

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	CENTKA Jakub	61	MAM TĘ MOC	M18-29	1	00:20:04.17		4:00	15 (100%)
2	CZECHOWICZ Mikołaj	65	TRENUJ Z NAJLEPSZYMI	M14-17	1	00:20:23.63	+00:00:19 (1.6%)	4:04	14.7 (98.0%)
3	CUBER Wojciech	64		M30-39	1	00:20:38.51	+00:00:34 (2.8%)	4:07	14.5 (96.7%)
4	TATYS Bartosz	124	-	M14-17	2	00:20:43.81	+00:00:39 (3.2%)	4:08	14.5 (96.7%)
5	KRYZEL Tomasz	96		M18-29	2	00:21:51.93	+00:01:47 (8.2%)	4:22	13.7 (91.3%)
6	LEŚNIEWSKI Tomasz	100		M50-59	1	00:21:53.76	+00:01:49 (8.3%)	4:22	13.7 (91.3%)
7	PYREK Krzysztof	115	1 RBLOG	M30-39	2	00:22:10.88	+00:02:06 (9.5%)	4:26	13.5 (90.0%)
8	KUBIŚ Paweł	97		M30-39	3	00:22:28.97	+00:02:24 (10.7%)	4:29	13.3 (88.7%)
9	KASZUBA Artur	200		M40-49	1	00:22:32.95	+00:02:28 (11.0%)	4:30	13.3 (88.7%)
10	KACZOR Agnieszka	85		K18-29	1	00:23:08.54	+00:03:04 (13.3%)	4:37	13 (86.7%)
11	GEMZA Marcin	74		M30-39	4	00:23:15.25	+00:03:11 (13.7%)	4:39	12.9 (86.0%)
12	MICERSKI Tomasz	106	TKKF KOSZALIN	M40-49	2	00:23:18.22	+00:03:14 (13.9%)	4:39	12.9 (86.0%)
13	TATYS Tomasz	123	-	M40-49	3	00:23:58.12	+00:03:53 (16.3%)	4:47	12.5 (83.3%)
14	GRZES Kacper	76	MKP SZCZECINEK	M14-17	3	00:24:06.54	+00:04:02 (16.8%)	4:49	12.4 (82.7%)
15	GÓRA Agnieszka	75	#ZABIEGANINOCA	K40-49	1	00:24:19.54	+00:04:15 (17.5%)	4:52	12.3 (82.0%)
16	PIETRZAK Michał	111		M40-49	4	00:24:33.54	+00:04:29 (18.3%)	4:54	12.2 (81.3%)
17	CHUDZIK Piotr	130	LZS TOBŻENICA	M50-59	2	00:24:42.89	+00:04:38 (18.8%)	4:56	12.1 (80.7%)
18	SKROBANEK Hanna	86	MKP SZCZECINEK	K14-17	1	00:24:44.17	+00:04:39 (18.9%)	4:56	12.1 (80.7%)
19	ZAKIELARZ Jan	128	PRECON POLSKA JASTROWIE	M50-59	3	00:25:00.79	+00:04:56 (19.8%)	5:00	12 (80.0%)
20	FIECEK Łukasz	71		M18-29	3	00:25:33.62	+00:05:29 (21.5%)	5:06	11.7 (78.0%)
21	THOMAS Daniel	125	PRECON POLSKA JASTROWIE	M30-39	5	00:25:39.52	+00:05:35 (21.8%)	5:07	11.7 (78.0%)
22	KAŹMIERCZAK Agnieszka	90		K40-49	2	00:25:56.46	+00:05:52 (22.6%)	5:11	11.6 (77.3%)
23	HAŁKA Justyna	80	TRUCHT ŁOBEZ	K30-39	1	00:26:29.49	+00:06:25 (24.2%)	5:18	11.3 (75.3%)
24	ROSIŃSKA Violetta	117		K40-49	3	00:26:34.62	+00:06:30 (24.5%)	5:19	11.3 (75.3%)
25	KARABASZ Sylwia	87		K40-49	4	00:26:37.87	+00:06:33 (24.6%)	5:19	11.3 (75.3%)
26	RYBAK Krzysztof	131		M14-17	4	00:26:39.94	+00:06:35 (24.7%)	5:20	11.3 (75.3%)
