



Organiser:
Date:
Place:
Distance:

CROSS NA WRZOSACH - OKONEK - 5KM

Nadleśnictwo Okonek
2016-09-11
Okonek
5 km

B4SPORT



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	SIÓDMIAK Igor	131	MKP SZCZECINEK	M20	1	00:01:18	00:18:31.60	00:19:50.35		3:42	16.2 (100%)
2	RATAJCZYK Jakub	129		M20	2	00:01:19	00:20:46.30	00:22:05.35	+00:02:14 (10.8%)	4:09	14.4 (88.9%)
3	GUZAL Kamil	143		M20	3	00:01:19	00:21:04.50	00:22:23.50	+00:02:32 (12.1%)	4:12	14.2 (87.7%)
4	JAŻWIŃSKI Dawid	101	TKKF KOSZALIN	M17	1	00:01:19	00:21:56.35	00:23:15.45	+00:03:24 (15.6%)	4:23	13.7 (84.6%)
5	PODŁYSKA Tadeusz	159		M30	1	00:01:19	00:22:31.80	00:23:50.80	+00:04:00 (17.8%)	4:30	13.3 (82.1%)
6	CUBER Wojciech	89	#ZARAZQA	M30	2	00:01:19	00:22:35.30	00:23:54.60	+00:04:03 (18.0%)	4:31	13.3 (82.1%)
7	LESZCZYSZYN Paweł	150		M30	3	00:01:20	00:22:44.20	00:24:04.85	+00:04:12 (18.5%)	4:32	13.2 (81.5%)
8	ZIÓŁKOWSKI Wojciech	142	GOCH BYTÓW	M30	4	00:01:21	00:23:20.70	00:24:41.95	+00:04:49 (20.6%)	4:40	12.9 (79.6%)
9	KRAJEWSKA Hanna	109	GWDA PIŁA	K17	1	00:01:19	00:23:31.40	00:24:50.70	+00:04:59 (21.2%)	4:42	12.8 (79.0%)
10	PYREK Krzysztof	125	2 BZ	M30	5	00:01:20	00:23:39.75	00:24:59.80	+00:05:08 (21.7%)	4:43	12.7 (78.4%)
11	SKOCZYLAS Henryk	132		M40	1	00:01:20	00:23:53.40	00:25:13.75	+00:05:21 (22.5%)	4:46	12.6 (77.8%)
12	GRZEŚ Kacper	97	MKP SZCZECINEK	M17	2	00:01:20	00:24:19.90	00:25:40.45	+00:05:48 (23.9%)	4:52	12.3 (75.9%)
13	TRĘBSKI Krzysztof	137		M40	2	00:01:21	00:25:58.90	00:27:20.00	+00:07:27 (28.7%)	5:11	11.5 (71.0%)
14	RATAJCZYK Grzegorz	127	VILLAGE PUNK RUN	M45	1	00:01:22	00:26:17.75	00:27:39.85	+00:07:46 (29.5%)	5:15	11.4 (70.4%)
15	KUNA Dawid	210		M20	4	00:01:23	00:26:24.60	00:27:48.15	+00:07:53 (29.8%)	5:17	11.4 (70.4%)
16	BOGACKA Lucyna	85	TKKF KOSZALIN	K55	1	00:01:20	00:26:58.95	00:28:19.65	+00:08:27 (31.3%)	5:23	11.1 (68.5%)
17	NITA Wiesław	121	VILLAGE PUNK RUN	M45	2	00:01:21	00:27:22.80	00:28:44.65	+00:08:51 (32.3%)	5:28	11 (67.9%)
18	BARANEK Aleksandra	82	MIEJSKI KLUB PŁYWACKI SZCZECINEK	K17	2	00:01:19	00:27:37.05	00:28:56.95	+00:09:05 (32.9%)	5:31	10.9 (67.3%)
19	SKROBANEK Hanna	133	MKP SZCZECINEK	K17	3	00:01:19	00:27:38.70	00:28:58.30	+00:09:07 (33.0%)	5:31	10.8 (66.7%)
20	KOZŁOWIECKI Waldemar	108	TKKF KOSZALIN	M65	1	00:01:20	00:27:42.30	00:29:02.70	+00:09:10 (33.1%)	5:32	10.8 (66.7%)
21	BOGACKI Tomasz	86	TKKF KOSZALIN	M55	1	00:01:20	00:27:53.15	00:29:14.05	+00:09:21 (33.6%)	5:34	10.8 (66.7%)
22	IDZIAK Paweł	154	TEAM BIEGOWY SZCZECINEK	M30	6	00:02:38	00:28:18.90	00:30:57.50	+00:09:47 (34.6%)	5:39	10.6 (65.4%)
23	ZARĘBA Anna	141		K20	1	00:01:22	00:28:20.90	00:29:43.85	+00:09:49 (34.6%)	5:40	10.6 (65.4%)
24	FELKOWSKI Tomasz	96		M30	7	00:01:24	00:28:34.80	00:29:59.00	+00:10:03 (35.2%)	5:43	10.5 (64.8%)
