



# CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

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

CROSS NA WRZOSACH 2018  
Nadleśnictwo Okonek  
2018-08-25  
Okonek  
5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>CENTKA Jakub</b>	<b>61</b>	MAM TĘ MOC	M18-29	1	<b>00:20:04.17</b>		4:00	15 (100%)
2	<b>CZECHOWICZ Mikołaj</b>	<b>65</b>	TRENUJ Z NAJLEPSZYMI	M14-17	1	<b>00:20:23.63</b>	+00:00:19 (1.6%)	4:04	14.7 (98.0%)
3	<b>CUBER Wojciech</b>	<b>64</b>		M30-39	1	<b>00:20:38.51</b>	+00:00:34 (2.8%)	4:07	14.5 (96.7%)
4	<b>TATYS Bartosz</b>	<b>124</b>	-	M14-17	2	<b>00:20:43.81</b>	+00:00:39 (3.2%)	4:08	14.5 (96.7%)
5	<b>KRYZEL Tomasz</b>	<b>96</b>		M18-29	2	<b>00:21:51.93</b>	+00:01:47 (8.2%)	4:22	13.7 (91.3%)
6	<b>LEŚNIEWSKI Tomasz</b>	<b>100</b>		M50-59	1	<b>00:21:53.76</b>	+00:01:49 (8.3%)	4:22	13.7 (91.3%)
7	<b>PYREK Krzysztof</b>	<b>115</b>	1 RBLOG	M30-39	2	<b>00:22:10.88</b>	+00:02:06 (9.5%)	4:26	13.5 (90.0%)
8	<b>KUBIŚ Paweł</b>	<b>97</b>		M30-39	3	<b>00:22:28.97</b>	+00:02:24 (10.7%)	4:29	13.3 (88.7%)
9	<b>KASZUBA Artur</b>	<b>200</b>		M40-49	1	<b>00:22:32.95</b>	+00:02:28 (11.0%)	4:30	13.3 (88.7%)
10	<b>KACZOR Agnieszka</b>	<b>85</b>		K18-29	1	<b>00:23:08.54</b>	+00:03:04 (13.3%)	4:37	13 (86.7%)
11	<b>GEMZA Marcin</b>	<b>74</b>		M30-39	4	<b>00:23:15.25</b>	+00:03:11 (13.7%)	4:39	12.9 (86.0%)
12	<b>MICERSKI Tomasz</b>	<b>106</b>	TKKF KOSZALIN	M40-49	2	<b>00:23:18.22</b>	+00:03:14 (13.9%)	4:39	12.9 (86.0%)
13	<b>TATYS Tomasz</b>	<b>123</b>	-	M40-49	3	<b>00:23:58.12</b>	+00:03:53 (16.3%)	4:47	12.5 (83.3%)
14	<b>GRZES Kacper</b>	<b>76</b>	MKP SZCZECINEK	M14-17	3	<b>00:24:06.54</b>	+00:04:02 (16.8%)	4:49	12.4 (82.7%)
15	<b>GÓRA Agnieszka</b>	<b>75</b>	#ZABIEGANINOCA	K40-49	1	<b>00:24:19.54</b>	+00:04:15 (17.5%)	4:52	12.3 (82.0%)
16	<b>PIETRZAK Michał</b>	<b>111</b>		M40-49	4	<b>00:24:33.54</b>	+00:04:29 (18.3%)	4:54	12.2 (81.3%)
17	<b>CHUDZIK Piotr</b>	<b>130</b>	LZS TOBŻENICA	M50-59	2	<b>00:24:42.89</b>	+00:04:38 (18.8%)	4:56	12.1 (80.7%)
18	<b>SKROBANEK Hanna</b>	<b>86</b>	MKP SZCZECINEK	K14-17	1	<b>00:24:44.17</b>	+00:04:39 (18.9%)	4:56	12.1 (80.7%)
