

VI CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Wydarzenie: VI CROSS NA WRZOSACH
Organizator: Nadleśnictwo Okonek
Data: 2020-08-29
Miejsce: Okonek
Dystans: 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CENTKA Jakub	89		M18-29	1	00:19:24.90		3:53	15.5 (100%)
2	KRYZEL Tomasz	137	WIKING RYCHNOWY	M18-29	2	00:20:09.90	+00:00:45 (3.7%)	4:01	14.9 (96.1%)
3	KACZOR Agnieszka	120	#ZABIEGANINOCA	K30-39	1	00:20:39.20	+00:01:14 (6.0%)	4:07	14.5 (93.5%)
4	TRĘBSKI Krzyszto	125	#ZABIEGANINOCA	M40-49	1	00:21:51.10	+00:02:26 (11.2%)	4:22	13.7 (88.4%)
5	CHMIELEWSKI Tomasz	24		M30-39	1	00:21:56.90	+00:02:32 (11.5%)	4:23	13.7 (88.4%)
6	CUBER Wojciech	124	#ZABIEGANINOCA	M30-39	2	00:21:57.80	+00:02:32 (11.6%)	4:23	13.7 (88.4%)
7	PIASKOWIAK Artur	166	KLUB SPORTOWY HUSARIA SZCZECINEK	M30-39	3	00:22:13.20	+00:02:48 (12.6%)	4:26	13.5 (87.1%)
8	PODŁYSKA Tadeusz	168	ZASAPANI	M40-49	2	00:22:15.40	+00:02:50 (12.8%)	4:27	13.5 (87.1%)
9	KUJDA Arkadiusz	63	1 BRYGADA LOGISTYCZNA	M40-49	3	00:22:19.05	+00:02:54 (13.0%)	4:27	13.4 (86.5%)
10	KUBIAK Daniel	138	PRECON POLSKA	M30-39	4	00:22:30.35	+00:03:05 (13.7%)	4:30	13.3 (85.8%)
11	PYREK Krzysztof	170	WATAHA WAŁCZ	M40-49	4	00:22:54.90	+00:03:30 (15.3%)	4:35	13.1 (84.5%)
12	KUBIŚ Paweł	139	RUNDORFINA	M30-39	5	00:22:58.65	+00:03:33 (15.5%)	4:35	13.1 (84.5%)
13	DOLIWKA Kamil	210	WATAHA WAŁCZ	M30-39	6	00:23:20.30	+00:03:55 (16.8%)	4:40	12.8 (82.6%)
14	IDZIAK Paweł	110	RMF4RT GLADIATORS	M30-39	7	00:23:26.20	+00:04:01 (17.2%)	4:41	12.8 (82.6%)
15	HAŁKA Justyna	78	TRUCHT ŁOBEZ	K40-49	1	00:23:46.00	+00:04:21 (18.3%)	4:45	12.6 (81.3%)
16	KRAUZE Damian	136	DZIKI DZIK®	M30-39	8	00:24:08.70	+00:04:43 (19.6%)	4:49	12.4 (80.0%)
17	WIELGUS Paweł	206	PRODYSTANS KASPEROWICZ	M40-49	5	00:24:12.80	+00:04:47 (19.8%)	4:50	12.4 (80.0%)
18	NERĆ Patrycja	73	MKP SZCZECINEK	K14-17	1	00:24:20.60	+00:04:55 (20.2%)	4:52	12.3 (79.4%)
19	HAŁKA Arkadiusz	82	TRUCHT ŁOBEZ	M40-49	6	00:24:24.55	+00:04:59 (20.5%)	4:52	12.3 (79.4%)
20	ZAKIELARZ Jan	213	PRECON POLSKA	M60+	1	00:24:25.50	+00:05:00 (20.5%)	4:53	12.3 (79.4%)
21	CIESZYŃSKA Marika	92	RAZ SZCZECIN	K18-29	1	00:24:56.50	+00:05:31 (22.2%)	4:59	12 (77.4%)
22	RUDNIK Jerzy	181	FLORIAN CHOJNICE	M60+	2	00:24:57.30	+00:05:32 (22.2%)	4:59	12 (77.4%)
23	NOSAL Mariusz	158		M30-39	9	00:25:06.10	+00:05:41 (22.7%)	5:01	12 (77.4%)
