



## MARSZ NIEPODLEGŁOŚCI NW OKONEK - 5KM

B4SPORT

**Wydarzenie:** Bieg Niepodległości Okonek - 03.11.2018r  
**Organizator:** Gmina Okonek  
**Data:** 2018-11-03  
**Miejsce:** Okonek  
**Dystans:** 5 km

 **HERKULES**  
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WOROCH Roman</b>	<b>283</b>	POLKOWICE	M-Open	1	<b>00:30:37.13</b>		6:07	9.8 (100%)
2	<b>FRĄCKOWIAK Roman</b>	<b>260</b>		M-Open	2	<b>00:31:12.63</b>	+00:00:35 (1.9%)	6:14	9.6 (98.0%)
3	<b>LENARTOWICZ Stanisław</b>	<b>292</b>		M-Open	3	<b>00:31:16.97</b>	+00:00:39 (2.1%)	6:15	9.6 (98.0%)
4	<b>DEJA Wojciech</b>	<b>256</b>		M-Open	4	<b>00:31:18.83</b>	+00:00:41 (2.2%)	6:15	9.6 (98.0%)
5	<b>PYREK Krzysztof</b>	<b>275</b>	1 RBLOG	M-Open	5	<b>00:31:26.00</b>	+00:00:48 (2.6%)	6:17	9.5 (96.9%)
6	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>272</b>		K-Open	1	<b>00:33:36.69</b>	+00:02:59 (8.9%)	6:43	8.9 (90.8%)
7	<b>RAKOWSKA Justyna</b>	<b>276</b>	NORDIC WALKING SZCZECINEK	K-Open	2	<b>00:35:01.59</b>	+00:04:24 (12.6%)	7:00	8.6 (87.8%)
8	<b>KĘPA Andrzej</b>	<b>262</b>	FAMILY TEAM	M-Open	6	<b>00:35:02.38</b>	+00:04:25 (12.6%)	7:00	8.6 (87.8%)
9	<b>BERCZYŃSKI Henryk</b>	<b>252</b>	NADLEŚNICTWO OKONEK	M-Open	7	<b>00:36:41.13</b>	+00:06:03 (16.5%)	7:20	8.2 (83.7%)
10	<b>NEWSKA Edyta</b>	<b>245</b>	TEAM RUN GOŁAŃCZ	K-Open	3	<b>00:37:11.18</b>	+00:06:34 (17.7%)	7:26	8.1 (82.7%)
11	<b>KOCHANOWSKA Anna</b>	<b>264</b>		K-Open	4	<b>00:38:15.09</b>	+00:07:37 (20.0%)	7:39	7.8 (79.6%)
12	<b>BORATYNSKA Iwona</b>	<b>253</b>		K-Open	5	<b>00:38:33.29</b>	+00:07:56 (20.6%)	7:42	7.8 (79.6%)
13	<b>JURJIEWICZ Małgorzata</b>	<b>251</b>		K-Open	6	<b>00:39:01.59</b>	+00:08:24 (21.5%)	7:48	7.7 (78.6%)
14	<b>SKOWROŃSKA-ŁOPIŃSKA Genowefa</b>	<b>278</b>	SAILING TEAM FERAJNA	K-Open	7	<b>00:39:12.02</b>	+00:08:34 (21.9%)	7:50	7.7 (78.6%)
15	<b>KRYŚKIEWICZ Janina</b>	<b>268</b>		K-Open	8	<b>00:40:38.32</b>	+00:10:01 (24.7%)	8:07	7.4 (75.5%)
16	<b>SZKARŁAT Magdalena</b>	<b>281</b>		K-Open	9	<b>00:40:41.91</b>	+00:10:04 (24.8%)	8:08	7.4 (75.5%)
17	<b>PAWLICZUK Teresa</b>	<b>274</b>		K-Open	10	<b>00:41:12.48</b>	+00:10:35 (25.7%)	8:14	7.3 (74.5%)
18	<b>KOWALSKI Mirosław</b>	<b>267</b>		M-Open	8	<b>00:42:02.91</b>	+00:11:25 (27.2%)	8:24	7.1 (72.4%)
19	<b>WOROCH Jolanta</b>	<b>284</b>	DOPIEWO	K-Open	11	<b>00:42:09.55</b>	+00:11:32 (27.4%)	8:26	7.1 (72.4%)
20	<b>LISZEWSKA Justyna</b>	<b>333</b>		K-Open	12	<b>00:42:11.49</b>	+00:11:34 (27.4%)	8:26	7.1 (72.4%)
21	<b>KOWALCZUK Aleksandra</b>	<b>266</b>	KIJOWE SIOSTRY	K-Open	13	<b>00:42:54.54</b>	+00:12:17 (28.6%)	8:35	7 (71.4%)
22	<b>ŚWITON-MUCHOWSKA Maria</b>	<b>282</b>		K-Open	14	<b>00:43:01.10</b>	+00:12:23 (28.8%)	8:36	7 (71.4%)
23	<b>RAMUTKOWSKA Dominika</b>	<b>277</b>		K-Open	15	<b>00:43:13.51</b>	+00:12:36 (29.2%)	8:38	6.9 (70.4%)
24	<b>DENESZEWSKA Halina</b>	<b>257</b>		K-Open	16	<b>00:43:32.36</b>	+00:12:55 (29.7%)	8:42	6.9 (70.4%)
25	<b>KOWALCZUK Maria</b>	<b>265</b>	KIJOWE SIOSTRY	K-Open	17	<b>00:44:17.94</b>	+00:13:40 (30.9%)	8:51	6.8 (69.4%)