19	<b>ZAKIELARZ Jan</b>	<b>128</b>	PRECON POLSKA JASTROWIE	M50-59	3	<b>00:25:00.79</b>	+00:04:56 (19.8%)	5:00	12 (80.0%)
20	<b>FIECEK Łukasz</b>	<b>71</b>		M18-29	3	<b>00:25:33.62</b>	+00:05:29 (21.5%)	5:06	11.7 (78.0%)
21	<b>THOMAS Daniel</b>	<b>125</b>	PRECON POLSKA JASTROWIE	M30-39	5	<b>00:25:39.52</b>	+00:05:35 (21.8%)	5:07	11.7 (78.0%)
22	<b>KAŹMIERCZAK Agnieszka</b>	<b>90</b>		K40-49	2	<b>00:25:56.46</b>	+00:05:52 (22.6%)	5:11	11.6 (77.3%)
23	<b>HAŁKA Justyna</b>	<b>80</b>	TRUCHT ŁOBEZ	K30-39	1	<b>00:26:29.49</b>	+00:06:25 (24.2%)	5:18	11.3 (75.3%)
24	<b>ROSIŃSKA Violetta</b>	<b>117</b>		K40-49	3	<b>00:26:34.62</b>	+00:06:30 (24.5%)	5:19	11.3 (75.3%)
25	<b>KARABASZ Sylwia</b>	<b>87</b>		K40-49	4	<b>00:26:37.87</b>	+00:06:33 (24.6%)	5:19	11.3 (75.3%)
26	<b>RYBAK Krzysztof</b>	<b>131</b>		M14-17	4	<b>00:26:39.94</b>	+00:06:35 (24.7%)	5:20	11.3 (75.3%)
27	<b>FELKOWSKI Tomasz</b>	<b>70</b>		M30-39	6	<b>00:26:59.84</b>	+00:06:55 (25.7%)	5:24	11.1 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
28	<b>LEŚNIEWSKI Dariusz</b>	<b>101</b>		M40-49	5	<b>00:27:38.46</b>	+00:07:34 (27.4%)	5:31	10.8 (72.0%)
29	<b>HAŁKA Arkadiusz</b>	<b>81</b>	TRUCHT ŁOBEZ	M40-49	6	<b>00:27:45.85</b>	+00:07:41 (27.7%)	5:33	10.8 (72.0%)
30	<b>PRZEDNÓWEK Mariola</b>	<b>114</b>		K18-29	2	<b>00:27:46.83</b>	+00:07:42 (27.8%)	5:33	10.8 (72.0%)
31	<b>CENTKA Katarzyna</b>	<b>60</b>	MAM TĘ MOC	K30-39	2	<b>00:28:09.03</b>	+00:08:04 (28.7%)	5:37	10.7 (71.3%)
32	<b>PIECHOTA Elżbieta</b>	<b>110</b>	WATAHA WAŁCZ	K40-49	5	<b>00:28:11.71</b>	+00:08:07 (28.8%)	5:38	10.6 (70.7%)
33	<b>KURZAWIŃSKA-JABŁOŃSKA Kasia</b>	<b>98</b>		K40-49	6	<b>00:28:25.36</b>	+00:08:21 (29.4%)	5:41	10.6 (70.7%)
34	<b>ROKITA Emilia</b>	<b>116</b>		K18-29	3	<b>00:28:25.66</b>	+00:08:21 (29.4%)	5:41	10.6 (70.7%)
35	<b>KOKOLSKA Sandra</b>	<b>92</b>		K30-39	3	<b>00:28:34.34</b>	+00:08:30 (29.8%)	5:42	10.5 (70.0%)
36	<b>SKROBANEK Zofia</b>	<b>79</b>	MKP SZCZECINEK	K14-17	2	<b>00:28:37.49</b>	+00:08:33 (29.9%)	5:43	10.5 (70.0%)
37	<b>ZAKIELARZ Anna</b>	<b>129</b>	PRECON POLSKA JASTROWIE	K30-39	4	<b>00:28:44.01</b>	+00:08:39 (30.2%)	5:44	10.4 (69.3%)
