



IX CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

IX CROSS NA WRZOSACH
Nadleśnictwo Okonek
2023-08-26
Okonek
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	SZYŁO Michał	111		M18-44	1	00:19:57.25		3:45	15.9 (100%)
2	CUBER Wojciech	74		M18-44	2	00:20:09.55	+00:00:12 (1.0%)	3:48	15.8 (99.4%)
3	CHMIELEWSKI Tomasz	49	VO2MAX RACING TEAM	M18-44	3	00:20:12.40	+00:00:15 (1.2%)	3:48	15.7 (98.7%)
4	TOMKOWSKI Przemysław	112	CHRYSTUS KRÓLEM	M18-44	4	00:20:14.20	+00:00:16 (1.4%)	3:49	15.7 (98.7%)
5	SIADAK Arkadiusz	104		M18-44	5	00:20:37.45	+00:00:40 (3.2%)	3:53	15.4 (96.9%)
6	BŁASZCZYK Piotr	44		M45+	1	00:20:53.30	+00:00:56 (4.5%)	3:56	15.2 (95.6%)
7	PŁATOSZ Marek	99		M45+	2	00:21:43.80	+00:01:46 (8.2%)	4:05	14.6 (91.8%)
8	CZARNECKI Rafał	51	WALKA KOSTRZYN	M18-44	6	00:23:50.65	+00:03:53 (16.3%)	4:29	13.3 (83.6%)
9	OGONOWSKI Marek	95	BOJOWI AMATORZY	M45+	3	00:23:58.85	+00:04:01 (16.8%)	4:31	13.3 (83.6%)
10	LEŚNIEWSKI Tomasz	79		M45+	4	00:24:10.70	+00:04:13 (17.5%)	4:33	13.2 (83.0%)
11	NOSAL Mariusz	89		M18-44	7	00:24:11.75	+00:04:14 (17.5%)	4:33	13.1 (82.4%)
12	KULBAKA Joanna	77	7PRO SIÓDMIAK TEAM	K-jun	1	00:24:25.45	+00:04:28 (18.3%)	4:36	13 (81.8%)
13	BARANOWSKI Łukasz	43	EL TORO DE ORO	M18-44	8	00:24:29.10	+00:04:31 (18.5%)	4:37	13 (81.8%)
14	KAŹMIERSKI Marcin	63	PCH_RUN	M18-44	9	00:24:29.55	+00:04:32 (18.5%)	4:37	13 (81.8%)
15	KRZYWICKI Krzysztof	76		M18-44	10	00:24:37.60	+00:04:40 (19.0%)	4:38	12.9 (81.1%)
16	OSTROWSKI Marian	97		M45+	5	00:25:01.70	+00:05:04 (20.3%)	4:43	12.7 (79.9%)
17	KONECKO Izabela	72		K45+	1	00:25:21.60	+00:05:24 (21.3%)	4:46	12.5 (78.6%)
18	KOCZWARA Joanna	68		K18-44	1	00:25:23.70	+00:05:26 (21.4%)	4:47	12.5 (78.6%)
19	ANTONIAK Krzysztof	41	BOJOWI AMATORZY	M18-44	11	00:25:49.90	+00:05:52 (22.8%)	4:52	12.3 (77.4%)
20	JARCZYŃSKI Roman	60	REMOFLEX	M45+	6	00:25:53.05	+00:05:55 (22.9%)	4:53	12.3 (77.4%)
21	BRONOWICKI Karol	47		M18-44	12	00:26:07.50	+00:06:10 (23.6%)	4:55	12.2 (76.7%)
22	KASZUBA Artur	61	OSP ŁUGI	M18-44	13	00:26:10.95	+00:06:13 (23.8%)	4:56	12.2 (76.7%)
23	KILIJĄŃSKI Andrzej	64	BOJOWI AMATORZY	M45+	7	00:26:13.50	+00:06:16 (23.9%)	4:56	12.1 (76.1%)
24	SOSNOWSKI Daniel	106		M18-44	14	00:26:33.80	+00:06:36 (24.9%)	5:00	12 (75.5%)
