



# VII CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

**Wydarzenie:** VII CROSS NA WRZOSACH  
**Organizator:** Nadleśnictwo Okonek  
**Data:** 2021-08-29  
**Miejsce:** Okonek  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	<b>PALICKI Marcin</b>	<b>45</b>		M18-29	1	<b>00:36:02.60</b>		3:23	17.7 (100%)
2	<b>JĘDRZEJCZYK Tomasz</b>	<b>17</b>		M30-39	1	<b>00:36:38.95</b>	+00:00:36 (1.7%)	3:27	17.4 (98.3%)
3	<b>LASAK Konrad</b>	<b>29</b>		M18-29	2	<b>00:37:57.50</b>	+00:01:54 (5.0%)	3:34	16.8 (94.9%)
4	<b>HOFMAN Dariusz</b>	<b>10</b>	KLUB TEAM TERMINATORUN	M30-39	2	<b>00:38:21.20</b>	+00:02:18 (6.0%)	3:37	16.6 (93.8%)
5	<b>CUBER Wojciech</b>	<b>70</b>	ZABIEGANI NOCĄ	M30-39	3	<b>00:39:26.65</b>	+00:03:24 (8.6%)	3:43	16.1 (91.0%)
6	<b>PIETRUSZKA Mikołaj</b>	<b>48</b>	TĘCZA RUN	M50-59	1	<b>00:40:10.75</b>	+00:04:08 (10.3%)	3:47	15.8 (89.3%)
7	<b>JABŁOŃSKI Andrzej</b>	<b>11</b>		M50-59	2	<b>00:41:56.95</b>	+00:05:54 (14.1%)	3:57	15.2 (85.9%)
8	<b>ZIELIŃSKA Anna</b>	<b>75</b>	ZABIEGANI NOCĄ	K40-49	1	<b>00:42:05.95</b>	+00:06:03 (14.4%)	3:58	15.1 (85.3%)
9	<b>KANNEBERG Maciej</b>	<b>20</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	3	<b>00:42:13.85</b>	+00:06:11 (14.7%)	3:58	15.1 (85.3%)
10	<b>KOWALCZYK Seweryn</b>	<b>25</b>	TEAM BIEGOWY SZCZECINEK	M18-29	4	<b>00:42:21.10</b>	+00:06:18 (14.9%)	3:59	15 (84.7%)
11	<b>TRĘBSKI Krzysztof</b>	<b>65</b>	ZABIEGANI NOCĄ	M40-49	1	<b>00:42:24.35</b>	+00:06:21 (15.0%)	4:00	15 (84.7%)
12	<b>RYNDAK Mariusz</b>	<b>53</b>		M60+	1	<b>00:42:37.90</b>	+00:06:35 (15.5%)	4:01	14.9 (84.2%)
13	<b>GROSKOP Grzegorz</b>	<b>9</b>		M30-39	4	<b>00:43:05.90</b>	+00:07:03 (16.4%)	4:03	14.8 (83.6%)
14	<b>MROZIK Daniel</b>	<b>37</b>		M30-39	5	<b>00:43:06.80</b>	+00:07:04 (16.4%)	4:03	14.8 (83.6%)
15	<b>MYSZKOWSKI Jan</b>	<b>38</b>		M60+	2	<b>00:43:35.05</b>	+00:07:32 (17.3%)	4:06	14.6 (82.5%)
16	<b>MAZUR Tomasz</b>	<b>35</b>	I LO SZCZECINEK	M40-49	2	<b>00:43:37.20</b>	+00:07:34 (17.4%)	4:06	14.6 (82.5%)
17	<b>JANKOWSKI Mariusz</b>	<b>13</b>		M40-49	3	<b>00:44:07.75</b>	+00:08:05 (18.3%)	4:09	14.4 (81.4%)
