



# 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	<b>MAZERSKI Bartosz</b>	<b>102</b>	LKS ZANTTYR SZTUM	M40-49	1	<b>00:18:50.71</b>		3:46	15.9 (100%)
2	<b>KRYZEL Tomasz</b>	<b>82</b>	WIKING RYCHNOWY	M18-29	1	<b>00:19:41.00</b>	+00:00:50 (4.3%)	3:56	15.2 (95.6%)
3	<b>CENTKA Jakub</b>	<b>96</b>		M18-29	2	<b>00:20:04.31</b>	+00:01:13 (6.1%)	4:00	15 (94.3%)
4	<b>KASZUBA Artur</b>	<b>60</b>		M40-49	2	<b>00:20:10.62</b>	+00:01:19 (6.6%)	4:02	14.9 (93.7%)
5	<b>KASIELSKI Rafał</b>	<b>218</b>	TEAM TERMINATORUN	M14-17	1	<b>00:21:25.66</b>	+00:02:34 (12.1%)	4:17	14 (88.1%)
6	<b>PIETRZAK Michał</b>	<b>133</b>		M40-49	3	<b>00:22:12.24</b>	+00:03:21 (15.1%)	4:26	13.5 (84.9%)
7	<b>LEŚNIEWSKI Tomasz</b>	<b>98</b>		M50-59	1	<b>00:22:55.36</b>	+00:04:04 (17.8%)	4:35	13.1 (82.4%)
8	<b>PODŁYSKA Tadeusz</b>	<b>137</b>	ZA:SAPA: NI	M40-49	4	<b>00:22:55.96</b>	+00:04:05 (17.8%)	4:35	13.1 (82.4%)
9	<b>KATRYCZ Zbigniew</b>	<b>64</b>	STOWARZYSZENIE NASZA ŚWIERCZYNA	M50-59	2	<b>00:22:57.43</b>	+00:04:06 (17.9%)	4:35	13.1 (82.4%)
10	<b>KUBIAK Daniel</b>	<b>83</b>	PRECON POLSKA	M30-39	1	<b>00:23:20.10</b>	+00:04:29 (19.2%)	4:40	12.9 (81.1%)
11	<b>PYREK Krzysztof</b>	<b>140</b>	1 RBLOG	M30-39	2	<b>00:24:06.08</b>	+00:05:15 (21.8%)	4:49	12.4 (78.0%)
12	<b>CZARNECKI Mirosław</b>	<b>12</b>		M50-59	3	<b>00:24:07.53</b>	+00:05:16 (21.9%)	4:49	12.4 (78.0%)
13	<b>PAWŁOWSKI Michał</b>	<b>130</b>	PRECON - POLSKA	M40-49	5	<b>00:24:08.74</b>	+00:05:18 (22.0%)	4:49	12.4 (78.0%)
14	<b>SPORS Sebastian</b>	<b>160</b>	OSP ŁUGI	M18-29	3	<b>00:24:18.45</b>	+00:05:27 (22.5%)	4:51	12.3 (77.4%)
15	<b>ZAKIELARZ Jan</b>	<b>208</b>	PRECON POLSKA JASTROWIE	M60+	1	<b>00:24:41.95</b>	+00:05:51 (23.7%)	4:56	12.1 (76.1%)
16	<b>GEMZA Marcin</b>	<b>35</b>		M30-39	3	<b>00:24:50.95</b>	+00:06:00 (24.2%)	4:58	12.1 (76.1%)
17	<b>GÓRA Agnieszka</b>	<b>185</b>	#ZABIEGANINOCA	K40-49	1	<b>00:25:15.37</b>	+00:06:24 (25.4%)	5:03	11.9 (74.8%)
18	<b>HAŁKA Justyna</b>	<b>42</b>		K30-39	1	<b>00:25:38.90</b>	+00:06:48 (26.5%)	5:07	11.7 (73.6%)
19	<b>TYLMAN Piotr</b>	<b>100</b>	RUNDORFINA	M30-39	4	<b>00:26:19.96</b>	+00:07:29 (28.4%)	5:16	11.4 (71.7%)
20	<b>ZIÓŁKOWSKI Wojciech</b>	<b>213</b>	#ZABIEGANINOCA	M40-49	6	<b>00:26:29.29</b>	+00:07:38 (28.9%)	5:17	11.3 (71.1%)
21	<b>LAJTER Jerzy</b>	<b>93</b>	4 RUN TEAM PIŁA	M60+	2	<b>00:26:39.49</b>	+00:07:48 (29.3%)	5:19	11.3 (71.1%)
