

CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

CROSS NA WRZOSACH
Nadleśnictwo Okonek
2017-08-27
Okonek
5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CZECHOWICZ Miłosz	208		M18-29	1	00:19:23.85		3:52	15.5 (100%)
2	BARCZAK Rafał	6		M40-49	1	00:20:59.00	+00:01:35 (7.6%)	4:11	14.3 (92.3%)
3	CZECHOWICZ Mikołaj	209		M18-29	2	00:21:23.95	+00:02:00 (9.4%)	4:16	14 (90.3%)
4	CUBER Wojciech	21		M30-39	1	00:21:26.00	+00:02:02 (9.5%)	4:17	14 (90.3%)
5	BORYCHOWSKA Marlena	55		K18-29	1	00:21:38.20	+00:02:14 (10.3%)	4:19	13.9 (89.7%)
6	KRYZEL Tomasz	87		M18-29	3	00:22:02.35	+00:02:38 (12.0%)	4:24	13.6 (87.7%)
7	PODŁYSKA Tadeusz	141		M30-39	2	00:22:24.85	+00:03:01 (13.5%)	4:29	13.4 (86.5%)
8	KOZŁOWSKI Tomasz	85		M40-49	2	00:22:43.50	+00:03:19 (14.6%)	4:32	13.2 (85.2%)
9	KRAJEWSKA Hanna	86		K18-29	2	00:22:48.80	+00:03:24 (15.0%)	4:33	13.1 (84.5%)
10	KATRYCZ Zbigniew	73		M50-59	1	00:22:50.05	+00:03:26 (15.1%)	4:34	13.1 (84.5%)
11	PYREK Krzysztof	148		M30-39	3	00:22:55.85	+00:03:32 (15.4%)	4:35	13.1 (84.5%)
12	SKROBANEK Hanna	164		K18-29	3	00:23:05.90	+00:03:42 (16.0%)	4:37	13 (83.9%)
13	SZYMAJDA Grzegorz	211		M30-39	4	00:23:15.65	+00:03:51 (16.6%)	4:39	12.9 (83.2%)
14	WIELGUS Paweł	197		M30-39	5	00:23:19.10	+00:03:55 (16.8%)	4:39	12.9 (83.2%)
15	PRZYBYSZ Łukasz	146		M18-29	4	00:23:21.15	+00:03:57 (16.9%)	4:40	12.8 (82.6%)
16	SKOCZYŁAS Henryk	163		M40-49	3	00:23:52.65	+00:04:28 (18.8%)	4:46	12.6 (81.3%)
17	MICERSKI Tomasz	108		M40-49	4	00:23:59.20	+00:04:35 (19.1%)	4:47	12.5 (80.6%)
18	KASPEROWICZ Zdzisław	72		M40-49	5	00:24:14.90	+00:04:51 (20.0%)	4:51	12.4 (80.0%)
19	GRZES Kacper	39		M18-29	5	00:24:32.50	+00:05:08 (21.0%)	4:54	12.2 (78.7%)
20	MIKIETYŃSKI Michał	112		M30-39	6	00:25:10.95	+00:05:47 (23.0%)	5:02	11.9 (76.8%)
21	KULIŚ Wiktor	90		M18-29	6	00:25:24.95	+00:06:01 (23.7%)	5:05	11.8 (76.1%)
22	JARKA Wojciech	56		M40-49	6	00:25:27.45	+00:06:03 (23.8%)	5:05	11.8 (76.1%)
23	KACZOR Agnieszka	64		K18-29	4	00:25:29.15	+00:06:05 (23.9%)	5:05	11.8 (76.1%)
24	RAK Anna	152		K30-39	1	00:25:31.00	+00:06:07 (24.0%)	5:06	11.8 (76.1%)
25	DYMECKA Joanna	29		K30-39	2	00:25:37.90	+00:06:14 (24.3%)	5:07	11.7 (75.5%)
26	SŁOMKA Maciej	138		M40-49	7	00:25:50.70	+00:06:26 (24.9%)	5:10	11.6 (74.8%)
27	JASKÓŁKA-STANISZ Paweł	62		M18-29	7	00:26:10.90	+00:06:47 (25.9%)	5:14	11.5 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	NITA Wiesław	120		M40-49	8	00:26:16.35	+00:06:52 (26.2%)	5:15	11.4 (73.5%)
29	KIEŁTYKA Tomasz	74		M30-39	7	00:26:28.65	+00:07:04 (26.7%)	5:17	11.3 (72.9%)
