



# 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: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KACZOR Agnieszka	85		K18-29	1	00:23:08.54		4:37	13 (100%)
2	GÓRA Agnieszka	75	#ZABIEGANINOCA	K40-49	1	00:24:19.54	+00:01:11 (4.9%)	4:52	12.3 (94.6%)
3	SKROBANEK Hanna	86	MKP SZCZECINEK	K14-17	1	00:24:44.17	+00:01:35 (6.4%)	4:56	12.1 (93.1%)
4	KAŻMIERCZAK Agnieszka	90		K40-49	2	00:25:56.46	+00:02:47 (10.8%)	5:11	11.6 (89.2%)
5	HAŁKA Justyna	80	TRUCHT ŁOBEZ	K30-39	1	00:26:29.49	+00:03:20 (12.6%)	5:18	11.3 (86.9%)
6	ROSIŃSKA Violetta	117		K40-49	3	00:26:34.62	+00:03:26 (12.9%)	5:19	11.3 (86.9%)
7	KARABASZ Sylwia	87		K40-49	4	00:26:37.87	+00:03:29 (13.1%)	5:19	11.3 (86.9%)
8	PRZEDNÓWEK Mariola	114		K18-29	2	00:27:46.83	+00:04:38 (16.7%)	5:33	10.8 (83.1%)
9	CENTKA Katarzyna	60	MAM TĘ MOC	K30-39	2	00:28:09.03	+00:05:00 (17.8%)	5:37	10.7 (82.3%)
10	PIECHOTA Elżbieta	110	WATAHA WAŁCZ	K40-49	5	00:28:11.71	+00:05:03 (17.9%)	5:38	10.6 (81.5%)
11	KURZAWIŃSKA-JABŁOŃSKA Kasia	98		K40-49	6	00:28:25.36	+00:05:16 (18.6%)	5:41	10.6 (81.5%)
12	ROKITA Emilia	116		K18-29	3	00:28:25.66	+00:05:17 (18.6%)	5:41	10.6 (81.5%)
13	KOKOLSKA Sandra	92		K30-39	3	00:28:34.34	+00:05:25 (19.0%)	5:42	10.5 (80.8%)
14	SKROBANEK Zofia	79	MKP SZCZECINEK	K14-17	2	00:28:37.49	+00:05:28 (19.2%)	5:43	10.5 (80.8%)
15	ZAKIELARZ Anna	129	PRECON POLSKA JASTROWIE	K30-39	4	00:28:44.01	+00:05:35 (19.5%)	5:44	10.4 (80.0%)
16	FIECEK Dorota	72		K40-49	7	00:28:49.12	+00:05:40 (19.7%)	5:45	10.4 (80.0%)
17	RYNKIEWICZ Aleksandra	120	PARADISO	K30-39	5	00:29:04.47	+00:05:55 (20.4%)	5:49	10.3 (79.2%)
18	RÓG Wioletta	118		K40-49	8	00:30:16.03	+00:07:07 (23.5%)	6:03	9.9 (76.2%)
19	KOZŁOWSKA Karolina	95	ZABIEGANI NOCĄ	K30-39	6	00:30:35.23	+00:07:26 (24.3%)	6:07	9.8 (75.4%)
20	WODZYŃSKA Katarzyna	127	ZABIEGANI NOCĄ	K30-39	7	00:31:46.58	+00:08:38 (27.2%)	6:21	9.4 (72.3%)
21	MICKIEWICZ Kinga	107	ZABIEGANI NOCĄ	K40-49	9	00:31:50.56	+00:08:42 (27.3%)	6:22	9.4 (72.3%)
22	ZBOROWSKA-SKROBANEK Justyna	89		K40-49	10	00:32:04.99	+00:08:56 (27.9%)	6:25	9.4 (72.3%)
23	PAWLUŚ Kamilla	109		K40-49	11	00:32:05.82	+00:08:57 (27.9%)	6:25	9.4 (72.3%)
24	SYDOR Katarzyna	122	RUNDORFINA	K30-39	8	00:32:26.89	+00:09:18 (28.7%)	6:29	9.2 (70.8%)
25	KOWALIK Mariola	93		K18-29	4	00:32:36.61	+00:09:28 (29.0%)	6:31	9.2 (70.8%)
26	NOWAK-GEMZA Monika	108		K40-49	12	00:32:57.23	+00:09:48 (29.8%)	6:35	9.1 (70.0%)
27	IWANIAK Wioletta	83		K40-49	13	00:34:07.52	+00:10:58 (32.2%)	6:49	8.8 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>FELKOWSKA Karolina</b>	<b>69</b>		K30-39	9	<b>00:34:41.41</b>	+00:11:32 (33.3%)	6:56	8.6 (66.2%)
29	<b>WDOWIAK Kasia</b>	<b>126</b>	WKURW_TEAM	K30-39	10	<b>00:34:48.71</b>	+00:11:40 (33.5%)	6:57	8.6 (66.2%)
30	<b>GRZYSTEK Magdalena</b>	<b>77</b>		K30-39	11	<b>00:34:57.67</b>	+00:11:49 (33.8%)	6:59	8.6 (66.2%)
31	<b>KWIATKOWSKA Agnieszka</b>	<b>99</b>		K40-49	14	<b>00:35:33.80</b>	+00:12:25 (34.9%)	7:06	8.4 (64.6%)
32	<b>CERANOWSKA Aga</b>	<b>62</b>	PSEUDOBIEGACZKI	K40-49	15	<b>00:35:35.95</b>	+00:12:27 (35.0%)	7:07	8.4 (64.6%)
33	<b>FIRLEJ Agnieszka</b>	<b>73</b>	RUNDORFINA	K40-49	16	<b>00:35:47.53</b>	+00:12:38 (35.3%)	7:09	8.4 (64.6%)
34	<b>DĄBROWSKA Katarzyna</b>	<b>66</b>	RUNDORFINA	K30-39	12	<b>00:35:47.56</b>	+00:12:39 (35.3%)	7:09	8.4 (64.6%)
35	<b>ŁEPEK Marta</b>	<b>102</b>	KAMARO TEAM	K18-29	5	<b>00:36:09.29</b>	+00:13:00 (36.0%)	7:13	8.3 (63.8%)
36	<b>GRZYSTEK Katarzyna</b>	<b>78</b>		K40-49	17	<b>00:36:35.45</b>	+00:13:26 (36.8%)	7:19	8.2 (63.1%)

Znaleziono 36 wynik(ów)