25	BLACHOWSKI Waldemar	84		M30	8	00:01:21	00:28:48.80	00:30:09.90	+00:10:17 (35.7%)	5:45	10.4 (64.2%)
26	JASKÓŁKA-STANISZ Paweł	100		M20	5	00:01:22	00:29:01.30	00:30:23.75	+00:10:29 (36.2%)	5:48	10.3 (63.6%)
27	SŁOMKA Maciej	409		M45	3	00:01:22	00:29:18.15	00:30:40.55	+00:10:46 (36.8%)	5:51	10.2 (63.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
28	MAZUREK Barbara	149	BABECZKI KOSZALIN	K30	1	00:01:20	00:29:21.50	00:30:41.70	+00:10:49 (36.9%)	5:52	10.2 (63.0%)
29	SKOCZYLAS Bożena	146		K40	1	00:01:20	00:29:42.50	00:31:02.55	+00:11:10 (37.6%)	5:56	10.1 (62.3%)
30	NITA Katarzyna	120	VILLAGE PUNK RUN	K40	2	00:01:23	00:29:43.60	00:31:06.65	+00:11:12 (37.7%)	5:56	10.1 (62.3%)
31	DRZAZGA Zbigniew	151	PARKRUN SZCZECINEK	M45	4	00:01:20	00:29:48.65	00:31:09.20	+00:11:17 (37.9%)	5:57	10.1 (62.3%)
32	SAWCZUK Bogdan	145		M60	1	00:01:23	00:29:49.70	00:31:13.65	+00:11:18 (37.9%)	5:58	10.1 (62.3%)
33	KUŚ Michał	112		M17	3	00:01:21	00:30:20.35	00:31:41.65	+00:11:48 (38.9%)	6:04	9.9 (61.1%)
34	DOMAŃSKI Adam	92		M40	3	00:01:25	00:30:25.40	00:31:50.50	+00:11:53 (39.1%)	6:05	9.9 (61.1%)
35	PYREK Iwona	126		K30	2	00:01:20	00:30:29.15	00:31:49.40	+00:11:57 (39.2%)	6:05	9.8 (60.5%)
36	PLUTA Katarzyna	123		K20	2	00:01:19	00:31:07.85	00:32:27.65	+00:12:36 (40.5%)	6:13	9.6 (59.3%)
37	RYBAK Krzysztof	144		M17	4	00:01:19	00:31:23.05	00:32:42.55	+00:12:51 (41.0%)	6:16	9.6 (59.3%)
38	JEDLECKA Magdalena	102		K40	3	00:01:23	00:31:26.20	00:32:50.10	+00:12:54 (41.1%)	6:17	9.5 (58.6%)
39	LIPIŃSKI Marcin	116		M20	6	00:01:22	00:31:44.60	00:33:07.55	+00:13:13 (41.6%)	6:21	9.4 (58.0%)
40	PRZYBYLSKI Wojciech	924	RODZINKA.PL	M17	5	00:02:00	00:31:47.50	00:33:48.35	+00:13:15 (41.7%)	6:21	9.4 (58.0%)
41	STOCKA-PODŁYSKA Żaneta	160		K30	3	00:01:19	00:31:53.10	00:33:13.00	+00:13:21 (41.9%)	6:22	9.4 (58.0%)
42	PRZYBYLSKI Andrzej	124		M30	9	00:02:01	00:32:05.95	00:34:06.95	+00:13:34 (42.3%)	6:25	9.4 (58.0%)
43	WAWRZYNIUK-NOWACZYK Anna	138	ROZBIEGANY KOSZALIN	K30	4	00:01:21	00:32:24.45	00:33:45.90	+00:13:52 (42.8%)	6:28	9.3 (57.4%)
44	JEDLECKI Kacper	103		M17	6	00:01:23	00:32:24.80	00:33:47.95	+00:13:53 (42.8%)	6:28	9.3 (57.4%)
45	DOMAŃSKI Krzysztof	93		M17	7	00:01:22	00:32:31.60	00:33:54.45	+00:14:00 (43.0%)	6:30	9.2 (56.8%)
46	NERC Patrycja	119	MIEJSKI KLUB PŁYWACKI SZCZECINEK	K17	4	00:01:20	00:32:34.55	00:33:54.75	+00:14:02 (43.1%)	6:30	9.2 (56.8%)
47	SKROBANEK Zofia	134	MKP SZCZECINEK	K17	5	00:01:19	00:32:35.35	00:33:54.95	+00:14:03 (43.2%)	6:31	9.2 (56.8%)
48	STORCZYK Beata	198		K20	3	00:01:24	00:32:55.90	00:34:20.25	+00:14:24 (43.7%)	6:35	9.1 (56.2%)
49	ANDRUSZKIEWICZ Basia	81	PARKRUN SZCZECINEK	K17	6	00:01:22	00:33:17.85	00:34:40.50	+00:14:46 (44.4%)	6:39	9 (55.6%)
50	PIĄTEK Aneta	122		K40	4	00:01:21	00:33:31.90	00:34:53.70	+00:15:00 (44.7%)	6:42	8.9 (54.9%)
