



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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	LESYK Rafał	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	CHOJECKI Grzegorz	5		M30-39	2	00:22:21	00:45:57.65	+00:06:43 (14.6%)	4:20	13.8 (85.2%)
7	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%)
8	TREBSKI Krzysztof	35	#ZABIEGANINOCA	M40-49	4	00:22:54	00:46:28.60	+00:07:14 (15.6%)	4:23	13.7 (84.6%)
9	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%)
10	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%)
11	SZOSTAK Piotr	31		M40-49	6	00:23:58	00:48:46.00	+00:09:32 (19.6%)	4:36	13 (80.2%)
12	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%)
13	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%)
14	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%)
15	SZKOPEK Krzysztof	30		M50-59	4	00:24:44	00:50:36.65	+00:11:22 (22.5%)	4:46	12.6 (77.8%)
16	WEŁNIAK Łukasz	39		M30-39	3	00:25:19	00:52:15.20	+00:13:01 (24.9%)	4:55	12.2 (75.3%)
17	CZARNECKI Mirosław	6	MIM	M60+	1	00:26:27	00:53:42.70	+00:14:28 (27.0%)	5:03	11.8 (72.8%)
18	HAMULAK Dariusz	8		M50-59	5	00:27:09	00:54:31.30	+00:15:17 (28.0%)	5:08	11.7 (72.2%)
19	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%)
20	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%)
21	MACIEJEWSKI Krzysztof	16		M50-59	6	00:29:34	01:05:17.50	+00:26:03 (39.9%)	6:09	9.7 (59.9%)

Znaleziono 21 wynik(ów)