



VI CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VI CROSS NA WRZOSACH
Nadleśnictwo Okonek
2020-08-29
Okonek
10.6 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	CZAJA Leszek	316	TRISTAROGARD	M40-49	1	00:19:36	00:39:45.30		3:45	16 (100%)
2	PALICKI Marcin	47		M18-29	1	00:20:03	00:40:08.05	+00:00:22 (0.9%)	3:47	15.8 (98.8%)
3	SEWERYN Jarosław	58	POWOLNY GEPARD Z KRAJNY	M40-49	2	00:19:58	00:40:21.25	+00:00:35 (1.5%)	3:48	15.8 (98.8%)
4	OLCHOWSKI Mateusz	113	SURVIWAŁ	M18-29	2	00:20:38	00:42:00.10	+00:02:14 (5.3%)	3:57	15.1 (94.4%)
5	KRUKOWSKI Adam	32		M30-39	1	00:21:19	00:42:47.90	+00:03:02 (7.1%)	4:02	14.9 (93.1%)
6	CUBER Wojciech	5	#ZABIEGANINOCA	M30-39	2	00:21:46	00:43:38.80	+00:03:53 (8.9%)	4:07	14.6 (91.3%)
7	LASAK Konrad	36		M18-29	3	00:22:02	00:43:54.80	+00:04:09 (9.5%)	4:08	14.5 (90.6%)
8	TRĘBSKI Krzysztof	67	#ZABIEGANINOCA	M40-49	3	00:21:51	00:44:14.35	+00:04:29 (10.1%)	4:10	14.4 (90.0%)
9	SEWERYN Adam	59		M30-39	3	00:22:40	00:44:38.30	+00:04:53 (10.9%)	4:12	14.2 (88.8%)
10	KANNENBERG Maciej	20	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	4	00:22:40	00:45:32.10	+00:05:46 (12.7%)	4:17	14 (87.5%)
11	PEKAŁA Piotr	50	SP MANOWO	M40-49	4	00:23:11	00:45:58.90	+00:06:13 (13.5%)	4:20	13.8 (86.3%)
12	WICHER Sebastian	74		M40-49	5	00:23:01	00:46:40.10	+00:06:54 (14.8%)	4:24	13.6 (85.0%)
13	KOWALCZUK Grzegorz	29	NIEZRZESZONY	M50-59	1	00:23:14	00:46:46.55	+00:07:01 (15.0%)	4:24	13.6 (85.0%)
14	TULIK Przemysław	68		M50-59	2	00:23:15	00:46:48.90	+00:07:03 (15.1%)	4:25	13.6 (85.0%)
15	KOŁODZIEJCZYK Paweł	27		M30-39	4	00:22:49	00:46:59.35	+00:07:14 (15.4%)	4:25	13.5 (84.4%)
16	WIELGUS Grzegorz	75		M40-49	6	00:23:24	00:47:15.40	+00:07:30 (15.9%)	4:27	13.5 (84.4%)
17	MROZIK Daniel	43		M30-39	5	00:23:40	00:47:27.90	+00:07:42 (16.2%)	4:28	13.4 (83.8%)
18	KUBIAK Piotr	37	PRECON POLSKA	M30-39	6	00:23:16	00:47:57.60	+00:08:12 (17.1%)	4:31	13.3 (83.1%)
19	ECKERT Zbigniew	12	TEAM BIEGOWY SZCZECINEK	M50-59	3	00:23:35	00:48:11.20	+00:08:25 (17.5%)	4:32	13.2 (82.5%)
20	RYNDAK Mariusz	57		M50-59	4	00:23:53	00:48:17.65	+00:08:32 (17.7%)	4:33	13.2 (82.5%)
21	ŁODZIATO Rafał	39		M18-29	5	00:24:14	00:48:45.85	+00:09:00 (18.5%)	4:36	13 (81.3%)
22	MAZUR Tomasz	41	I LO SZCZECINEK	M40-49	7	00:23:59	00:48:51.50	+00:09:06 (18.6%)	4:36	13 (81.3%)
23	ROMANOWSKI Przemysław	317	TEAM BIEGOWY SZCZECINEK	M30-39	7	00:23:54	00:48:57.65	+00:09:12 (18.8%)	4:37	13 (81.3%)
24	KIELAR Łukasz	21	BIEGOLAS	M40-49	8	00:24:18	00:49:20.25	+00:09:34 (19.4%)	4:39	12.9 (80.6%)
25	BARSUL Tomasz	2	MKS CIĘŻARNI ZATORZE	M30-39	8	00:24:00	00:49:32.70	+00:09:47 (19.8%)	4:40	12.8 (80.0%)
26	WOJCIECH Lipka	77		M30-39	9	00:24:51	00:49:43.90	+00:09:58 (20.1%)	4:41	12.8 (80.0%)
27	ZIELIŃSKI Grzegorz	81		M40-49	9	00:25:10	00:50:53.90	+00:11:08 (21.9%)	4:48	12.5 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
28	SZKOPEK Krzysztof	65		M50-59	5	00:24:41	00:51:07.80	+00:11:22 (22.2%)	4:49	12.4 (77.5%)
29	POCZEWSKI Krzysztof	53	LZS 'JEDNOŚĆ' ŁOBŻENICA	M30-39	10	00:25:33	00:51:16.85	+00:11:31 (22.5%)	4:50	12.4 (77.5%)
30	JAROSZ Dariusz	17	TKKF KOSZALIN	M40-49	10	00:25:35	00:51:26.10	+00:11:40 (22.7%)	4:51	12.4 (77.5%)