24	KORNIWICZ Katarzyna	132	GWARDIA	K40-49	2	00:25:07.60	+00:05:42 (22.7%)	5:01	11.9 (76.8%)
25	THOMAS Daniel	201	PRECON POLSKA	M30-39	10	00:25:13.45	+00:05:48 (23.0%)	5:02	11.9 (76.8%)
26	OSTROWSKI Marian	162	SENIOR	M60+	3	00:25:17.25	+00:05:52 (23.2%)	5:03	11.9 (76.8%)
27	BOCHENEK Michał	87	AFRO-FIT WATAHA	M30-39	11	00:25:22.70	+00:05:57 (23.5%)	5:04	11.8 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	GAWORECKI Sławomir	107	KLUB SPORTOWY HUSARIA SZCZECINEK	M40-49	7	00:25:26.35	+00:06:01 (23.7%)	5:05	11.8 (76.1%)
29	ZAKIELARZ Piotr	212	PRECON POLSKA	M30-39	12	00:26:03.85	+00:06:38 (25.5%)	5:12	11.5 (74.2%)
30	RAPINCZUK Jan	176	BIURO DS PROGRAMU 'ZOSTAŃ ŻOŁNIERZEM RZECZYPOSPOLITEJ' WARSZAWA	M40-49	8	00:26:07.15	+00:06:42 (25.7%)	5:13	11.5 (74.2%)
31	MIKIETYSKI Michał	147	#ZABIEGANINOCA OKONEK	M30-39	13	00:26:36.05	+00:07:11 (27.0%)	5:19	11.3 (72.9%)
32	SZCZEPANIUK Piotr	191	#ZABIEGANINOCA OKONEK	M50-59	1	00:26:50.10	+00:07:25 (27.7%)	5:22	11.2 (72.3%)
33	STOCKA-PODŁYSKA Żaneta	188		K30-39	2	00:26:52.25	+00:07:27 (27.7%)	5:22	11.2 (72.3%)
34	BUTOWICZ Adam	321		M50-59	2	00:26:52.50	+00:07:27 (27.8%)	5:22	11.2 (72.3%)
35	MOSKAL Magdalena	149		K30-39	3	00:27:06.45	+00:07:41 (28.4%)	5:25	11.1 (71.6%)
36	GAWRON Urszula	102		K30-39	4	00:27:27.85	+00:08:02 (29.3%)	5:29	10.9 (70.3%)
37	STADNIK Ewelina	186	WATAHA WAŁCZ	K40-49	3	00:27:43.05	+00:08:18 (30.0%)	5:32	10.8 (69.7%)
38	DOLAT Justyna	94		K30-39	5	00:27:49.40	+00:08:24 (30.2%)	5:34	10.8 (69.7%)
39	ORLIKOWSKA Dorota	161	DZIKI DZIK☺	K30-39	6	00:27:56.45	+00:08:31 (30.5%)	5:35	10.7 (69.0%)
40	HRYNIEWICZ Rafał	13		M40-49	9	00:27:58.55	+00:08:33 (30.6%)	5:35	10.7 (69.0%)
41	PRZYBYŁOWICZ Małgorzata	169		K30-39	7	00:28:06.10	+00:08:41 (30.9%)	5:37	10.7 (69.0%)
42	NOSAL Martyna	159	PENTATHLON SZCZECINEK	K14-17	2	00:28:13.20	+00:08:48 (31.2%)	5:38	10.6 (68.4%)
43	ROKITA Emilia	179		K30-39	8	00:28:23.85	+00:08:58 (31.6%)	5:40	10.6 (68.4%)
44	DRACZYŃSKI Zygmunt	95	TRUCHT ŁOBEZ	M60+	4	00:28:32.45	+00:09:07 (32.0%)	5:42	10.5 (67.7%)
45	PYTEL Dariusz	173		M40-49	10	00:28:50.70	+00:09:25 (32.7%)	5:46	10.4 (67.1%)
46	RYNKIEWICZ Piotr	183	TB WALDEK	M30-39	14	00:28:54.20	+00:09:29 (32.8%)	5:47	10.4 (67.1%)
47	ZIÓŁKOWSKI Wojciech	215	#ZABIEGANINOCA OKONEK	M40-49	11	00:28:55.80	+00:09:30 (32.9%)	5:47	10.4 (67.1%)
