

V CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

V CROSS NA WRZOSACH
Nadleśnictwo Okonek
2019-08-31
Okonek
5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MAZERSKI Bartosz	102	LKS ZANTTYR SZTUM	M40-49	1	00:18:50.71		3:46	15.9 (100%)
2	KRYZEL Tomasz	82	WIKING RYCHNOWY	M18-29	1	00:19:41.00	+00:00:50 (4.3%)	3:56	15.2 (95.6%)
3	CENTKA Jakub	96		M18-29	2	00:20:04.31	+00:01:13 (6.1%)	4:00	15 (94.3%)
4	KASZUBA Artur	60		M40-49	2	00:20:10.62	+00:01:19 (6.6%)	4:02	14.9 (93.7%)
5	KASIELSKI Rafał	218	TEAM TERMINATORUN	M14-17	1	00:21:25.66	+00:02:34 (12.1%)	4:17	14 (88.1%)
6	PIETRZAK Michał	133		M40-49	3	00:22:12.24	+00:03:21 (15.1%)	4:26	13.5 (84.9%)
7	LEŚNIEWSKI Tomasz	98		M50-59	1	00:22:55.36	+00:04:04 (17.8%)	4:35	13.1 (82.4%)
8	PODŁYSKA Tadeusz	137	ZA:SAPA: NI	M40-49	4	00:22:55.96	+00:04:05 (17.8%)	4:35	13.1 (82.4%)
9	KATRYCZ Zbigniew	64	STOWARZYSZENIE NASZA ŚWIERCZYNA	M50-59	2	00:22:57.43	+00:04:06 (17.9%)	4:35	13.1 (82.4%)
10	KUBIAK Daniel	83	PRECON POLSKA	M30-39	1	00:23:20.10	+00:04:29 (19.2%)	4:40	12.9 (81.1%)
11	PYREK Krzysztof	140	1 RBLOG	M30-39	2	00:24:06.08	+00:05:15 (21.8%)	4:49	12.4 (78.0%)
12	CZARNECKI Mirosław	12		M50-59	3	00:24:07.53	+00:05:16 (21.9%)	4:49	12.4 (78.0%)
13	PAWŁOWSKI Michał	130	PRECON - POLSKA	M40-49	5	00:24:08.74	+00:05:18 (22.0%)	4:49	12.4 (78.0%)
14	SPORS Sebastian	160	OSP ŁUGI	M18-29	3	00:24:18.45	+00:05:27 (22.5%)	4:51	12.3 (77.4%)
15	ZAKIELARZ Jan	208	PRECON POLSKA JASTROWIE	M60+	1	00:24:41.95	+00:05:51 (23.7%)	4:56	12.1 (76.1%)
16	GEMZA Marcin	35		M30-39	3	00:24:50.95	+00:06:00 (24.2%)	4:58	12.1 (76.1%)
17	GÓRA Agnieszka	185	#ZABIEGANINOCA	K40-49	1	00:25:15.37	+00:06:24 (25.4%)	5:03	11.9 (74.8%)
18	HAŁKA Justyna	42		K30-39	1	00:25:38.90	+00:06:48 (26.5%)	5:07	11.7 (73.6%)
19	TYLMAN Piotr	100	RUNDORFINA	M30-39	4	00:26:19.96	+00:07:29 (28.4%)	5:16	11.4 (71.7%)
20	ZIÓŁKOWSKI Wojciech	213	#ZABIEGANINOCA	M40-49	6	00:26:29.29	+00:07:38 (28.9%)	5:17	11.3 (71.1%)
21	LAJTER Jerzy	93	4 RUN TEAM PIŁA	M60+	2	00:26:39.49	+00:07:48 (29.3%)	5:19	11.3 (71.1%)
22	ROKITA Emilia	144	CZARNE BIEGA	K30-39	2	00:27:01.03	+00:08:10 (30.2%)	5:24	11.1 (69.8%)
23	HAŁKA Arkadiusz	43		M40-49	7	00:27:14.66	+00:08:23 (30.8%)	5:27	11 (69.2%)
24	BŁĄD Czesław	48		M40-49	8	00:27:16.07	+00:08:25 (30.9%)	5:27	11 (69.2%)
25	NITA Wiesław	117	VILLAGE PUNK RUN	M40-49	9	00:27:26.87	+00:08:36 (31.3%)	5:29	10.9 (68.6%)
26	SKOCZYLAS Henryk	156	BIEGAM BO LUBIĘ	M40-49	10	00:27:47.55	+00:08:56 (32.2%)	5:33	10.8 (67.9%)
27	FIECEK Łukasz	29		M18-29	4	00:27:56.08	+00:09:05 (32.5%)	5:35	10.7 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	KARCZEWSKA Agnieszka	58	TEAM BIEGOWY SZCZECINEK	K30-39	3	00:28:03.31	+00:09:12 (32.8%)	5:36	10.7 (67.3%)