18	<b>MIECZKOWSKI Marcin</b>	<b>36</b>		M40-49	4	<b>00:44:15.50</b>	+00:08:12 (18.6%)	4:10	14.4 (81.4%)
19	<b>JAWORUCKI Krystian</b>	<b>16</b>		M30-39	6	<b>00:45:07.25</b>	+00:09:04 (20.1%)	4:15	14.1 (79.7%)
20	<b>ŁUC Bożena</b>	<b>32</b>	ZABIEGANI NOCĄ	K30-39	1	<b>00:45:15.95</b>	+00:09:13 (20.4%)	4:16	14.1 (79.7%)
21	<b>LEWANDOWSKI Bartłomiej</b>	<b>30</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	M18-29	5	<b>00:45:26.80</b>	+00:09:24 (20.7%)	4:17	14 (79.1%)
22	<b>PALIGA Antoni</b>	<b>46</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M50-59	3	<b>00:45:41.20</b>	+00:09:38 (21.1%)	4:18	13.9 (78.5%)
23	<b>ANDRYSZAK Wojciech</b>	<b>3</b>		M40-49	5	<b>00:46:25.30</b>	+00:10:22 (22.4%)	4:22	13.7 (77.4%)
24	<b>SUCHANOWSKI Zygmunt</b>	<b>332</b>	RESPECT LOTYŃ	M50-59	4	<b>00:46:45.75</b>	+00:10:43 (22.9%)	4:24	13.6 (76.8%)
25	<b>TYLMAN Piotr</b>	<b>66</b>		M30-39	7	<b>00:47:30.30</b>	+00:11:27 (24.1%)	4:28	13.4 (75.7%)
26	<b>NIEMCZEWSKA Angelika</b>	<b>41</b>	LZS JEDNOŚĆ ŁOBŻENICA	K40-49	2	<b>00:47:33.50</b>	+00:11:30 (24.2%)	4:29	13.4 (75.7%)
27	<b>SAWICKI Eligiusz</b>	<b>55</b>		M50-59	5	<b>00:47:46.85</b>	+00:11:44 (24.6%)	4:30	13.3 (75.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						10.6km			
28	<b>WEINSTOK Adam</b>	<b>67</b>		M40-49	6	<b>00:47:51.35</b>	+00:11:48 (24.7%)	4:30	13.3 (75.1%)
29	<b>KUICH Piotr</b>	<b>28</b>	LILL-SPORT	M50-59	6	<b>00:47:57.70</b>	+00:11:55 (24.8%)	4:31	13.3 (75.1%)
30	<b>ADAMOWICZ Agnieszka</b>	<b>2</b>		K50-59	1	<b>00:48:20.95</b>	+00:12:18 (25.5%)	4:33	13.2 (74.6%)
31	<b>RUDNIK Jerzy</b>	<b>51</b>	FLORIAN	M60+	3	<b>00:48:26.80</b>	+00:12:24 (25.6%)	4:34	13.1 (74.0%)
32	<b>PALIGA Mateusz</b>	<b>47</b>	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	6	<b>00:48:32.85</b>	+00:12:30 (25.8%)	4:34	13.1 (74.0%)
33	<b>SZYMAŃSKI Piotr</b>	<b>64</b>		M40-49	7	<b>00:49:10.90</b>	+00:13:08 (26.7%)	4:38	12.9 (72.9%)
34	<b>ZAWADZKA Marzena</b>	<b>74</b>	RUNNING 5	K50-59	2	<b>00:49:19.30</b>	+00:13:16 (26.9%)	4:39	12.9 (72.9%)
