



VI CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CENTKA Jakub	89		M18-29	1	00:19:24.90		3:53	15.5 (100%)
2	KRYZEL Tomasz	137	WIKING RYCHNOWY	M18-29	2	00:20:09.90	+00:00:45 (3.7%)	4:01	14.9 (96.1%)
3	TRĘBSKI Krzyszto	125	#ZABIEGANINOCA	M40-49	1	00:21:51.10	+00:02:26 (11.2%)	4:22	13.7 (88.4%)
4	CHMIELEWSKI Tomasz	24		M30-39	1	00:21:56.90	+00:02:32 (11.5%)	4:23	13.7 (88.4%)
5	CUBER Wojciech	124	#ZABIEGANINOCA	M30-39	2	00:21:57.80	+00:02:32 (11.6%)	4:23	13.7 (88.4%)
6	PIASKOWIAK Artur	166	KLUB SPORTOWY HUSARIA SZCZECINEK	M30-39	3	00:22:13.20	+00:02:48 (12.6%)	4:26	13.5 (87.1%)
7	PODŁYSKA Tadeusz	168	ZASAPANI	M40-49	2	00:22:15.40	+00:02:50 (12.8%)	4:27	13.5 (87.1%)
8	KUJDA Arkadiusz	63	1 BRYGADA LOGISTYCZNA	M40-49	3	00:22:19.05	+00:02:54 (13.0%)	4:27	13.4 (86.5%)
9	KUBIAK Daniel	138	PRECON POLSKA	M30-39	4	00:22:30.35	+00:03:05 (13.7%)	4:30	13.3 (85.8%)
10	PYREK Krzysztof	170	WATAHA WAŁCZ	M40-49	4	00:22:54.90	+00:03:30 (15.3%)	4:35	13.1 (84.5%)
11	KUBIŚ Paweł	139	RUNDORFINA	M30-39	5	00:22:58.65	+00:03:33 (15.5%)	4:35	13.1 (84.5%)
12	DOLIWKA Kamil	210	WATAHA WAŁCZ	M30-39	6	00:23:20.30	+00:03:55 (16.8%)	4:40	12.8 (82.6%)
13	IDZIAK Paweł	110	RMF4RT GLADIATORS	M30-39	7	00:23:26.20	+00:04:01 (17.2%)	4:41	12.8 (82.6%)
14	KRAUZE Damian	136	DZIKI DZIK	M30-39	8	00:24:08.70	+00:04:43 (19.6%)	4:49	12.4 (80.0%)
15	WIELGUS Paweł	206	PRODYSTANS KASPEROWICZ	M40-49	5	00:24:12.80	+00:04:47 (19.8%)	4:50	12.4 (80.0%)
16	HAŁKA Arkadiusz	82	TRUCHT ŁOBEZ	M40-49	6	00:24:24.55	+00:04:59 (20.5%)	4:52	12.3 (79.4%)
17	ZAKIELARZ Jan	213	PRECON POLSKA	M60+	1	00:24:25.50	+00:05:00 (20.5%)	4:53	12.3 (79.4%)
18	RUDNIK Jerzy	181	FLORIAN CHOJNICE	M60+	2	00:24:57.30	+00:05:32 (22.2%)	4:59	12 (77.4%)
19	NOSAL Mariusz	158		M30-39	9	00:25:06.10	+00:05:41 (22.7%)	5:01	12 (77.4%)
20	THOMAS Daniel	201	PRECON POLSKA	M30-39	10	00:25:13.45	+00:05:48 (23.0%)	5:02	11.9 (76.8%)
21	OSTROWSKI Marian	162	SENIOR	M60+	3	00:25:17.25	+00:05:52 (23.2%)	5:03	11.9 (76.8%)
22	BOCHENEK Michał	87	AFRO-FIT WATAHA	M30-39	11	00:25:22.70	+00:05:57 (23.5%)	5:04	11.8 (76.1%)
23	GAWORECKI Sławomir	107	KLUB SPORTOWY HUSARIA SZCZECINEK	M40-49	7	00:25:26.35	+00:06:01 (23.7%)	5:05	11.8 (76.1%)
24	ZAKIELARZ Piotr	212	PRECON POLSKA	M30-39	12	00:26:03.85	+00:06:38 (25.5%)	5:12	11.5 (74.2%)
25	RAPINCZUK Jan	176	BIURO DS PROGRAMU 'ZOSTAŃ ŻOŁNIERZEM RZECZYPOSPOLITEJ' WARSZAWA	M40-49	8	00:26:07.15	+00:06:42 (25.7%)	5:13	11.5 (74.2%)
26	MIKIETYSKI Michał	147	#ZABIEGANINOCA OKONEK	M30-39	13	00:26:36.05	+00:07:11 (27.0%)	5:19	11.3 (72.9%)
27	SZCZEPANIUK Piotr	191	#ZABIEGANINOCA OKONEK	M50-59	1	00:26:50.10	+00:07:25 (27.7%)	5:22	11.2 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
28	BUTOWICZ Adam	321		M50-59	2	00:26:52.50	+00:07:27 (27.8%)	5:22	11.2 (72.3%)