25	RUDNICKI Paweł	103	TEAM BIEGOWY SZCZECINEK	M18-44	15	00:26:43.05	+00:06:45 (25.3%)	5:02	11.9 (74.8%)
26	GAWRON Urszula	55		K18-44	2	00:26:54.75	+00:06:57 (25.9%)	5:04	11.8 (74.2%)
27	MAĆKOWIAK Łukasz	83	ZABIEGANY SZAMOCIN	M18-44	16	00:27:16.20	+00:07:18 (26.8%)	5:08	11.7 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.3km	Różn		
28	BORUCH Edward	45		M45+	8	00:27:47.40	+00:07:50 (28.2%)	5:14	11.4 (71.7%)
29	GÓRALSKA Monika	57	BIAŁOGARD BIEGA	K45+	2	00:27:58.65	+00:08:01 (28.7%)	5:16	11.4 (71.7%)
30	ŁUCZAK Andrzej	82		M45+	9	00:28:22.75	+00:08:25 (29.7%)	5:21	11.2 (70.4%)
31	KILINOWSKA Kasia	65		K18-44	3	00:28:30.70	+00:08:33 (30.0%)	5:22	11.2 (70.4%)
32	GZUBICKI Piotr	59	EL TORO DE ORO	M18-44	17	00:28:45.95	+00:08:48 (30.6%)	5:25	11.1 (69.8%)
33	BUTOWICZ Adam	48		M45+	10	00:28:54.80	+00:08:57 (31.0%)	5:27	11 (69.2%)
34	ZALESKA Elżbieta	114		K45+	3	00:29:13.15	+00:09:15 (31.7%)	5:30	10.9 (68.6%)
35	CZARNECKA Agnieszka	50	WALKA KOSTRZYN	K18-44	4	00:29:22.70	+00:09:25 (32.1%)	5:32	10.8 (67.9%)
36	NOSAL Martyna	90		K-jun	2	00:29:35.60	+00:09:38 (32.6%)	5:34	10.7 (67.3%)
37	LASOTA Grzegorz	78		M45+	11	00:29:54.05	+00:09:56 (33.3%)	5:38	10.6 (66.7%)
38	ORLIKOWSKA Dorota	96		K18-44	5	00:29:55.70	+00:09:58 (33.3%)	5:38	10.6 (66.7%)
39	GRABCZEWSKA Ewa	58	BOJOWI AMATORZY	K18-44	6	00:30:00.10	+00:10:02 (33.5%)	5:39	10.6 (66.7%)
40	STAŚ Adrianna	107		K18-44	7	00:30:07.15	+00:10:09 (33.7%)	5:40	10.6 (66.7%)
41	SZTECHMILER Katarzyna	110	KLUB SPORTOWY HUSARIA SZCZECINEK	K18-44	8	00:30:42.75	+00:10:45 (35.0%)	5:47	10.4 (65.4%)
42	DĄBROWSKA Katarzyna	53		K18-44	9	00:30:45.55	+00:10:48 (35.1%)	5:48	10.3 (64.8%)
43	NOSAL Anna	91		K18-44	10	00:30:47.50	+00:10:50 (35.2%)	5:48	10.3 (64.8%)
44	KILINOWSKI Łukasz	66		M45+	12	00:31:08.25	+00:11:11 (35.9%)	5:52	10.2 (64.2%)
45	STĘPIEŃ Monika	108	ROGIEWICZ RUNNING TEAM	K18-44	11	00:31:09.05	+00:11:11 (35.9%)	5:52	10.2 (64.2%)
46	KASZUBA Agnieszka	62	OSP ŁUGI	K18-44	12	00:31:09.15	+00:11:11 (35.9%)	5:52	10.2 (64.2%)
47	ANTONIAK Justyna	42	EL TORO DE ORO	K18-44	13	00:31:13.35	+00:11:16 (36.1%)	5:53	10.2 (64.2%)
48	LIPIEC Paweł	81		M45+	13	00:31:14.10	+00:11:16 (36.1%)	5:53	10.2 (64.2%)