35	<b>MARCHEL Lukasz</b>	<b>34</b>	ZIELONA DOLINA	M40-49	8	<b>00:50:01.45</b>	+00:13:58 (27.9%)	4:43	12.7 (71.8%)
36	<b>SKIERA Kazimierz</b>	<b>57</b>	LZS JEDNOŚĆ ŁOBŻENICA	M60+	4	<b>00:50:04.45</b>	+00:14:01 (28.0%)	4:43	12.7 (71.8%)
37	<b>SZKOPEK Krzysztof</b>	<b>62</b>		M50-59	7	<b>00:50:13.40</b>	+00:14:10 (28.2%)	4:44	12.7 (71.8%)
38	<b>KRZYWICKI Krzysztof</b>	<b>26</b>		M40-49	9	<b>00:50:31.35</b>	+00:14:28 (28.7%)	4:45	12.6 (71.2%)
39	<b>SKOCZYLAS Bożena</b>	<b>58</b>	BIEGAM BO LUBIĘ	K40-49	3	<b>00:51:15.45</b>	+00:15:12 (29.7%)	4:50	12.4 (70.1%)
40	<b>KLUPŚ Monika</b>	<b>22</b>	POZYTYWNI Z PASJĄ	K40-49	4	<b>00:51:54.65</b>	+00:15:52 (30.6%)	4:53	12.3 (69.5%)
41	<b>DEMCZAR Jacek</b>	<b>6</b>		M40-49	10	<b>00:51:56.50</b>	+00:15:53 (30.6%)	4:53	12.2 (68.9%)
42	<b>MALICKI Grzegorz</b>	<b>33</b>	SCYZORYK	M50-59	8	<b>00:52:19.40</b>	+00:16:16 (31.1%)	4:56	12.2 (68.9%)
43	<b>ADRYAN Adam</b>	<b>338</b>	WATATIA	M40-49	11	<b>00:52:24.25</b>	+00:16:21 (31.2%)	4:56	12.1 (68.4%)
44	<b>KOWALCZYK Piotr</b>	<b>24</b>	FOR-REST-RUN	M30-39	8	<b>00:52:54.20</b>	+00:16:51 (31.9%)	4:59	12 (67.8%)
45	<b>KUCZYŃSKA Anna</b>	<b>27</b>	BRACTWO TURYSTYKI ROWEROWEJ PIŁA	K40-49	5	<b>00:53:04.35</b>	+00:17:01 (32.1%)	5:00	12 (67.8%)
46	<b>WYRWA-KRZYŻAŃSKA Joanna</b>	<b>72</b>		K50-59	3	<b>00:53:06.70</b>	+00:17:04 (32.1%)	5:00	12 (67.8%)
47	<b>KLUPŚ Janusz</b>	<b>23</b>	POZYTYWNI Z PASJĄ	M40-49	12	<b>00:53:16.95</b>	+00:17:14 (32.4%)	5:01	11.9 (67.2%)
48	<b>BLAJCHERT Adam</b>	<b>4</b>		M40-49	13	<b>00:53:44.40</b>	+00:17:41 (32.9%)	5:04	11.8 (66.7%)
49	<b>OSTROWSKA Małgorzata</b>	<b>44</b>		K40-49	6	<b>00:54:21.75</b>	+00:18:19 (33.7%)	5:07	11.7 (66.1%)
50	<b>NAKONIECZNY Arkadiusz</b>	<b>40</b>	KAGRO KRZYSZTOF PANKOWSKI	M30-39	9	<b>00:54:23.05</b>	+00:18:20 (33.7%)	5:07	11.7 (66.1%)
51	<b>ORZADA Anna</b>	<b>337</b>	STOPA SŁUPSK	K40-49	7	<b>00:54:26.55</b>	+00:18:23 (33.8%)	5:08	11.7 (66.1%)
52	<b>JASTRZĘBSKA-DEMCZAR Aneta</b>	<b>15</b>		K40-49	8	<b>00:54:36.75</b>	+00:18:34 (34.0%)	5:09	11.6 (65.5%)
53	<b>SERKOWSKA Magdalena</b>	<b>56</b>	JEDWABIŚCI	K18-29	1	<b>00:55:04.60</b>	+00:19:02 (34.6%)	5:11	11.5 (65.0%)
