



VI CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Wydarzenie: VI CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2020-08-29
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	CZAJA Leszek	316	TRISTAROGARD	M40-49	1	00:19:36	00:39:45.30		3:45	16 (100%)
2	PALICKI Marcin	47		M18-29	1	00:20:03	00:40:08.05	+00:00:22 (0.9%)	3:47	15.8 (98.8%)
3	SEWERYN Jarosław	58	POWOLNY GEPARD Z KRAJNY	M40-49	2	00:19:58	00:40:21.25	+00:00:35 (1.5%)	3:48	15.8 (98.8%)
4	OLCHOWSKI Mateusz	113	SURVIWAŁ	M18-29	2	00:20:38	00:42:00.10	+00:02:14 (5.3%)	3:57	15.1 (94.4%)
5	KRUKOWSKI Adam	32		M30-39	1	00:21:19	00:42:47.90	+00:03:02 (7.1%)	4:02	14.9 (93.1%)
6	CUBER Wojciech	5	#ZABIEGANINOCA	M30-39	2	00:21:46	00:43:38.80	+00:03:53 (8.9%)	4:07	14.6 (91.3%)
7	LASAK Konrad	36		M18-29	3	00:22:02	00:43:54.80	+00:04:09 (9.5%)	4:08	14.5 (90.6%)
8	TRĘBSKI Krzysztof	67	#ZABIEGANINOCA	M40-49	3	00:21:51	00:44:14.35	+00:04:29 (10.1%)	4:10	14.4 (90.0%)
9	SEWERYN Adam	59		M30-39	3	00:22:40	00:44:38.30	+00:04:53 (10.9%)	4:12	14.2 (88.8%)
10	KANNENBERG Maciej	20	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	4	00:22:40	00:45:32.10	+00:05:46 (12.7%)	4:17	14 (87.5%)
11	PĘKAŁA Piotr	50	SP MANOWO	M40-49	4	00:23:11	00:45:58.90	+00:06:13 (13.5%)	4:20	13.8 (86.3%)
12	WICHER Sebastian	74		M40-49	5	00:23:01	00:46:40.10	+00:06:54 (14.8%)	4:24	13.6 (85.0%)
13	KOWALCZUK Grzegorz	29	NIEZRZESZONY	M50-59	1	00:23:14	00:46:46.55	+00:07:01 (15.0%)	4:24	13.6 (85.0%)
14	TULIK Przemysław	68		M50-59	2	00:23:15	00:46:48.90	+00:07:03 (15.1%)	4:25	13.6 (85.0%)
15	KOŁODZIEJCZYK Paweł	27		M30-39	4	00:22:49	00:46:59.35	+00:07:14 (15.4%)	4:25	13.5 (84.4%)
16	WIELGUS Grzegorz	75		M40-49	6	00:23:24	00:47:15.40	+00:07:30 (15.9%)	4:27	13.5 (84.4%)
17	CYGAN Małgorzata	6	#ZABIEGANINOCA	K30-39	1	00:23:06	00:47:26.80	+00:07:41 (16.2%)	4:28	13.4 (83.8%)
18	MROZIK Daniel	43		M30-39	5	00:23:40	00:47:27.90	+00:07:42 (16.2%)	4:28	13.4 (83.8%)
19	KUBIAK Piotr	37	PRECON POLSKA	M30-39	6	00:23:16	00:47:57.60	+00:08:12 (17.1%)	4:31	13.3 (83.1%)
20	ECKERT Zbigniew	12	TEAM BIEGOWY SZCZECINEK	M50-59	3	00:23:35	00:48:11.20	+00:08:25 (17.5%)	4:32	13.2 (82.5%)
21	NIEMCZEWSKA Angelika	45	LZS 'JEDNOŚĆ' ŁOBŻENICA	K40-49	1	00:23:47	00:48:12.15	+00:08:26 (17.5%)	4:32	13.2 (82.5%)
22	RYNDAK Mariusz	57		M50-59	4	00:23:53	00:48:17.65	+00:08:32 (17.7%)	4:33	13.2 (82.5%)
23	ŁODZIATO Rafał	39		M18-29	5	00:24:14	00:48:45.85	+00:09:00 (18.5%)	4:36	13 (81.3%)
24	MAZUR Tomasz	41	I LO SZCZECINEK	M40-49	7	00:23:59	00:48:51.50	+00:09:06 (18.6%)	4:36	13 (81.3%)
25	ROMANOWSKI Przemysław	317	TEAM BIEGOWY SZCZECINEK	M30-39	7	00:23:54	00:48:57.65	+00:09:12 (18.8%)	4:37	13 (81.3%)
26	KIELAR Łukasz	21	BIEGOLAS	M40-49	8	00:24:18	00:49:20.25	+00:09:34 (19.4%)	4:39	12.9 (80.6%)
27	BARSUL Tomasz	2	MKS CIĘŻARNI ZATORZE	M30-39	8	00:24:00	00:49:32.70	+00:09:47 (19.8%)	4:40	12.8 (80.0%)

