



## III ZIMOWY CROSS BOCIANA NORDIC WALKING 5 KM

B4SPORT

**Wydarzenie:** III Zimowy Cross Bociana w Nadleśnictwie Czarnobór  
**Organizator:** Stowarzyszenie Team Biegowy Szczecinek  
**Data:** 2018-12-30  
**Miejsce:** Szczecinek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>DZIEDZIEWICZ Andrzej</b>	<b>308</b>		M-OPEN	1	<b>00:32:47.37</b>		6:33	9.2 (100%)
2	<b>JAKIMIEC Tadeusz</b>	<b>46</b>	HUSARIA RAC TIM	M-OPEN	2	<b>00:33:10.17</b>	+00:00:22 (1.1%)	6:38	9 (97.8%)
3	<b>FRĄCKOWIAK Roman</b>	<b>32</b>		M-OPEN	3	<b>00:33:40.76</b>	+00:00:53 (2.6%)	6:44	8.9 (96.7%)
4	<b>PYREK Krzysztof</b>	<b>137</b>	1 RBLOG	M-OPEN	4	<b>00:34:36.75</b>	+00:01:49 (5.3%)	6:55	8.7 (94.6%)
5	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>100</b>		K-OPEN	1	<b>00:36:28.12</b>	+00:03:40 (10.1%)	7:17	8.2 (89.1%)
6	<b>RAKOWSKA Justyna</b>	<b>140</b>		K-OPEN	2	<b>00:36:44.61</b>	+00:03:57 (10.8%)	7:20	8.2 (89.1%)
7	<b>FRĄCKOWIAK Mateusz</b>	<b>33</b>		M-OPEN	5	<b>00:38:18.25</b>	+00:05:30 (14.4%)	7:39	7.8 (84.8%)
8	<b>PAŁUBICKI Marcin</b>	<b>110</b>	PGB SPORTOWA PACZKA	M-OPEN	6	<b>00:38:20.52</b>	+00:05:33 (14.5%)	7:40	7.8 (84.8%)
9	<b>PINDRAL Piotr</b>	<b>122</b>	NORDIC WALKING SZCZECINEK	M-OPEN	7	<b>00:39:14.95</b>	+00:06:27 (16.5%)	7:50	7.6 (82.6%)
10	<b>BERCZYŃSKI Henryk</b>	<b>4</b>	NADLEŚNICTWO OKONEK	M-OPEN	8	<b>00:39:24.61</b>	+00:06:37 (16.8%)	7:52	7.6 (82.6%)
11	<b>BALON Marek</b>	<b>3</b>	NIEZRZESZONY	M-OPEN	9	<b>00:39:35.24</b>	+00:06:47 (17.2%)	7:55	7.6 (82.6%)
12	<b>MROZICKI Andrzej</b>	<b>94</b>		M-OPEN	10	<b>00:40:32.46</b>	+00:07:45 (19.1%)	8:06	7.4 (80.4%)
13	<b>RYCERSKA Magdalena</b>	<b>146</b>		K-OPEN	3	<b>00:41:07.71</b>	+00:08:20 (20.3%)	8:13	7.3 (79.3%)
14	<b>KNITTER Monika</b>	<b>53</b>		K-OPEN	4	<b>00:41:49.09</b>	+00:09:01 (21.6%)	8:21	7.2 (78.3%)
15	<b>PIEŃKOS Lidia</b>	<b>121</b>		K-OPEN	5	<b>00:41:55.39</b>	+00:09:08 (21.8%)	8:23	7.2 (78.3%)
16	<b>KOWALIK Renata</b>	<b>62</b>		K-OPEN	6	<b>00:42:58.75</b>	+00:10:11 (23.7%)	8:35	7 (76.1%)
17	<b>DENESZEWSKA Halina</b>	<b>17</b>		K-OPEN	7	<b>00:46:44.38</b>	+00:13:57 (29.8%)	9:20	6.4 (69.6%)
18	<b>PAWLICZUK Teresa</b>	<b>111</b>		K-OPEN	8	<b>00:46:59.47</b>	+00:14:12 (30.2%)	9:23	6.4 (69.6%)
19	<b>LINKO Jolanta</b>	<b>76</b>	GAJA	K-OPEN	9	<b>00:47:09.93</b>	+00:14:22 (30.5%)	9:25	6.4 (69.6%)
20	<b>PIOTROWICZ Izabela</b>	<b>126</b>		K-OPEN	10	<b>00:47:39.90</b>	+00:14:52 (31.2%)	9:31	6.3 (68.5%)
21	<b>ŁUCZKO Grażyna</b>	<b>81</b>	GAJA	K-OPEN	11	<b>00:47:40.57</b>	+00:14:53 (31.2%)	9:32	6.3 (68.5%)
22	<b>WAWRZONKOWSKA-GRYGAS Justyna</b>	<b>184</b>		K-OPEN	12	<b>00:47:41.41</b>	+00:14:54 (31.2%)	9:32	6.3 (68.5%)
23	<b>BRUKSZTUS Anetta</b>	<b>8</b>	GAJA	K-OPEN	13	<b>00:47:42.87</b>	+00:14:55 (31.3%)	9:32	6.3 (68.5%)
24	<b>DZIUBCZYŃSKA Ewa</b>	<b>25</b>	WAŁECKA ŚCIEMA	K-OPEN	14	<b>00:48:31.58</b>	+00:15:44 (32.4%)	9:42	6.2 (67.4%)
25	<b>ŚWIERCZ Beata</b>	<b>180</b>	WAŁECKA ŚCIEMA	K-OPEN	15	<b>00:48:33.91</b>	+00:15:46 (32.5%)	9:42	6.2 (67.4%)
26	<b>HUSAKOWSKA Teresa</b>	<b>43</b>		K-OPEN	16	<b>00:48:55.47</b>	+00:16:08 (33.0%)	9:47	6.1 (66.3%)
27	<b>PIASKOWIAK Karolina</b>	<b>118</b>	BORNE BIEGA	K-OPEN	17	<b>00:49:30.60</b>	+00:16:43 (33.8%)	9:54	6.1 (66.3%)

