



VI CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Event: VI CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek
Date: 2020-08-29
Place: Okonek
Distance: 10.6 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Laps 5.3km	Net time 10.6km	Gap	Pace min/km	Pace km/h
1	KRUKOWSKI Adam	32		M30-39	1	00:21:19	00:42:47.90		4:02	14.9 (100%)
2	CUBER Wojciech	5	#ZABIEGANINOCA	M30-39	2	00:21:46	00:43:38.80	+00:00:50 (1.9%)	4:07	14.6 (98.0%)
3	SEWERYN Adam	59		M30-39	3	00:22:40	00:44:38.30	+00:01:50 (4.1%)	4:12	14.2 (95.3%)
4	KOŁODZIEJCZYK Paweł	27		M30-39	4	00:22:49	00:46:59.35	+00:04:11 (8.9%)	4:25	13.5 (90.6%)
5	MROZIK Daniel	43		M30-39	5	00:23:40	00:47:27.90	+00:04:40 (9.8%)	4:28	13.4 (89.9%)
6	KUBIAK Piotr	37	PRECON POLSKA	M30-39	6	00:23:16	00:47:57.60	+00:05:09 (10.8%)	4:31	13.3 (89.3%)
7	ROMANOWSKI Przemysław	317	TEAM BIEGOWY SZCZECINEK	M30-39	7	00:23:54	00:48:57.65	+00:06:09 (12.6%)	4:37	13 (87.2%)
8	BARSUL Tomasz	2	MKS CIĘŻARNI ZATORZE	M30-39	8	00:24:00	00:49:32.70	+00:06:44 (13.6%)	4:40	12.8 (85.9%)
9	WOJCIECH Lipka	77		M30-39	9	00:24:51	00:49:43.90	+00:06:56 (13.9%)	4:41	12.8 (85.9%)
10	POCZEWSKI Krzysztof	53	LZS 'JEDNOŚĆ' ŁOBŻENICA	M30-39	10	00:25:33	00:51:16.85	+00:08:28 (16.5%)	4:50	12.4 (83.2%)
11	TYLMAN Piotr	69	RUNDORFINA	M30-39	11	00:26:00	00:53:23.25	+00:10:35 (19.8%)	5:02	11.9 (79.9%)
12	WIECZOREK Filip	320	POZYTYWNI BIEGACZE	M30-39	12	00:27:17	00:53:26.00	+00:10:38 (19.9%)	5:02	11.9 (79.9%)
13	ŚLIWIŃSKI Marek	66	PCH_RUN	M30-39	13	00:27:00	00:53:32.40	+00:10:44 (20.1%)	5:03	11.9 (79.9%)
14	URBANIAK Marcin	71		M30-39	14	00:25:25	00:53:33.00	+00:10:45 (20.1%)	5:03	11.9 (79.9%)
15	JASIEK Paweł	18	#ZABIEGANINOCA	M30-39	15	00:27:33	00:55:53.05	+00:13:05 (23.4%)	5:16	11.4 (76.5%)
16	CZACHOROWSKI Karol	7		M30-39	16	00:27:03	00:56:00.00	+00:13:12 (23.6%)	5:16	11.4 (76.5%)
17	CZARNECKI Rafał	10	WALKA KOSTRZYN	M30-39	17	00:27:34	00:56:07.50	+00:13:19 (23.7%)	5:17	11.3 (75.8%)
18	KOPKIEWICZ Konrad	28	OSP LOTYŃ	M30-39	18	00:27:26	00:56:47.05	+00:13:59 (24.6%)	5:21	11.2 (75.2%)
19	JANKE Damian	16	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30-39	19	00:28:35	00:59:59.05	+00:17:11 (28.7%)	5:39	10.6 (71.1%)

Total 19 results.