

# V ZIMOWY CROSS BOCIANA - BIEG 10KM

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Wydarzenie:** V Zimowy Cross Bociana  
**Organizator:** Nadleśnictwo Czarnobór  
**Data:** 2022-05-14  
**Miejsce:** Czarnobór  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYMAŃSKI Sylwester</b>	<b>153</b>	SZCZECINECCY BIEGACZE	OPEN -M	1	<b>00:37:34.50</b>		3:45	16 (100%)
2	<b>SZACHO-GŁUCHOWICZ Ryszard</b>	<b>114</b>		OPEN -M	2	<b>00:39:31.95</b>	+00:01:57 (5.0%)	3:57	15.2 (95.0%)
3	<b>LASAK Konrad</b>	<b>61</b>		OPEN -M	3	<b>00:39:45.95</b>	+00:02:11 (5.5%)	3:58	15.1 (94.4%)
4	<b>WOJTALIK Łukasz</b>	<b>136</b>		OPEN -M	4	<b>00:41:02.65</b>	+00:03:28 (8.5%)	4:06	14.6 (91.3%)
5	<b>MICHAŁOWSKI Piotr</b>	<b>74</b>		OPEN -M	5	<b>00:41:40.65</b>	+00:04:06 (9.8%)	4:10	14.4 (90.0%)
6	<b>NOCEK Paweł</b>	<b>79</b>		OPEN -M	6	<b>00:43:13.20</b>	+00:05:38 (13.1%)	4:19	13.9 (86.9%)
7	<b>ZIELIŃSKI Grzegorz</b>	<b>140</b>		OPEN -M	7	<b>00:44:42.65</b>	+00:07:08 (16.0%)	4:28	13.4 (83.8%)
8	<b>HYBNER Marcin</b>	<b>36</b>		OPEN -M	8	<b>00:45:06.15</b>	+00:07:31 (16.7%)	4:30	13.3 (83.1%)
9	<b>WACHOWICZ Krzysztof</b>	<b>129</b>	BUSHCRAFT SZCZECINEK	OPEN -M	9	<b>00:45:32.70</b>	+00:07:58 (17.5%)	4:33	13.2 (82.5%)
10	<b>MIECZKOWSKI Marcin</b>	<b>75</b>	NADLEŚNICTWO CZARNOBÓR	OPEN -M	10	<b>00:45:57.65</b>	+00:08:23 (18.2%)	4:35	13.1 (81.9%)
11	<b>MAZUR Tomasz</b>	<b>71</b>		OPEN -M	11	<b>00:46:36.05</b>	+00:09:01 (19.4%)	4:39	12.9 (80.6%)
12	<b>JANKOWSKI Mariusz</b>	<b>39</b>	TEAMBIEGOWYSZCZECINEK	OPEN -M	12	<b>00:46:41.80</b>	+00:09:07 (19.5%)	4:40	12.9 (80.6%)
13	<b>URBAŃSKI Tomasz</b>	<b>128</b>	BIAŁOGARD BIEGA	OPEN -M	13	<b>00:48:05.70</b>	+00:10:31 (21.9%)	4:48	12.5 (78.1%)
14	<b>PROKOPOWICZ Marcin</b>	<b>92</b>	3:33 TEAM	OPEN -M	14	<b>00:48:55.25</b>	+00:11:20 (23.2%)	4:53	12.3 (76.9%)
15	<b>PODLECKA Agnieszka</b>	<b>90</b>		OPEN -K	1	<b>00:48:58.30</b>	+00:11:23 (23.3%)	4:53	12.3 (76.9%)
16	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>53</b>		OPEN -M	15	<b>00:48:58.50</b>	+00:11:24 (23.3%)	4:53	12.3 (76.9%)
17	<b>PĘKAŁA Piotr</b>	<b>85</b>	SP MANOWO SOSW KOSZALIN	OPEN -M	16	<b>00:49:02.65</b>	+00:11:28 (23.4%)	4:54	12.2 (76.3%)
18	<b>GAŁAN Leszek</b>	<b>28</b>		OPEN -M	17	<b>00:49:21.20</b>	+00:11:46 (23.9%)	4:56	12.2 (76.3%)
19	<b>KOCZWARA Radosław</b>	<b>51</b>	CROSS TEAM SZCZECINEK	OPEN -M	18	<b>00:49:28.65</b>	+00:11:54 (24.1%)	4:56	12.1 (75.6%)
20	<b>JANKOWSKA Monika</b>	<b>150</b>	CROSSTEAM SZCZECINEK	OPEN -K	2	<b>00:49:31.30</b>	+00:11:56 (24.1%)	4:57	12.1 (75.6%)
21	<b>PRZYBYŁOWICZ Małgorzata</b>	<b>93</b>	SZCZECINECCY BIEGACZE	OPEN -K	3	<b>00:49:47.05</b>	+00:12:12 (24.5%)	4:58	12.1 (75.6%)
22	<b>HUDANIEC Paweł</b>	<b>35</b>		OPEN -M	19	<b>00:51:03.20</b>	+00:13:28 (26.4%)	5:06	11.8 (73.8%)
23	<b>SZKOPEK Krzysztof</b>	<b>116</b>		OPEN -M	20	<b>00:51:04.65</b>	+00:13:30 (26.4%)	5:06	11.7 (73.1%)
24	<b>KUICH Piotr</b>	<b>58</b>	LILLSPORT	OPEN -M	21	<b>00:51:27.55</b>	+00:13:53 (27.0%)	10:17	5.8 (36.3%)
25	<b>SOCHA Marcin</b>	<b>107</b>	POD KOGUTEM	OPEN -M	22	<b>00:51:34.00</b>	+00:13:59 (27.1%)	5:09	11.6 (72.5%)
26	<b>WINKOWSKI Marek</b>	<b>134</b>		OPEN -M	23	<b>00:51:36.55</b>	+00:14:02 (27.2%)	5:09	11.6 (72.5%)