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28	<b>WDOWIAK Kasia</b>	<b>185</b>		K-OPEN	18	<b>00:49:44.78</b>	+00:16:57 (34.1%)	9:56	6 (65.2%)
29	<b>ANTOLAK Magdalena</b>	<b>2</b>		K-OPEN	19	<b>00:49:47.76</b>	+00:17:00 (34.2%)	9:57	6 (65.2%)
30	<b>JANKOWSKA Alicja</b>	<b>47</b>		K-OPEN	20	<b>00:50:14.62</b>	+00:17:27 (34.7%)	10:02	6 (65.2%)
31	<b>SUSIAK Ewelina</b>	<b>167</b>		K-OPEN	21	<b>00:51:01.52</b>	+00:18:14 (35.7%)	10:12	5.9 (64.1%)
32	<b>ZALEWSKA-NOWAKOWSKA Agnieszka</b>	<b>199</b>	GAJA	K-OPEN	22	<b>00:52:00.43</b>	+00:19:13 (37.0%)	10:24	5.8 (63.0%)
33	<b>SALMANOWICZ Dorota</b>	<b>149</b>	AMATOR	K-OPEN	23	<b>00:52:54.85</b>	+00:20:07 (38.0%)	10:34	5.7 (62.0%)
34	<b>DENESZEWSKA Elżbieta</b>	<b>16</b>		K-OPEN	24	<b>00:55:24.36</b>	+00:22:36 (40.8%)	11:04	5.4 (58.7%)
35	<b>FIURST Marcin</b>	<b>30</b>	BORNE BIEGA	M-OPEN	11	<b>00:56:01.08</b>	+00:23:13 (41.5%)	11:12	5.4 (58.7%)
36	<b>MROZICKA Iwona</b>	<b>93</b>		K-OPEN	25	<b>00:57:21.52</b>	+00:24:34 (42.8%)	11:28	5.2 (56.5%)
37	<b>FIURST-STECENKO Irena</b>	<b>31</b>	BORNE BIEGA	K-OPEN	26	<b>00:59:24.44</b>	+00:26:37 (44.8%)	11:52	5.1 (55.4%)
38	<b>ZAGACKA Anna</b>	<b>193</b>		K-OPEN	27	<b>00:59:25.11</b>	+00:26:37 (44.8%)	11:53	5 (54.3%)
39	<b>JADWIZYC Izabela</b>	<b>45</b>	BORNE BIEGA	K-OPEN	28	<b>00:59:25.75</b>	+00:26:38 (44.8%)	11:53	5 (54.3%)
40	<b>GABALIS Lucyna</b>	<b>34</b>		K-OPEN	29	<b>00:59:26.40</b>	+00:26:39 (44.8%)	11:53	5 (54.3%)
41	<b>DZIĘCIOŁ Anna</b>	<b>24</b>	BORNE BIEGA	K-OPEN	30	<b>00:59:26.58</b>	+00:26:39 (44.8%)	11:53	5 (54.3%)

Znaleziono 41 wynik(ów)