



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VI CROSS NA WRZOSACH - OKONEK - 5 KM

VI CROSS NA WRZOSACH
Nadleśnictwo Okonek
2020-08-29
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	KACZOR Agnieszka	120	#ZABIEGANINOCA	K30-39	1	00:20:39.20		4:07	14.5 (100%)
2	HAŁKA Justyna	78	TRUCHT ŁOBEZ	K40-49	1	00:23:46.00	+00:03:06 (13.1%)	4:45	12.6 (86.9%)
3	NERĆ Patrycja	73	MKP SZCZECINEK	K14-17	1	00:24:20.60	+00:03:41 (15.2%)	4:52	12.3 (84.8%)
4	CIESZYŃSKA Marika	92	RAZ SZCZECIN	K18-29	1	00:24:56.50	+00:04:17 (17.2%)	4:59	12 (82.8%)
5	KORNIWICZ Katarzyna	132	GWARDIA	K40-49	2	00:25:07.60	+00:04:28 (17.8%)	5:01	11.9 (82.1%)
6	STOCKA-PODŁYSKA Żaneta	188		K30-39	2	00:26:52.25	+00:06:13 (23.1%)	5:22	11.2 (77.2%)
7	MOSKAL Magdalena	149		K30-39	3	00:27:06.45	+00:06:27 (23.8%)	5:25	11.1 (76.6%)
8	GAWRON Urszula	102		K30-39	4	00:27:27.85	+00:06:48 (24.8%)	5:29	10.9 (75.2%)
9	STADNIK Ewelina	186	WATAHA WAŁCZ	K40-49	3	00:27:43.05	+00:07:03 (25.5%)	5:32	10.8 (74.5%)
10	DOLAT Justyna	94		K30-39	5	00:27:49.40	+00:07:10 (25.8%)	5:34	10.8 (74.5%)
11	ORLIKOWSKA Dorota	161	DZIKI DZIK	K30-39	6	00:27:56.45	+00:07:17 (26.1%)	5:35	10.7 (73.8%)
12	PRZYBYŁOWICZ Małgorzata	169		K30-39	7	00:28:06.10	+00:07:26 (26.5%)	5:37	10.7 (73.8%)
13	NOSAL Martyna	159	PENTATHLON SZCZECINEK	K14-17	2	00:28:13.20	+00:07:34 (26.8%)	5:38	10.6 (73.1%)
14	ROKITA Emilia	179		K30-39	8	00:28:23.85	+00:07:44 (27.3%)	5:40	10.6 (73.1%)
15	FIECEK Dorota	97		K40-49	4	00:28:57.20	+00:08:18 (28.7%)	5:47	10.4 (71.7%)
16	KISIEL Olga	126	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	9	00:29:04.85	+00:08:25 (29.0%)	5:49	10.3 (71.0%)
17	RUTKOWSKA Anna	182	WATAHA WAŁCZ	K50-59	1	00:29:28.85	+00:08:49 (29.9%)	5:53	10.2 (70.3%)
18	KARABASZ Sylwia	121		K40-49	5	00:29:31.70	+00:08:52 (30.1%)	5:54	10.2 (70.3%)
19	SUPROŃ Izabela	190		K30-39	10	00:29:33.00	+00:08:53 (30.1%)	5:54	10.2 (70.3%)
20	RĘBIŚ Monika	178		K18-29	2	00:29:33.45	+00:08:54 (30.1%)	5:54	10.2 (70.3%)
21	PYTEL Barbara	172		K30-39	11	00:30:03.80	+00:09:24 (31.3%)	6:00	10 (69.0%)
22	KUJDA Dorota	31		K40-49	6	00:30:12.45	+00:09:33 (31.6%)	6:02	9.9 (68.3%)
23	ZAKIELARZ Adriana	211		K30-39	12	00:30:26.75	+00:09:47 (32.2%)	6:05	9.9 (68.3%)
24	STAŚ Adrianna	187	NADLEŚNICTWO MIASTKO	K18-29	3	00:30:35.00	+00:09:55 (32.5%)	6:07	9.8 (67.6%)
25	ROLNICZAK Joanna	180	TRZCIANKA	K40-49	7	00:30:39.50	+00:10:00 (32.6%)	6:08	9.8 (67.6%)
26	WODZYŃSKA Katarzyna	207	#ZABIEGANINOCA OKONEK	K30-39	13	00:31:09.85	+00:10:30 (33.7%)	6:14	9.6 (66.2%)
27	RADDATZ Alicja	174	RMF4RT GLADIATORS	K50-59	2	00:31:19.25	+00:10:40 (34.1%)	6:15	9.6 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	ADAMCZYK Milena	83	KLUB SPORTOWY HUSARIA SZCZECINEK	K18-29	4	00:31:32.50	+00:10:53 (34.5%)	6:18	9.5 (65.5%)
29	NOSAL Anna	160		K30-39	14	00:31:50.10	+00:11:10 (35.1%)	6:22	9.4 (64.8%)
30	PYREK Iwona	171	WATAHA WAŁCZ	K30-39	15	00:31:55.45	+00:11:16 (35.3%)	6:23	9.4 (64.8%)
31	SZTECHMILER Katarzyna	197	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	16	00:31:55.95	+00:11:16 (35.3%)	6:23	9.4 (64.8%)
