



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V CROSS NA WRZOSACH - OKONEK - 5 KM

V CROSS NA WRZOSACH
Nadleśnictwo Okonek
2019-08-31
Okonek
5.3 km

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GÓRA Agnieszka	185	#ZABIEGANINOCA	K40-49	1	00:25:15.37		5:03	11.9 (100%)
2	HAŁKA Justyna	42		K30-39	1	00:25:38.90	+00:00:23 (1.5%)	5:07	11.7 (98.3%)
3	ROKITA Emilia	144	CZARNE BIEGA	K30-39	2	00:27:01.03	+00:01:45 (6.5%)	5:24	11.1 (93.3%)
4	KARCZEWSKA Agnieszka	58	TEAM BIEGOWY SZCZECINEK	K30-39	3	00:28:03.31	+00:02:47 (10.0%)	5:36	10.7 (89.9%)
5	STOCKA-PODŁYSKA Żaneta	166		K30-39	4	00:28:19.12	+00:03:03 (10.8%)	5:39	10.6 (89.1%)
6	KUSIAK Joanna	89		K30-39	5	00:28:23.72	+00:03:08 (11.1%)	5:40	10.6 (89.1%)
7	ZAKIELARZ Anna	209	TEAM TERMINATORUN	K30-39	6	00:28:45.38	+00:03:30 (12.2%)	5:45	10.4 (87.4%)
8	RYNKIEWICZ Aleksandra	150	TB WALDEK	K30-39	7	00:29:30.07	+00:04:14 (14.4%)	5:54	10.2 (85.7%)
9	KASZUBA Marta	63	OSP ŁUGI	K18-29	1	00:29:45.97	+00:04:30 (15.2%)	5:57	10.1 (84.9%)
10	PYREK Iwona	141		K30-39	8	00:30:09.68	+00:04:54 (16.3%)	6:02	9.9 (83.2%)
11	ORMINSKA Karolina	126	OSP ŁUGI	K18-29	2	00:30:34.40	+00:05:19 (17.4%)	6:07	9.8 (82.4%)
12	MATUSZAK Justyna	108	RUNDORFINA	K30-39	9	00:31:33.27	+00:06:17 (20.0%)	6:18	9.5 (79.8%)
13	JUSZCZAK Karolina	56	RUNDORFINA	K30-39	10	00:32:02.74	+00:06:47 (21.2%)	6:24	9.4 (79.0%)
14	WDOWIAK Kasia	193	TEAM BIEGOWY SZCZECINEK	K30-39	11	00:32:06.84	+00:06:51 (21.4%)	6:25	9.3 (78.2%)
15	CZARNECKA Małgorzata	11		K50-59	1	00:32:16.60	+00:07:01 (21.8%)	6:27	9.3 (78.2%)
16	NITA Katarzyna	118	VILLAGE PUNK RUN	K40-49	2	00:32:34.22	+00:07:18 (22.5%)	6:31	9.2 (77.3%)
17	DUSZYŃSKA Jolanta	22	RUNDORFINA	K30-39	12	00:32:40.83	+00:07:25 (22.7%)	6:32	9.2 (77.3%)
18	ZADROŻNA Magdalena	206		K40-49	3	00:32:44.17	+00:07:28 (22.8%)	6:32	9.2 (77.3%)
19	GAWRON Urszula	33		K30-39	13	00:33:28.75	+00:08:13 (24.6%)	6:41	9 (75.6%)
20	NOWAK-GEMZA Monika	122		K40-49	4	00:33:33.42	+00:08:18 (24.7%)	6:42	8.9 (74.8%)
21	PRZEDNÓWEK Mariola	143		K30-39	14	00:33:39.07	+00:08:23 (24.9%)	6:43	8.9 (74.8%)
22	WODZYŃSKA Katarzyna	199	ZABIEGANI NOCĄ	K30-39	15	00:33:55.24	+00:08:39 (25.5%)	6:47	8.8 (73.9%)
23	SPYCHAŁA Anna	161	OSP ŁUGI	K18-29	3	00:33:56.69	+00:08:41 (25.6%)	6:47	8.8 (73.9%)
24	RUDNICKA Mariola	146	TEAM BIEGOWY SZCZECINEK	K40-49	5	00:34:06.39	+00:08:51 (25.9%)	6:49	8.8 (73.9%)
25	KASZUBA Agnieszka	62	OSP ŁUGI	K30-39	16	00:34:21.25	+00:09:05 (26.5%)	6:52	8.7 (73.1%)
26	KOŁDA Klaudia	68		K14-17	1	00:34:25.54	+00:09:10 (26.6%)	6:53	8.7 (73.1%)
27	KOŁDA Ania	67		K40-49	6	00:34:25.68	+00:09:10 (26.6%)	6:53	8.7 (73.1%)

