

V CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Wydarzenie: V CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2019-08-31
Miejsce: Okonek
Dystans: 10.6 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Laps 5.3km | Czas netto 10.6km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|----------------------------------|-----------|------|---------------|-------------------------|-------------------|-----------------|---------------|
| 1 | STIPPA Adam | 165 | | M30-39 | 1 | 00:20:46 | 00:42:04.78 | | 3:58 | 15.1 (100%) |
| 2 | TRĘBSKI Krzysztof | 186 | #ZABIEGANINOCA | M40-49 | 1 | 00:22:04 | 00:45:39.94 | +00:03:35 (7.9%) | 4:18 | 13.9 (92.1%) |
| 3 | MYSZKOWSKI Jan | 114 | 1958 | M60+ | 1 | 00:23:02 | 00:46:44.21 | +00:04:39 (10.0%) | 4:24 | 13.6 (90.1%) |
| 4 | OSTROWSKI Marian | 183 | | M60+ | 2 | 00:23:03 | 00:46:52.09 | +00:04:47 (10.2%) | 4:25 | 13.6 (90.1%) |
| 5 | LASAK Konrad | 94 | | M18-29 | 1 | 00:22:52 | 00:47:23.60 | +00:05:18 (11.2%) | 4:28 | 13.4 (88.7%) |
| 6 | ECKERT Zbigniew | 26 | TEAM BIEGOWY SZCZECINEK | M50-59 | 1 | 00:22:57 | 00:47:28.24 | +00:05:23 (11.4%) | 4:28 | 13.4 (88.7%) |
| 7 | SARNOWSKI Janusz | 151 | LILL-SPORT | M50-59 | 2 | 00:23:06 | 00:47:48.45 | +00:05:43 (12.0%) | 4:30 | 13.3 (88.1%) |
| 8 | MAZUR Tomasz | 111 | I LO SZCZECINEK | M40-49 | 2 | 00:23:27 | 00:48:49.39 | +00:06:44 (13.8%) | 4:36 | 13 (86.1%) |
| 9 | SAWICKI Eligiusz | 152 | | M50-59 | 3 | 00:23:53 | 00:49:04.05 | +00:06:59 (14.2%) | 4:37 | 13 (86.1%) |
| 10 | HEYSER Tomasz | 44 | | M30-39 | 2 | 00:24:14 | 00:49:12.55 | +00:07:07 (14.5%) | 4:38 | 12.9 (85.4%) |
| 11 | MINCEWICZ Piotr | 219 | TEAM TERMINATORUN | M30-39 | 3 | 00:24:45 | 00:49:42.62 | +00:07:37 (15.4%) | 4:41 | 12.8 (84.8%) |
| 12 | ZYCH Krzysztof | 214 | TRIUMF SŁAWOBORZE | M30-39 | 4 | 00:24:10 | 00:50:50.70 | +00:08:45 (17.2%) | 4:47 | 12.5 (82.8%) |
| 13 | KUSIAK Bartłomiej | 88 | | M30-39 | 5 | 00:25:34 | 00:51:01.23 | +00:08:56 (17.5%) | 4:48 | 12.5 (82.8%) |
| 14 | POGRZEBSKI Hubert | 138 | TERMINATORUN | M18-29 | 2 | 00:25:04 | 00:51:15.41 | +00:09:10 (17.9%) | 4:50 | 12.4 (82.1%) |
| 15 | WYRWA Przemysław | 205 | TERMINATORUN | M50-59 | 4 | 00:24:52 | 00:51:23.79 | +00:09:19 (18.1%) | 4:50 | 12.4 (82.1%) |
| 16 | JANKOWSKI Mariusz | 49 | TEAM BIEGOWY SZCZECINEK /JW 1223 | M40-49 | 3 | 00:25:42 | 00:51:30.89 | +00:09:26 (18.3%) | 4:51 | 12.3 (81.5%) |
| 17 | SZKOPEK Krzysztof | 178 | | M50-59 | 5 | 00:25:01 | 00:51:55.88 | +00:09:51 (19.0%) | 4:53 | 12.3 (81.5%) |
| 18 | KARCZEWSKI Andrzej | 59 | | M30-39 | 6 | 00:25:32 | 00:52:22.83 | +00:10:18 (19.7%) | 4:56 | 12.1 (80.1%) |
