

CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Wydarzenie: CROSS NA WRZOSACH 2018
Organizator: Nadleśnictwo Okonek
Data: 2018-08-25
Miejsce: Okonek
Dystans: 10.6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk All 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	WIRKUS Łukasz	54	LKBIMBRACI PETK	M30-39	1	00:19:06	00:38:17.85		3:36	16.6 (100%)
2	CZECHOWICZ Miłosz	6	TRENUJ Z NAJLEPSZYMI	M18-29	1	00:19:20	00:39:37.34	+00:01:19 (3.3%)	3:44	16.1 (97.0%)
3	CERK Łukasz	5		M18-29	2	00:19:57	00:40:00.28	+00:01:42 (4.3%)	3:46	15.9 (95.8%)
4	PERLIK Tomasz	33		M18-29	3	00:19:47	00:41:01.24	+00:02:43 (6.6%)	3:52	15.5 (93.4%)
5	WIRKUS Antonina	55	MKL SZCZECINEK	K30-39	1	00:20:48	00:41:58.42	+00:03:40 (8.8%)	3:57	15.1 (91.0%)
6	GÓRA Sylwester	10	#ZABIEGANINOCA	M40-49	1	00:21:57	00:43:57.16	+00:05:39 (12.9%)	4:08	14.5 (87.3%)
7	CENTKA Michał	4	MAM TĘ MOC	M40-49	2	00:21:42	00:44:04.64	+00:05:46 (13.1%)	4:09	14.4 (86.7%)
8	PIECHOTA Mariusz	34	WATAHA WAŁCZ	M50-59	1	00:21:56	00:44:14.03	+00:05:56 (13.4%)	4:10	14.4 (86.7%)
9	ŚWIERAD Przemysław	45	100 BATALION ŁĄCZNOŚĆ	M30-39	2	00:22:10	00:44:26.50	+00:06:08 (13.8%)	4:11	14.3 (86.1%)
10	WERNER Kamila	49		K30-39	2	00:21:57	00:44:41.35	+00:06:23 (14.3%)	4:12	14.2 (85.5%)
11	MICHAŁOWSKI Dariusz	30		M40-49	3	00:22:58	00:46:45.24	+00:08:27 (18.1%)	4:24	13.6 (81.9%)
12	OSTROWSKI Marian	199	SENIOR 54	M60-69	1	00:23:16	00:47:04.12	+00:08:46 (18.6%)	4:26	13.5 (81.3%)
13	TRZEPACZ Gabriela	46	100 BATALION ŁĄCZNOŚCI	K18-29	1	00:23:46	00:48:34.47	+00:10:16 (21.2%)	4:35	13.1 (78.9%)
14	KOPCZAK Grzegorz	21		M30-39	3	00:24:07	00:48:54.83	+00:10:36 (21.7%)	4:36	13 (78.3%)
15	RUDNIK Jerzy	53	FLORIAN CHOJNICE	M60-69	2	00:24:18	00:49:33.88	+00:11:16 (22.7%)	4:40	12.8 (77.1%)
16	JAROSZ Roman	19		M50-59	2	00:24:43	00:50:01.45	+00:11:43 (23.4%)	4:43	12.7 (76.5%)
17	ZADROŻNY Szymon	52	WATAHA WAŁCZ	M40-49	4	00:24:43	00:50:14.17	+00:11:56 (23.8%)	4:44	12.7 (76.5%)
18	JABŁOŃSKI Andrzej	17		M40-49	5	00:24:31	00:50:27.48	+00:12:09 (24.1%)	4:45	12.6 (75.9%)
19	SAWICKI Leszek	40	UZALEŻNIA MNIE TYLKO SPORT	M30-39	4	00:24:38	00:50:28.23	+00:12:10 (24.1%)	4:45	12.6 (75.9%)
20	FIŁONOWICZ Monika	9		K40-49	1	00:24:26	00:50:33.68	+00:12:15 (24.3%)	4:46	12.6 (75.9%)
21	PRZYBYSZ Łukasz	35	#ZABIEGANINOCA	M18-29	4	00:24:45	00:51:01.30	+00:12:43 (24.9%)	4:48	12.5 (75.3%)
22	ŁAWNICZAK Justyna	26		K30-39	3	00:25:01	00:51:09.61	+00:12:51 (25.1%)	4:49	12.4 (74.7%)
23	ROKOSZ Łukasz	37		M30-39	5	00:25:29	00:51:25.82	+00:13:07 (25.5%)	4:51	12.4 (74.7%)
24	RZADKIEWICZ Łukasz	39	OSP LOTYŃ	M18-29	5	00:25:15	00:51:32.47	+00:13:14 (25.7%)	4:51	12.3 (74.1%)
25	GRABOWSKA Marta	12		K18-29	2	00:25:12	00:51:40.22	+00:13:22 (25.9%)	4:52	12.3 (74.1%)
26	ZDANOWSKI Marian	63		M60-69	3	00:25:44	00:51:56.13	+00:13:38 (26.3%)	4:53	12.2 (73.5%)
