

# CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

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

CROSS NA WRZOSACH  
Nadleśnictwo Okonek  
2017-08-27  
Okonek  
10.6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	<b>RYBACZEK Sebastian</b>	<b>157</b>		M30-39	1	00:19:55	<b>00:40:33.70</b>		4:03	14.8 (100%)
2	<b>GRZESIK Eugeniusz</b>	<b>95</b>		M50-59	1	00:20:32	<b>00:41:50.20</b>	+00:01:16 (3.0%)	4:11	14.3 (96.6%)
3	<b>SZYŁO Michał</b>	<b>182</b>		M30-39	2	00:21:18	<b>00:43:55.30</b>	+00:03:21 (7.6%)	4:23	13.7 (92.6%)
4	<b>FRĄCZEK Arkadiusz</b>	<b>33</b>		M30-39	3	00:22:04	<b>00:44:49.15</b>	+00:04:15 (9.5%)	4:28	13.4 (90.5%)
5	<b>TREBSKI Krzysztof</b>	<b>189</b>		M40-49	1	00:22:08	<b>00:45:03.55</b>	+00:04:29 (10.0%)	4:30	13.3 (89.9%)
6	<b>ŁASKAWIEC Paweł</b>	<b>100</b>		M18-29	1	00:22:21	<b>00:45:20.00</b>	+00:04:46 (10.5%)	4:32	13.2 (89.2%)
7	<b>MROZIK Daniel</b>	<b>114</b>		M30-39	4	00:22:10	<b>00:45:21.20</b>	+00:04:47 (10.6%)	4:32	13.2 (89.2%)
8	<b>KANNEBERG Maciej</b>	<b>68</b>		M18-29	2	00:22:20	<b>00:45:33.15</b>	+00:04:59 (11.0%)	4:33	13.2 (89.2%)
9	<b>LESZCZYSZYN Paweł</b>	<b>97</b>		M30-39	5	00:22:19	<b>00:45:41.60</b>	+00:05:07 (11.2%)	4:34	13.1 (88.5%)
10	<b>BONISŁAWSKI Jarosław</b>	<b>10</b>		M30-39	6	00:22:23	<b>00:45:50.35</b>	+00:05:16 (11.5%)	4:35	13.1 (88.5%)
11	<b>OSTROWSKI Marian</b>	<b>103</b>		M60-69	1	00:22:48	<b>00:45:59.90</b>	+00:05:26 (11.8%)	4:36	13 (87.8%)
12	<b>NAKONIECZNY Rafał</b>	<b>116</b>		M30-39	7	00:22:44	<b>00:46:08.40</b>	+00:05:34 (12.1%)	4:36	13 (87.8%)
13	<b>GROSKOP Grzegorz</b>	<b>38</b>		M18-29	3	00:22:24	<b>00:46:08.75</b>	+00:05:35 (12.1%)	4:36	13 (87.8%)
14	<b>WIELGUS Grzegorz</b>	<b>195</b>		M30-39	8	00:23:26	<b>00:47:05.00</b>	+00:06:31 (13.9%)	4:42	12.7 (85.8%)
15	<b>PALIGA Mateusz</b>	<b>131</b>		M18-29	4	00:22:39	<b>00:47:10.60</b>	+00:06:36 (14.0%)	4:43	12.7 (85.8%)
16	<b>SAWICKI Eligiusz</b>	<b>161</b>		M50-59	2	00:23:22	<b>00:47:21.85</b>	+00:06:48 (14.4%)	4:44	12.7 (85.8%)
17	<b>PAJĄK Tomasz</b>	<b>129</b>		M40-49	2	00:23:22	<b>00:47:34.00</b>	+00:07:00 (14.7%)	4:45	12.6 (85.1%)
18	<b>PAKULSKI Marcin</b>	<b>130</b>		M40-49	3	00:23:19	<b>00:47:43.40</b>	+00:07:09 (15.0%)	4:46	12.6 (85.1%)
19	<b>MICHAŁOWSKI Dariusz</b>	<b>109</b>		M40-49	4	00:23:48	<b>00:47:59.60</b>	+00:07:25 (15.5%)	4:48	12.5 (84.5%)