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28	GRZYSTEK Katarzyna	39		K40-49	7	00:34:29.40	+00:09:14 (26.8%)	6:54	8.7 (73.1%)
29	SCHWERKOLT Karolina	154		K18-29	4	00:34:52.42	+00:09:37 (27.6%)	6:58	8.6 (72.3%)
30	DZIAMECKA Aleksandra	23	OSP ŁUGI	K18-29	5	00:35:00.30	+00:09:44 (27.8%)	7:00	8.6 (72.3%)
31	STAŚ Adrianna	162		K18-29	6	00:35:25.06	+00:10:09 (28.7%)	7:05	8.5 (71.4%)
32	PAWLUŚ Kamilla	129		K40-49	8	00:35:51.01	+00:10:35 (29.6%)	7:10	8.4 (70.6%)
33	DUBISZ Joanna	20	LILL-SPORT	K40-49	9	00:36:29.41	+00:11:14 (30.8%)	7:18	8.2 (68.9%)
34	ROLNICZAK Joanna	145		K30-39	17	00:36:40.40	+00:11:25 (31.1%)	7:20	8.2 (68.9%)
35	DROBKIEWICZ Ewa	18	OSP ŁUGI	K30-39	18	00:37:03.06	+00:11:47 (31.8%)	7:24	8.1 (68.1%)
36	MACIEJCZAK Karolina	104	PIŁA	K40-49	10	00:37:05.49	+00:11:50 (31.9%)	7:25	8.1 (68.1%)
37	RYNKIEWICZ Sylwia	148		K30-39	19	00:37:48.10	+00:12:32 (33.2%)	7:33	7.9 (66.4%)
38	WOJTECZKO Magdalena	202	RUNDORFINA	K40-49	11	00:38:04.52	+00:12:49 (33.7%)	7:36	7.9 (66.4%)
39	FIRLEJ Agnieszka	30	RUNDORFINA	K40-49	12	00:38:04.78	+00:12:49 (33.7%)	7:37	7.9 (66.4%)
40	KOWALSKA Agnieszka	77		K30-39	20	00:38:29.85	+00:13:14 (34.4%)	7:42	7.8 (65.5%)
41	DĄBROWSKA Katarzyna	14	RUNDORFINA	K30-39	21	00:39:01.55	+00:13:46 (35.3%)	7:48	7.7 (64.7%)
42	KWIATKOWSKA Agnieszka	92	RESPECT LOTYŃ	K40-49	13	00:39:17.65	+00:14:02 (35.7%)	7:51	7.6 (63.9%)
43	REBIŚ Monika	142		K18-29	7	00:39:28.28	+00:14:12 (36.0%)	7:53	7.6 (63.9%)
44	KUC - BREJNA Anna	85		K40-49	14	00:40:12.40	+00:14:57 (37.2%)	8:02	7.5 (63.0%)
45	ZIĘBA BŁASZKIEWICZ Agnieszka	212	PSEUDOBIEGACZKI	K30-39	22	00:40:26.37	+00:15:10 (37.5%)	8:05	7.4 (62.2%)
46	SUCHANOWSKA Anna	172	RESPECT LOTYŃ	K40-49	15	00:42:09.74	+00:16:54 (40.1%)	8:26	7.1 (59.7%)
47	KUŚMIEREK Wiktoria	90		K14-17	2	00:44:42.32	+00:19:26 (43.5%)	8:56	6.7 (56.3%)

Znaleziono 47 wynik(ów)