



IX CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Event: IX CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek
Date: 2023-08-26
Place: Okonek
Distance: 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	5.3km	Net time 10.6km	Gap	Pace min/km	Pace km/h
1	HUBERT Łukasz	9	BIAŁOGARD BIEGA	M40-49	1	00:19:48	00:40:41.65		3:50	15.6 (100%)
2	SZACHO-GŁUCHOWICZ Ryszard	29		M40-49	2	00:21:08	00:42:06.75	+00:01:25 (3.4%)	3:58	15.1 (96.8%)
3	MAKUCH Krzysztof	18	EL TORO DE ORO	M40-49	3	00:21:22	00:44:14.95	+00:03:33 (8.0%)	4:10	14.4 (92.3%)
4	TREBSKI Krzysztof	35	#ZABIEGANINOCA	M40-49	4	00:22:54	00:46:28.60	+00:05:46 (12.4%)	4:23	13.7 (87.8%)
5	MAZUR Tomasz	20	I LO SZCZECINEK	M40-49	5	00:22:48	00:46:36.50	+00:05:54 (12.7%)	4:23	13.6 (87.2%)
6	SZOSTAK Piotr	31		M40-49	6	00:23:58	00:48:46.00	+00:08:04 (16.6%)	4:36	13 (83.3%)
7	KOCZWARA Radosław	12	CROSSTEAM SZCZECINEK	M40-49	7	00:23:25	00:49:06.45	+00:08:24 (17.1%)	4:37	13 (83.3%)
8	SZUBERT Marcin	32	KOŁOBRZEG BIEGA	M40-49	8	00:24:14	00:49:19.35	+00:08:37 (17.5%)	4:39	12.9 (82.7%)

Total 8 results.