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							netto 10.6km	Różn		
28	WOJCIECH Lipka	77		M30-39	9	00:24:51	00:49:43.90	+00:09:58 (20.1%)	4:41	12.8 (80.0%)
29	ZIELIŃSKI Grzegorz	81		M40-49	9	00:25:10	00:50:53.90	+00:11:08 (21.9%)	4:48	12.5 (78.1%)
30	SZKOPEK Krzysztof	65		M50-59	5	00:24:41	00:51:07.80	+00:11:22 (22.2%)	4:49	12.4 (77.5%)
31	URBANIAK Anna	70		K30-39	2	00:25:18	00:51:10.00	+00:11:24 (22.3%)	4:49	12.4 (77.5%)
32	POCZEWSKI Krzysztof	53	LZS 'JEDNOŚĆ' ŁOBŻENICA	M30-39	10	00:25:33	00:51:16.85	+00:11:31 (22.5%)	4:50	12.4 (77.5%)
33	JAROSZ Dariusz	17	TKKF KOSZALIN	M40-49	10	00:25:35	00:51:26.10	+00:11:40 (22.7%)	4:51	12.4 (77.5%)
34	WYRWA Przemysław	79	TEAM TERMINATORUN	M50-59	6	00:25:11	00:51:36.90	+00:11:51 (23.0%)	4:52	12.3 (76.9%)
35	PALIGA Mateusz	49	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	6	00:25:45	00:51:52.10	+00:12:06 (23.4%)	4:53	12.3 (76.9%)
36	SUCHANOWSKI Zygmunt	64	RESPECT LOTYŃ	M50-59	7	00:25:00	00:52:33.95	+00:12:48 (24.4%)	4:57	12.1 (75.6%)
37	POLGUJ Piotr Roman	54	PARKRUN SZCZECINEK	M60+	1	00:25:47	00:52:41.65	+00:12:56 (24.6%)	4:58	12.1 (75.6%)
38	MAŁKOWSKA Katarzyna	195	#ZABIEGANINOCA	K30-39	3	00:25:50	00:52:44.55	+00:12:59 (24.6%)	4:58	12.1 (75.6%)
39	KRZYWICKI Krzysztof	33	#ZABIEGANINOCA	M40-49	11	00:25:58	00:52:54.25	+00:13:08 (24.9%)	4:59	12 (75.0%)
40	KOŁAKOWSKI Piotr	25		M40-49	12	00:25:53	00:53:00.25	+00:13:14 (25.0%)	5:00	12 (75.0%)
41	KUICH Piotr	35	LILL-SPORT	M50-59	8	00:25:53	00:53:01.80	+00:13:16 (25.0%)	5:00	12 (75.0%)
42	TYLMAN Piotr	69	RUNDORFINA	M30-39	11	00:26:00	00:53:23.25	+00:13:37 (25.5%)	5:02	11.9 (74.4%)
43	KOŁODZIEJCZYK Zbigniew	26		M50-59	9	00:26:19	00:53:25.60	+00:13:40 (25.6%)	5:02	11.9 (74.4%)
44	WIECZOREK Filip	320	POZYTYWNI BIEGACZE	M30-39	12	00:27:17	00:53:26.00	+00:13:40 (25.6%)	5:02	11.9 (74.4%)
45	ŚLIWIŃSKI Marek	66	PCH_RUN	M30-39	13	00:27:00	00:53:32.40	+00:13:47 (25.7%)	5:03	11.9 (74.4%)
46	MUNC Asia	44		K30-39	4	00:27:01	00:53:32.50	+00:13:47 (25.7%)	5:03	11.9 (74.4%)
47	URBANIAK Marcin	71		M30-39	14	00:25:25	00:53:33.00	+00:13:47 (25.8%)	5:03	11.9 (74.4%)
48	GRĘŻLIKOWSKI Adam	315		M40-49	13	00:26:40	00:53:38.10	+00:13:52 (25.9%)	5:03	11.9 (74.4%)
49	ZAWORA Wiesław	80	WATAHA WAŁCZ	M50-59	10	00:26:37	00:53:40.55	+00:13:55 (25.9%)	5:03	11.8 (73.8%)
50	MARCHEL Lukasz	40		M40-49	14	00:26:35	00:54:18.00	+00:14:32 (26.8%)	5:07	11.7 (73.1%)
51	CZARNECKI Mirosław	9	MM	M50-59	11	00:26:30	00:54:47.85	+00:15:02 (27.5%)	5:10	11.6 (72.5%)
52	PŁOWENS Piotr	51		M18-29	7	00:26:57	00:54:49.75	+00:15:04 (27.5%)	5:10	11.6 (72.5%)
53	KLUPŚ Monika	22	POZYTYWNI Z PASJĄ	K40-49	2	00:27:12	00:55:40.35	+00:15:55 (28.6%)	5:15	11.4 (71.3%)
54	JASIEK Paweł	18	#ZABIEGANINOCA	M30-39	15	00:27:33	00:55:53.05	+00:16:07 (28.9%)	5:16	11.4 (71.3%)
