



Organiser:
Date:
Place:
Distance:

CROSS NA WRZOSACH - OKONEK - 10KM

Nadleśnictwo Okonek
2016-09-11
Okonek
10 km

B4SPORT



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	GARSKI Krystian	64	ŚWIAT PŁYTEK U KRYPINA	M40	1	00:02:37	00:21:37	00:43:36.80	00:46:14.75		4:21	13.8 (100%)
2	GRZESIK Eugeniusz	19	TKKF KOSZALIN	M50	1	00:02:37	00:21:44	00:43:48.80	00:46:26.55	+00:00:12 (0.5%)	4:22	13.7 (99.3%)
3	FOLWARCZNY Jarosław	78	DPLOT 12BZ	M20	1	00:02:41	00:22:50	00:44:28.05	00:47:09.65	+00:00:51 (1.9%)	4:26	13.5 (97.8%)
4	MROZIK Daniel	45		M30	1	00:02:37	00:22:14	00:45:20.00	00:47:57.30	+00:01:43 (3.8%)	4:32	13.2 (95.7%)
5	ŁASTOWSKI Waldemar	106	4RUN TEAM	M40	2	00:02:38	00:22:10	00:46:22.15	00:49:00.30	+00:02:45 (5.9%)	4:38	12.9 (93.5%)
6	ECKERT Zbigniew	155		M45	1	00:02:38	00:22:53	00:46:54.85	00:49:33.75	+00:03:18 (7.0%)	4:41	12.8 (92.8%)
7	LINDA Jan	40	LEŚNY LUDEK	M30	2	00:02:38	00:23:17	00:47:45.30	00:50:24.05	+00:04:08 (8.7%)	4:46	12.6 (91.3%)
8	PAKULSKI Marcin	50		M40	3	00:02:43	00:24:03	00:48:43.10	00:51:26.65	+00:05:06 (10.5%)	4:52	12.3 (89.1%)
9	DUDZIAK Piotr	13	ROZBIEGANY KOSZALIN	M40	4	00:02:40	00:24:10	00:48:53.10	00:51:33.10	+00:05:16 (10.8%)	4:53	12.3 (89.1%)
10	KONKEL Agnieszka	34		K30	1	00:02:42	00:24:11	00:49:03.15	00:51:45.30	+00:05:26 (11.1%)	4:54	12.2 (88.4%)
11	WERNER Kamila	68	WERNER END WERNER SZCZECINEK	K30	2	00:02:37	00:23:44	00:49:26.50	00:52:04.25	+00:05:49 (11.8%)	4:56	12.1 (87.7%)
12	SOBCZYK Damian	59	K.B. BRYZA POSTOMINO	M20	2	00:02:39	00:24:03	00:50:06.40	00:52:45.65	+00:06:29 (13.0%)	5:00	12 (87.0%)
13	ŻYJEWSKI Piotr	79	TEAM BIEGOWY SZCZECINEK	M45	2	00:02:38	00:24:37	00:50:22.75	00:53:01.60	+00:06:45 (13.4%)	5:02	11.9 (86.2%)
14	CHORAŻY Karolina	8	FADOMODA TEAM	K20	1	00:02:40	00:24:49	00:50:45.10	00:53:26.00	+00:07:08 (14.1%)	5:04	11.8 (85.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	MORDASZEWSKI Jarosław	76	DPLOT 12BZ	M40	5	00:02:41	00:24:27	00:50:51.20	00:53:32.30	+00:07:14 (14.2%)	5:05	11.8 (85.5%)
16	JAROSZ Jakub	29	TKKF KOSZALIN	M20	3	00:02:40	00:25:04	00:51:02.80	00:53:43.75	+00:07:26 (14.6%)	5:06	11.8 (85.5%)