38	<b>FIECEK Dorota</b>	<b>72</b>		K40-49	7	<b>00:28:49.12</b>	+00:08:44 (30.4%)	5:45	10.4 (69.3%)
39	<b>KARABASZ Krzysztof</b>	<b>88</b>		M40-49	7	<b>00:28:59.11</b>	+00:08:54 (30.8%)	5:47	10.4 (69.3%)
40	<b>RYNKIEWICZ Aleksandra</b>	<b>120</b>	PARADISO	K30-39	5	<b>00:29:04.47</b>	+00:09:00 (31.0%)	5:49	10.3 (68.7%)
41	<b>SUCHANOWSKI Zygmunt</b>	<b>121</b>		M50-59	4	<b>00:29:31.47</b>	+00:09:27 (32.0%)	5:54	10.2 (68.0%)
42	<b>RÓG Wioletta</b>	<b>118</b>		K40-49	8	<b>00:30:16.03</b>	+00:10:11 (33.7%)	6:03	9.9 (66.0%)
43	<b>HORYŃ Robert</b>	<b>82</b>	ZABIEGANINOĄ	M30-39	7	<b>00:30:20.66</b>	+00:10:16 (33.9%)	6:04	9.9 (66.0%)
44	<b>DRZAZGA Zbigniew</b>	<b>68</b>	SZCZECINEK	M50-59	5	<b>00:30:31.98</b>	+00:10:27 (34.3%)	6:06	9.8 (65.3%)
45	<b>MISIEK Andrzej</b>	<b>91</b>	#ZABIEGANINOĄ	M40-49	8	<b>00:30:33.11</b>	+00:10:28 (34.3%)	6:06	9.8 (65.3%)
46	<b>DREWNOWSKI Adam</b>	<b>67</b>	ZASAPANI	M40-49	9	<b>00:30:33.93</b>	+00:10:29 (34.3%)	6:06	9.8 (65.3%)
47	<b>KOZŁOWSKA Karolina</b>	<b>95</b>	ZABIEGANI NOĄ	K30-39	6	<b>00:30:35.23</b>	+00:10:31 (34.4%)	6:07	9.8 (65.3%)
48	<b>BYSTRZYŃSKI Jan</b>	<b>59</b>		M40-49	10	<b>00:30:49.65</b>	+00:10:45 (34.9%)	6:10	9.7 (64.7%)
49	<b>RYNKIEWICZ Piotr</b>	<b>119</b>	TEAM BIEGOWY WALDEK	M30-39	8	<b>00:31:05.57</b>	+00:11:01 (35.5%)	6:13	9.7 (64.7%)
50	<b>MAZURKIEWICZ Grzegorz</b>	<b>105</b>		M50-59	6	<b>00:31:10.91</b>	+00:11:06 (35.6%)	6:14	9.6 (64.0%)
51	<b>BUTOWICZ Adam</b>	<b>58</b>		M50-59	7	<b>00:31:22.46</b>	+00:11:18 (36.0%)	6:16	9.6 (64.0%)
52	<b>MAZUR Arkadiusz</b>	<b>104</b>		M40-49	11	<b>00:31:44.13</b>	+00:11:39 (36.8%)	6:20	9.5 (63.3%)
53	<b>WODZYŃSKA Katarzyna</b>	<b>127</b>	ZABIEGANI NOĄ	K30-39	7	<b>00:31:46.58</b>	+00:11:42 (36.8%)	6:21	9.4 (62.7%)
54	<b>MICKIEWICZ Kinga</b>	<b>107</b>	ZABIEGANI NOĄ	K40-49	9	<b>00:31:50.56</b>	+00:11:46 (37.0%)	6:22	9.4 (62.7%)
55	<b>ZBOROWSKA-SKROBANEK Justyna</b>	<b>89</b>		K40-49	10	<b>00:32:04.99</b>	+00:12:00 (37.4%)	6:25	9.4 (62.7%)
56	<b>PAWLUŚ Kamilla</b>	<b>109</b>		K40-49	11	<b>00:32:05.82</b>	+00:12:01 (37.5%)	6:25	9.4 (62.7%)
57	<b>TOMCZYK Artur</b>	<b>51</b>		M30-39	9	<b>00:32:11.91</b>	+00:12:07 (37.7%)	6:26	9.3 (62.0%)