51	MOŻEJKO Anna	88	BABECZKI KOSZALIN	K30	5	00:01:25	00:33:34.45	00:34:59.45	+00:15:02 (44.8%)	6:42	8.9 (54.9%)
52	STEC Edyta	136	BABECZKI KOSZALIN	K30	6	00:01:25	00:33:34.50	00:34:59.80	+00:15:02 (44.8%)	6:42	8.9 (54.9%)
53	ZALESKI Marek	220	MARATOŃCZYK OKONEK	M55	2	00:01:19	00:33:36.65	00:34:56.00	+00:15:05 (44.9%)	6:43	8.9 (54.9%)
54	KUŚ Andrzej	111		M17	8	00:01:21	00:33:54.40	00:35:15.95	+00:15:22 (45.4%)	6:46	8.8 (54.3%)
55	RZEPECKA Małgorzata	147	DPLOT 12BZ	K20	4	00:01:18	00:33:59.20	00:35:18.05	+00:15:27 (45.5%)	6:48	8.8 (54.3%)
56	KIEŁTYKA Tomasz	105		M30	10	00:01:22	00:34:00.75	00:35:23.40	+00:15:29 (45.5%)	6:48	8.8 (54.3%)
57	DWORANOWSKI Adrian	94		M20	7	00:01:26	00:34:11.55	00:35:37.65	+00:15:39 (45.8%)	6:50	8.8 (54.3%)
58	DOMAŃSKA Katarzyna	91		K30	7	00:01:22	00:34:38.85	00:36:01.50	+00:16:07 (46.5%)	6:55	8.7 (53.7%)
59	BĄBIŃSKI Grzegorz	194		M50	1	00:01:19	00:34:54.30	00:36:14.25	+00:16:22 (46.9%)	6:59	8.6 (53.1%)
60	MARSCHAŁKOWSKA Dorota	117	TKKF KOSZALIN	K50	1	00:01:22	00:35:07.30	00:36:29.55	+00:16:35 (47.3%)	7:01	8.5 (52.5%)
61	FELKOWSKA Karolina	95		K30	8	00:01:24	00:35:21.75	00:36:45.75	+00:16:50 (47.6%)	7:04	8.5 (52.5%)
62	LABUDDA Katarzyna	113		K30	9	00:01:23	00:35:35.35	00:36:58.60	+00:17:03 (47.9%)	7:07	8.4 (51.9%)
63	CHAŁAT Dorota	87	ERA KOBIET - STOWARZYSZENIE	K50	2	00:01:25	00:35:41.35	00:37:07.05	+00:17:09 (48.1%)	7:08	8.4 (51.9%)
64	SZYMAŃSKA Joanna	758		K45	1	00:01:21	00:35:55.20	00:37:17.05	+00:17:23 (48.4%)	7:11	8.3 (51.2%)
65	KURCZ Barbara	110		K45	2	00:01:25	00:35:58.10	00:37:23.55	+00:17:26 (48.5%)	7:11	8.3 (51.2%)
66	JABŁOŃSKA Małgorzata	99		K40	5	00:01:21	00:36:18.20	00:37:39.85	+00:17:46 (49.0%)	7:15	8.3 (51.2%)
67	DĘBOWSKA-SZCZYTKOWSKA Izabella	11	KB SPRINT ŚWIDWIN	K40	6	00:01:24	00:38:33.25	00:39:57.45	+00:20:01 (51.9%)	7:42	7.8 (48.1%)
68	LIPIŃSKA Małgorzata	115		K20	5	00:01:22	00:38:34.75	00:39:57.10	+00:20:03 (52.0%)	7:43	7.8 (48.1%)
69	HAUSMAN Andrzej	98	KSR ROWERIA	M60	2	00:01:26	00:38:37.85	00:40:03.95	+00:20:06 (52.0%)	7:43	7.8 (48.1%)
70	KOZŁOWIECKA Małgorzata	107		K55	2	00:01:21	00:38:42.20	00:40:03.35	+00:20:10 (52.1%)	7:44	7.8 (48.1%)
71	WILKOWSKA Małgorzata	139		K30	10	00:01:22	00:40:01.30	00:41:23.95	+00:21:29 (53.7%)	8:00	7.5 (46.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
72	JEDLECKI Kajetan	104		M17	9	00:01:23	00:40:22.20	00:41:45.60	+00:21:50 (54.1%)	8:04	7.4 (45.7%)
73	BLACHOWSKA Monika	83		K30	11	00:01:24	00:41:20.25	00:42:44.80	+00:22:48 (55.2%)	8:16	7.3 (45.1%)
74	RATAJCZYK Ewa	128	VILLAGE PUNK RUN	K45	3	00:01:23	00:41:36.15	00:43:00.05	+00:23:04 (55.5%)	8:19	7.2 (44.4%)
75	STASZEK Mariola	135	NIEZRZESZONA	K50	3	00:01:25	00:49:08.40	00:50:33.80	+00:30:36 (62.3%)	9:49	6.1 (37.7%)

Total 75 results.