



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

## CROSS NA WRZOSACH - OKONEK - 10KM

Nadleśnictwo Okonek  
2016-09-11  
Okonek  
10 km

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KONKEL Agnieszka	34		K30	1	00:02:42	00:24:11	00:49:03.15	00:51:45.30		4:54	12.2 (100%)
2	WERNER Kamila	68	WERNER END WERNER SZCZECINEK	K30	2	00:02:37	00:23:44	00:49:26.50	00:52:04.25	+00:00:23 (0.8%)	4:56	12.1 (99.2%)
3	CHORAŻY Karolina	8	FADOMODA TEAM	K20	1	00:02:40	00:24:49	00:50:45.10	00:53:26.00	+00:01:41 (3.3%)	5:04	11.8 (96.7%)
4	CHODOR Martyna	152	TKKF KOSZALIN	K30	3	00:02:39	00:24:37	00:51:39.30	00:54:19.05	+00:02:36 (5.0%)	5:10	11.6 (95.1%)
5	SZABLA Ewelina	60		K30	4	00:02:39	00:25:49	00:52:20.75	00:55:00.00	+00:03:17 (6.3%)	5:14	11.5 (94.3%)
6	STORCZYK-RAK Agnieszka	184		K30	5	00:02:41	00:25:40	00:52:55.10	00:55:36.50	+00:03:51 (7.3%)	5:17	11.3 (92.6%)
7	FIŁONOWICZ Monika	156		K30	6	00:02:42	00:25:45	00:53:48.70	00:56:31.10	+00:04:45 (8.8%)	5:22	11.1 (91.0%)
8	KRZEWIŃSKA Małgorzata	37	TKKF KOSZALIN	K55	1	00:02:41	00:26:49	00:54:34.10	00:57:15.45	+00:05:30 (10.1%)	5:27	11 (90.2%)
9	GARSKA Joanna	63	ŚWIAT PŁYTEK U KRYSPIŃSKA	K40	1	00:02:41	00:26:26	00:54:53.55	00:57:34.75	+00:05:50 (10.6%)	5:29	10.9 (89.3%)
10	JAKIEL Ewa	22		K45	1	00:02:44	00:26:56	00:55:24.25	00:58:08.90	+00:06:21 (11.5%)	5:32	10.8 (88.5%)
11	GÓRA Agnieszka	72		K30	7	00:02:40	00:27:18	00:56:17.80	00:58:58.40	+00:07:14 (12.9%)	5:37	10.7 (87.7%)
12	JAŁOWIECKA Bożena	25	TEAM BIEGOWY SZCZECINEK	K40	2	00:02:43	00:27:46	00:56:53.60	00:59:37.00	+00:07:50 (13.8%)	5:41	10.5 (86.1%)
13	CHODOR Izabela	7		K30	8	00:02:41	00:28:33	00:59:01.20	01:01:42.70	+00:09:58 (16.9%)	5:54	10.2 (83.6%)
14	TYLUŚ Sylwia	67	TEAM BIEGOWY SZCZECINEK	K30	9	00:02:43	00:28:38	00:59:15.25	01:01:59.20	+00:10:12 (17.2%)	5:55	10.1 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>RAWSKA Maryna</b>	<b>114</b>		K20	2	00:02:46	00:30:14	<b>01:02:08.15</b>	<b>01:04:54.55</b>	+00:13:05 (21.1%)	6:12	9.7 (79.5%)
16	<b>DYMECKA Joanna</b>	<b>14</b>	PARKRUN SZCZECINEK	K30	10	00:02:39	00:29:55	<b>01:03:01.75</b>	<b>01:05:41.45</b>	+00:13:58 (22.2%)	6:18	9.5 (77.9%)
17	<b>BARABASZ Agnieszka</b>	<b>2</b>	TYGODNIK NOWY	K30	11	00:02:45	00:30:49	<b>01:03:23.30</b>	<b>01:06:09.10</b>	+00:14:20 (22.6%)	6:20	9.5 (77.9%)