58	<b>BUCHOWSKI Marek</b>	<b>57</b>	PARKRUN	M60-69	1	<b>00:32:21.92</b>	+00:12:17 (38.0%)	6:28	9.3 (62.0%)
59	<b>BĄBIŃSKI Grzegorz</b>	<b>56</b>		M50-59	8	<b>00:32:22.43</b>	+00:12:18 (38.0%)	6:28	9.3 (62.0%)
60	<b>SYDOR Katarzyna</b>	<b>122</b>	RUNDORFINA	K30-39	8	<b>00:32:26.89</b>	+00:12:22 (38.1%)	6:29	9.2 (61.3%)
61	<b>IWANIAK Dariusz</b>	<b>84</b>		M40-49	12	<b>00:32:31.77</b>	+00:12:27 (38.3%)	6:30	9.2 (61.3%)
62	<b>KOWALIK Mariola</b>	<b>93</b>		K18-29	4	<b>00:32:36.61</b>	+00:12:32 (38.5%)	6:31	9.2 (61.3%)
63	<b>KOWALIK Mirosław</b>	<b>94</b>		M50-59	9	<b>00:32:39.42</b>	+00:12:35 (38.5%)	6:31	9.2 (61.3%)
64	<b>NOWAK-GEMZA Monika</b>	<b>108</b>		K40-49	12	<b>00:32:57.23</b>	+00:12:53 (39.1%)	6:35	9.1 (60.7%)
65	<b>IWANIAK Wioletta</b>	<b>83</b>		K40-49	13	<b>00:34:07.52</b>	+00:14:03 (41.2%)	6:49	8.8 (58.7%)
66	<b>FELKOWSKA Karolina</b>	<b>69</b>		K30-39	9	<b>00:34:41.41</b>	+00:14:37 (42.1%)	6:56	8.6 (57.3%)
67	<b>WDOWIAK Kasia</b>	<b>126</b>	WKURW_TEAM	K30-39	10	<b>00:34:48.71</b>	+00:14:44 (42.3%)	6:57	8.6 (57.3%)
68	<b>GRZYTEK Magdalena</b>	<b>77</b>		K30-39	11	<b>00:34:57.67</b>	+00:14:53 (42.6%)	6:59	8.6 (57.3%)
69	<b>KWIATKOWSKA Agnieszka</b>	<b>99</b>		K40-49	14	<b>00:35:33.80</b>	+00:15:29 (43.6%)	7:06	8.4 (56.0%)
70	<b>CERANOWSKA Aga</b>	<b>62</b>	PSEUDOBIEGACZKI	K40-49	15	<b>00:35:35.95</b>	+00:15:31 (43.6%)	7:07	8.4 (56.0%)
71	<b>FIRLEJ Agnieszka</b>	<b>73</b>	RUNDORFINA	K40-49	16	<b>00:35:47.53</b>	+00:15:43 (43.9%)	7:09	8.4 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>DĄBROWSKA Katarzyna</b>	<b>66</b>	RUNDORFINA	K30-39	12	<b>00:35:47.56</b>	+00:15:43 (43.9%)	7:09	8.4 (56.0%)
73	<b>PACHUTA Marcin</b>	<b>196</b>		M40-49	13	<b>00:35:51.93</b>	+00:15:47 (44.0%)	7:10	8.4 (56.0%)
74	<b>ŁEPEK Marta</b>	<b>102</b>	KAMARO TEAM	K18-29	5	<b>00:36:09.29</b>	+00:16:05 (44.5%)	7:13	8.3 (55.3%)
75	<b>GRZYTEK Katarzyna</b>	<b>78</b>		K40-49	17	<b>00:36:35.45</b>	+00:16:31 (45.2%)	7:19	8.2 (54.7%)
76	<b>MAŁYSZEWICZ Tomasz</b>	<b>103</b>	#TEAMDKMS,KS BIAŁY BÓR	M18-29	4	<b>00:38:07.25</b>	+00:18:03 (47.4%)	7:37	7.9 (52.7%)

Znaleziono 76 wynik(ów)