



IX CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Wydarzenie: IX CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2023-08-26
Miejsce: Okonek
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	LESYK Rafal	15		M30-39	1	00:19:29	00:39:13.80		3:41	16.2 (100%)
2	HUBERT Łukasz	9	BIAŁOGARD BIEGA	M40-49	1	00:19:48	00:40:41.65	+00:01:27 (3.6%)	3:50	15.6 (96.3%)
3	SZACHO-GŁUCHOWICZ Ryszard	29		M40-49	2	00:21:08	00:42:06.75	+00:02:52 (6.8%)	3:58	15.1 (93.2%)
4	LASAK Konrad	14		M18-29	1	00:21:09	00:42:17.75	+00:03:03 (7.2%)	3:59	15 (92.6%)
5	MAKUCH Krzysztof	18	EL TORO DE ORO	M40-49	3	00:21:22	00:44:14.95	+00:05:01 (11.3%)	4:10	14.4 (88.9%)
6	ZIELIŃSKA Anna	40	TRUCHT ŁOBEZ	K50-59	1	00:22:43	00:45:23.30	+00:06:09 (13.6%)	4:16	14 (86.4%)
7	CHOJECKI Grzegorz	5		M30-39	2	00:22:21	00:45:57.65	+00:06:43 (14.6%)	4:20	13.8 (85.2%)
8	URBAŃSKI Tomasz	38	BIAŁOGARD BIEGA	M50-59	1	00:22:44	00:46:07.00	+00:06:53 (14.9%)	4:21	13.8 (85.2%)
9	TRĘBSKI Krzysztof	35	#ZABIEGANINOCA	M40-49	4	00:22:54	00:46:28.60	+00:07:14 (15.6%)	4:23	13.7 (84.6%)
10	MAZUR Tomasz	20	I LO SZCZECINEK	M40-49	5	00:22:48	00:46:36.50	+00:07:22 (15.8%)	4:23	13.6 (84.0%)
11	BRZEZIŃSKI Jan	4	BIAŁOGARD BIEGA	M50-59	2	00:24:17	00:48:11.15	+00:08:57 (18.6%)	4:32	13.2 (81.5%)
12	SZOSTAK Piotr	31		M40-49	6	00:23:58	00:48:46.00	+00:09:32 (19.6%)	4:36	13 (80.2%)
13	KOCZWARA Radosław	12	CROSSTEAM SZCZECINEK	M40-49	7	00:23:25	00:49:06.45	+00:09:52 (20.1%)	4:37	13 (80.2%)
14	SZUBERT Marcin	32	KOŁOBRZEG BIEGA	M40-49	8	00:24:14	00:49:19.35	+00:10:05 (20.5%)	4:39	12.9 (79.6%)
15	SUCHANOWSKI Zygmunt	27	RESPECT LOTYŃ	M50-59	3	00:23:57	00:49:48.90	+00:10:35 (21.2%)	4:41	12.8 (79.0%)
16	SZKOPEK Krzysztof	30		M50-59	4	00:24:44	00:50:36.65	+00:11:22 (22.5%)	4:46	12.6 (77.8%)
17	WEŁNIAK Łukasz	39		M30-39	3	00:25:19	00:52:15.20	+00:13:01 (24.9%)	4:55	12.2 (75.3%)
18	CZARNECKI Mirosław	6	MIM	M60+	1	00:26:27	00:53:42.70	+00:14:28 (27.0%)	5:03	11.8 (72.8%)
19	SIELATYCKA Olga	26	EL TORO DE ORO	K40-49	1	00:25:47	00:53:53.90	+00:14:40 (27.2%)	5:05	11.8 (72.8%)
20	HAMULAK Dariusz	8		M50-59	5	00:27:09	00:54:31.30	+00:15:17 (28.0%)	5:08	11.7 (72.2%)
21	SZUBERT Agnieszka	33	KOŁOBRZEG BIEGA	K40-49	2	00:27:35	00:55:22.35	+00:16:08 (29.2%)	5:13	11.5 (71.0%)
22	MAKUCH Katarzyna	19	EL TORO DE ORO	K40-49	3	00:27:17	00:55:55.35	+00:16:41 (29.8%)	5:16	11.4 (70.4%)
23	FEDOROWIAT-NOWACKA Małgorzata	7	EL TORO DE ORO	K50-59	2	00:27:17	00:55:55.40	+00:16:41 (29.9%)	5:16	11.4 (70.4%)
24	KOKOWSKA Anna	13	BBL ŻŁOTÓW	K30-39	1	00:27:44	00:56:43.30	+00:17:29 (30.8%)	5:21	11.2 (69.1%)
25	MAJEWSKA Dorota	17	BIAŁOGARD BIEGA	K50-59	3	00:28:08	00:56:52.05	+00:17:38 (31.0%)	5:21	11.2 (69.1%)
26	KNAPSKI Radomir	11	LEŚNICTWO OSINA, NADLEŚNICTWO POTRZEBOWICE	M30-39	4	00:28:18	00:57:16.05	+00:18:02 (31.5%)	5:24	11.1 (68.5%)
27	TREŚCIŃSKA Magdalena	34		K40-49	4	00:28:36	00:58:00.70	+00:18:46 (32.4%)	5:28	11 (67.9%)

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28	OSTROWSKA Aleksandra	24		K30-39	2	00:29:23	00:59:12.55	+00:19:58 (33.7%)	5:35	10.7 (66.0%)
29	BOIŃSKA Agnieszka	2	WOLF TEAM	K40-49	5	00:29:11	00:59:54.45	+00:20:40 (34.5%)	5:39	10.6 (65.4%)
30	SUCHODOLSKA Aleksandra	28	DZIKIE ŻÓŁWIE	K30-39	3	00:29:50	01:00:16.95	+00:21:03 (34.9%)	5:41	10.6 (65.4%)
31	NIEMIRO Szymon	23	WEGATEAM	M30-39	5	00:29:32	01:00:40.80	+00:21:27 (35.3%)	5:43	10.5 (64.8%)
32	BANACZYK Wioletta	1	LILL SPORT	K50-59	4	00:30:09	01:02:05.95	+00:22:52 (36.8%)	5:51	10.2 (63.0%)
33	JEZIOR Mirosława	10	KLUB MORSÓW EUFORIA	K50-59	5	00:31:00	01:04:51.80	+00:25:38 (39.5%)	6:07	9.8 (60.5%)
34	MACIEJEWSKI Krzysztof	16		M50-59	6	00:29:34	01:05:17.50	+00:26:03 (39.9%)	6:09	9.7 (59.9%)
35	NATKANIEC Wiesława	22		K50-59	6	00:33:19	01:08:41.90	+00:29:28 (42.9%)	6:28	9.3 (57.4%)
36	MŁYNARCZYK Jolanta	21		K40-49	6	00:33:20	01:08:41.95	+00:29:28 (42.9%)	6:28	9.3 (57.4%)
37	OŹMOWSKA Barbara	200	MTS HAMER MIASTKO	K60+	1	00:40:54		+00:21:25	7:43	7.8 (48.1%)

Znaleziono 37 wynik(ów)