17	JAROSZ Dariusz	28	TKKF KOSZALIN	M40	6	00:02:41	00:25:17	00:51:15.75	00:53:56.80	+00:07:38 (14.9%)	5:07	11.7 (84.8%)
18	KRAJEWSKI Wojciech	216	GOSIR BYTÓW	M40	7	00:02:40	00:25:29	00:51:27.15	00:54:07.80	+00:07:50 (15.2%)	5:08	11.7 (84.8%)
19	REINKE Maciej	214		M30	3	00:02:40	00:25:28	00:51:38.75	00:54:19.35	+00:08:01 (15.6%)	5:09	11.6 (84.1%)
20	CHODOR Martyna	152	TKKF KOSZALIN	K30	3	00:02:39	00:24:37	00:51:39.30	00:54:19.05	+00:08:02 (15.6%)	5:10	11.6 (84.1%)
21	IWANIEC Dariusz	21	TKKF KOSZALIN	M40	8	00:02:41	00:25:42	00:52:14.10	00:54:56.05	+00:08:37 (16.5%)	5:13	11.5 (83.3%)
22	NOWAK Piotr	48	CZARNE BIEGA	M30	4	00:02:38	00:24:33	00:52:14.70	00:54:53.15	+00:08:37 (16.5%)	5:13	11.5 (83.3%)
23	SZABLA Ewelina	60		K30	4	00:02:39	00:25:49	00:52:20.75	00:55:00.00	+00:08:43 (16.7%)	5:14	11.5 (83.3%)
24	RUDNIK Jerzy	55	FLORIAN	M60	1	00:02:38	00:25:40	00:52:26.40	00:55:05.35	+00:08:49 (16.8%)	5:14	11.4 (82.6%)
25	STORCZYK-RAK Agnieszka	184		K30	5	00:02:41	00:25:40	00:52:55.10	00:55:36.50	+00:09:18 (17.6%)	5:17	11.3 (81.9%)
26	JAKUSZCZONEK Zbigniew	24	SOKZBETE	M40	9	00:02:39	00:24:06	00:53:20.20	00:55:59.60	+00:09:43 (18.2%)	5:20	11.3 (81.9%)
27	SKOWYRSKI Janusz	58	TKKF KOSZALIN	M50	2	00:02:43	00:26:03	00:53:22.35	00:56:05.70	+00:09:45 (18.3%)	5:20	11.2 (81.2%)
28	KURZACZ Orfeusz	38		M40	10	00:02:39	00:25:57	00:53:35.00	00:56:14.70	+00:09:58 (18.6%)	5:21	11.2 (81.2%)
29	KISIEL Łukasz	77	DPLOT 12BZ	M30	5	00:02:41	00:25:50	00:53:37.65	00:56:19.50	+00:10:00 (18.7%)	5:21	11.2 (81.2%)
30	SZYMAŃSKI Piotr	62	PAN	M40	11	00:02:46	00:25:59	00:53:42.65	00:56:29.05	+00:10:05 (18.8%)	5:22	11.2 (81.2%)
31	FIŁONOWICZ Monika	156		K30	6	00:02:42	00:25:45	00:53:48.70	00:56:31.10	+00:10:11 (19.0%)	5:22	11.1 (80.4%)
32	BRYŁA Krzysztof	3	DRUŻYNA SZPIKU / BIEGNIJMY.PL KOSZALIN	M40	12	00:02:45	00:24:40	00:53:49.25	00:56:34.50	+00:10:12 (19.0%)	5:22	11.1 (80.4%)
33	WILKOWSKI Krzysztof	70	ROZBIEGANY KOSZALIN	M30	6	00:02:39	00:25:50	00:54:03.15	00:56:42.40	+00:10:26 (19.3%)	5:24	11.1 (80.4%)
34	TOWSTOKORY Marek	66		M40	13	00:02:38	00:26:51	00:54:24.15	00:57:02.90	+00:10:47 (19.8%)	5:26	11 (79.7%)
35	ZARĘBA Adam	71		M30	7	00:02:42	00:25:28	00:54:24.55	00:57:07.05	+00:10:47 (19.8%)	5:26	11 (79.7%)