| 19 | KOWALCZYK Seweryn | 75 | TEAM BIEGOWY SZCZECINEK | M18-29 | 3 | 00:26:07 | 00:52:55.10 | +00:10:50 (20.5%) | 4:59 | 12 (79.5%) |
| 20 | SZUBERT Marcin | 179 | KOŁOBRZEG BIEGA | M40-49 | 4 | 00:26:13 | 00:53:04.79 | +00:11:00 (20.7%) | 5:00 | 12 (79.5%) |
| 21 | RUDNIK Jerzy | 78 | FLORIAN CHOJNICE | M60+ | 3 | 00:26:04 | 00:53:28.90 | +00:11:24 (21.3%) | 5:02 | 11.9 (78.8%) |
| 22 | BORKOWSKI Radosław | 220 | | M40-49 | 5 | 00:25:46 | 00:53:40.85 | +00:11:36 (21.6%) | 5:03 | 11.8 (78.1%) |
| 23 | JAROSZ Dariusz | 51 | TKKF KOSZALIN | M40-49 | 6 | 00:25:56 | 00:53:49.93 | +00:11:45 (21.8%) | 5:04 | 11.8 (78.1%) |
| 24 | KUICH Piotr | 87 | LILL-SPORT | M50-59 | 6 | 00:25:37 | 00:54:03.96 | +00:11:59 (22.2%) | 5:06 | 11.8 (78.1%) |
| 25 | KOŁODZIEJCZAK Grzegorz | 69 | | M40-49 | 7 | 00:26:00 | 00:54:44.79 | +00:12:40 (23.1%) | 5:09 | 11.6 (76.8%) |
| 26 | NIEWCZAS Sławomir | 116 | JEDNEGO SERCA | M30-39 | 7 | 00:27:20 | 00:55:50.33 | +00:13:45 (24.6%) | 5:16 | 11.4 (75.5%) |
| 27 | TOMKIEWICZ Andrzej | 184 | | M40-49 | 8 | 00:28:24 | 00:56:03.60 | +00:13:58 (24.9%) | 5:17 | 11.3 (74.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Laps 5.3km | Czas | | Tempo min/km | Tempo km/h |
|-----|--------------------------------------|------------|--------------------------------------|-----------|------|---------------|--------------------|-------------------|-----------------|---------------|
| | | | | | | | netto 10.6km | Różn | | |
| 28 | KONDELA Paweł | 70 | AKTYWNE CHOSZCZNO | M40-49 | 9 | 00:26:34 | 00:56:04.45 | +00:13:59 (25.0%) | 5:17 | 11.3 (74.8%) |
| 29 | SZYSZŁOWSKI Waldemar | 182 | | M30-39 | 8 | 00:26:24 | 00:56:08.46 | +00:14:03 (25.0%) | 5:17 | 11.3 (74.8%) |
| 30 | GARBOWSKA Anna | 32 | | K30-39 | 1 | 00:27:40 | 00:56:39.81 | +00:14:35 (25.7%) | 5:20 | 11.2 (74.2%) |
| 31 | ZADROŻNY Szymon | 207 | WATAHA WAŁCZ | M40-49 | 10 | 00:27:29 | 00:57:33.98 | +00:15:29 (26.9%) | 5:25 | 11 (72.8%) |
| 32 | MRÓWKA Mateusz | 113 | | M30-39 | 9 | 00:28:14 | 00:58:20.03 | +00:16:15 (27.9%) | 5:30 | 10.9 (72.2%) |
| 33 | CHMIELEWSKI Tomasz | 10 | | M30-39 | 10 | 00:25:00 | 00:58:28.92 | +00:16:24 (28.0%) | 5:31 | 10.9 (72.2%) |
| 34 | KOWALCZYK Piotr | 73 | FOR-REST-RUN | M30-39 | 11 | 00:28:18 | 00:58:36.15 | +00:16:31 (28.2%) | 5:31 | 10.9 (72.2%) |
| 35 | KUCZYŃSKA Anna | 84 | PILSKIE BRAC'TWO TURYSTYKI ROWEROWEJ | K30-39 | 2 | 00:28:27 | 00:58:38.86 | +00:16:34 (28.2%) | 5:31 | 10.8 (71.5%) |
| 36 | BAŃKA Agata | 3 | | K30-39 | 3 | 00:28:29 | 00:58:49.76 | +00:16:44 (28.5%) | 5:33 | 10.8 (71.5%) |
| 37 | URBANIAK Marcin | 28 | | M30-39 | 12 | 00:28:47 | 00:59:08.71 | +00:17:03 (28.9%) | 5:34 | 10.8 (71.5%) |
| 38 | KIELAR Łukasz | 65 | | M40-49 | 11 | 00:28:57 | 00:59:12.99 | +00:17:08 (28.9%) | 5:35 | 10.7 (70.9%) |