29	STOCKA-PODŁYSKA Żaneta	166		K30-39	4	00:28:19.12	+00:09:28 (33.5%)	5:39	10.6 (66.7%)
30	KUSIAK Joanna	89		K30-39	5	00:28:23.72	+00:09:33 (33.6%)	5:40	10.6 (66.7%)
31	ZAKIELARZ Anna	209	TEAM TERMINATORUN	K30-39	6	00:28:45.38	+00:09:54 (34.5%)	5:45	10.4 (65.4%)
32	GRZYSTEK Marcin	38		M30-39	5	00:28:49.79	+00:09:59 (34.6%)	5:46	10.4 (65.4%)
33	RYNKIEWICZ Piotr	149	TB WALDEK	M30-39	6	00:28:57.03	+00:10:06 (34.9%)	5:47	10.4 (65.4%)
34	RYNKIEWICZ Aleksandra	150	TB WALDEK	K30-39	7	00:29:30.07	+00:10:39 (36.1%)	5:54	10.2 (64.2%)
35	SKRODZKI Paweł	50		M18-29	5	00:29:33.32	+00:10:42 (36.2%)	5:54	10.2 (64.2%)
36	KASZUBA Marta	63	OSP ŁUGI	K18-29	1	00:29:45.97	+00:10:55 (36.7%)	5:57	10.1 (63.5%)
37	GAWRON Andrzej	34		M40-49	11	00:29:51.52	+00:11:00 (36.9%)	5:58	10.1 (63.5%)
38	SCHMIDT-BŁĄD Dominik	153	OSP ŁUGI	M18-29	6	00:30:01.28	+00:11:10 (37.2%)	6:00	10 (62.9%)
39	PYREK Iwona	141		K30-39	8	00:30:09.68	+00:11:18 (37.5%)	6:02	9.9 (62.3%)
40	ORMINSKA Karolina	126	OSP ŁUGI	K18-29	2	00:30:34.40	+00:11:43 (38.4%)	6:07	9.8 (61.6%)
41	KUŻAJ Sławomir	91	PIŁA	M50-59	4	00:30:36.96	+00:11:46 (38.4%)	6:07	9.8 (61.6%)
42	PIETRZYK Rafał	136		M30-39	7	00:31:14.28	+00:12:23 (39.7%)	6:14	9.6 (60.4%)
43	KASZUBA Artur	61	OSP ŁUGI	M30-39	8	00:31:24.73	+00:12:34 (40.0%)	6:16	9.6 (60.4%)
44	MATUSZAK Justyna	108	RUNDORFINA	K30-39	9	00:31:33.27	+00:12:42 (40.3%)	6:18	9.5 (59.7%)
45	JUSZCZAK Karolina	56	RUNDORFINA	K30-39	10	00:32:02.74	+00:13:12 (41.2%)	6:24	9.4 (59.1%)
46	WDOWIAK Kasia	193	TEAM BIEGOWY SZCZECINEK	K30-39	11	00:32:06.84	+00:13:16 (41.3%)	6:25	9.3 (58.5%)
47	CZARNECKA Małgorzata	11		K50-59	1	00:32:16.60	+00:13:25 (41.6%)	6:27	9.3 (58.5%)
48	WAJDA Waldemar	191		M40-49	12	00:32:26.44	+00:13:35 (41.9%)	6:29	9.2 (57.9%)
49	NITA Katarzyna	118	VILLAGE PUNK RUN	K40-49	2	00:32:34.22	+00:13:43 (42.1%)	6:31	9.2 (57.9%)
50	JAKÓBIAK Kacper	47		M30-39	9	00:32:34.36	+00:13:43 (42.1%)	6:31	9.2 (57.9%)
51	DUSZYŃSKA Jolanta	22	RUNDORFINA	K30-39	12	00:32:40.83	+00:13:50 (42.3%)	6:32	9.2 (57.9%)
52	ZADROŻNA Magdalena	206		K40-49	3	00:32:44.17	+00:13:53 (42.4%)	6:32	9.2 (57.9%)
53	GAWRON Urszula	33		K30-39	13	00:33:28.75	+00:14:38 (43.7%)	6:41	9 (56.6%)
54	NOWAK-GEMZA Monika	122		K40-49	4	00:33:33.42	+00:14:42 (43.8%)	6:42	8.9 (56.0%)
55	PRZEDNÓWEK Mariola	143		K30-39	14	00:33:39.07	+00:14:48 (44.0%)	6:43	8.9 (56.0%)
56	WODZYŃSKA Katarzyna	199	ZABIEGANI NOCĄ	K30-39	15	00:33:55.24	+00:15:04 (44.4%)	6:47	8.8 (55.3%)
57	SPYCHAŁA Anna	161	OSP ŁUGI	K18-29	3	00:33:56.69	+00:15:05 (44.5%)	6:47	8.8 (55.3%)
58	BUCHOWSKI Marek	9	PARKRUN	M60+	3	00:34:03.50	+00:15:12 (44.7%)	6:48	8.8 (55.3%)