32	NIETRZEBKA Aleksandra	154		K18-29	5	00:32:06.30	+00:11:27 (35.7%)	6:25	9.3 (64.1%)
33	JUSZCZAK Magdalena	117		K40-49	8	00:32:09.40	+00:11:30 (35.8%)	6:26	9.3 (64.1%)
34	PAWLUŚ Kamilla	163		K40-49	9	00:32:11.55	+00:11:32 (35.8%)	6:26	9.3 (64.1%)
35	DĄBROWSKA Katarzyna	93		K40-49	10	00:32:33.05	+00:11:53 (36.6%)	6:30	9.2 (63.4%)
36	SZERSZEŃ Anna	193	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	17	00:32:36.65	+00:11:57 (36.7%)	6:31	9.2 (63.4%)
37	NIEDZIÓŁKA Marika	153		K14-17	3	00:32:36.95	+00:11:57 (36.7%)	6:31	9.2 (63.4%)
38	SULEJA Joanna	295	SZWŁA	K60+	1	00:32:47.40	+00:12:08 (37.0%)	6:33	9.1 (62.8%)
39	NITA Katarzyna	157	VILLAGE PUNK RUN	K40-49	11	00:32:59.20	+00:12:20 (37.4%)	6:36	9.1 (62.8%)
40	MACIEJCZAK Karolina	142	PIŁA	K40-49	12	00:33:25.00	+00:12:45 (38.2%)	6:41	9 (62.1%)
41	KOCIELSKA Agata	128	BORNE BIEGA	K30-39	18	00:33:25.45	+00:12:46 (38.2%)	6:41	9 (62.1%)
42	ŚWIGOŃ Izabela	200	SZWŁA STARGARD	K50-59	3	00:33:27.70	+00:12:48 (38.3%)	6:41	9 (62.1%)
43	FIJAŁKOWSKA Małgorzata	98	TEAM BIEGOWY SZCZECINEK	K30-39	19	00:33:51.95	+00:13:12 (39.0%)	6:46	8.9 (61.4%)
44	JARCZEWSKA Renata	114		K50-59	4	00:34:05.95	+00:13:26 (39.4%)	6:49	8.8 (60.7%)
45	NIEDZIELA Dorota	152	LILL-SPORT	K50-59	5	00:34:08.80	+00:13:29 (39.5%)	6:49	8.8 (60.7%)
46	METKOWSKA Beata	146		K50-59	6	00:34:20.90	+00:13:41 (39.9%)	6:52	8.7 (60.0%)
47	MAZUR Anna	144	POZYTYWNIE Z PASJĄ	K40-49	13	00:34:32.95	+00:13:53 (40.2%)	6:54	8.7 (60.0%)
48	PODGÓRSKA Agata	276	KLUB SPORTOWY HUSARIA SZCZECINEK	K40-49	14	00:34:42.90	+00:14:03 (40.5%)	6:56	8.6 (59.3%)
49	TOMASZEWSKA Magdalena	202		K40-49	15	00:35:01.40	+00:14:22 (41.0%)	7:00	8.6 (59.3%)
50	PAWŁOWICZ Kamila	164		K40-49	16	00:35:05.35	+00:14:26 (41.1%)	7:01	8.6 (59.3%)
51	WOJTECZKO Magdalena	208		K40-49	17	00:35:23.10	+00:14:43 (41.6%)	7:04	8.5 (58.6%)
52	KWAŚNY Marta	141		K18-29	6	00:35:31.55	+00:14:52 (41.9%)	7:06	8.4 (57.9%)
53	ZIÓŁKOWSKA Monika	214	#ZABIEGANINOCA OKONEK	K40-49	18	00:36:27.15	+00:15:47 (43.3%)	7:17	8.2 (56.6%)
54	TRĘBSKA Marta	205	#ZABIEGANINOCA OKONEK	K40-49	19	00:36:54.55	+00:16:15 (44.0%)	7:23	8.1 (55.9%)
55	GĘSICKA Anna	104		K40-49	20	00:36:57.40	+00:16:18 (44.1%)	7:23	8.1 (55.9%)
56	SZYNKARUK Natalia	199		K30-39	20	00:38:20.20	+00:17:41 (46.1%)	7:40	7.8 (53.8%)
57	FRĄTCZAK Marzena	101		K40-49	21	00:38:56.30	+00:18:17 (47.0%)	7:47	7.7 (53.1%)
58	TRĘBSKA Julianna	204	#ZABIEGANINOCA OKONEK	K18-29	7	00:39:26.55	+00:18:47 (47.6%)	7:53	7.6 (52.4%)
59	GRZYWOCZ Irena	106		K60+	2	00:39:27.10	+00:18:47 (47.6%)	7:53	7.6 (52.4%)
60	KOŁDA Klaudia	131		K14-17	4	00:39:58.00	+00:19:18 (48.3%)	7:59	7.5 (51.7%)
61	KOŁDA Ania	130		K40-49	22	00:40:05.70	+00:19:26 (48.5%)	8:01	7.5 (51.7%)
62	KOWALCZUK Aleksandra	133	KIJOWE SIOSTRY I BRAT	K14-17	5	00:41:35.40	+00:20:56 (50.3%)	8:19	7.2 (49.7%)
63	SUCHANOWSKA Anna	189	RESPECT LOTYŃ	K40-49	23	00:42:18.30	+00:21:39 (51.2%)	8:27	7.1 (49.0%)
64	FIRLEJ Agnieszka	100		K40-49	24	00:46:05.90	+00:25:26 (55.2%)	9:13	6.5 (44.8%)

Znaleziono 64 wynik(ów)