



CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Event: CROSS NA WRZOSACH 2018
Organiser: Nadleśnictwo Okonek
Date: 2018-08-25
Place: Okonek
Distance: 5.3 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	GÓRA Agnieszka	75	#ZABIEGANINOCA	K40-49	1	00:24:19.54		4:52	12.3 (100%)
2	KAŻMIERCZAK Agnieszka	90		K40-49	2	00:25:56.46	+00:01:36 (6.2%)	5:11	11.6 (94.3%)
3	ROSIŃSKA Violetta	117		K40-49	3	00:26:34.62	+00:02:15 (8.5%)	5:19	11.3 (91.9%)
4	KARABASZ Sylwia	87		K40-49	4	00:26:37.87	+00:02:18 (8.7%)	5:19	11.3 (91.9%)
5	PIECHOTA Elżbieta	110	WATAHA WAŁCZ	K40-49	5	00:28:11.71	+00:03:52 (13.7%)	5:38	10.6 (86.2%)
6	KURZAWIŃSKA-JABŁOŃSKA Kasia	98		K40-49	6	00:28:25.36	+00:04:05 (14.4%)	5:41	10.6 (86.2%)
7	FIECEK Dorota	72		K40-49	7	00:28:49.12	+00:04:29 (15.6%)	5:45	10.4 (84.6%)
8	RÓG Violetta	118		K40-49	8	00:30:16.03	+00:05:56 (19.6%)	6:03	9.9 (80.5%)
9	MICKIEWICZ Kinga	107	ZABIEGANI NOCA	K40-49	9	00:31:50.56	+00:07:31 (23.6%)	6:22	9.4 (76.4%)
10	ZBOROWSKA-SKROBANEK Justyna	89		K40-49	10	00:32:04.99	+00:07:45 (24.2%)	6:25	9.4 (76.4%)
11	PAWLUŚ Kamilla	109		K40-49	11	00:32:05.82	+00:07:46 (24.2%)	6:25	9.4 (76.4%)
12	NOWAK-GEMZA Monika	108		K40-49	12	00:32:57.23	+00:08:37 (26.2%)	6:35	9.1 (74.0%)
13	IWANIAK Wioletta	83		K40-49	13	00:34:07.52	+00:09:47 (28.7%)	6:49	8.8 (71.5%)
14	KWIATKOWSKA Agnieszka	99		K40-49	14	00:35:33.80	+00:11:14 (31.6%)	7:06	8.4 (68.3%)
15	CERANOWSKA Aga	62	PSEUDOBIEGACZKI	K40-49	15	00:35:35.95	+00:11:16 (31.7%)	7:07	8.4 (68.3%)
16	FIRLEJ Agnieszka	73	RUNDORFINA	K40-49	16	00:35:47.53	+00:11:27 (32.0%)	7:09	8.4 (68.3%)
17	GRZYSTEK Katarzyna	78		K40-49	17	00:36:35.45	+00:12:15 (33.5%)	7:19	8.2 (66.7%)

Total 17 results.