48	FIECEK Dorota	97		K40-49	4	00:28:57.20	+00:09:32 (32.9%)	5:47	10.4 (67.1%)
49	KISIEL Olga	126	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	9	00:29:04.85	+00:09:39 (33.2%)	5:49	10.3 (66.5%)
50	GAWRON Andrzej	103		M40-49	12	00:29:22.30	+00:09:57 (33.9%)	5:52	10.2 (65.8%)
51	RUTKOWSKA Anna	182	WATAHA WAŁCZ	K50-59	1	00:29:28.85	+00:10:03 (34.1%)	5:53	10.2 (65.8%)
52	KARPOWICZ Tadeusz	123	PIAST GŁOGÓW	M60+	5	00:29:30.30	+00:10:05 (34.2%)	5:54	10.2 (65.8%)
53	KARABASZ Sylwia	121		K40-49	5	00:29:31.70	+00:10:06 (34.2%)	5:54	10.2 (65.8%)
54	SUPROŃ Izabela	190		K30-39	10	00:29:33.00	+00:10:08 (34.3%)	5:54	10.2 (65.8%)
55	REBIŚ Monika	178		K18-29	2	00:29:33.45	+00:10:08 (34.3%)	5:54	10.2 (65.8%)
56	BIAŁKOWSKI Jacek	86		M50-59	3	00:29:44.90	+00:10:20 (34.7%)	5:57	10.1 (65.2%)
57	KUŻAJ Sławomir	140	PIŁA	M50-59	4	00:30:03.45	+00:10:38 (35.4%)	6:00	10 (64.5%)
58	PYTEL Barbara	172		K30-39	11	00:30:03.80	+00:10:38 (35.4%)	6:00	10 (64.5%)
59	SZERSZEŃ Rafał	194	KLUB SPORTOWY HUSARIA SZCZECINEK	M40-49	13	00:30:08.20	+00:10:43 (35.6%)	6:01	10 (64.5%)
60	NITA Wiesław	156	VILLAGE PUNK RUN	M40-49	14	00:30:08.40	+00:10:43 (35.6%)	6:01	10 (64.5%)
61	JANOWICZ Kacper	112		M18-29	3	00:30:09.75	+00:10:44 (35.6%)	6:01	10 (64.5%)
62	KUJDA Dorota	31		K40-49	6	00:30:12.45	+00:10:47 (35.7%)	6:02	9.9 (63.9%)
63	KODZ Karol	129	WIARUS ŻÓŁTNICA	M18-29	4	00:30:23.95	+00:10:59 (36.1%)	6:04	9.9 (63.9%)
64	ZAKIELARZ Adriana	211		K30-39	12	00:30:26.75	+00:11:01 (36.2%)	6:05	9.9 (63.9%)
65	KARABASZ Krzysztof	122		M40-49	15	00:30:30.00	+00:11:05 (36.3%)	6:06	9.8 (63.2%)
66	STAŚ Adrianna	187	NADLEŚNICTWO MIASTKO	K18-29	3	00:30:35.00	+00:11:10 (36.5%)	6:07	9.8 (63.2%)
67	PIETRZYK Rafał	167		M30-39	15	00:30:35.45	+00:11:10 (36.5%)	6:07	9.8 (63.2%)
68	ROLNICZAK Joanna	180	TRZCIANKA	K40-49	7	00:30:39.50	+00:11:14 (36.7%)	6:08	9.8 (63.2%)
69	WODZYŃSKA Katarzyna	207	#ZABIEGANINOCA OKONEK	K30-39	13	00:31:09.85	+00:11:44 (37.7%)	6:14	9.6 (61.9%)
70	SZERSZEŃ Łukasz	192	KLUB SPORTOWY HUSARIA SZCZECINEK	M40-49	16	00:31:15.15	+00:11:50 (37.9%)	6:15	9.6 (61.9%)
71	RADDATZ Alicja	174	RMF4RT GLADIATORS	K50-59	2	00:31:19.25	+00:11:54 (38.0%)	6:15	9.6 (61.9%)

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72	ADAMCZYK Milena	83	KLUB SPORTOWY HUSARIA SZCZECINEK	K18-29	4	00:31:32.50	+00:12:07 (38.4%)	6:18	9.5 (61.3%)