18	<b>RZYWUCKA Jolanta</b>	<b>57</b>	4RUN TEAM PIŁA	K30	12	00:02:40	00:29:34	<b>01:03:38.75</b>	<b>01:06:19.05</b>	+00:14:35 (22.9%)	6:21	9.4 (77.0%)
19	<b>MRÓZ Sylwia</b>	<b>46</b>		K30	13	00:02:46	00:28:48	<b>01:03:44.50</b>	<b>01:06:30.60</b>	+00:14:41 (23.0%)	6:22	9.4 (77.0%)
20	<b>STIPPA Marzena</b>	<b>153</b>		K30	14	00:02:45	00:30:55	<b>01:04:05.75</b>	<b>01:06:51.40</b>	+00:15:02 (23.5%)	6:24	9.4 (77.0%)
21	<b>KONKEL Joanna</b>	<b>32</b>	MKS 'ŚWIĘC' SŁAWNO	K50	1	00:02:42	00:29:59	<b>01:04:45.70</b>	<b>01:07:28.45</b>	+00:15:42 (24.3%)	6:28	9.3 (76.2%)
22	<b>SUSKO- SZCZEBICKA Magdalena</b>	<b>217</b>		K40	3	00:02:44	00:31:30	<b>01:04:46.95</b>	<b>01:07:31.90</b>	+00:15:43 (24.3%)	6:28	9.3 (76.2%)
23	<b>POLIWKA-KISIEL Małgorzata</b>	<b>51</b>		K30	15	00:02:44	00:31:50	<b>01:04:47.45</b>	<b>01:07:31.50</b>	+00:15:44 (24.3%)	6:28	9.3 (76.2%)
24	<b>LITWIN Karolina</b>	<b>41</b>	K.B. BRYZA POSTOMINO	K20	3	00:02:39	00:30:41	<b>01:06:53.45</b>	<b>01:09:32.95</b>	+00:17:50 (26.7%)	6:41	9 (73.8%)
25	<b>MAŃKOWSKA Janina</b>	<b>44</b>	-	K50	2	00:02:43	00:32:21	<b>01:07:26.00</b>	<b>01:10:09.65</b>	+00:18:22 (27.3%)	6:44	8.9 (73.0%)
26	<b>WOLF Beata</b>	<b>73</b>	BIG YELLOW FOOT ADVENTURE TEAM	K30	16	00:02:40	00:33:44	<b>01:07:55.40</b>	<b>01:10:36.35</b>	+00:18:52 (27.8%)	6:47	8.8 (72.1%)
27	<b>NOWAK Sylwia</b>	<b>49</b>	CZARNE BIEGA	K30	17	00:02:44	00:33:06	<b>01:09:16.30</b>	<b>01:12:00.90</b>	+00:20:13 (29.2%)	6:55	8.7 (71.3%)
28	<b>FIJAŁKOWSKA Małgorzata</b>	<b>15</b>	TEAM BIEGOWY SZCZECINEK	K30	18	00:02:44	00:34:27	<b>01:11:01.65</b>	<b>01:13:46.10</b>	+00:21:58 (30.9%)	7:06	8.4 (68.9%)
29	<b>RZESZOTKA Sonia</b>	<b>56</b>		K30	19	00:02:42	00:34:44	<b>01:11:07.80</b>	<b>01:13:50.60</b>	+00:22:04 (31.0%)	7:06	8.4 (68.9%)
30	<b>FLAK Magdalena</b>	<b>17</b>	LOLEK TEAM	K30	20	00:02:43	00:34:42	<b>01:11:08.70</b>	<b>01:13:51.75</b>	+00:22:05 (31.1%)	7:06	8.4 (68.9%)
31	<b>BEDNAREK Grazyna</b>	<b>6</b>	RUN PASJA	K45	2	00:02:39	00:35:19	<b>01:11:22.90</b>	<b>01:14:02.75</b>	+00:22:19 (31.3%)	7:08	8.4 (68.9%)
32	<b>MAŁYSZEWICZ Teresa</b>	<b>42</b>		K45	3	00:02:43	00:38:45	<b>01:29:04.60</b>	<b>01:31:47.85</b>	+00:40:01 (44.9%)	8:54	6.7 (54.9%)
33	<b>JABŁOŃSKA Renata</b>	<b>74</b>	TEAM BIEGOWY SZCZECINEK	K30	21	00:02:44	00:34:56			+00:10:45	6:59	8.6 (70.5%)
34	<b>JAKIEL-CZYŻEWSKA Jadwiga</b>	<b>23</b>		K55	2	00:02:43						(0.0%)

Znaleziono 34 wynik(ów)