20	<b>PALIGA Antoni</b>	<b>132</b>		M50-59	3	00:23:42	<b>00:48:05.35</b>	+00:07:31 (15.7%)	4:48	12.5 (84.5%)
21	<b>CENTKA Jakub</b>	<b>18</b>		M18-29	5	00:21:59	<b>00:48:35.50</b>	+00:08:01 (16.5%)	4:51	12.3 (83.1%)
22	<b>JAROSZ Dariusz</b>	<b>57</b>		M40-49	5	00:24:34	<b>00:48:43.25</b>	+00:08:09 (16.7%)	4:52	12.3 (83.1%)
23	<b>POPIEL Dariusz</b>	<b>144</b>		M40-49	6	00:23:51	<b>00:49:03.85</b>	+00:08:30 (17.3%)	4:54	12.2 (82.4%)
24	<b>JAROSZ Roman</b>	<b>59</b>		M50-59	4	00:23:51	<b>00:49:04.80</b>	+00:08:31 (17.4%)	4:54	12.2 (82.4%)
25	<b>MRÓZ Przemysław</b>	<b>115</b>		M30-39	9	00:24:06	<b>00:49:05.00</b>	+00:08:31 (17.4%)	4:54	12.2 (82.4%)
26	<b>SZABLA Ewelina</b>	<b>175</b>		K30-39	1	00:24:36	<b>00:49:14.30</b>	+00:08:40 (17.6%)	4:55	12.2 (82.4%)
27	<b>RAK Adam</b>	<b>151</b>		M40-49	7	00:23:23	<b>00:49:23.30</b>	+00:08:49 (17.9%)	4:56	12.1 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Czas netto	Różn	Tempo	Tempo
						5.3km	10.6km		min/km	km/h
28	<b>CENTKA Michał</b>	<b>16</b>		M30-39	10	00:24:10	<b>00:49:39.20</b>	+00:09:05 (18.3%)	4:57	12.1 (81.8%)
29	<b>BRALSKI Andrzej</b>	<b>13</b>		M30-39	11	00:24:02	<b>00:49:53.15</b>	+00:09:19 (18.7%)	4:59	12 (81.1%)
30	<b>BORUCH Edward</b>	<b>11</b>		M50-59	5	00:24:17	<b>00:50:05.90</b>	+00:09:32 (19.0%)	5:00	12 (81.1%)
31	<b>CZARNECKI Mirosław</b>	<b>22</b>		M50-59	6	00:24:02	<b>00:50:13.00</b>	+00:09:39 (19.2%)	5:01	11.9 (80.4%)
32	<b>FIŁONOWICZ Monika</b>	<b>32</b>		K30-39	2	00:24:38	<b>00:50:16.85</b>	+00:09:43 (19.3%)	5:01	11.9 (80.4%)
33	<b>GEMZA Marcin</b>	<b>35</b>		M30-39	12	00:23:48	<b>00:50:24.90</b>	+00:09:51 (19.5%)	5:02	11.9 (80.4%)
34	<b>ZDANOWSKI Marian</b>	<b>206</b>		M60-69	2	00:24:50	<b>00:50:37.05</b>	+00:10:03 (19.9%)	5:03	11.9 (80.4%)
35	<b>KOPCZAK Grzegorz</b>	<b>79</b>		M30-39	13	00:24:03	<b>00:50:45.10</b>	+00:10:11 (20.1%)	5:04	11.8 (79.7%)
36	<b>GRZYSTEK Marcin</b>	<b>42</b>		M30-39	14	00:26:04	<b>00:50:52.60</b>	+00:10:18 (20.3%)	5:05	11.8 (79.7%)
37	<b>RUDNIK Jerzy</b>	<b>156</b>		M60-69	3	00:24:52	<b>00:50:55.50</b>	+00:10:21 (20.4%)	5:05	11.8 (79.7%)
38	<b>CHODOR Martyna</b>	<b>19</b>		K30-39	3	00:25:14	<b>00:51:09.05</b>	+00:10:35 (20.7%)	5:06	11.7 (79.1%)
39	<b>JAROSZ Jakub</b>	<b>58</b>		M18-29	6	00:25:15	<b>00:51:10.35</b>	+00:10:36 (20.7%)	5:07	11.7 (79.1%)