36	KRZEWIŃSKA Małgorzata	37	TKKF KOSZALIN	K55	1	00:02:41	00:26:49	00:54:34.10	00:57:15.45	+00:10:57 (20.1%)	5:27	11 (79.7%)
37	KOŁODZIEJCZAK Grzegorz	31	PARKRUN SZCZECINEK	M40	14	00:02:42	00:26:05	00:54:36.95	00:57:19.70	+00:11:00 (20.1%)	5:27	11 (79.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	KONKEL Łukasz	33		M30	8	00:02:42	00:26:23	00:54:47.55	00:57:30.10	+00:11:10 (20.4%)	5:28	10.9 (79.0%)
39	GARSKA Joanna	63	ŚWIAT PŁYTEK U KRYSPIŃA	K40	1	00:02:41	00:26:26	00:54:53.55	00:57:34.75	+00:11:16 (20.5%)	5:29	10.9 (79.0%)
40	ROGOŻA Ireneusz	53	BIEGNIJMY.PL	M40	15	00:02:41	00:26:11	00:54:55.60	00:57:36.85	+00:11:18 (20.6%)	5:29	10.9 (79.0%)
41	NOWACZYK Adrian	47	ROZBIEGANY KOSZALIN	M30	9	00:02:42	00:27:13	00:54:56.05	00:57:38.55	+00:11:19 (20.6%)	5:29	10.9 (79.0%)
42	SYPNIEWSKI Jan	80		M20	4	00:02:40	00:27:12	00:55:17.00	00:57:57.00	+00:11:40 (21.1%)	5:31	10.9 (79.0%)
43	KRACZKOWSKI Przemysław	35	CROSSFIT KOSZALIN	M30	10	00:02:39	00:24:18	00:55:23.80	00:58:03.30	+00:11:47 (21.3%)	5:32	10.8 (78.3%)
44	JAKIEL Ewa	22		K45	1	00:02:44	00:26:56	00:55:24.25	00:58:08.90	+00:11:47 (21.3%)	5:32	10.8 (78.3%)
45	RAK Krzysztof	178		M30	11	00:02:42	00:27:09	00:55:56.00	00:58:38.00	+00:12:19 (22.0%)	5:35	10.7 (77.5%)
46	GÓRA Agnieszka	72		K30	7	00:02:40	00:27:18	00:56:17.80	00:58:58.40	+00:12:41 (22.5%)	5:37	10.7 (77.5%)
47	JAŁOWIECKA Bożena	25	TEAM BIEGOWY SZCZECINEK	K40	2	00:02:43	00:27:46	00:56:53.60	00:59:37.00	+00:13:16 (23.3%)	5:41	10.5 (76.1%)
48	ROSÓŁ Roman	54	PARKRUN POZNAŃ	M45	3	00:02:42	00:27:36	00:57:08.05	00:59:50.05	+00:13:31 (23.7%)	5:42	10.5 (76.1%)
49	BYCZYK Jarosław	4	PARKRUN POZNAŃ	M45	4	00:02:41	00:27:37	00:57:08.60	00:59:50.45	+00:13:31 (23.7%)	5:42	10.5 (76.1%)
50	WIATRZYK Krzysztof	69		M45	5	00:02:43	00:29:55	00:57:26.40	01:00:09.65	+00:13:49 (24.1%)	5:44	10.4 (75.4%)
51	DORSZEWSKI Przemysław	12	KS. ALBISIA	M30	12	00:02:40	00:26:49	00:57:26.65	01:00:06.65	+00:13:49 (24.1%)	5:44	10.4 (75.4%)
52	RATAJCZYK Robert	52		M20	5	00:02:44	00:27:21	00:57:34.55	01:00:18.70	+00:13:57 (24.3%)	5:45	10.4 (75.4%)
53	CHRZANOWSKI Piotr	9	TEAM BIEGOWY SZCZECINEK	M30	13	00:02:42	00:28:09	00:57:54.40	01:00:37.05	+00:14:17 (24.7%)	5:47	10.4 (75.4%)