49	NIEDZIELA Dorota	87	LILL SPORT	K45+	4	00:31:46.15	+00:11:48 (37.2%)	5:59	10 (62.9%)
50	ROLNICZAK Joanna	102		K18-44	14	00:32:10.85	+00:12:13 (38.0%)	6:04	9.9 (62.3%)
51	MADZIŃSKA Agnieszka	84		K45+	5	00:32:33.15	+00:12:35 (38.7%)	6:08	9.8 (61.6%)
52	BORUCH Edyta	46		K45+	6	00:32:49.75	+00:12:52 (39.2%)	6:11	9.7 (61.0%)
53	BRZEZIŃSKA Beata	3	BIAŁOGARD BIEGA	K45+	7	00:33:20.70	+00:13:23 (40.2%)	6:17	9.5 (59.7%)
54	GĘBALA Paweł	56		M45+	14	00:33:26.35	+00:13:29 (40.3%)	6:18	9.5 (59.7%)
55	CZEREŚNIAK Iwona	52		K45+	8	00:33:48.00	+00:13:50 (41.0%)	6:22	9.4 (59.1%)
56	LEŚNIEWSKI Dariusz	80		M45+	15	00:33:55.55	+00:13:58 (41.2%)	6:23	9.4 (59.1%)
57	POLANOWSKA Angelika	100		K18-44	15	00:34:06.30	+00:14:09 (41.5%)	6:26	9.3 (58.5%)
58	SUCHANOWSKA Anna	109	RESPECT LOTYŃ	K45+	9	00:34:07.45	+00:14:10 (41.5%)	6:26	9.3 (58.5%)
59	NOWACKA Ewa	92		K18-44	16	00:34:37.65	+00:14:40 (42.4%)	6:31	9.2 (57.9%)
60	KOŁDA Jarosław	70	KOŁDZIAKI	M45+	16	00:34:41.65	+00:14:44 (42.5%)	6:32	9.2 (57.9%)
61	FELSKA Katarzyna	54		K18-44	17	00:34:49.80	+00:14:52 (42.7%)	6:34	9.1 (57.2%)
62	KOZIOŁ Magdalena	73		K18-44	18	00:34:49.90	+00:14:52 (42.7%)	6:34	9.1 (57.2%)
63	WROBLEWSKI Jerzy	113	PARKRUN SZCZECINEK	M45+	17	00:36:42.80	+00:16:45 (45.6%)	6:55	8.7 (54.7%)
64	PAWŁOWSKI Marcin	98	POZYTYWNI BIEGACZE	M18-44	18	00:37:26.00	+00:17:28 (46.7%)	7:03	8.5 (53.5%)
65	SZYMAŃSKI Jacek	198	POZYTYWNI BIEGACZE	M45+	18	00:37:26.40	+00:17:29 (46.7%)	7:03	8.5 (53.5%)
66	SZYMAŃSKA Hanna	199	POZYTYWNI BIEGACZE	K45+	10	00:37:26.80	+00:17:29 (46.7%)	7:03	8.5 (53.5%)
67	OGONOWSKA Renata	93	TEAM TERMINATORUN	K-jun	3	00:37:43.75	+00:17:46 (47.1%)	7:06	8.4 (52.8%)
68	KRASOWSKI Tomasz	75		M45+	19	00:37:44.00	+00:17:46 (47.1%)	7:07	8.4 (52.8%)
69	OGONOWSKA Anna	94	TEAM TERMINATORUN	K-jun	4	00:37:57.70	+00:18:00 (47.4%)	7:09	8.4 (52.8%)
70	OŻMOWSKA Barbara	200	MTS HAMER MIASTKO	K45+	11	00:40:54.30	+00:20:57 (51.2%)	7:43	7.8 (49.1%)
71	ZIÓŁKOWSKA Marlena	115	OSP ŁUGI	K18-44	19	00:41:45.60	+00:21:48 (52.2%)	7:52	7.6 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
72	KOŁDA Anna	69	KOŁDZIAKI	K45+	12	00:46:26.25	+00:26:29 (57.0%)	8:45	6.8 (42.8%)
73	KOŁDA Klaudia	71	KOŁDZIAKI	K18-44	20	00:46:26.45	+00:26:29 (57.0%)	8:45	6.8 (42.8%)

Znaleziono 73 wynik(ów)