

# CROSS NA WRZOSACH - NORDIC WALKING - 5KM

B4SPORT

**Wydarzenie:** CROSS NA WRZOSACH  
**Organizator:** Nadleśnictwo Okonek  
**Data:** 2017-08-27  
**Miejsce:** Okonek  
**Dystans:** 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BRZozowski Piotr	178		M18-44	1	00:32:33.05		6:30	9.2 (100%)
2	SANIUK Edward	159		M45+	1	00:33:06.65	+00:00:33 (1.7%)	6:37	9.1 (98.9%)
3	MIELCAREK Leszek	110		M45+	2	00:33:09.85	+00:00:36 (1.8%)	6:38	9 (97.8%)
4	DEJA Wojciech	23		M45+	3	00:33:39.00	+00:01:05 (3.3%)	6:43	8.9 (96.7%)
5	ŚWISŁOCKI Bogdan	185		M45+	4	00:33:39.90	+00:01:06 (3.3%)	6:44	8.9 (96.7%)
6	SZCZYTKOWSKI Marek	215		M45+	5	00:37:25.20	+00:04:52 (13.0%)	7:29	8 (87.0%)
7	LESZCZYSZYN Krystyna	98		K45+	1	00:37:48.25	+00:05:15 (13.9%)	7:33	7.9 (85.9%)
8	STRZELECKA Małgorzata	172		K45+	2	00:38:09.85	+00:05:36 (14.7%)	7:38	7.9 (85.9%)
9	ŁOPIŃSKI Aleksy	102		M45+	6	00:38:35.15	+00:06:02 (15.6%)	7:43	7.8 (84.8%)
10	NOWAK Bartłomiej	124		M18-44	2	00:38:58.65	+00:06:25 (16.5%)	7:47	7.7 (83.7%)
11	BERCZYŃSKI Henryk	8		M45+	7	00:39:00.10	+00:06:27 (16.5%)	7:48	7.7 (83.7%)
12	KUSIAK Włodzimierz	92		M45+	8	00:39:15.00	+00:06:41 (17.1%)	7:51	7.6 (82.6%)
13	NOWAK Maciej	122		M18-44	3	00:39:23.40	+00:06:50 (17.4%)	7:52	7.6 (82.6%)
14	MATYJA Anna	107		K45+	3	00:40:06.10	+00:07:33 (18.8%)	8:01	7.5 (81.5%)
15	STRZELECKI Sebastian 'Kaszana'	174		M18-44	4	00:40:50.75	+00:08:17 (20.3%)	8:10	7.3 (79.3%)
16	DĘBKOWSKA Izabela	214		K18-44	1	00:41:09.35	+00:08:36 (20.9%)	8:13	7.3 (79.3%)
17	GRZESIK Sandra	40		K18-44	2	00:41:28.85	+00:08:55 (21.5%)	8:17	7.2 (78.3%)
18	DUKIEWICZ Aneta	28		K45+	4	00:41:37.65	+00:09:04 (21.8%)	8:19	7.2 (78.3%)
19	OLSZEWSKA Bożena	126		K18-44	3	00:41:40.45	+00:09:07 (21.9%)	8:20	7.2 (78.3%)
20	RAJEWSKA Beata	150		K18-44	4	00:41:43.20	+00:09:10 (22.0%)	8:20	7.2 (78.3%)
21	NOWAK Beata	123		K45+	5	00:41:48.80	+00:09:15 (22.2%)	8:21	7.2 (78.3%)
22	KAMIŃSKA-SOKÓŁ Marzena	67		K45+	6	00:42:11.85	+00:09:38 (22.9%)	8:26	7.1 (77.2%)
23	JASIŁEK Przemysław	61		M18-44	5	00:42:18.45	+00:09:45 (23.1%)	8:27	7.1 (77.2%)
24	JASIŁEK Kama	60		K18-44	5	00:42:21.75	+00:09:48 (23.2%)	8:28	7.1 (77.2%)
25	KRZYŻANOWSKI Wojciech	88		M45+	9	00:42:45.45	+00:10:12 (23.9%)	8:33	7 (76.1%)
26	BYSTRZYŃSKA Emilia	14		K18-44	6	00:42:58.00	+00:10:24 (24.2%)	8:35	7 (76.1%)
27	PROZOROWICZ-ZABROCKA Katarzyna	145		K18-44	7	00:43:03.60	+00:10:30 (24.4%)	8:36	7 (76.1%)