22	<b>ROKITA Emilia</b>	<b>144</b>	CZARNE BIEGA	K30-39	2	<b>00:27:01.03</b>	+00:08:10 (30.2%)	5:24	11.1 (69.8%)
23	<b>HAŁKA Arkadiusz</b>	<b>43</b>		M40-49	7	<b>00:27:14.66</b>	+00:08:23 (30.8%)	5:27	11 (69.2%)
24	<b>BŁĄD Czesław</b>	<b>48</b>		M40-49	8	<b>00:27:16.07</b>	+00:08:25 (30.9%)	5:27	11 (69.2%)
25	<b>NITA Wiesław</b>	<b>117</b>	VILLAGE PUNK RUN	M40-49	9	<b>00:27:26.87</b>	+00:08:36 (31.3%)	5:29	10.9 (68.6%)
26	<b>SKOCZYLAS Henryk</b>	<b>156</b>	BIEGAM BO LUBIĘ	M40-49	10	<b>00:27:47.55</b>	+00:08:56 (32.2%)	5:33	10.8 (67.9%)
27	<b>FIECEK Łukasz</b>	<b>29</b>		M18-29	4	<b>00:27:56.08</b>	+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	<b>KARCZEWSKA Agnieszka</b>	<b>58</b>	TEAM BIEGOWY SZCZECINEK	K30-39	3	<b>00:28:03.31</b>	+00:09:12 (32.8%)	5:36	10.7 (67.3%)
29	<b>STOCKA-PODŁYSKA Żaneta</b>	<b>166</b>		K30-39	4	<b>00:28:19.12</b>	+00:09:28 (33.5%)	5:39	10.6 (66.7%)
30	<b>KUSIAK Joanna</b>	<b>89</b>		K30-39	5	<b>00:28:23.72</b>	+00:09:33 (33.6%)	5:40	10.6 (66.7%)
31	<b>ZAKIELARZ Anna</b>	<b>209</b>	TEAM TERMINATORUN	K30-39	6	<b>00:28:45.38</b>	+00:09:54 (34.5%)	5:45	10.4 (65.4%)
32	<b>GRZYSTEK Marcin</b>	<b>38</b>		M30-39	5	<b>00:28:49.79</b>	+00:09:59 (34.6%)	5:46	10.4 (65.4%)
33	<b>RYNKIEWICZ Piotr</b>	<b>149</b>	TB WALDEK	M30-39	6	<b>00:28:57.03</b>	+00:10:06 (34.9%)	5:47	10.4 (65.4%)
34	<b>RYNKIEWICZ Aleksandra</b>	<b>150</b>	TB WALDEK	K30-39	7	<b>00:29:30.07</b>	+00:10:39 (36.1%)	5:54	10.2 (64.2%)
35	<b>SKRODZKI Paweł</b>	<b>50</b>		M18-29	5	<b>00:29:33.32</b>	+00:10:42 (36.2%)	5:54	10.2 (64.2%)
36	<b>KASZUBA Marta</b>	<b>63</b>	OSP ŁUGI	K18-29	1	<b>00:29:45.97</b>	+00:10:55 (36.7%)	5:57	10.1 (63.5%)
37	<b>GAWRON Andrzej</b>	<b>34</b>		M40-49	11	<b>00:29:51.52</b>	+00:11:00 (36.9%)	5:58	10.1 (63.5%)
38	<b>SCHMIDT-BŁĄD Dominik</b>	<b>153</b>	OSP ŁUGI	M18-29	6	<b>00:30:01.28</b>	+00:11:10 (37.2%)	6:00	10 (62.9%)
39	<b>PYREK Iwona</b>	<b>141</b>		K30-39	8	<b>00:30:09.68</b>	+00:11:18 (37.5%)	6:02	9.9 (62.3%)
40	<b>ORMINSKA Karolina</b>	<b>126</b>	OSP ŁUGI	K18-29	2	<b>00:30:34.40</b>	+00:11:43 (38.4%)	6:07	9.8 (61.6%)
41	<b>KUŻAJ Sławomir</b>	<b>91</b>	PIŁA	M50-59	4	<b>00:30:36.96</b>	+00:11:46 (38.4%)	6:07	9.8 (61.6%)
42	<b>PIETRZYK Rafał</b>	<b>136</b>		M30-39	7	<b>00:31:14.28</b>	+00:12:23 (39.7%)	6:14	9.6 (60.4%)
43	<b>KASZUBA Artur</b>	<b>61</b>	OSP ŁUGI	M30-39	8	<b>00:31:24.73</b>	+00:12:34 (40.0%)	6:16	9.6 (60.4%)