59	RUDNICKA Mariola	146	TEAM BIEGOWY SZCZECINEK	K40-49	5	00:34:06.39	+00:15:15 (44.7%)	6:49	8.8 (55.3%)
60	DRZAZGA Zbigniew	19	SP NR 1 W SZCZECINKU	M50-59	5	00:34:21.19	+00:15:30 (45.1%)	6:52	8.7 (54.7%)
61	KASZUBA Agnieszka	62	OSP ŁUGI	K30-39	16	00:34:21.25	+00:15:30 (45.1%)	6:52	8.7 (54.7%)
62	KOŁDA Klaudia	68		K14-17	1	00:34:25.54	+00:15:34 (45.3%)	6:53	8.7 (54.7%)
63	KOŁDA Ania	67		K40-49	6	00:34:25.68	+00:15:34 (45.3%)	6:53	8.7 (54.7%)
64	GRZYSTEK Katarzyna	39		K40-49	7	00:34:29.40	+00:15:38 (45.4%)	6:54	8.7 (54.7%)
65	ZDZIABEK Jarosław	210	ABERDEENSHIRE'S LIONS	M50-59	6	00:34:41.76	+00:15:51 (45.7%)	6:56	8.6 (54.1%)
66	SCHWERKOLT Karolina	154		K18-29	4	00:34:52.42	+00:16:01 (46.0%)	6:58	8.6 (54.1%)
67	DZIAMECKA Aleksandra	23	OSP ŁUGI	K18-29	5	00:35:00.30	+00:16:09 (46.2%)	7:00	8.6 (54.1%)
68	KROCZYŃSKI Robert	80		M14-17	2	00:35:22.17	+00:16:31 (46.7%)	7:04	8.5 (53.5%)
69	STAŚ Adrianna	162		K18-29	6	00:35:25.06	+00:16:34 (46.8%)	7:05	8.5 (53.5%)
70	PAWLUŚ Kamilla	129		K40-49	8	00:35:51.01	+00:17:00 (47.4%)	7:10	8.4 (52.8%)
71	DZIAMECKI Michał	24	OSP ŁUGI	M30-39	10	00:36:23.14	+00:17:32 (48.2%)	7:16	8.2 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	DUBISZ Joanna	20	LILL-SPORT	K40-49	9	00:36:29.41	+00:17:38 (48.4%)	7:18	8.2 (51.6%)
73	WRONA Ryszard	204	LILL-SPORT	M50-59	7	00:36:29.63	+00:17:38 (48.4%)	7:17	8.2 (51.6%)
74	ROLNICZAK Joanna	145		K30-39	17	00:36:40.40	+00:17:49 (48.6%)	7:20	8.2 (51.6%)
75	DROBKIEWICZ Ewa	18	OSP ŁUGI	K30-39	18	00:37:03.06	+00:18:12 (49.1%)	7:24	8.1 (50.9%)
76	MACIEJCZAK Karolina	104	PIŁA	K40-49	10	00:37:05.49	+00:18:14 (49.2%)	7:25	8.1 (50.9%)
77	RYNKIEWICZ Sylwia	148		K30-39	19	00:37:48.10	+00:18:57 (50.1%)	7:33	7.9 (49.7%)
78	WOJTECZKO Magdalena	202	RUNDORFINA	K40-49	11	00:38:04.52	+00:19:13 (50.5%)	7:36	7.9 (49.7%)
79	FIRLEJ Agnieszka	30	RUNDORFINA	K40-49	12	00:38:04.78	+00:19:14 (50.5%)	7:37	7.9 (49.7%)
80	KOWALSKA Agnieszka	77		K30-39	20	00:38:29.85	+00:19:39 (51.0%)	7:42	7.8 (49.1%)
81	DĄBROWSKA Katarzyna	14	RUNDORFINA	K30-39	21	00:39:01.55	+00:20:10 (51.7%)	7:48	7.7 (48.4%)
82	KWIATKOWSKA Agnieszka	92	RESPECT LOTYŃ	K40-49	13	00:39:17.65	+00:20:26 (52.0%)	7:51	7.6 (47.8%)
83	RĘBIŚ Monika	142		K18-29	7	00:39:28.28	+00:20:37 (52.3%)	7:53	7.6 (47.8%)
84	KUC - BREJNA Anna	85		K40-49	14	00:40:12.40	+00:21:21 (53.1%)	8:02	7.5 (47.2%)
85	ZIĘBA BŁASZKIEWICZ Agnieszka	212	PSEUDOBIEGACZKI	K30-39	22	00:40:26.37	+00:21:35 (53.4%)	8:05	7.4 (46.5%)
86	SUCHANOWSKA Anna	172	RESPECT LOTYŃ	K40-49	15	00:42:09.74	+00:23:19 (55.3%)	8:26	7.1 (44.7%)
87	KUŚMIEREK Wiktoria	90		K14-17	2	00:44:42.32	+00:25:51 (57.8%)	8:56	6.7 (42.1%)

Znaleziono 87 wynik(ów)