



# CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

CROSS NA WRZOSACH 2018  
Nadleśnictwo Okonek  
2018-08-25  
Okonek  
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	<b>00:38:17.85</b>		3:36	16.6 (100%)
2	CZECHOWICZ Miłosz	6	TRENUJ Z NAJLEPSZYMI	M18-29	1	00:19:20	<b>00:39:37.34</b>	+00:01:19 (3.3%)	3:44	16.1 (97.0%)
3	CERK Łukasz	5		M18-29	2	00:19:57	<b>00:40:00.28</b>	+00:01:42 (4.3%)	3:46	15.9 (95.8%)
4	PERLIK Tomasz	33		M18-29	3	00:19:47	<b>00:41:01.24</b>	+00:02:43 (6.6%)	3:52	15.5 (93.4%)
5	WIRKUS Antonina	55	MKL SZCZECINEK	K30-39	1	00:20:48	<b>00:41:58.42</b>	+00:03:40 (8.8%)	3:57	15.1 (91.0%)
6	GÓRA Sylwester	10	#ZABIEGANINOCA	M40-49	1	00:21:57	<b>00:43:57.16</b>	+00:05:39 (12.9%)	4:08	14.5 (87.3%)
7	CENTKA Michał	4	MAM TĘ MOC	M40-49	2	00:21:42	<b>00:44:04.64</b>	+00:05:46 (13.1%)	4:09	14.4 (86.7%)
8	PIECHOTA Mariusz	34	WATAHA WAŁCZ	M50-59	1	00:21:56	<b>00:44:14.03</b>	+00:05:56 (13.4%)	4:10	14.4 (86.7%)
9	ŚWIERAD Przemysław	45	100 BATALION ŁĄCZNOŚĆ	M30-39	2	00:22:10	<b>00:44:26.50</b>	+00:06:08 (13.8%)	4:11	14.3 (86.1%)
10	WERNER Kamila	49		K30-39	2	00:21:57	<b>00:44:41.35</b>	+00:06:23 (14.3%)	4:12	14.2 (85.5%)
11	MICHAŁOWSKI Dariusz	30		M40-49	3	00:22:58	<b>00:46:45.24</b>	+00:08:27 (18.1%)	4:24	13.6 (81.9%)
12	OSTROWSKI Marian	199	SENIOR 54	M60-69	1	00:23:16	<b>00:47:04.12</b>	+00:08:46 (18.6%)	4:26	13.5 (81.3%)
13	TRZEPACZ Gabriela	46	100 BATALION ŁĄCZNOŚCI	K18-29	1	00:23:46	<b>00:48:34.47</b>	+00:10:16 (21.2%)	4:35	13.1 (78.9%)
14	KOPCZAK Grzegorz	21		M30-39	3	00:24:07	<b>00:48:54.83</b>	+00:10:36 (21.7%)	4:36	13 (78.3%)
15	RUDNIK Jerzy	53	FLORIAN CHOJNICE	M60-69	2	00:24:18	<b>00:49:33.88</b>	+00:11:16 (22.7%)	4:40	12.8 (77.1%)
16	JAROSZ Roman	19		M50-59	2	00:24:43	<b>00:50:01.45</b>	+00:11:43 (23.4%)	4:43	12.7 (76.5%)
17	ZADROŻNY Szymon	52	WATAHA WAŁCZ	M40-49	4	00:24:43	<b>00:50:14.17</b>	+00:11:56 (23.8%)	4:44	12.7 (76.5%)
18	JABŁOŃSKI Andrzej	17		M40-49	5	00:24:31	<b>00:50:27.48</b>	+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	<b>00:50:28.23</b>	+00:12:10 (24.1%)	4:45	12.6 (75.9%)
20	FIŁONOWICZ Monika	9		K40-49	1	00:24:26	<b>00:50:33.68</b>	+00:12:15 (24.3%)	4:46	12.6 (75.9%)
21	PRZYBYSZ Łukasz	35	#ZABIEGANINOCA	M18-29	4	00:24:45	<b>00:51:01.30</b>	+00:12:43 (24.9%)	4:48	12.5 (75.3%)
22	ŁAWNICZAK Justyna	26		K30-39	3	00:25:01	<b>00:51:09.61</b>	+00:12:51 (25.1%)	4:49	12.4 (74.7%)
23	ROKOSZ Łukasz	37		M30-39	5	00:25:29	<b>00:51:25.82</b>	+00:13:07 (25.5%)	4:51	12.4 (74.7%)
24	RZADKIEWICZ Łukasz	39	OSP LOTYŃ	M18-29	5	00:25:15	<b>00:51:32.47</b>	+00:13:14 (25.7%)	4:51	12.3 (74.1%)
25	GRABOWSKA Marta	12		K18-29	2	00:25:12	<b>00:51:40.22</b>	+00:13:22 (25.9%)	4:52	12.3 (74.1%)
26	ZDANOWSKI Marian	63		M60-69	3	00:25:44	<b>00:51:56.13</b>	+00:13:38 (26.3%)	4:53	12.2 (73.5%)
27	HAŁKA Ola	16		K18-29	3	00:26:25	<b>00:52:45.15</b>	+00:14:27 (27.4%)	4:58	12.1 (72.9%)

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

Znaleziono 54 wynik(ów)