27	HAŁKA Ola	16		K18-29	3	00:26:25	00:52:45.15	+00:14:27 (27.4%)	4:58	12.1 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.6km				
28	SOKOŁOWSKI Wojciech	43	CZARNE PANTERY	M40-49	6	00:26:23	00:53:26.97	+00:15:09 (28.3%)	5:02	11.9 (71.7%)	
29	GUTOWSKA Dorota	15		K30-39	4	00:26:28	00:53:51.24	+00:15:33 (28.9%)	5:04	11.8 (71.1%)	
30	KRZEWIŃSKA Małgorzata	24	TKKF KOSZALIN	K50-59	1	00:26:22	00:54:05.08	+00:15:47 (29.2%)	5:06	11.8 (71.1%)	
31	JAROSZ Dariusz	18	TKKF KOSZALIN	M40-49	7	00:26:21	00:54:05.35	+00:15:47 (29.2%)	5:06	11.8 (71.1%)	
32	KOWALCZYK Mariusz	23		M40-49	8	00:26:11	00:54:27.30	+00:16:09 (29.7%)	5:08	11.7 (70.5%)	
33	GRABOWSKI Marek	13		M50-59	3	00:26:47	00:54:53.43	+00:16:35 (30.2%)	5:10	11.6 (69.9%)	
34	ŁEPEK Kamil	27	KAMARO TEAM	M30-39	6	00:27:56	00:55:59.10	+00:17:41 (31.6%)	5:16	11.4 (68.7%)	
35	SŁAPCZYŃSKA Marta	42		K18-29	4	00:27:39	00:56:07.66	+00:17:49 (31.8%)	5:17	11.3 (68.1%)	
36	KOPKIEWICZ Konrad	22	OSP LOTYŃ	M30-39	7	00:26:59	00:56:57.43	+00:18:39 (32.8%)	5:22	11.2 (67.5%)	
37	RUTKOWSKA Anna	38	WATAHA WAŁCZ	K40-49	2	00:27:21	00:56:58.96	+00:18:41 (32.8%)	5:22	11.2 (67.5%)	
38	WAJDA Waldemar	48	BORNE BIEGA	M40-49	9	00:27:00	00:57:06.29	+00:18:48 (32.9%)	5:23	11.1 (66.9%)	
39	SKOCZYŁAS Bożena	41	BIEGAM BO LUBIĘ	K40-49	3	00:27:31	00:57:24.26	+00:19:06 (33.3%)	5:24	11.1 (66.9%)	
40	GRZYSZEK Marcin	14		M30-39	8	00:27:38	00:58:26.18	+00:20:08 (34.5%)	5:30	10.9 (65.7%)	
41	BORKOWSKA-KOWALCZYK Daria	3		K30-39	5	00:28:54	00:59:21.83	+00:21:03 (35.5%)	5:36	10.7 (64.5%)	
42	KURŁOWICZ Krzysztof	154		M40-49	10	00:29:47	01:00:25.14	+00:22:07 (36.6%)	5:41	10.5 (63.3%)	
43	TUBICZ Beata	47		K40-49	4	00:29:21	01:00:51.50	+00:22:33 (37.1%)	5:44	10.5 (63.3%)	
44	GRABOWSKA Elżbieta	11		K50-59	2	00:29:36	01:00:57.53	+00:22:39 (37.2%)	5:45	10.4 (62.7%)	
45	DUDKIEWICZ Leszek	8	TKKF KOSZALIN	M60-69	4	00:30:01	01:01:12.66	+00:22:54 (37.4%)	5:46	10.4 (62.7%)	
46	NAWROCKA Anna	31	NIETOPERZE KOSZALIN	K18-29	5	00:31:08	01:02:59.35	+00:24:41 (39.2%)	5:56	10.1 (60.8%)	
47	WIELGUS Jacek	50		M40-49	11	00:31:22	01:03:06.78	+00:24:48 (39.3%)	5:57	10.1 (60.8%)	
48	BILL Łukasz	2		M30-39	9	00:30:18	01:03:11.54	+00:24:53 (39.4%)	5:57	10.1 (60.8%)	
49	DEPTUŁA-BILL Bożena	7		K30-39	6	00:30:23	01:03:11.81	+00:24:53 (39.4%)	5:57	10.1 (60.8%)	
50	KUBIAK Danuta	25	WK PTTK HUSARIA CZARNE	K60-69	1	00:32:12	01:05:45.80	+00:27:27 (41.8%)	6:12	9.7 (58.4%)	
51	RĘBIŚ Monika	36	M&M	K18-29	6	00:32:00	01:05:59.55	+00:27:41 (42.0%)	6:13	9.6 (57.8%)	
52	TOPIŃSKI Aleksy	28		M70+	1	00:32:59	01:07:58.40	+00:29:40 (43.7%)	6:24	9.4 (56.6%)	
53	PACHUC Kamila	32	RAGE RUN	K18-29	7	00:33:27	01:08:25.63	+00:30:07 (44.0%)	6:27	9.3 (56.0%)	
54	MAŁYSZEWICZ Teresa	29	KS BIAŁY BÓR	K50-59	3	00:34:24	01:10:08.18	+00:31:50 (45.4%)	6:36	9.1 (54.8%)	

Znaleziono 54 wynik(ów)