54	TELESIEWICZ Henryk	65	'OLSZEWSKI I SYNOWIE'	M65	1	00:02:40	00:26:08	00:58:05.00	01:00:45.15	+00:14:28 (24.9%)	5:48	10.3 (74.6%)
55	SZCZYTKOWSKI Marek	61	KB SPRINT ŚWIDWIN	M40	16	00:02:39	00:27:53	00:58:41.05	01:01:20.90	+00:15:04 (25.7%)	5:52	10.2 (73.9%)
56	KARNICKI Zygmunt	30	TKKF KOSZALIN	M60	2	00:02:41	00:28:51	00:59:00.55	01:01:42.05	+00:15:23 (26.1%)	5:54	10.2 (73.9%)
57	CHODOR Izabela	7		K30	8	00:02:41	00:28:33	00:59:01.20	01:01:42.70	+00:15:24 (26.1%)	5:54	10.2 (73.9%)
58	JANUSZEWSKI Jacek	27	17 WOG KOSZALIN	M50	3	00:02:45	00:27:54	00:59:10.45	01:01:56.00	+00:15:33 (26.3%)	5:55	10.1 (73.2%)
59	TYLUŚ Sylwia	67	TEAM BIEGOWY SZCZECINEK	K30	9	00:02:43	00:28:38	00:59:15.25	01:01:59.20	+00:15:38 (26.4%)	5:55	10.1 (73.2%)
60	LAJTER Jerzy	39	4 RUN TEAM PIŁA	M65	2	00:02:43	00:29:32	01:01:03.90	01:03:47.45	+00:17:27 (28.6%)	6:06	9.8 (71.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								10km	10km			
61	KOWALCZYK Bernard	157		M50	4	00:02:39	00:29:42	01:01:38.25	01:04:17.30	+00:18:01 (29.2%)	6:09	9.7 (70.3%)
62	GWIAZDA Mariusz	158		M40	17	00:02:44	00:29:39	01:01:55.75	01:04:40.65	+00:18:18 (29.6%)	6:11	9.7 (70.3%)
63	RAWSKA Maryna	114		K20	2	00:02:46	00:30:14	01:02:08.15	01:04:54.55	+00:18:31 (29.8%)	6:12	9.7 (70.3%)
64	RAWSKI Jarosław	140	STOPA SŁUPSK	M50	5	00:02:46	00:30:15	01:02:08.80	01:04:55.10	+00:18:32 (29.8%)	6:12	9.7 (70.3%)
65	DYMECKA Joanna	14	PARKRUN SZCZECINEK	K30	10	00:02:39	00:29:55	01:03:01.75	01:05:41.45	+00:19:24 (30.8%)	6:18	9.5 (68.8%)
66	BARABASZ Agnieszka	2	TYGODNIK NOWY	K30	11	00:02:45	00:30:49	01:03:23.30	01:06:09.10	+00:19:46 (31.2%)	6:20	9.5 (68.8%)
67	RZYWUCKA Jolanta	57	4RUN TEAM PIŁA	K30	12	00:02:40	00:29:34	01:03:38.75	01:06:19.05	+00:20:01 (31.5%)	6:21	9.4 (68.1%)
68	MRÓZ Sylwia	46		K30	13	00:02:46	00:28:48	01:03:44.50	01:06:30.60	+00:20:07 (31.6%)	6:22	9.4 (68.1%)
69	STIPPA Marzena	153		K30	14	00:02:45	00:30:55	01:04:05.75	01:06:51.40	+00:20:28 (32.0%)	6:24	9.4 (68.1%)
70	KONKEL Joanna	32	MKS 'ŚWIĘC' SŁAWNO	K50	1	00:02:42	00:29:59	01:04:45.70	01:07:28.45	+00:21:08 (32.7%)	6:28	9.3 (67.4%)
