



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	RYBACZEK Sebastian	157		M30-39	1	00:19:55	00:40:33.70		4:03	14.8 (100%)
2	GRZESIK Eugeniusz	95		M50-59	1	00:20:32	00:41:50.20	+00:01:16 (3.0%)	4:11	14.3 (96.6%)
3	SZYŁO Michał	182		M30-39	2	00:21:18	00:43:55.30	+00:03:21 (7.6%)	4:23	13.7 (92.6%)
4	FRĄCZEK Arkadiusz	33		M30-39	3	00:22:04	00:44:49.15	+00:04:15 (9.5%)	4:28	13.4 (90.5%)
5	TREBSKI Krzysztof	189		M40-49	1	00:22:08	00:45:03.55	+00:04:29 (10.0%)	4:30	13.3 (89.9%)
6	ŁASKAWIEC Paweł	100		M18-29	1	00:22:21	00:45:20.00	+00:04:46 (10.5%)	4:32	13.2 (89.2%)
7	MROZIK Daniel	114		M30-39	4	00:22:10	00:45:21.20	+00:04:47 (10.6%)	4:32	13.2 (89.2%)
8	KANNEBERG Maciej	68		M18-29	2	00:22:20	00:45:33.15	+00:04:59 (11.0%)	4:33	13.2 (89.2%)
9	LESZCZYŻYŃ Paweł	97		M30-39	5	00:22:19	00:45:41.60	+00:05:07 (11.2%)	4:34	13.1 (88.5%)
10	BONISŁAWSKI Jarosław	10		M30-39	6	00:22:23	00:45:50.35	+00:05:16 (11.5%)	4:35	13.1 (88.5%)
11	OSTROWSKI Marian	103		M60-69	1	00:22:48	00:45:59.90	+00:05:26 (11.8%)	4:36	13 (87.8%)
12	NAKONIECZNY Rafał	116		M30-39	7	00:22:44	00:46:08.40	+00:05:34 (12.1%)	4:36	13 (87.8%)
13	GROSKOP Grzegorz	38		M18-29	3	00:22:24	00:46:08.75	+00:05:35 (12.1%)	4:36	13 (87.8%)
14	WIELGUS Grzegorz	195		M30-39	8	00:23:26	00:47:05.00	+00:06:31 (13.9%)	4:42	12.7 (85.8%)
15	PALIGA Mateusz	131		M18-29	4	00:22:39	00:47:10.60	+00:06:36 (14.0%)	4:43	12.7 (85.8%)
16	SAWICKI Eligiusz	161		M50-59	2	00:23:22	00:47:21.85	+00:06:48 (14.4%)	4:44	12.7 (85.8%)
17	PAJĄK Tomasz	129		M40-49	2	00:23:22	00:47:34.00	+00:07:00 (14.7%)	4:45	12.6 (85.1%)
18	PAKULSKI Marcin	130		M40-49	3	00:23:19	00:47:43.40	+00:07:09 (15.0%)	4:46	12.6 (85.1%)
19	MICHAŁOWSKI Dariusz	109		M40-49	4	00:23:48	00:47:59.60	+00:07:25 (15.5%)	4:48	12.5 (84.5%)
20	PALIGA Antoni	132		M50-59	3	00:23:42	00:48:05.35	+00:07:31 (15.7%)	4:48	12.5 (84.5%)
21	CENTKA Jakub	18		M18-29	5	00:21:59	00:48:35.50	+00:08:01 (16.5%)	4:51	12.3 (83.1%)
22	JAROSZ Dariusz	57		M40-49	5	00:24:34	00:48:43.25	+00:08:09 (16.7%)	4:52	12.3 (83.1%)
23	POPIEL Dariusz	144		M40-49	6	00:23:51	00:49:03.85	+00:08:30 (17.3%)	4:54	12.2 (82.4%)
24	JAROSZ Roman	59		M50-59	4	00:23:51	00:49:04.80	+00:08:31 (17.4%)	4:54	12.2 (82.4%)
25	MRÓZ Przemysław	115		M30-39	9	00:24:06	00:49:05.00	+00:08:31 (17.4%)	4:54	12.2 (82.4%)
26	SZABLA Ewelina	175		K30-39	1	00:24:36	00:49:14.30	+00:08:40 (17.6%)	4:55	12.2 (82.4%)