40	<b>GONDEK Ireneusz</b>	<b>210</b>		M30-39	15	00:25:13	<b>00:51:34.60</b>	+00:11:00 (21.4%)	5:09	11.6 (78.4%)
41	<b>LOREK Karol</b>	<b>99</b>		M40-49	8	00:25:12	<b>00:51:40.10</b>	+00:11:06 (21.5%)	5:10	11.6 (78.4%)
42	<b>SOKOŁOWSKI Maciej</b>	<b>169</b>		M30-39	16	00:24:57	<b>00:51:56.25</b>	+00:11:22 (21.9%)	5:11	11.6 (78.4%)
43	<b>KNICH Piotr</b>	<b>202</b>		M50-59	7	00:24:03	<b>00:51:56.45</b>	+00:11:22 (21.9%)	5:11	11.5 (77.7%)
44	<b>OTTO Michał</b>	<b>128</b>		M30-39	17	00:25:09	<b>00:52:03.85</b>	+00:11:30 (22.1%)	5:12	11.5 (77.7%)
45	<b>KOKOT Edward</b>	<b>77</b>		M30-39	18	00:25:05	<b>00:52:21.60</b>	+00:11:47 (22.5%)	5:14	11.5 (77.7%)
46	<b>DUDZIAK Piotr</b>	<b>27</b>		M40-49	9	00:24:59	<b>00:52:49.80</b>	+00:12:16 (23.2%)	5:17	11.4 (77.0%)
47	<b>MIERZWA Damian</b>	<b>111</b>		M18-29	7	00:25:29	<b>00:52:56.45</b>	+00:12:22 (23.4%)	5:17	11.3 (76.4%)
48	<b>ŁAWNICZAK Justyna</b>	<b>101</b>		K30-39	4	00:25:38	<b>00:53:17.10</b>	+00:12:43 (23.9%)	5:19	11.3 (76.4%)
49	<b>CHODOR Izabela</b>	<b>20</b>		K30-39	5	00:26:48	<b>00:53:29.85</b>	+00:12:56 (24.2%)	5:20	11.2 (75.7%)
50	<b>HAŁKA Justyna</b>	<b>43</b>		K30-39	6	00:26:29	<b>00:53:54.90</b>	+00:13:21 (24.8%)	5:23	11.1 (75.0%)
51	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>78</b>		M40-49	10	00:26:05	<b>00:54:09.30</b>	+00:13:35 (25.1%)	5:24	11.1 (75.0%)
52	<b>PŁOWENS Piotr</b>	<b>140</b>		M18-29	8	00:25:40	<b>00:54:10.20</b>	+00:13:36 (25.1%)	5:25	11.1 (75.0%)
53	<b>GAJDA Ilona</b>	<b>34</b>		K30-39	7	00:26:30	<b>00:54:49.65</b>	+00:14:15 (26.0%)	5:29	10.9 (73.6%)
54	<b>HAŁKA Arkadiusz</b>	<b>44</b>		M40-49	11	00:26:52	<b>00:55:12.55</b>	+00:14:38 (26.5%)	5:31	10.9 (73.6%)
55	<b>GOTOWIEC Tomasz</b>	<b>36</b>		M50-59	8	00:28:01	<b>00:55:44.25</b>	+00:15:10 (27.2%)	5:34	10.8 (73.0%)
56	<b>DUDKIEWICZ Leszek</b>	<b>26</b>		M60-69	4	00:27:54	<b>00:55:51.75</b>	+00:15:18 (27.4%)	5:35	10.7 (72.3%)
57	<b>WOLF Weronika</b>	<b>200</b>		K40-49	1	00:27:41	<b>00:56:16.85</b>	+00:15:43 (27.9%)	5:37	10.7 (72.3%)
58	<b>WAJDA Waldemar</b>	<b>190</b>		M40-49	12	00:27:51	<b>00:57:08.15</b>	+00:16:34 (29.0%)	5:42	10.5 (70.9%)
59	<b>KARNICKI Zygmunt</b>	<b>71</b>		M60-69	5	00:27:41	<b>00:58:07.10</b>	+00:17:33 (30.2%)	5:48	10.3 (69.6%)