29	HRYNIEWICZ Rafał	13		M40-49	9	00:27:58.55	+00:08:33 (30.6%)	5:35	10.7 (69.0%)
30	DRACZYŃSKI Zygmunt	95	TRUCHT ŁOBEZ	M60+	4	00:28:32.45	+00:09:07 (32.0%)	5:42	10.5 (67.7%)
31	PYTEL Dariusz	173		M40-49	10	00:28:50.70	+00:09:25 (32.7%)	5:46	10.4 (67.1%)
32	RYNKIEWICZ Piotr	183	TB WALDEK	M30-39	14	00:28:54.20	+00:09:29 (32.8%)	5:47	10.4 (67.1%)
33	ZIÓŁKOWSKI Wojciech	215	#ZABIEGANINOCA OKONEK	M40-49	11	00:28:55.80	+00:09:30 (32.9%)	5:47	10.4 (67.1%)
34	GAWRON Andrzej	103		M40-49	12	00:29:22.30	+00:09:57 (33.9%)	5:52	10.2 (65.8%)
35	KARPOWICZ Tadeusz	123	PIAST GŁOGÓW	M60+	5	00:29:30.30	+00:10:05 (34.2%)	5:54	10.2 (65.8%)
36	BIAŁKOWSKI Jacek	86		M50-59	3	00:29:44.90	+00:10:20 (34.7%)	5:57	10.1 (65.2%)
37	KUŻAJ Sławomir	140	PIŁA	M50-59	4	00:30:03.45	+00:10:38 (35.4%)	6:00	10 (64.5%)
38	SZERSZEŃ Rafał	194	KLUB SPORTOWY HUSARIA SZCZECINEK	M40-49	13	00:30:08.20	+00:10:43 (35.6%)	6:01	10 (64.5%)
39	NITA Wiesław	156	VILLAGE PUNK RUN	M40-49	14	00:30:08.40	+00:10:43 (35.6%)	6:01	10 (64.5%)
40	JANOWICZ Kacper	112		M18-29	3	00:30:09.75	+00:10:44 (35.6%)	6:01	10 (64.5%)
41	KODZ Karol	129	WIARUS ŻÓŁTNICA	M18-29	4	00:30:23.95	+00:10:59 (36.1%)	6:04	9.9 (63.9%)
42	KARABASZ Krzysztof	122		M40-49	15	00:30:30.00	+00:11:05 (36.3%)	6:06	9.8 (63.2%)
43	PIETRZYK Rafał	167		M30-39	15	00:30:35.45	+00:11:10 (36.5%)	6:07	9.8 (63.2%)
44	SZERSZEŃ Łukasz	192	KLUB SPORTOWY HUSARIA SZCZECINEK	M40-49	16	00:31:15.15	+00:11:50 (37.9%)	6:15	9.6 (61.9%)
45	MAZUR Tomasz	145	POZYTYWNIE Z PASJĄ	M40-49	17	00:31:54.70	+00:12:29 (39.2%)	6:23	9.4 (60.6%)
46	WROBLEWSKI Jerzy	209	PARKRUN SZCZECINEK	M60+	6	00:32:10.90	+00:12:46 (39.7%)	6:26	9.3 (60.0%)
47	CIESIELSKI Krzysztof	91	FAST WALKER	M60+	7	00:32:38.80	+00:13:13 (40.5%)	6:31	9.2 (59.4%)
48	TOMASZEWSKI Dominik	203		M40-49	18	00:33:07.65	+00:13:42 (41.4%)	6:37	9.1 (58.7%)
49	JAKÓBIAK Kacper	111	GOLONKA TEAM	M30-39	16	00:33:44.00	+00:14:19 (42.4%)	6:44	8.9 (57.4%)
50	FJAŁKOWSKI Piotr	99	TEAM BIEGOWY SZCZECINEK	M40-49	19	00:33:44.20	+00:14:19 (42.5%)	6:44	8.9 (57.4%)
51	DRZAZGA Zbigniew	96	SZKOŁA PODSTAWOWA NR 1 W SZCZECINKU	M50-59	5	00:34:40.50	+00:15:15 (44.0%)	6:56	8.6 (55.5%)
52	MIKITA Rafał	148		M30-39	17	00:34:45.65	+00:15:20 (44.1%)	6:57	8.6 (55.5%)
53	GRZYWOCZ Bernard	236		M60+	8	00:34:50.35	+00:15:25 (44.3%)	6:58	8.6 (55.5%)
54	BUCHOWSKI Marek	296	PARK RUN SZCZECINEK	M60+	9	00:35:10.20	+00:15:45 (44.8%)	7:02	8.5 (54.8%)
55	KABAT Jakub	118	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	5	00:35:13.25	+00:15:48 (44.9%)	7:02	8.5 (54.8%)
56	KRASOWSKI Tomasz	135		M40-49	20	00:35:39.75	+00:16:14 (45.6%)	7:08	8.4 (54.2%)
57	NIETRZEBKA Paweł	155		M30-39	18	00:35:44.00	+00:16:19 (45.7%)	7:08	8.4 (54.2%)
58	PAWŁOWICZ Czesław	165		M50-59	6	00:36:07.50	+00:16:42 (46.3%)	7:13	8.3 (53.5%)

Znaleziono 58 wynik(ów)