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27	<b>SOŁTYS Zbigniew</b>	<b>151</b>	KSW SZCZECINEK	OPEN -M	24	<b>00:52:06.80</b>	+00:14:32 (27.9%)	5:12	11.5 (71.9%)
28	<b>POLGUJ Piotr Roman</b>	<b>91</b>	PARKRUN SZCZECINEK	OPEN -M	25	<b>00:54:07.10</b>	+00:16:32 (30.6%)	5:24	11.1 (69.4%)
29	<b>GALICKI Robert</b>	<b>26</b>		OPEN -M	26	<b>00:54:53.50</b>	+00:17:19 (31.5%)	5:29	10.9 (68.1%)
30	<b>WINKOWSKI Andrzej</b>	<b>135</b>		OPEN -M	27	<b>00:55:19.80</b>	+00:17:45 (32.1%)	5:31	10.8 (67.5%)
31	<b>CZAJA Piotr</b>	<b>16</b>	CROSSTEAM SZCZECINEK	OPEN -M	28	<b>00:56:44.55</b>	+00:19:10 (33.8%)	5:40	10.6 (66.3%)
32	<b>GAWORECKI Sławomir</b>	<b>20</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	OPEN -M	29	<b>00:56:44.60</b>	+00:19:10 (33.8%)	5:40	10.6 (66.3%)
33	<b>SOKÓŁ Monika</b>	<b>110</b>		OPEN -K	4	<b>00:58:29.95</b>	+00:20:55 (35.8%)	5:50	10.3 (64.4%)
34	<b>KUTEK Marta</b>	<b>60</b>	SPORTOWY CZŁUCHÓW	OPEN -K	5	<b>00:59:53.65</b>	+00:22:19 (37.3%)	5:59	10 (62.5%)
34	<b>OSMYK Mateusz</b>	<b>82</b>		OPEN -M	30	<b>00:59:53.65</b>	+00:22:19 (37.3%)	5:59	10 (62.5%)
36	<b>GAŁAN Joanna</b>	<b>27</b>		OPEN -K	6	<b>01:00:13.35</b>	+00:22:38 (37.6%)	6:01	10 (62.5%)
37	<b>LUDEWICZ Dorota</b>	<b>63</b>	AKADEMIA START JASTROWIE	OPEN -K	7	<b>01:03:13.90</b>	+00:25:39 (40.6%)	6:19	9.5 (59.4%)
38	<b>KISIEL Michał</b>	<b>141</b>	TEAM BIEGOWY SZCZECINEK	OPEN -M	31	<b>01:03:14.00</b>	+00:25:39 (40.6%)	6:19	9.5 (59.4%)
39	<b>RUDNICKA Monika</b>	<b>143</b>	TEAM BIEGOWY SZCZECINEK	OPEN -K	8	<b>01:07:42.60</b>	+00:30:08 (44.5%)	6:46	8.9 (55.6%)
40	<b>WDOWIAK Katarzyna</b>	<b>46</b>	TEAM BIEGOWY SZCZECINEK	OPEN -K	9	<b>01:07:43.05</b>	+00:30:08 (44.5%)	6:46	8.9 (55.6%)

Znaleziono 40 wynik(ów)