31	WYRWA Przemysław	79	TEAM TERMINATORUN	M50-59	6	00:25:11	00:51:36.90	+00:11:51 (23.0%)	4:52	12.3 (76.9%)
32	PALIGA Mateusz	49	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	6	00:25:45	00:51:52.10	+00:12:06 (23.4%)	4:53	12.3 (76.9%)
33	SUCHANOWSKI Zygmunt	64	RESPECT LOTYŃ	M50-59	7	00:25:00	00:52:33.95	+00:12:48 (24.4%)	4:57	12.1 (75.6%)
34	POLGUJ Piotr Roman	54	PARKRUN SZCZECINEK	M60+	1	00:25:47	00:52:41.65	+00:12:56 (24.6%)	4:58	12.1 (75.6%)
35	KRZYWICKI Krzysztof	33	#ZABIEGANINOCA	M40-49	11	00:25:58	00:52:54.25	+00:13:08 (24.9%)	4:59	12 (75.0%)
36	KOŁAKOWSKI Piotr	25		M40-49	12	00:25:53	00:53:00.25	+00:13:14 (25.0%)	5:00	12 (75.0%)
37	KUICH Piotr	35	LILL-SPORT	M50-59	8	00:25:53	00:53:01.80	+00:13:16 (25.0%)	5:00	12 (75.0%)
38	TYLMAN Piotr	69	RUNDORFINA	M30-39	11	00:26:00	00:53:23.25	+00:13:37 (25.5%)	5:02	11.9 (74.4%)
39	KOŁODZIEJCZYK Zbigniew	26		M50-59	9	00:26:19	00:53:25.60	+00:13:40 (25.6%)	5:02	11.9 (74.4%)
40	WIECZOREK Filip	320	POZYTYWNI BIEGACZE	M30-39	12	00:27:17	00:53:26.00	+00:13:40 (25.6%)	5:02	11.9 (74.4%)
41	ŚLIWIŃSKI Marek	66	PCH_RUN	M30-39	13	00:27:00	00:53:32.40	+00:13:47 (25.7%)	5:03	11.9 (74.4%)
42	URBANIAK Marcin	71		M30-39	14	00:25:25	00:53:33.00	+00:13:47 (25.8%)	5:03	11.9 (74.4%)
43	GRĘŻLIKOWSKI Adam	315		M40-49	13	00:26:40	00:53:38.10	+00:13:52 (25.9%)	5:03	11.9 (74.4%)
44	ZAWORA Wiesław	80	WATAHA WAŁCZ	M50-59	10	00:26:37	00:53:40.55	+00:13:55 (25.9%)	5:03	11.8 (73.8%)
45	MARCHEL Lukasz	40		M40-49	14	00:26:35	00:54:18.00	+00:14:32 (26.8%)	5:07	11.7 (73.1%)
46	CZARNECKI Mirosław	9	MM	M50-59	11	00:26:30	00:54:47.85	+00:15:02 (27.5%)	5:10	11.6 (72.5%)
47	PŁOWENS Piotr	51		M18-29	7	00:26:57	00:54:49.75	+00:15:04 (27.5%)	5:10	11.6 (72.5%)
48	JASIEK Paweł	18	#ZABIEGANINOCA	M30-39	15	00:27:33	00:55:53.05	+00:16:07 (28.9%)	5:16	11.4 (71.3%)
49	CZACHOROWSKI Karol	7		M30-39	16	00:27:03	00:56:00.00	+00:16:14 (29.0%)	5:16	11.4 (71.3%)
50	CZARNECKI Rafał	10	WALKA KOSTRZYN	M30-39	17	00:27:34	00:56:07.50	+00:16:22 (29.2%)	5:17	11.3 (70.6%)
51	KLUPŚ Janusz	23	POZYTYWNI Z PASJĄ	M40-49	15	00:27:13	00:56:09.10	+00:16:23 (29.2%)	5:17	11.3 (70.6%)
52	KOPKIEWICZ Konrad	28	OSP LOTYŃ	M30-39	18	00:27:26	00:56:47.05	+00:17:01 (30.0%)	5:21	11.2 (70.0%)
53	SKIERA Kazimierz	61	LZS 'JEDNOŚĆ' ŁOBŻENICA	M60+	2	00:27:39	00:57:02.65	+00:17:17 (30.3%)	5:22	11.1 (69.4%)
54	DEMCZAR Jacek	11		M40-49	16	00:28:45	00:58:32.25	+00:18:46 (32.1%)	5:31	10.9 (68.1%)
55	JANKE Damian	16	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30-39	19	00:28:35	00:59:59.05	+00:20:13 (33.7%)	5:39	10.6 (66.3%)
56	POCZĄTEK Michał	52		M60+	3	00:30:48	01:02:35.25	+00:22:49 (36.5%)	5:54	10.2 (63.8%)
57	JANKOWSKI Jerzy	318	POZYTYWNI BIEGACZE	M60+	4	00:31:47	01:05:42.30	+00:25:57 (39.5%)	6:11	9.7 (60.6%)
58	WIELGUS Jacek	76		M40-49	17	00:32:03	01:06:25.05	+00:26:39 (40.1%)	6:15	9.6 (60.0%)
59	LEŚNIEWSKI Dariusz	38	TEAM BIEGOWY SZCZECINEK	M40-49	18	00:32:25	01:07:27.55	+00:27:42 (41.1%)	6:21	9.4 (58.8%)
60	BODNAR Zbigniew	3	BIEG KORCZAKA	M60+	5	00:41:40	01:23:51.50	+00:44:06 (52.6%)	7:54	7.6 (47.5%)

Znaleziono 60 wynik(ów)