60	<b>PONICKI Tomasz</b>	<b>143</b>		M40-49	13	00:28:39	<b>00:58:19.65</b>	+00:17:45 (30.5%)	5:50	10.3 (69.6%)
61	<b>JESIONOWSKA-ŁASKAWIEC Agnieszka</b>	<b>63</b>		K18-29	1	00:27:53	<b>00:58:43.95</b>	+00:18:10 (30.9%)	5:52	10.2 (68.9%)
62	<b>BORUCH Edyta</b>	<b>12</b>		K40-49	2	00:28:10	<b>00:59:22.05</b>	+00:18:48 (31.7%)	5:56	10.1 (68.2%)
63	<b>BANACZYK Wioletta</b>	<b>4</b>		K40-49	3	00:29:00	<b>00:59:39.20</b>	+00:19:05 (32.0%)	5:58	10.1 (68.2%)
64	<b>CENTKA Katarzyna</b>	<b>17</b>		K30-39	8	00:29:00	<b>00:59:39.70</b>	+00:19:06 (32.0%)	5:58	10.1 (68.2%)
65	<b>WARDĘGA Hieronim</b>	<b>192</b>		M60-69	6	00:29:38	<b>01:01:15.40</b>	+00:20:41 (33.8%)	6:07	9.8 (66.2%)
66	<b>WIELGUS Jacek</b>	<b>196</b>		M40-49	14	00:30:07	<b>01:02:31.25</b>	+00:21:57 (35.1%)	6:15	9.6 (64.9%)
67	<b>MARCZYKOWSKI Kamil</b>	<b>106</b>		M18-29	9	00:30:29	<b>01:03:14.00</b>	+00:22:40 (35.9%)	6:19	9.5 (64.2%)
68	<b>KACZMAREK Agnieszka</b>	<b>91</b>		K40-49	4	00:30:35	<b>01:03:14.50</b>	+00:22:40 (35.9%)	6:19	9.5 (64.2%)
69	<b>LAJTER Jerzy</b>	<b>96</b>		M60-69	7	00:32:01	<b>01:05:33.40</b>	+00:24:59 (38.1%)	6:33	9.2 (62.2%)
70	<b>HELLER Zdzisław</b>	<b>46</b>		M60-69	8	00:32:04	<b>01:07:14.00</b>	+00:26:40 (39.7%)	6:43	8.9 (60.1%)
71	<b>JANICKA Katarzyna</b>	<b>54</b>		K30-39	9	00:31:24	<b>01:07:16.40</b>	+00:26:42 (39.7%)	6:43	8.9 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
72	<b>PAWLICKI Wojciech</b>	<b>133</b>		M40-49	15	00:33:51	<b>01:08:57.50</b>	+00:28:23 (41.2%)	6:53	8.7 (58.8%)
73	<b>SOBIERAJEWICZ Katarzyna</b>	<b>168</b>		K30-39	10	00:33:28	<b>01:09:19.45</b>	+00:28:45 (41.5%)	6:56	8.7 (58.8%)
74	<b>ADAMSKA Magdalena</b>	<b>2</b>		K30-39	11	00:33:25	<b>01:10:46.15</b>	+00:30:12 (42.7%)	7:04	8.5 (57.4%)
75	<b>SZAMSZON Sylwia</b>	<b>176</b>		K30-39	12	00:34:21	<b>01:11:29.50</b>	+00:30:55 (43.3%)	7:08	8.4 (56.8%)
76	<b>KOT Marta</b>	<b>81</b>		K18-29	2	00:36:21	<b>01:15:22.65</b>	+00:34:48 (46.2%)	7:32	8 (54.1%)
77	<b>WDOWIAK Katarzyna</b>	<b>194</b>		K30-39	13	00:38:54	<b>01:21:50.90</b>	+00:41:17 (50.4%)	8:11	7.3 (49.3%)
78	<b>GRZYTEK Madzia</b>	<b>41</b>		K30-39	14	00:38:54	<b>01:21:51.35</b>	+00:41:17 (50.4%)	8:11	7.3 (49.3%)
79	<b>TREJDER Maria</b>	<b>187</b>		K40-49	5	00:38:53	<b>01:26:46.00</b>	+00:46:12 (53.3%)	8:40	6.9 (46.6%)

Znaleziono 79 wynik(ów)