



**Organiser:**  
**Date:**  
**Place:**  
**Distance:**

## CROSS NA WRZOSACH - OKONEK - 5KM

Nadleśnictwo Okonek  
2016-09-11  
Okonek  
5 km

B4SPORT



Classification: M30

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	<b>PODŁYSKA Tadeusz</b>	<b>159</b>		M30	1	00:01:19	<b>00:22:31.80</b>	<b>00:23:50.80</b>		4:30	13.3 (100%)
2	<b>CUBER Wojciech</b>	<b>89</b>	#ZARAZQA	M30	2	00:01:19	<b>00:22:35.30</b>	<b>00:23:54.60</b>	+00:00:03 (0.3%)	4:31	13.3 (100%)
3	<b>LESZCZYSZYN Paweł</b>	<b>150</b>		M30	3	00:01:20	<b>00:22:44.20</b>	<b>00:24:04.85</b>	+00:00:12 (0.9%)	4:32	13.2 (99.2%)
4	<b>ZIÓŁKOWSKI Wojciech</b>	<b>142</b>	GOCH BYTÓW	M30	4	00:01:21	<b>00:23:20.70</b>	<b>00:24:41.95</b>	+00:00:48 (3.5%)	4:40	12.9 (97.0%)
5	<b>PYREK Krzysztof</b>	<b>125</b>	2 BZ	M30	5	00:01:20	<b>00:23:39.75</b>	<b>00:24:59.80</b>	+00:01:07 (4.8%)	4:43	12.7 (95.5%)
6	<b>IDZIAK Paweł</b>	<b>154</b>	TEAM BIEGOWY SZCZECINEK	M30	6	00:02:38	<b>00:28:18.90</b>	<b>00:30:57.50</b>	+00:05:47 (20.4%)	5:39	10.6 (79.7%)
7	<b>FELKOWSKI Tomasz</b>	<b>96</b>		M30	7	00:01:24	<b>00:28:34.80</b>	<b>00:29:59.00</b>	+00:06:03 (21.2%)	5:43	10.5 (78.9%)
8	<b>BLACHOWSKI Waldemar</b>	<b>84</b>		M30	8	00:01:21	<b>00:28:48.80</b>	<b>00:30:09.90</b>	+00:06:17 (21.8%)	5:45	10.4 (78.2%)
9	<b>PRZYBYLSKI Andrzej</b>	<b>124</b>		M30	9	00:02:01	<b>00:32:05.95</b>	<b>00:34:06.95</b>	+00:09:34 (29.8%)	6:25	9.4 (70.7%)
10	<b>KIEŁTYKA Tomasz</b>	<b>105</b>		M30	10	00:01:22	<b>00:34:00.75</b>	<b>00:35:23.40</b>	+00:11:28 (33.8%)	6:48	8.8 (66.2%)

Total 10 results.