



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

## CROSS NA WRZOSACH - OKONEK - 10KM

Nadleśnictwo Okonek  
2016-09-11  
Okonek  
10 km

B4SPORT



Klasyfikacja: M40

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	<b>GARSKI Krystin</b>	<b>64</b>	ŚWIAT PŁYTEK U KRYSPIŃA	M40	1	00:02:37	00:21:37	<b>00:43:36.80</b>	<b>00:46:14.75</b>		4:21	13.8 (100%)
2	<b>ŁASTOWSKI Waldemar</b>	<b>106</b>	4RUN TEAM	M40	2	00:02:38	00:22:10	<b>00:46:22.15</b>	<b>00:49:00.30</b>	+00:02:45 (5.9%)	4:38	12.9 (93.5%)
3	<b>PAKULSKI Marcin</b>	<b>50</b>		M40	3	00:02:43	00:24:03	<b>00:48:43.10</b>	<b>00:51:26.65</b>	+00:05:06 (10.5%)	4:52	12.3 (89.1%)
4	<b>DUDZIAK Piotr</b>	<b>13</b>	ROZBIEGANY KOSZALIN	M40	4	00:02:40	00:24:10	<b>00:48:53.10</b>	<b>00:51:33.10</b>	+00:05:16 (10.8%)	4:53	12.3 (89.1%)
5	<b>MORDASZEWSKI Jarosław</b>	<b>76</b>	DPLOT 12BZ	M40	5	00:02:41	00:24:27	<b>00:50:51.20</b>	<b>00:53:32.30</b>	+00:07:14 (14.2%)	5:05	11.8 (85.5%)
6	<b>JAROSZ Dariusz</b>	<b>28</b>	TKKF KOSZALIN	M40	6	00:02:41	00:25:17	<b>00:51:15.75</b>	<b>00:53:56.80</b>	+00:07:38 (14.9%)	5:07	11.7 (84.8%)
7	<b>KRAJEWSKI Wojciech</b>	<b>216</b>	GOSIR BYTÓW	M40	7	00:02:40	00:25:29	<b>00:51:27.15</b>	<b>00:54:07.80</b>	+00:07:50 (15.2%)	5:08	11.7 (84.8%)
8	<b>IWANIEC Dariusz</b>	<b>21</b>	TKKF KOSZALIN	M40	8	00:02:41	00:25:42	<b>00:52:14.10</b>	<b>00:54:56.05</b>	+00:08:37 (16.5%)	5:13	11.5 (83.3%)
9	<b>JAKUSZCZONEK Zbigniew</b>	<b>24</b>	SOKZBETE	M40	9	00:02:39	00:24:06	<b>00:53:20.20</b>	<b>00:55:59.60</b>	+00:09:43 (18.2%)	5:20	11.3 (81.9%)
10	<b>KURZACZ Orfeusz</b>	<b>38</b>		M40	10	00:02:39	00:25:57	<b>00:53:35.00</b>	<b>00:56:14.70</b>	+00:09:58 (18.6%)	5:21	11.2 (81.2%)
11	<b>SZYMAŃSKI Piotr</b>	<b>62</b>	PAN	M40	11	00:02:46	00:25:59	<b>00:53:42.65</b>	<b>00:56:29.05</b>	+00:10:05 (18.8%)	5:22	11.2 (81.2%)
12	<b>BRYŁA Krzysztof</b>	<b>3</b>	DRUŻYNA SZPIKU / BIEGNIJMY.PL KOSZALIN	M40	12	00:02:45	00:24:40	<b>00:53:49.25</b>	<b>00:56:34.50</b>	+00:10:12 (19.0%)	5:22	11.1 (80.4%)
13	<b>TOWSTOKORY Marek</b>	<b>66</b>		M40	13	00:02:38	00:26:51	<b>00:54:24.15</b>	<b>00:57:02.90</b>	+00:10:47 (19.8%)	5:26	11 (79.7%)
14	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>31</b>	PARKRUN SZCZECINEK	M40	14	00:02:42	00:26:05	<b>00:54:36.95</b>	<b>00:57:19.70</b>	+00:11:00 (20.1%)	5:27	11 (79.7%)
15	<b>ROGOŻA Ireneusz</b>	<b>53</b>	BIEGNIJMY.PL	M40	15	00:02:41	00:26:11	<b>00:54:55.60</b>	<b>00:57:36.85</b>	+00:11:18 (20.6%)	5:29	10.9 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>SZCZYTKOWSKI Marek</b>	<b>61</b>	KB SPRINT ŚWIDWIN	M40	16	00:02:39	00:27:53	<b>00:58:41.05</b>	<b>01:01:20.90</b>	+00:15:04 (25.7%)	5:52	10.2 (73.9%)
17	<b>GWIAZDA Mariusz</b>	<b>158</b>		M40	17	00:02:44	00:29:39	<b>01:01:55.75</b>	<b>01:04:40.65</b>	+00:18:18 (29.6%)	6:11	9.7 (70.3%)
18	<b>TRAJAŃCZAK Zbigniew</b>	<b>75</b>	SBZZ	M40	18	00:02:45	00:32:06			+00:10:29	6:25	9.3 (67.4%)

Znaleziono 18 wynik(ów)