71	SUSKO- SZCZERBICKA Magdalena	217		K40	3	00:02:44	00:31:30	01:04:46.95	01:07:31.90	+00:21:10 (32.7%)	6:28	9.3 (67.4%)
72	POLIWKA-KISIEL Małgorzata	51		K30	15	00:02:44	00:31:50	01:04:47.45	01:07:31.50	+00:21:10 (32.7%)	6:28	9.3 (67.4%)
73	LITWIN Karolina	41	K.B. BRYZA POSTOMINO	K20	3	00:02:39	00:30:41	01:06:53.45	01:09:32.95	+00:23:16 (34.8%)	6:41	9 (65.2%)
74	MAŃKOWSKA Janina	44	-	K50	2	00:02:43	00:32:21	01:07:26.00	01:10:09.65	+00:23:49 (35.3%)	6:44	8.9 (64.5%)
75	WOLF Beata	73	BIG YELLOW FOOT ADVENTURE TEAM	K30	16	00:02:40	00:33:44	01:07:55.40	01:10:36.35	+00:24:18 (35.8%)	6:47	8.8 (63.8%)
76	HELLER Zdzisław	20	NIEZRZESZONY	M60	3	00:02:44	00:32:05	01:08:09.60	01:10:53.65	+00:24:32 (36.0%)	6:48	8.8 (63.8%)
77	ANDRUSZKIEWICZ Grzegorz	1	PARKRUN SZCZECINEK	M30	14	00:02:45	00:30:47	01:09:05.90	01:11:50.90	+00:25:29 (36.9%)	6:54	8.7 (63.0%)
78	NOWAK Sylwia	49	CZARNE BIEGA	K30	17	00:02:44	00:33:06	01:09:16.30	01:12:00.90	+00:25:39 (37.0%)	6:55	8.7 (63.0%)
79	FIJAŁKOWSKA Małgorzata	15	TEAM BIEGOWY SZCZECINEK	K30	18	00:02:44	00:34:27	01:11:01.65	01:13:46.10	+00:27:24 (38.6%)	7:06	8.4 (60.9%)
80	RZESZOTKA Sonia	56		K30	19	00:02:42	00:34:44	01:11:07.80	01:13:50.60	+00:27:31 (38.7%)	7:06	8.4 (60.9%)
81	FLAK Magdalena	17	LOLEK TEAM	K30	20	00:02:43	00:34:42	01:11:08.70	01:13:51.75	+00:27:31 (38.7%)	7:06	8.4 (60.9%)
82	FLAK Sebastian	18	LOLEK TEAM	M30	15	00:02:42	00:34:45	01:11:10.05	01:13:52.55	+00:27:33 (38.7%)	7:07	8.4 (60.9%)
83	BEDNAREK Grazyna	6	RUN PASJA	K45	2	00:02:39	00:35:19	01:11:22.90	01:14:02.75	+00:27:46 (38.9%)	7:08	8.4 (60.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
84	BYSTRZYŃSKI Jan	5		M30	16	00:02:41	00:35:21	01:15:00.00	01:17:41.00	+00:31:23 (41.8%)	7:30	8 (58.0%)
85	MAŁYSZEWICZ Andrzej	43		M50	6	00:02:43	00:38:42	01:29:03.55	01:31:46.90	+00:45:26 (51.0%)	8:54	6.7 (48.6%)
86	MAŁYSZEWICZ Teresa	42		K45	3	00:02:43	00:38:45	01:29:04.60	01:31:47.85	+00:45:27 (51.0%)	8:54	6.7 (48.6%)
87	TRAJAŃCZAK Zbigniew	75	SBZZ	M40	18	00:02:45	00:32:06			+00:10:29	6:25	9.3 (67.4%)
88	JABŁOŃSKA Renata	74	TEAM BIEGOWY SZCZECINEK	K30	21	00:02:44	00:34:56			+00:13:20	6:59	8.6 (62.3%)
89	JAKIEL-CZYŻEWSKA Jadwiga	23		K55	2	00:02:43						(0.0%)

Total 89 results.