



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%)

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							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	URBANIĄK 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	URBANIĄK 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)