27	RAK Adam	151		M40-49	7	00:23:23	00:49:23.30	+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	CENTKA Michał	16		M30-39	10	00:24:10	00:49:39.20	+00:09:05 (18.3%)	4:57	12.1 (81.8%)
29	BRALSKI Andrzej	13		M30-39	11	00:24:02	00:49:53.15	+00:09:19 (18.7%)	4:59	12 (81.1%)
30	BORUCH Edward	11		M50-59	5	00:24:17	00:50:05.90	+00:09:32 (19.0%)	5:00	12 (81.1%)
31	CZARNECKI Mirosław	22		M50-59	6	00:24:02	00:50:13.00	+00:09:39 (19.2%)	5:01	11.9 (80.4%)
32	FIŁONOWICZ Monika	32		K30-39	2	00:24:38	00:50:16.85	+00:09:43 (19.3%)	5:01	11.9 (80.4%)
33	GEMZA Marcin	35		M30-39	12	00:23:48	00:50:24.90	+00:09:51 (19.5%)	5:02	11.9 (80.4%)
34	ZDANOWSKI Marian	206		M60-69	2	00:24:50	00:50:37.05	+00:10:03 (19.9%)	5:03	11.9 (80.4%)
35	KOPCZAK Grzegorz	79		M30-39	13	00:24:03	00:50:45.10	+00:10:11 (20.1%)	5:04	11.8 (79.7%)
36	GRZYSTEK Marcin	42		M30-39	14	00:26:04	00:50:52.60	+00:10:18 (20.3%)	5:05	11.8 (79.7%)
37	RUDNIK Jerzy	156		M60-69	3	00:24:52	00:50:55.50	+00:10:21 (20.4%)	5:05	11.8 (79.7%)
38	CHODOR Martyna	19		K30-39	3	00:25:14	00:51:09.05	+00:10:35 (20.7%)	5:06	11.7 (79.1%)
39	JAROSZ Jakub	58		M18-29	6	00:25:15	00:51:10.35	+00:10:36 (20.7%)	5:07	11.7 (79.1%)
40	GONDEK Ireneusz	210		M30-39	15	00:25:13	00:51:34.60	+00:11:00 (21.4%)	5:09	11.6 (78.4%)
41	LOREK Karol	99		M40-49	8	00:25:12	00:51:40.10	+00:11:06 (21.5%)	5:10	11.6 (78.4%)
42	SOKOŁOWSKI Maciej	169		M30-39	16	00:24:57	00:51:56.25	+00:11:22 (21.9%)	5:11	11.6 (78.4%)
43	KNICH Piotr	202		M50-59	7	00:24:03	00:51:56.45	+00:11:22 (21.9%)	5:11	11.5 (77.7%)
44	OTTO Michał	128		M30-39	17	00:25:09	00:52:03.85	+00:11:30 (22.1%)	5:12	11.5 (77.7%)
45	KOKOT Edward	77		M30-39	18	00:25:05	00:52:21.60	+00:11:47 (22.5%)	5:14	11.5 (77.7%)
46	DUDZIAK Piotr	27		M40-49	9	00:24:59	00:52:49.80	+00:12:16 (23.2%)	5:17	11.4 (77.0%)
47	MIERZWA Damian	111		M18-29	7	00:25:29	00:52:56.45	+00:12:22 (23.4%)	5:17	11.3 (76.4%)
48	ŁAWNICZAK Justyna	101		K30-39	4	00:25:38	00:53:17.10	+00:12:43 (23.9%)	5:19	11.3 (76.4%)
49	CHODOR Izabela	20		K30-39	5	00:26:48	00:53:29.85	+00:12:56 (24.2%)	5:20	11.2 (75.7%)
50	HAŁKA Justyna	43		K30-39	6	00:26:29	00:53:54.90	+00:13:21 (24.8%)	5:23	11.1 (75.0%)
51	KOŁODZIEJCZAK Grzegorz	78		M40-49	10	00:26:05	00:54:09.30	+00:13:35 (25.1%)	5:24	11.1 (75.0%)
52	PŁOWENS Piotr	140		M18-29	8	00:25:40	00:54:10.20	+00:13:36 (25.1%)	5:25	11.1 (75.0%)
53	GAJDA Ilona	34		K30-39	7	00:26:30	00:54:49.65	+00:14:15 (26.0%)	5:29	10.9 (73.6%)