| 39 | URBANIAK Anna | 188 | - | K30-39 | 4 | 00:29:24 | 00:59:38.93 | +00:17:34 (29.5%) | 5:37 | 10.7 (70.9%) |
| 40 | OLĘDZKI Krzysiek | 124 | | M40-49 | 12 | 00:28:32 | 00:59:53.01 | +00:17:48 (29.7%) | 5:38 | 10.6 (70.2%) |
| 41 | BAŃKA Marcin | 4 | | M40-49 | 13 | 00:28:18 | 00:59:57.31 | +00:17:52 (29.8%) | 5:39 | 10.6 (70.2%) |
| 42 | SKOCZYŁAS Bożena | 155 | BIEGAM BO LUBIĘ | K40-49 | 1 | 00:27:57 | 01:00:38.57 | +00:18:33 (30.6%) | 5:43 | 10.5 (69.5%) |
| 43 | SUCHANOWSKI Zygmunt | 173 | RESPECT LOTYŃ | M50-59 | 7 | 00:28:38 | 01:00:53.32 | +00:18:48 (30.9%) | 5:44 | 10.4 (68.9%) |
| 44 | DEMCZAR Jacek | 16 | | M40-49 | 14 | 00:30:20 | 01:01:07.72 | +00:19:02 (31.2%) | 5:46 | 10.4 (68.9%) |
| 45 | SOLARZ Monika | 217 | TEAM TERMINATORUN | K30-39 | 5 | 00:30:04 | 01:01:09.06 | +00:19:04 (31.2%) | 5:46 | 10.4 (68.9%) |
| 46 | RUTKOWSKA Anna | 147 | WATAHA WAŁCZ | K50-59 | 1 | 00:28:38 | 01:01:10.79 | +00:19:06 (31.2%) | 5:46 | 10.4 (68.9%) |
| 47 | SZUBERT Agnieszka | 180 | | K40-49 | 2 | 00:30:02 | 01:01:27.42 | +00:19:22 (31.5%) | 5:47 | 10.3 (68.2%) |
| 48 | JASTRZĘBSKA-DEMCZAR Aneta | 53 | | K40-49 | 3 | 00:31:29 | 01:02:06.35 | +00:20:01 (32.2%) | 5:51 | 10.2 (67.5%) |
| 49 | DUDKIEWICZ Leszek | 21 | TKKF-KOSZALIN | M60+ | 4 | 00:30:26 | 01:02:16.48 | +00:20:11 (32.4%) | 5:52 | 10.2 (67.5%) |
| 50 | SUPROŃ Izabela | 175 | NADLEŚNICTWO MIASTKO | K30-39 | 6 | 00:30:48 | 01:05:15.85 | +00:23:11 (35.5%) | 6:09 | 9.7 (64.2%) |
| 51 | USTJANOWSKA Katarzyna | 189 | | K30-39 | 7 | 00:30:46 | 01:05:16.16 | +00:23:11 (35.5%) | 6:09 | 9.7 (64.2%) |
| 52 | LEŚNIEWSKI Dariusz | 99 | TEAM BIEGOWY SZCZECINEK | M40-49 | 15 | 00:31:17 | 01:06:47.31 | +00:24:42 (37.0%) | 6:18 | 9.5 (62.9%) |
| 53 | KROCZYŃSKA Kinga | 79 | | K40-49 | 4 | 00:30:40 | 01:07:08.05 | +00:25:03 (37.3%) | 6:20 | 9.5 (62.9%) |
| 54 | DIDŁUCH Jacek | 17 | KOŁOBRZEG BIEGA | M40-49 | 16 | 00:30:13 | 01:08:05.32 | +00:26:00 (38.2%) | 6:25 | 9.3 (61.6%) |
| 55 | BANACZYK Wioletta | 2 | LILL-SPORT | K50-59 | 2 | 00:32:03 | 01:08:27.86 | +00:26:23 (38.5%) | 6:27 | 9.3 (61.6%) |
| 56 | MARCZYŃSKA Paula | 105 | MIEJSKI KLUB LEKKOATLETYCZNY | K30-39 | 8 | 00:34:00 | 01:10:02.34 | +00:27:57 (39.9%) | 6:36 | 9.1 (60.3%) |
| 57 | STEC Andrzej | 164 | SZLACHETNA PACZKA WAŁCZ | M50-59 | 8 | 00:33:57 | 01:11:20.70 | +00:29:15 (41.0%) | 6:43 | 8.9 (58.9%) |
| 58 | STROZYŃSKA-ZDZIABEK Magdalena | 167 | ABERDEENSHIRE'S LIONS | K50-59 | 3 | 00:33:50 | 01:15:32.73 | +00:33:27 (44.3%) | 7:07 | 8.4 (55.6%) |
| 59 | SULEJA Joanna | 174 | SZWLA | K50-59 | 4 | 00:40:16 | 01:23:39.19 | +00:41:34 (49.7%) | 7:53 | 7.6 (50.3%) |

Znaleziono 59 wynik(ów)