



Organizator:
Data:
Miejsce:
Dystans:

CROSS NA WRZOSACH - OKONEK - 10KM

Nadleśnictwo Okonek
2016-09-11
Okonek
10 km

B4SPORT



Klasyfikacja: M30

| 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 | MROZIK Daniel | 45 | | M30 | 1 | 00:02:37 | 00:22:14 | 00:45:20.00 | 00:47:57.30 | | 4:32 | 13.2 (100%) |
| 2 | LINDA Jan | 40 | LEŚNY LUDEK | M30 | 2 | 00:02:38 | 00:23:17 | 00:47:45.30 | 00:50:24.05 | +00:02:25 (5.1%) | 4:46 | 12.6 (95.5%) |
| 3 | REINKE Maciej | 214 | | M30 | 3 | 00:02:40 | 00:25:28 | 00:51:38.75 | 00:54:19.35 | +00:06:18 (12.2%) | 5:09 | 11.6 (87.9%) |
| 4 | NOWAK Piotr | 48 | CZARNE BIEGA | M30 | 4 | 00:02:38 | 00:24:33 | 00:52:14.70 | 00:54:53.15 | +00:06:54 (13.2%) | 5:13 | 11.5 (87.1%) |
| 5 | KISIEL Łukasz | 77 | DPLOT 12BZ | M30 | 5 | 00:02:41 | 00:25:50 | 00:53:37.65 | 00:56:19.50 | +00:08:17 (15.5%) | 5:21 | 11.2 (84.8%) |
| 6 | WILKOWSKI Krzysztof | 70 | ROZBIEGANY KOSZALIN | M30 | 6 | 00:02:39 | 00:25:50 | 00:54:03.15 | 00:56:42.40 | +00:08:43 (16.1%) | 5:24 | 11.1 (84.1%) |
| 7 | ZARĘBA Adam | 71 | | M30 | 7 | 00:02:42 | 00:25:28 | 00:54:24.55 | 00:57:07.05 | +00:09:04 (16.7%) | 5:26 | 11 (83.3%) |
| 8 | KONKEL Łukasz | 33 | | M30 | 8 | 00:02:42 | 00:26:23 | 00:54:47.55 | 00:57:30.10 | +00:09:27 (17.3%) | 5:28 | 10.9 (82.6%) |
| 9 | NOWACZYK Adrian | 47 | ROZBIEGANY KOSZALIN | M30 | 9 | 00:02:42 | 00:27:13 | 00:54:56.05 | 00:57:38.55 | +00:09:36 (17.5%) | 5:29 | 10.9 (82.6%) |
| 10 | KRACZKOWSKI Przemysław | 35 | CROSSFIT KOSZALIN | M30 | 10 | 00:02:39 | 00:24:18 | 00:55:23.80 | 00:58:03.30 | +00:10:03 (18.2%) | 5:32 | 10.8 (81.8%) |
| 11 | RAK Krzysztof | 178 | | M30 | 11 | 00:02:42 | 00:27:09 | 00:55:56.00 | 00:58:38.00 | +00:10:36 (19.0%) | 5:35 | 10.7 (81.1%) |
| 12 | DORSZEWSKI Przemysław | 12 | KS. ALBISIA | M30 | 12 | 00:02:40 | 00:26:49 | 00:57:26.65 | 01:00:06.65 | +00:12:06 (21.1%) | 5:44 | 10.4 (78.8%) |
| 13 | CHRZANOWSKI Piotr | 9 | TEAM BIEGOWY SZCZECINEK | M30 | 13 | 00:02:42 | 00:28:09 | 00:57:54.40 | 01:00:37.05 | +00:12:34 (21.7%) | 5:47 | 10.4 (78.8%) |
| 14 | ANDRUSZKIEWICZ Grzegorz | 1 | PARKRUN SZCZECINEK | M30 | 14 | 00:02:45 | 00:30:47 | 01:09:05.90 | 01:11:50.90 | +00:23:45 (34.4%) | 6:54 | 8.7 (65.9%) |
| 15 | FLAK Sebastian | 18 | LOLEK TEAM | M30 | 15 | 00:02:42 | 00:34:45 | 01:11:10.05 | 01:13:52.55 | +00:25:50 (36.3%) | 7:07 | 8.4 (63.6%) |
| 16 | BYSTRZYŃSKI Jan | 5 | | M30 | 16 | 00:02:41 | 00:35:21 | 01:15:00.00 | 01:17:41.00 | +00:29:40 (39.6%) | 7:30 | 8 (60.6%) |

Znaleziono 16 wynik(ów)