44	<b>MATUSZAK Justyna</b>	<b>108</b>	RUNDORFINA	K30-39	9	<b>00:31:33.27</b>	+00:12:42 (40.3%)	6:18	9.5 (59.7%)
45	<b>JUSZCZAK Karolina</b>	<b>56</b>	RUNDORFINA	K30-39	10	<b>00:32:02.74</b>	+00:13:12 (41.2%)	6:24	9.4 (59.1%)
46	<b>WDOWIAK Kasia</b>	<b>193</b>	TEAM BIEGOWY SZCZECINEK	K30-39	11	<b>00:32:06.84</b>	+00:13:16 (41.3%)	6:25	9.3 (58.5%)
47	<b>CZARNECKA Małgorzata</b>	<b>11</b>		K50-59	1	<b>00:32:16.60</b>	+00:13:25 (41.6%)	6:27	9.3 (58.5%)
48	<b>WAJDA Waldemar</b>	<b>191</b>		M40-49	12	<b>00:32:26.44</b>	+00:13:35 (41.9%)	6:29	9.2 (57.9%)
49	<b>NITA Katarzyna</b>	<b>118</b>	VILLAGE PUNK RUN	K40-49	2	<b>00:32:34.22</b>	+00:13:43 (42.1%)	6:31	9.2 (57.9%)
50	<b>JAKÓBIAK Kacper</b>	<b>47</b>		M30-39	9	<b>00:32:34.36</b>	+00:13:43 (42.1%)	6:31	9.2 (57.9%)
51	<b>DUSZYŃSKA Jolanta</b>	<b>22</b>	RUNDORFINA	K30-39	12	<b>00:32:40.83</b>	+00:13:50 (42.3%)	6:32	9.2 (57.9%)
52	<b>ZADROŻNA Magdalena</b>	<b>206</b>		K40-49	3	<b>00:32:44.17</b>	+00:13:53 (42.4%)	6:32	9.2 (57.9%)
53	<b>GAWRON Urszula</b>	<b>33</b>		K30-39	13	<b>00:33:28.75</b>	+00:14:38 (43.7%)	6:41	9 (56.6%)
54	<b>NOWAK-GEMZA Monika</b>	<b>122</b>		K40-49	4	<b>00:33:33.42</b>	+00:14:42 (43.8%)	6:42	8.9 (56.0%)
55	<b>PRZEDNÓWEK Mariola</b>	<b>143</b>		K30-39	14	<b>00:33:39.07</b>	+00:14:48 (44.0%)	6:43	8.9 (56.0%)
56	<b>WODZYŃSKA Katarzyna</b>	<b>199</b>	ZABIEGANI NOCĄ	K30-39	15	<b>00:33:55.24</b>	+00:15:04 (44.4%)	6:47	8.8 (55.3%)
57	<b>SPYCHAŁA Anna</b>	<b>161</b>	OSP ŁUGI	K18-29	3	<b>00:33:56.69</b>	+00:15:05 (44.5%)	6:47	8.8 (55.3%)
58	<b>BUCHOWSKI Marek</b>	<b>9</b>	PARKRUN	M60+	3	<b>00:34:03.50</b>	+00:15:12 (44.7%)	6:48	8.8 (55.3%)
59	<b>RUDNICKA Mariola</b>	<b>146</b>	TEAM BIEGOWY SZCZECINEK	K40-49	5	<b>00:34:06.39</b>	+00:15:15 (44.7%)	6:49	8.8 (55.3%)
60	<b>DRZAZGA Zbigniew</b>	<b>19</b>	SP NR 1 W SZCZECINKU	M50-59	5	<b>00:34:21.19</b>	+00:15:30 (45.1%)	6:52	8.7 (54.7%)
61	<b>KASZUBA Agnieszka</b>	<b>62</b>	OSP ŁUGI	K30-39	16	<b>00:34:21.25</b>	+00:15:30 (45.1%)	6:52	8.7 (54.7%)
62	<b>KOŁDA Klaudia</b>	<b>68</b>		K14-17	1	<b>00:34:25.54</b>	+00:15:34 (45.3%)	6:53	8.7 (54.7%)
63	<b>KOŁDA Ania</b>	<b>67</b>		K40-49	6	<b>00:34:25.68</b>	+00:15:34 (45.3%)	6:53	8.7 (54.7%)
64	<b>GRZYSTEK Katarzyna</b>	<b>39</b>		K40-49	7	<b>00:34:29.40</b>	+00:15:38 (45.4%)	6:54	8.7 (54.7%)
65	<b>ZDZIABEK Jarosław</b>	<b>210</b>	ABERDEENSHIRE'S LIONS	M50-59	6	<b>00:34:41.76</b>	+00:15:51 (45.7%)	6:56	8.6 (54.1%)