73	NOSAL Anna	160		K30-39	14	00:31:50.10	+00:12:25 (39.0%)	6:22	9.4 (60.6%)
74	MAZUR Tomasz	145	POZYTYWNIE Z PASJĄ	M40-49	17	00:31:54.70	+00:12:29 (39.2%)	6:23	9.4 (60.6%)
75	PYREK Iwona	171	WATAHA WAŁCZ	K30-39	15	00:31:55.45	+00:12:30 (39.2%)	6:23	9.4 (60.6%)
76	SZTECHMILER Katarzyna	197	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	16	00:31:55.95	+00:12:31 (39.2%)	6:23	9.4 (60.6%)
77	NIETRZEBKA Aleksandra	154		K18-29	5	00:32:06.30	+00:12:41 (39.5%)	6:25	9.3 (60.0%)
78	JUSZCZAK Magdalena	117		K40-49	8	00:32:09.40	+00:12:44 (39.6%)	6:26	9.3 (60.0%)
79	WROBLEWSKI Jerzy	209	PARKRUN SZCZECINEK	M60+	6	00:32:10.90	+00:12:46 (39.7%)	6:26	9.3 (60.0%)
80	PAWLUŚ Kamilla	163		K40-49	9	00:32:11.55	+00:12:46 (39.7%)	6:26	9.3 (60.0%)
81	DĄBROWSKA Katarzyna	93		K40-49	10	00:32:33.05	+00:13:08 (40.4%)	6:30	9.2 (59.4%)
82	SZERSZEŃ Anna	193	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	17	00:32:36.65	+00:13:11 (40.5%)	6:31	9.2 (59.4%)
83	NIEDZIÓŁKA Marika	153		K14-17	3	00:32:36.95	+00:13:12 (40.5%)	6:31	9.2 (59.4%)
84	CIESIELSKI Krzysztof	91	FAST WALKER	M60+	7	00:32:38.80	+00:13:13 (40.5%)	6:31	9.2 (59.4%)
85	SULEJA Joanna	295	SZWLA	K60+	1	00:32:47.40	+00:13:22 (40.8%)	6:33	9.1 (58.7%)
86	NITA Katarzyna	157	VILLAGE PUNK RUN	K40-49	11	00:32:59.20	+00:13:34 (41.1%)	6:36	9.1 (58.7%)
87	TOMASZEWSKI Dominik	203		M40-49	18	00:33:07.65	+00:13:42 (41.4%)	6:37	9.1 (58.7%)
88	MACIEJCZAK Karolina	142	PIŁA	K40-49	12	00:33:25.00	+00:14:00 (41.9%)	6:41	9 (58.1%)
89	KOCIELSKA Agata	128	BORNE BIEGA	K30-39	18	00:33:25.45	+00:14:00 (41.9%)	6:41	9 (58.1%)
90	ŚWIGOŃ Izabela	200	SZWLA STARGARD	K50-59	3	00:33:27.70	+00:14:02 (42.0%)	6:41	9 (58.1%)
91	JAKÓBIAK Kacper	111	GOLONKA TEAM	M30-39	16	00:33:44.00	+00:14:19 (42.4%)	6:44	8.9 (57.4%)
92	FIJĄLKOWSKI Piotr	99	TEAM BIEGOWY SZCZECINEK	M40-49	19	00:33:44.20	+00:14:19 (42.5%)	6:44	8.9 (57.4%)
93	FIJĄLKOWSKA Małgorzata	98	TEAM BIEGOWY SZCZECINEK	K30-39	19	00:33:51.95	+00:14:27 (42.7%)	6:46	8.9 (57.4%)
94	JARCZEWSKA Renata	114		K50-59	4	00:34:05.95	+00:14:41 (43.1%)	6:49	8.8 (56.8%)
95	NIEDZIELA Dorota	152	LILL-SPORT	K50-59	5	00:34:08.80	+00:14:43 (43.1%)	6:49	8.8 (56.8%)
96	METKOWSKA Beata	146		K50-59	6	00:34:20.90	+00:14:56 (43.5%)	6:52	8.7 (56.1%)
97	MAZUR Anna	144	POZYTYWNIE Z PASJĄ	K40-49	13	00:34:32.95	+00:15:08 (43.8%)	6:54	8.7 (56.1%)
