



Organizator:
Data:
Miejsce:
Dystans:

CROSS NA WRZOSACH - OKONEK - 10KM

Nadleśnictwo Okonek
2016-09-11
Okonek
10 km

B4SPORT



Klasyfikacja: M-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	GARSKI Krystin	64	ŚWIAT PŁYTEK U KRYSPIŃA	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	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)

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16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	ROGOŹA 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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	WIATRYK 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	TRAJAŃCZAK Zbigniew	75	SBZZ	M40	18	00:02:45	00:32:06			+00:10:29	6:25	9.3 (67.4%)

Znaleziono 55 wynik(ów)