30	PIETRZAK Michał	135		M30-39	8	00:26:30.65	+00:07:06 (26.8%)	5:18	11.3 (72.9%)
31	PIESIK Mariusz	134		M50-59	2	00:26:43.75	+00:07:19 (27.4%)	5:20	11.2 (72.3%)
32	RATAJCZYK Grzegorz	155		M40-49	9	00:26:43.85	+00:07:20 (27.4%)	5:20	11.2 (72.3%)
33	HORYŃ Robert	47		M30-39	9	00:26:52.65	+00:07:28 (27.8%)	5:22	11.2 (72.3%)
34	SZORDYKOWSKI Adam	179		M18-29	8	00:26:53.05	+00:07:29 (27.8%)	5:22	11.2 (72.3%)
35	HAPKE Piotr	45		M40-49	10	00:26:57.90	+00:07:34 (28.1%)	5:23	11.1 (71.6%)
36	KURASZ Adam	213		M30-39	10	00:27:04.30	+00:07:40 (28.3%)	5:24	11.1 (71.6%)
37	FELKOWSKI Tomasz	31		M30-39	11	00:27:05.05	+00:07:41 (28.4%)	5:25	11.1 (71.6%)
38	SKOCZYLAS Bożena	162		K40-49	1	00:27:20.00	+00:07:56 (29.0%)	5:28	11 (71.0%)
39	KARABASZ Sylwia	69		K40-49	2	00:27:22.25	+00:07:58 (29.1%)	5:28	11 (71.0%)
40	KOSECKA Helena	80		K30-39	3	00:27:38.10	+00:08:14 (29.8%)	5:31	10.9 (70.3%)
41	SKROBANEK Zofia	165		K18-29	5	00:27:54.00	+00:08:30 (30.5%)	5:34	10.8 (69.7%)
42	BARANEK Aleksandra	5		K18-29	6	00:27:54.15	+00:08:30 (30.5%)	5:34	10.8 (69.7%)
43	MOSKAL Magdalena	212		K18-29	7	00:27:54.20	+00:08:30 (30.5%)	5:35	10.7 (69.0%)
44	NERĆ Patrycja	117		K18-29	8	00:28:07.50	+00:08:43 (31.0%)	5:37	10.7 (69.0%)
45	PLUTA Katarzyna	139		K18-29	9	00:28:14.95	+00:08:51 (31.3%)	5:39	10.6 (68.4%)
46	ZIÓŁKOWSKI Wojciech	207		M40-49	11	00:28:15.70	+00:08:51 (31.4%)	5:39	10.6 (68.4%)
47	BUŁOWICZ Adam	84		M50-59	3	00:28:18.30	+00:08:54 (31.5%)	5:39	10.6 (68.4%)
48	NITA Katarzyna	121		K40-49	3	00:28:29.80	+00:09:05 (31.9%)	5:41	10.5 (67.7%)
49	PYREK Iwona	149		K30-39	4	00:28:34.85	+00:09:11 (32.1%)	5:43	10.5 (67.7%)
50	KARABASZ Krzysztof	70		M40-49	12	00:28:47.35	+00:09:23 (32.6%)	5:45	10.4 (67.1%)
51	SKUPIŃSKA Karolina	166		K18-29	10	00:28:52.00	+00:09:28 (32.8%)	5:46	10.4 (67.1%)
52	MAŁYSZEWICZ Andrzej	105		M50-59	4	00:28:53.40	+00:09:29 (32.9%)	5:46	10.4 (67.1%)
53	STOCKA-PODŁYSKA Żaneta	171		K30-39	5	00:29:12.80	+00:09:48 (33.6%)	5:50	10.3 (66.5%)
54	BYSTRZYŃSKI Jan	15		M40-49	13	00:29:37.10	+00:10:13 (34.5%)	5:55	10.1 (65.2%)
55	PIWECKA Ewa	136		K30-39	6	00:29:39.45	+00:10:15 (34.6%)	5:55	10.1 (65.2%)
56	NOWAK-GEMZA Monika	125		K40-49	4	00:29:43.25	+00:10:19 (34.7%)	5:56	10.1 (65.2%)
57	DRZAZGA Zbigniew	25		M40-49	14	00:29:59.10	+00:10:35 (35.3%)	5:59	10 (64.5%)
58	NIEDZIELA Dorota	118		K50-59	1	00:30:08.70	+00:10:44 (35.7%)	6:01	10 (64.5%)
59	KISIEL Marcin	75		M30-39	12	00:30:37.10	+00:11:13 (36.6%)	6:07	9.8 (63.2%)
60	KISIEL Agnieszka	76		K30-39	7	00:30:37.35	+00:11:13 (36.7%)	6:07	9.8 (63.2%)