27	FELKOWSKI Tomasz	70		M30-39	6	00:26:59.84	+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	LEŚNIEWSKI Dariusz	101		M40-49	5	00:27:38.46	+00:07:34 (27.4%)	5:31	10.8 (72.0%)
29	HAŁKA Arkadiusz	81	TRUCHT ŁOBEZ	M40-49	6	00:27:45.85	+00:07:41 (27.7%)	5:33	10.8 (72.0%)
30	PRZEDNÓWEK Mariola	114		K18-29	2	00:27:46.83	+00:07:42 (27.8%)	5:33	10.8 (72.0%)
31	CENTKA Katarzyna	60	MAM TĘ MOC	K30-39	2	00:28:09.03	+00:08:04 (28.7%)	5:37	10.7 (71.3%)
32	PIECHOTA Elżbieta	110	WATAHA WAŁCZ	K40-49	5	00:28:11.71	+00:08:07 (28.8%)	5:38	10.6 (70.7%)
33	KURZAWIŃSKA-JABŁOŃSKA Kasia	98		K40-49	6	00:28:25.36	+00:08:21 (29.4%)	5:41	10.6 (70.7%)
34	ROKITA Emilia	116		K18-29	3	00:28:25.66	+00:08:21 (29.4%)	5:41	10.6 (70.7%)
35	KOKOLSKA Sandra	92		K30-39	3	00:28:34.34	+00:08:30 (29.8%)	5:42	10.5 (70.0%)
36	SKROBANEK Zofia	79	MKP SZCZECINEK	K14-17	2	00:28:37.49	+00:08:33 (29.9%)	5:43	10.5 (70.0%)
37	ZAKIELARZ Anna	129	PRECON POLSKA JASTROWIE	K30-39	4	00:28:44.01	+00:08:39 (30.2%)	5:44	10.4 (69.3%)
38	FIECEK Dorota	72		K40-49	7	00:28:49.12	+00:08:44 (30.4%)	5:45	10.4 (69.3%)
39	KARABASZ Krzysztof	88		M40-49	7	00:28:59.11	+00:08:54 (30.8%)	5:47	10.4 (69.3%)
40	RYNKIEWICZ Aleksandra	120	PARADISO	K30-39	5	00:29:04.47	+00:09:00 (31.0%)	5:49	10.3 (68.7%)
41	SUCHANOWSKI Zygmunt	121		M50-59	4	00:29:31.47	+00:09:27 (32.0%)	5:54	10.2 (68.0%)
42	RÓG Wioletta	118		K40-49	8	00:30:16.03	+00:10:11 (33.7%)	6:03	9.9 (66.0%)
43	HORYŃ Robert	82	ZABIEGANINOĄ	M30-39	7	00:30:20.66	+00:10:16 (33.9%)	6:04	9.9 (66.0%)
44	DRZAZGA Zbigniew	68	SZCZECINEK	M50-59	5	00:30:31.98	+00:10:27 (34.3%)	6:06	9.8 (65.3%)
45	MISIEK Andrzej	91	#ZABIEGANINOĄ	M40-49	8	00:30:33.11	+00:10:28 (34.3%)	6:06	9.8 (65.3%)
46	DREWNOWSKI Adam	67	ZASAPANI	M40-49	9	00:30:33.93	+00:10:29 (34.3%)	6:06	9.8 (65.3%)
47	KOZŁOWSKA Karolina	95	ZABIEGANI NOĄ	K30-39	6	00:30:35.23	+00:10:31 (34.4%)	6:07	9.8 (65.3%)
48	BYSTRZYŃSKI Jan	59		M40-49	10	00:30:49.65	+00:10:45 (34.9%)	6:10	9.7 (64.7%)
49	RYNKIEWICZ Piotr	119	TEAM BIEGOWY WALDEK	M30-39	8	00:31:05.57	+00:11:01 (35.5%)	6:13	9.7 (64.7%)
50	MAZURKIEWICZ Grzegorz	105		M50-59	6	00:31:10.91	+00:11:06 (35.6%)	6:14	9.6 (64.0%)
51	BUTOWICZ Adam	58		M50-59	7	00:31:22.46	+00:11:18 (36.0%)	6:16	9.6 (64.0%)