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28	<b>FELKOWSKA Karolina</b>	<b>30</b>		K18-44	8	<b>00:43:10.45</b>	+00:10:37 (24.6%)	8:38	6.9 (75.0%)
29	<b>SZOT Krystyna</b>	<b>180</b>		K45+	7	<b>00:43:15.80</b>	+00:10:42 (24.8%)	8:39	6.9 (75.0%)
30	<b>PRZYPOLSKA Anna</b>	<b>147</b>		K18-44	9	<b>00:43:43.45</b>	+00:11:10 (25.6%)	8:44	6.9 (75.0%)
31	<b>KULCZYCKI Jan</b>	<b>89</b>		M45+	10	<b>00:43:53.00</b>	+00:11:19 (25.8%)	8:46	6.8 (73.9%)
32	<b>ABRAMOWICZ Ewa</b>	<b>1</b>		K45+	8	<b>00:44:39.95</b>	+00:12:06 (27.1%)	8:56	6.7 (72.8%)
33	<b>MAŁYSZEWICZ Teresa</b>	<b>104</b>		K45+	9	<b>00:45:15.55</b>	+00:12:42 (28.1%)	9:03	6.6 (71.7%)
34	<b>SOKÓŁ Jakub</b>	<b>170</b>		M-jun	1	<b>00:46:32.70</b>	+00:13:59 (30.1%)	9:18	6.4 (69.6%)
35	<b>RAPTA Mieczysław</b>	<b>154</b>		M45+	11	<b>00:47:21.50</b>	+00:14:48 (31.3%)	9:28	6.3 (68.5%)
36	<b>KOWALCZUK Maria</b>	<b>83</b>		K18-44	10	<b>00:47:22.00</b>	+00:14:48 (31.3%)	9:28	6.3 (68.5%)
37	<b>CZEKAŁA Jan</b>	<b>119</b>		M45+	12	<b>00:47:24.00</b>	+00:14:50 (31.3%)	9:28	6.3 (68.5%)
38	<b>WYCISLO Agata</b>	<b>204</b>		K18-44	11	<b>00:47:25.10</b>	+00:14:52 (31.4%)	9:29	6.3 (68.5%)
39	<b>WYCISLO Romuald</b>	<b>203</b>		M45+	13	<b>00:47:25.30</b>	+00:14:52 (31.4%)	9:29	6.3 (68.5%)
40	<b>KUŚ Renata</b>	<b>94</b>		K45+	10	<b>00:47:25.85</b>	+00:14:52 (31.4%)	9:29	6.3 (68.5%)
41	<b>WYCISLO Damian</b>	<b>205</b>		M18-44	6	<b>00:47:48.10</b>	+00:15:15 (31.9%)	9:33	6.3 (68.5%)
42	<b>KUSIAK Maria</b>	<b>93</b>		K45+	11	<b>00:49:24.75</b>	+00:16:51 (34.1%)	9:53	6.1 (66.3%)
43	<b>STRZELECKA Antonina</b>	<b>173</b>		K-jun	1	<b>00:56:35.05</b>	+00:24:02 (42.5%)	11:19	5.3 (57.6%)
44	<b>DROZDOWICZ Dorota</b>	<b>24</b>		K45+	12	<b>00:56:41.20</b>	+00:24:08 (42.6%)	11:20	5.3 (57.6%)
45	<b>JAKIEL-MAINIERI Sabina</b>	<b>53</b>		K45+	13	<b>00:56:42.20</b>	+00:24:09 (42.6%)	11:20	5.3 (57.6%)
46	<b>KAMIŃSKA Ewa</b>	<b>65</b>		K18-44	12	<b>00:57:17.90</b>	+00:24:44 (43.2%)	11:27	5.2 (56.5%)

Znaleziono 46 wynik(ów)