61	SZEWCZYK Paulina	177		K18-29	11	00:30:39.05	+00:11:15 (36.7%)	6:07	9.8 (63.2%)
62	WODZYŃSKA Katarzyna	199		K30-39	8	00:30:40.45	+00:11:16 (36.8%)	6:08	9.8 (63.2%)
63	SZPURA Patryk	181		M18-29	9	00:30:41.90	+00:11:18 (36.8%)	6:08	9.8 (63.2%)
64	PONICKA Izabela	142		K40-49	5	00:30:44.50	+00:11:20 (36.9%)	6:08	9.8 (63.2%)
65	WIŚNIEWSKI Daniel	198		M50-59	5	00:31:01.15	+00:11:37 (37.5%)	6:12	9.7 (62.6%)
66	RYNKIEWICZ Piotr	158		M30-39	13	00:31:06.85	+00:11:43 (37.7%)	6:13	9.6 (61.9%)
67	KNICH Anna	167		K40-49	6	00:31:20.40	+00:11:56 (38.1%)	6:16	9.6 (61.9%)
68	WOLF Beata	201		K30-39	9	00:31:38.45	+00:12:14 (38.7%)	6:19	9.5 (61.3%)
69	SAWCZUK Bogdan	160		M60-69	1	00:31:44.60	+00:12:20 (38.9%)	6:21	9.4 (60.6%)
70	BONISŁAWSKA Małgosia	9		K30-39	10	00:31:50.85	+00:12:27 (39.1%)	6:22	9.4 (60.6%)
71	BĄBIŃSKI Grzegorz	7		M50-59	6	00:32:04.65	+00:12:40 (39.5%)	6:25	9.4 (60.6%)

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72	PLATA Katarzyna	137		K40-49	7	00:32:09.05	+00:12:45 (39.7%)	6:25	9.3 (60.0%)
73	WALĘCKA Katarzyna	191		K30-39	11	00:32:19.75	+00:12:55 (40.0%)	6:28	9.3 (60.0%)
74	OSMYK Artur	127		M40-49	15	00:32:19.95	+00:12:56 (40.0%)	6:28	9.3 (60.0%)
75	SZYMAŃSKA Hanna	183		K40-49	8	00:32:33.10	+00:13:09 (40.4%)	6:30	9.2 (59.4%)
76	SZYMAŃSKI Jacek	184		M50-59	7	00:32:33.35	+00:13:09 (40.4%)	6:30	9.2 (59.4%)
77	KOT Aleksandra	82		K30-39	12	00:32:41.80	+00:13:17 (40.7%)	6:32	9.2 (59.4%)
78	WARDĘGA Krystyna	193		K50-59	2	00:32:49.10	+00:13:25 (40.9%)	6:33	9.1 (58.7%)
79	KUŚ Andrzej	37		M18-29	10	00:33:36.25	+00:14:12 (42.3%)	6:43	8.9 (57.4%)
80	RAK Kinga	153		K18-29	12	00:33:54.80	+00:14:30 (42.8%)	6:46	8.8 (56.8%)
81	IWANIAK Dariusz	49		M40-49	16	00:33:59.00	+00:14:35 (42.9%)	6:47	8.8 (56.8%)
82	RATAJCZYK Ewa	113		K40-49	9	00:33:59.10	+00:14:35 (42.9%)	6:47	8.8 (56.8%)
83	TRĘBSKA Marta	188		K40-49	10	00:34:00.80	+00:14:36 (43.0%)	6:48	8.8 (56.8%)
84	IWANIAK Wioletta	48		K40-49	11	00:36:04.00	+00:16:40 (46.2%)	7:12	8.3 (53.5%)
85	KAMIŃSKA Beata	66		K40-49	12	00:36:17.30	+00:16:53 (46.5%)	7:15	8.3 (53.5%)
86	TOMCZYK Agata	186		K30-39	13	00:37:06.25	+00:17:42 (47.7%)	7:25	8.1 (52.3%)
87	JAKIEL Jadwiga	52		K50-59	3	00:38:04.05	+00:18:40 (49.0%)	7:36	7.9 (51.0%)
88	BAGIŃSKA Agnieszka	3		K30-39	14	00:38:11.30	+00:18:47 (49.2%)	7:38	7.9 (51.0%)
89	JAKIEL Ewa	51		K40-49	13	00:41:47.00	+00:22:23 (53.6%)	8:21	7.2 (46.5%)
90	JAKIEL Olga	50		K18-29	13	00:41:47.95	+00:22:24 (53.6%)	8:21	7.2 (46.5%)

Znaleziono 90 wynik(ów)