55	CZACHOROWSKI Karol	7		M30-39	16	00:27:03	00:56:00.00	+00:16:14 (29.0%)	5:16	11.4 (71.3%)
56	CZARNECKI Rafał	10	WALKA KOSTRZYŃ	M30-39	17	00:27:34	00:56:07.50	+00:16:22 (29.2%)	5:17	11.3 (70.6%)
57	KLUPŚ Janusz	23	POZYTYWNI Z PASJĄ	M40-49	15	00:27:13	00:56:09.10	+00:16:23 (29.2%)	5:17	11.3 (70.6%)
58	GARBOWSKA Anna	14		K40-49	3	00:27:31	00:56:21.20	+00:16:35 (29.5%)	5:19	11.3 (70.6%)
59	KUCZYŃSKA Anna	34	BRACTWO TURYSTYKI ROWEROWEJ	K30-39	5	00:27:52	00:56:24.85	+00:16:39 (29.5%)	5:19	11.3 (70.6%)
60	SKOCZYLAS Bożena	62	BIEGAM BO LUBIĘ	K40-49	4	00:27:00	00:56:30.30	+00:16:45 (29.6%)	5:19	11.3 (70.6%)
61	ROLIK Anna	55		K30-39	6	00:27:34	00:56:43.40	+00:16:58 (29.9%)	5:21	11.2 (70.0%)
62	KOPKIEWICZ Konrad	28	OSP LOTYŃ	M30-39	18	00:27:26	00:56:47.05	+00:17:01 (30.0%)	5:21	11.2 (70.0%)
63	SKIERA Kazimierz	61	LZS 'JEDNOŚĆ' ŁOBŻENICA	M60+	2	00:27:39	00:57:02.65	+00:17:17 (30.3%)	5:22	11.1 (69.4%)
64	SKIBICKA Marta	60	PRO BODY FITNESS	K30-39	7	00:27:56	00:57:09.90	+00:17:24 (30.5%)	5:23	11.1 (69.4%)
65	DEM CZAR Jacek	11		M40-49	16	00:28:45	00:58:32.25	+00:18:46 (32.1%)	5:31	10.9 (68.1%)
66	KOWALCZYK Karolina	30		K40-49	5	00:28:50	00:58:33.00	+00:18:47 (32.1%)	5:31	10.9 (68.1%)
67	BORUC Barbara	4	TEAM BIEGOWY SZCZECINEK	K50-59	1	00:29:16	00:59:48.65	+00:20:03 (33.5%)	5:38	10.6 (66.3%)
68	JANKE Damian	16	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M30-39	19	00:28:35	00:59:59.05	+00:20:13 (33.7%)	5:39	10.6 (66.3%)
69	USTJANOWSKA Katarzyna	72	BOBOLICKIE BRACTWO BIEGOWE	K30-39	8	00:28:36	01:00:26.90	+00:20:41 (34.2%)	5:42	10.5 (65.6%)
70	MŁODZIANOWSKA Marta	42		K18-29	1	00:29:49	01:00:32.85	+00:20:47 (34.3%)	5:42	10.5 (65.6%)
71	JAGŁA Żaneta	15		K40-49	6	00:29:49	01:00:37.60	+00:20:52 (34.4%)	5:43	10.5 (65.6%)

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72	BANACZYK Wioletta	1	LILL-SPORT	K50-59	2	00:29:57	01:01:10.10	+00:21:24 (35.0%)	5:46	10.4 (65.0%)
73	POCZĄTEK Michał	52		M60+	3	00:30:48	01:02:35.25	+00:22:49 (36.5%)	5:54	10.2 (63.8%)
74	SZYMAŃSKA Hanna	319	POZYTYWNI BIEGACZE	K40-49	7	00:31:19	01:04:13.55	+00:24:28 (38.1%)	6:03	9.9 (61.9%)
75	RYKAŁA Justyna	56		K18-29	2	00:32:06	01:04:45.70	+00:25:00 (38.6%)	6:06	9.8 (61.3%)
76	JANKOWSKI Jerzy	318	POZYTYWNI BIEGACZE	M60+	4	00:31:47	01:05:42.30	+00:25:57 (39.5%)	6:11	9.7 (60.6%)
77	WIELGUS Jacek	76		M40-49	17	00:32:03	01:06:25.05	+00:26:39 (40.1%)	6:15	9.6 (60.0%)
78	LEŚNIEWSKI Dariusz	38	TEAM BIEGOWY SZCZECINEK	M40-49	18	00:32:25	01:07:27.55	+00:27:42 (41.1%)	6:21	9.4 (58.8%)
79	OSIPOWICZ Katarzyna	46		K18-29	3	00:33:24	01:08:39.00	+00:28:53 (42.1%)	6:28	9.3 (58.1%)
80	CZARNECKA Małgorzata	8		K50-59	3	00:35:39	01:13:11.20	+00:33:25 (45.7%)	6:54	8.7 (54.4%)
81	BODNAR Zbigniew	3	BIEG KORCZAKA	M60+	5	00:41:40	01:23:51.50	+00:44:06 (52.6%)	7:54	7.6 (47.5%)

Znaleziono 81 wynik(ów)