54	HAŁKA Arkadiusz	44		M40-49	11	00:26:52	00:55:12.55	+00:14:38 (26.5%)	5:31	10.9 (73.6%)
55	GOTOWIEC Tomasz	36		M50-59	8	00:28:01	00:55:44.25	+00:15:10 (27.2%)	5:34	10.8 (73.0%)
56	DUDKIEWICZ Leszek	26		M60-69	4	00:27:54	00:55:51.75	+00:15:18 (27.4%)	5:35	10.7 (72.3%)
57	WOLF Weronika	200		K40-49	1	00:27:41	00:56:16.85	+00:15:43 (27.9%)	5:37	10.7 (72.3%)
58	WAJDA Waldemar	190		M40-49	12	00:27:51	00:57:08.15	+00:16:34 (29.0%)	5:42	10.5 (70.9%)
59	KARNICKI Zygmunt	71		M60-69	5	00:27:41	00:58:07.10	+00:17:33 (30.2%)	5:48	10.3 (69.6%)
60	PONICKI Tomasz	143		M40-49	13	00:28:39	00:58:19.65	+00:17:45 (30.5%)	5:50	10.3 (69.6%)
61	JESIONOWSKA-ŁASKAWIEC Agnieszka	63		K18-29	1	00:27:53	00:58:43.95	+00:18:10 (30.9%)	5:52	10.2 (68.9%)
62	BORUCH Edyta	12		K40-49	2	00:28:10	00:59:22.05	+00:18:48 (31.7%)	5:56	10.1 (68.2%)
63	BANACZYK Wioletta	4		K40-49	3	00:29:00	00:59:39.20	+00:19:05 (32.0%)	5:58	10.1 (68.2%)
64	CENTKA Katarzyna	17		K30-39	8	00:29:00	00:59:39.70	+00:19:06 (32.0%)	5:58	10.1 (68.2%)
65	WARDĘGA Hieronim	192		M60-69	6	00:29:38	01:01:15.40	+00:20:41 (33.8%)	6:07	9.8 (66.2%)
66	WIELGUS Jacek	196		M40-49	14	00:30:07	01:02:31.25	+00:21:57 (35.1%)	6:15	9.6 (64.9%)
67	MARCZYKOWSKI Kamil	106		M18-29	9	00:30:29	01:03:14.00	+00:22:40 (35.9%)	6:19	9.5 (64.2%)
68	KACZMAREK Agnieszka	91		K40-49	4	00:30:35	01:03:14.50	+00:22:40 (35.9%)	6:19	9.5 (64.2%)
69	LAJTER Jerzy	96		M60-69	7	00:32:01	01:05:33.40	+00:24:59 (38.1%)	6:33	9.2 (62.2%)
70	HELLER Zdzisław	46		M60-69	8	00:32:04	01:07:14.00	+00:26:40 (39.7%)	6:43	8.9 (60.1%)
71	JANICKA Katarzyna	54		K30-39	9	00:31:24	01:07:16.40	+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	PAWLICKI Wojciech	133		M40-49	15	00:33:51	01:08:57.50	+00:28:23 (41.2%)	6:53	8.7 (58.8%)
73	SOBIERAJEWICZ Katarzyna	168		K30-39	10	00:33:28	01:09:19.45	+00:28:45 (41.5%)	6:56	8.7 (58.8%)
74	ADAMSKA Magdalena	2		K30-39	11	00:33:25	01:10:46.15	+00:30:12 (42.7%)	7:04	8.5 (57.4%)
75	SZAMSZON Sylwia	176		K30-39	12	00:34:21	01:11:29.50	+00:30:55 (43.3%)	7:08	8.4 (56.8%)
76	KOT Marta	81		K18-29	2	00:36:21	01:15:22.65	+00:34:48 (46.2%)	7:32	8 (54.1%)
77	WDOWIAK Katarzyna	194		K30-39	13	00:38:54	01:21:50.90	+00:41:17 (50.4%)	8:11	7.3 (49.3%)
78	GRZYSTEK Madzia	41		K30-39	14	00:38:54	01:21:51.35	+00:41:17 (50.4%)	8:11	7.3 (49.3%)
79	TREJDER Maria	187		K40-49	5	00:38:53	01:26:46.00	+00:46:12 (53.3%)	8:40	6.9 (46.6%)

Znaleziono 79 wynik(ów)