66	<b>SCHWERKOLT Karolina</b>	<b>154</b>		K18-29	4	<b>00:34:52.42</b>	+00:16:01 (46.0%)	6:58	8.6 (54.1%)
67	<b>DZIAMECKA Aleksandra</b>	<b>23</b>	OSP ŁUGI	K18-29	5	<b>00:35:00.30</b>	+00:16:09 (46.2%)	7:00	8.6 (54.1%)
68	<b>KROCZYŃSKI Robert</b>	<b>80</b>		M14-17	2	<b>00:35:22.17</b>	+00:16:31 (46.7%)	7:04	8.5 (53.5%)
69	<b>STAŚ Adrianna</b>	<b>162</b>		K18-29	6	<b>00:35:25.06</b>	+00:16:34 (46.8%)	7:05	8.5 (53.5%)
70	<b>PAWLUŚ Kamilla</b>	<b>129</b>		K40-49	8	<b>00:35:51.01</b>	+00:17:00 (47.4%)	7:10	8.4 (52.8%)
71	<b>DZIAMECKI Michał</b>	<b>24</b>	OSP ŁUGI	M30-39	10	<b>00:36:23.14</b>	+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	<b>DUBISZ Joanna</b>	<b>20</b>	LILL-SPORT	K40-49	9	<b>00:36:29.41</b>	+00:17:38 (48.4%)	7:18	8.2 (51.6%)
73	<b>WRONA Ryszard</b>	<b>204</b>	LILL-SPORT	M50-59	7	<b>00:36:29.63</b>	+00:17:38 (48.4%)	7:17	8.2 (51.6%)
74	<b>ROLNICZAK Joanna</b>	<b>145</b>		K30-39	17	<b>00:36:40.40</b>	+00:17:49 (48.6%)	7:20	8.2 (51.6%)
75	<b>DROBKIEWICZ Ewa</b>	<b>18</b>	OSP ŁUGI	K30-39	18	<b>00:37:03.06</b>	+00:18:12 (49.1%)	7:24	8.1 (50.9%)
76	<b>MACIEJCZAK Karolina</b>	<b>104</b>	PIŁA	K40-49	10	<b>00:37:05.49</b>	+00:18:14 (49.2%)	7:25	8.1 (50.9%)
77	<b>RYNKIEWICZ Sylwia</b>	<b>148</b>		K30-39	19	<b>00:37:48.10</b>	+00:18:57 (50.1%)	7:33	7.9 (49.7%)
78	<b>WOJTECZKO Magdalena</b>	<b>202</b>	RUNDORFINA	K40-49	11	<b>00:38:04.52</b>	+00:19:13 (50.5%)	7:36	7.9 (49.7%)
79	<b>FIRLEJ Agnieszka</b>	<b>30</b>	RUNDORFINA	K40-49	12	<b>00:38:04.78</b>	+00:19:14 (50.5%)	7:37	7.9 (49.7%)
80	<b>KOWALSKA Agnieszka</b>	<b>77</b>		K30-39	20	<b>00:38:29.85</b>	+00:19:39 (51.0%)	7:42	7.8 (49.1%)
81	<b>DĄBROWSKA Katarzyna</b>	<b>14</b>	RUNDORFINA	K30-39	21	<b>00:39:01.55</b>	+00:20:10 (51.7%)	7:48	7.7 (48.4%)
82	<b>KWIATKOWSKA Agnieszka</b>	<b>92</b>	RESPECT LOTYŃ	K40-49	13	<b>00:39:17.65</b>	+00:20:26 (52.0%)	7:51	7.6 (47.8%)
83	<b>RĘBIŚ Monika</b>	<b>142</b>		K18-29	7	<b>00:39:28.28</b>	+00:20:37 (52.3%)	7:53	7.6 (47.8%)
84	<b>KUC - BREJNA Anna</b>	<b>85</b>		K40-49	14	<b>00:40:12.40</b>	+00:21:21 (53.1%)	8:02	7.5 (47.2%)
85	<b>ZIĘBA BŁASZKIEWICZ Agnieszka</b>	<b>212</b>	PSEUDOBIEGACZKI	K30-39	22	<b>00:40:26.37</b>	+00:21:35 (53.4%)	8:05	7.4 (46.5%)
86	<b>SUCHANOWSKA Anna</b>	<b>172</b>	RESPECT LOTYŃ	K40-49	15	<b>00:42:09.74</b>	+00:23:19 (55.3%)	8:26	7.1 (44.7%)
87	<b>KUŚMIEREK Wiktoria</b>	<b>90</b>		K14-17	2	<b>00:44:42.32</b>	+00:25:51 (57.8%)	8:56	6.7 (42.1%)

Znaleziono 87 wynik(ów)