98	DRZAZGA Zbigniew	96	SZKOŁA PODSTAWOWA NR 1 W SZCZECINKU	M50-59	5	00:34:40.50	+00:15:15 (44.0%)	6:56	8.6 (55.5%)
99	PODGÓRSKA Agata	276	KLUB SPORTOWY HUSARIA SZCZECINEK	K40-49	14	00:34:42.90	+00:15:18 (44.1%)	6:56	8.6 (55.5%)
100	MIKITA Rafał	148		M30-39	17	00:34:45.65	+00:15:20 (44.1%)	6:57	8.6 (55.5%)
101	GRZYWOCZ Bernard	236		M60+	8	00:34:50.35	+00:15:25 (44.3%)	6:58	8.6 (55.5%)
102	TOMASZEWSKA Magdalena	202		K40-49	15	00:35:01.40	+00:15:36 (44.6%)	7:00	8.6 (55.5%)
103	PAWŁOWICZ Kamila	164		K40-49	16	00:35:05.35	+00:15:40 (44.7%)	7:01	8.6 (55.5%)
104	BUCHOWSKI Marek	296	PARK RUN SZCZECINEK	M60+	9	00:35:10.20	+00:15:45 (44.8%)	7:02	8.5 (54.8%)
105	KABAT Jakub	118	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	5	00:35:13.25	+00:15:48 (44.9%)	7:02	8.5 (54.8%)
106	WOJTECZKO Magdalena	208		K40-49	17	00:35:23.10	+00:15:58 (45.1%)	7:04	8.5 (54.8%)
107	KWAŚNY Marta	141		K18-29	6	00:35:31.55	+00:16:06 (45.3%)	7:06	8.4 (54.2%)
108	KRASOWSKI Tomasz	135		M40-49	20	00:35:39.75	+00:16:14 (45.6%)	7:08	8.4 (54.2%)
109	NIETRZEBKA Paweł	155		M30-39	18	00:35:44.00	+00:16:19 (45.7%)	7:08	8.4 (54.2%)
110	PAWŁOWICZ Czesław	165		M50-59	6	00:36:07.50	+00:16:42 (46.3%)	7:13	8.3 (53.5%)
111	ZIÓŁKOWSKA Monika	214	#ZABIEGANINOCA OKONEK	K40-49	18	00:36:27.15	+00:17:02 (46.7%)	7:17	8.2 (52.9%)
112	TRĘBSKA Marta	205	#ZABIEGANINOCA OKONEK	K40-49	19	00:36:54.55	+00:17:29 (47.4%)	7:23	8.1 (52.3%)
113	GĘSICKA Anna	104		K40-49	20	00:36:57.40	+00:17:32 (47.5%)	7:23	8.1 (52.3%)
114	SZYNKARUK Natalia	199		K30-39	20	00:38:20.20	+00:18:55 (49.4%)	7:40	7.8 (50.3%)
115	FRAŃCZAK Marzena	101		K40-49	21	00:38:56.30	+00:19:31 (50.1%)	7:47	7.7 (49.7%)

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116	TRĘBSKA Julianna	204	#ZABIEGANINOCA OKONEK	K18-29	7	00:39:26.55	+00:20:01 (50.8%)	7:53	7.6 (49.0%)
117	GRZYWOCZ Irena	106		K60+	2	00:39:27.10	+00:20:02 (50.8%)	7:53	7.6 (49.0%)
118	KOŁDA Klaudia	131		K14-17	4	00:39:58.00	+00:20:33 (51.4%)	7:59	7.5 (48.4%)
119	KOŁDA Ania	130		K40-49	22	00:40:05.70	+00:20:40 (51.6%)	8:01	7.5 (48.4%)
120	KOWALCZUK Aleksandra	133	KIJOWE SIOSTRY I BRAT	K14-17	5	00:41:35.40	+00:22:10 (53.3%)	8:19	7.2 (46.5%)
121	SUCHANOWSKA Anna	189	RESPECT LOTYŃ	K40-49	23	00:42:18.30	+00:22:53 (54.1%)	8:27	7.1 (45.8%)
122	FIRLEJ Agnieszka	100		K40-49	24	00:46:05.90	+00:26:41 (57.9%)	9:13	6.5 (41.9%)

Znaleziono 122 wynik(ów)