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26	<b>CZEKAŁA Jan</b>	<b>255</b>		M-Open	9	<b>00:44:18.50</b>	+00:13:41 (30.9%)	8:51	6.8 (69.4%)
27	<b>BOROWIAK Elżbieta</b>	<b>254</b>		K-Open	18	<b>00:44:25.36</b>	+00:13:48 (31.1%)	8:53	6.8 (69.4%)
28	<b>ZIĘBA Halina</b>	<b>286</b>		K-Open	19	<b>00:44:49.30</b>	+00:14:12 (31.7%)	8:57	6.7 (68.4%)
29	<b>NOWAK Urszula</b>	<b>271</b>	TRIAMATOR EWELINA NOWAK	K-Open	20	<b>00:45:08.83</b>	+00:14:31 (32.2%)	9:01	6.6 (67.3%)
30	<b>KĘPA Anna</b>	<b>263</b>	WKPTTK HUSARIA CZARNE	K-Open	21	<b>00:45:46.59</b>	+00:15:09 (33.1%)	9:09	6.6 (67.3%)
31	<b>KACZMARSKA Marzena</b>	<b>261</b>	WK PTTK HUSARIA CZARNE	K-Open	22	<b>00:45:46.95</b>	+00:15:09 (33.1%)	9:09	6.6 (67.3%)
32	<b>NIWIŃSKA Jolanta</b>	<b>270</b>	WK PTTK HUSARIA CZARNE	K-Open	23	<b>00:45:48.08</b>	+00:15:10 (33.1%)	9:09	6.6 (67.3%)
33	<b>WRONA Jolanta</b>	<b>285</b>	PSEUDOBIEGACZKI	K-Open	24	<b>00:46:38.12</b>	+00:16:00 (34.3%)	9:19	6.4 (65.3%)
34	<b>FISZER Marzena</b>	<b>103</b>		K-Open	25	<b>00:46:38.66</b>	+00:16:01 (34.4%)	9:19	6.4 (65.3%)
35	<b>FIURST-STECENKO Irena</b>	<b>259</b>	TUPTAJĄCE HIPCIE	K-Open	26	<b>00:46:58.02</b>	+00:16:20 (34.8%)	9:23	6.4 (65.3%)
36	<b>JADWIŻYC Izabela</b>	<b>227</b>		K-Open	27	<b>00:50:13.94</b>	+00:19:36 (39.0%)	10:02	6 (61.2%)
37	<b>FIURST Marcin</b>	<b>258</b>	TUPTAJĄCE HIPCIE	M-Open	10	<b>00:57:46.29</b>	+00:27:09 (47.0%)	11:33	5.2 (53.1%)

Znaleziono 37 wynik(ów)