52	MAZUR Arkadiusz	104		M40-49	11	00:31:44.13	+00:11:39 (36.8%)	6:20	9.5 (63.3%)
53	WODZYŃSKA Katarzyna	127	ZABIEGANI NOĄ	K30-39	7	00:31:46.58	+00:11:42 (36.8%)	6:21	9.4 (62.7%)
54	MICKIEWICZ Kinga	107	ZABIEGANI NOĄ	K40-49	9	00:31:50.56	+00:11:46 (37.0%)	6:22	9.4 (62.7%)
55	ZBOROWSKA-SKROBANEK Justyna	89		K40-49	10	00:32:04.99	+00:12:00 (37.4%)	6:25	9.4 (62.7%)
56	PAWLUŚ Kamilla	109		K40-49	11	00:32:05.82	+00:12:01 (37.5%)	6:25	9.4 (62.7%)
57	TOMCZYK Artur	51		M30-39	9	00:32:11.91	+00:12:07 (37.7%)	6:26	9.3 (62.0%)
58	BUCHOWSKI Marek	57	PARKRUN	M60-69	1	00:32:21.92	+00:12:17 (38.0%)	6:28	9.3 (62.0%)
59	BĄBIŃSKI Grzegorz	56		M50-59	8	00:32:22.43	+00:12:18 (38.0%)	6:28	9.3 (62.0%)
60	SYDOR Katarzyna	122	RUNDORFINA	K30-39	8	00:32:26.89	+00:12:22 (38.1%)	6:29	9.2 (61.3%)
61	IWANIAK Dariusz	84		M40-49	12	00:32:31.77	+00:12:27 (38.3%)	6:30	9.2 (61.3%)
62	KOWALIK Mariola	93		K18-29	4	00:32:36.61	+00:12:32 (38.5%)	6:31	9.2 (61.3%)
63	KOWALIK Mirosław	94		M50-59	9	00:32:39.42	+00:12:35 (38.5%)	6:31	9.2 (61.3%)
64	NOWAK-GEMZA Monika	108		K40-49	12	00:32:57.23	+00:12:53 (39.1%)	6:35	9.1 (60.7%)
65	IWANIAK Wioletta	83		K40-49	13	00:34:07.52	+00:14:03 (41.2%)	6:49	8.8 (58.7%)
66	FELKOWSKA Karolina	69		K30-39	9	00:34:41.41	+00:14:37 (42.1%)	6:56	8.6 (57.3%)
67	WDOWIAK Kasia	126	WKURW_TEAM	K30-39	10	00:34:48.71	+00:14:44 (42.3%)	6:57	8.6 (57.3%)
68	GRZYTEK Magdalena	77		K30-39	11	00:34:57.67	+00:14:53 (42.6%)	6:59	8.6 (57.3%)
69	KWIATKOWSKA Agnieszka	99		K40-49	14	00:35:33.80	+00:15:29 (43.6%)	7:06	8.4 (56.0%)
70	CERANOWSKA Aga	62	PSEUDOBIEGACZKI	K40-49	15	00:35:35.95	+00:15:31 (43.6%)	7:07	8.4 (56.0%)
71	FIRLEJ Agnieszka	73	RUNDORFINA	K40-49	16	00:35:47.53	+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	DĄBROWSKA Katarzyna	66	RUNDORFINA	K30-39	12	00:35:47.56	+00:15:43 (43.9%)	7:09	8.4 (56.0%)
73	PACHUTA Marcin	196		M40-49	13	00:35:51.93	+00:15:47 (44.0%)	7:10	8.4 (56.0%)
74	ŁEPEK Marta	102	KAMARO TEAM	K18-29	5	00:36:09.29	+00:16:05 (44.5%)	7:13	8.3 (55.3%)
75	GRZYSTEK Katarzyna	78		K40-49	17	00:36:35.45	+00:16:31 (45.2%)	7:19	8.2 (54.7%)
76	MAŁYSZEWICZ Tomasz	103	#TEAMDKMS,KS BIAŁY BÓR	M18-29	4	00:38:07.25	+00:18:03 (47.4%)	7:37	7.9 (52.7%)

Znaleziono 76 wynik(ów)