:58.96</b>	+00:18:41	5:22	11.2
38	<b>WAJDA Waldemar</b>	<b>48</b>	BORNE BIEGA	M40-49	9	00:27:00	<b>00:57:06.29</b>	+00:18:48	5:23	11.1
39	<b>SKOCZYLAS Bożena</b>	<b>41</b>	BIEGAM BO LUBIĘ	K40-49	3	00:27:31	<b>00:57:24.26</b>	+00:19:06	5:24	11.1
40	<b>GRZYSZEK Marcin</b>	<b>14</b>		M30-39	8	00:27:38	<b>00:58:26.18</b>	+00:20:08	5:30	10.9
41	<b>BORKOWSKA-KOWALCZYK Daria</b>	<b>3</b>		K30-39	5	00:28:54	<b>00:59:21.83</b>	+00:21:03	5:36	10.7
42	<b>KURŁOWICZ Krzysztof</b>	<b>154</b>		M40-49	10	00:29:47	<b>01:00:25.14</b>	+00:22:07	5:41	10.5
43	<b>TUBICZ Beata</b>	<b>47</b>		K40-49	4	00:29:21	<b>01:00:51.50</b>	+00:22:33	5:44	10.5
44	<b>GRABOWSKA Elżbieta</b>	<b>11</b>		K50-59	2	00:29:36	<b>01:00:57.53</b>	+00:22:39	5:45	10.4
45	<b>DUDKIEWICZ Leszek</b>	<b>8</b>	TKKF KOSZALIN	M60-69	4	00:30:01	<b>01:01:12.66</b>	+00:22:54	5:46	10.4
46	<b>NAWROCKA Anna</b>	<b>31</b>	NIETOPERZE KOSZALIN	K18-29	5	00:31:08	<b>01:02:59.35</b>	+00:24:41	5:56	10.1
47	<b>WIELGUS Jacek</b>	<b>50</b>		M40-49	11	00:31:22	<b>01:03:06.78</b>	+00:24:48	5:57	10.1
48	<b>BILL Łukasz</b>	<b>2</b>		M30-39	9	00:30:18	<b>01:03:11.54</b>	+00:24:53	5:57	10.1
49	<b>DEPTUŁA-BILL Bożena</b>	<b>7</b>		K30-39	6	00:30:23	<b>01:03:11.81</b>	+00:24:53	5:57	10.1
50	<b>KUBIAK Danuta</b>	<b>25</b>	WK PTTK HUSARIA CZARNE	K60-69	1	00:32:12	<b>01:05:45.80</b>	+00:27:27	6:12	9.7
51	<b>RĘBIŚ Monika</b>	<b>36</b>	M&M	K18-29	6	00:32:00	<b>01:05:59.55</b>	+00:27:41	6:13	9.6
52	<b>TOPIŃSKI Aleksy</b>	<b>28</b>		M70+	1	00:32:59	<b>01:07:58.40</b>	+00:29:40	6:24	9.4
53	<b>PACHUC Kamila</b>	<b>32</b>	RAGE RUN	K18-29	7	00:33:27	<b>01:08:25.63</b>	+00:30:07	6:27	9.3
54	<b>MAŁYSZEWICZ Teresa</b>	<b>29</b>	KS BIAŁY BÓR	K50-59	3	00:34:24	<b>01:10:08.18</b>	+00:31:50	6:36	9.1

Znaleziono 54 wynik(ów)