54	<b>DZIEMIANKO Ilona</b>	<b>8</b>		K30-39	2	<b>00:56:19.55</b>	+00:20:16 (36.0%)	5:18	11.3 (63.8%)
55	<b>TUŻMLAK Katarzyna</b>	<b>92</b>		K50-59	4	<b>00:56:20.95</b>	+00:20:18 (36.0%)	5:18	11.3 (63.8%)
56	<b>NAKONIECZNA Anna</b>	<b>39</b>		K30-39	3	<b>00:56:37.60</b>	+00:20:35 (36.3%)	5:20	11.2 (63.3%)
57	<b>DRACZYŃSKI Zygmunt</b>	<b>184</b>		M60+	5	<b>00:56:42.90</b>	+00:20:40 (36.4%)	5:20	11.2 (63.3%)
58	<b>JEZIOR Mirosława</b>	<b>230</b>	MORSY EUFORIA	K50-59	5	<b>00:56:54.10</b>	+00:20:51 (36.7%)	5:22	11.2 (63.3%)
59	<b>SOKÓŁ Monika</b>	<b>59</b>		K30-39	4	<b>00:57:28.55</b>	+00:21:25 (37.3%)	5:25	11.1 (62.7%)
60	<b>STANEK Jacek</b>	<b>60</b>		M40-49	14	<b>00:58:13.65</b>	+00:22:11 (38.1%)	5:29	10.9 (61.6%)
61	<b>NOWAK Ania</b>	<b>43</b>	JEDWABIŚCI	K40-49	9	<b>00:59:03.70</b>	+00:23:01 (39.0%)	5:34	10.8 (61.0%)
62	<b>PILEWSKI Darek</b>	<b>49</b>	JEDWABISTY	M30-39	10	<b>00:59:52.45</b>	+00:23:49 (39.8%)	5:38	10.6 (59.9%)
63	<b>POCZĄTEK Michał</b>	<b>50</b>		M60+	6	<b>00:59:59.70</b>	+00:23:57 (39.9%)	5:39	10.6 (59.9%)
64	<b>ADAMOWICZ Maciej</b>	<b>1</b>		M30-39	11	<b>01:00:13.90</b>	+00:24:11 (40.2%)	5:40	10.6 (59.9%)
65	<b>KATZBAN Irena</b>	<b>21</b>		K50-59	6	<b>01:00:17.25</b>	+00:24:14 (40.2%)	5:41	10.6 (59.9%)
66	<b>SANOCKA Halina</b>	<b>54</b>	4RUNTEAM PIŁA	K60+	1	<b>01:00:51.30</b>	+00:24:48 (40.8%)	5:44	10.5 (59.3%)
67	<b>SZNABEL Alina</b>	<b>63</b>	RUNNING 5	K60+	2	<b>01:00:51.60</b>	+00:24:49 (40.8%)	5:44	10.5 (59.3%)
68	<b>RABKA Monika</b>	<b>12</b>		K40-49	10	<b>01:06:10.15</b>	+00:30:07 (45.5%)	6:14	9.6 (54.2%)
69	<b>JARUGA Artur</b>	<b>14</b>		M40-49	15	<b>01:06:15.30</b>	+00:30:12 (45.6%)	6:15	9.6 (54.2%)
70	<b>NIEMIRO Szymon</b>	<b>42</b>	LULU	M30-39	12	<b>01:07:21.40</b>	+00:31:18 (46.5%)	6:21	9.4 (53.1%)
71	<b>LULECZKA Karolina</b>	<b>31</b>	LULU	K18-29	2	<b>01:07:22.30</b>	+00:31:19 (46.5%)	6:21	9.4 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
72	<b>CIŹMOWSKA Barbara</b>	<b>5</b>	MTS HAMER MIASTKO	K60+	3	<b>01:12:56.65</b>	+00:36:54 (50.6%)	6:52	8.7 (49.2%)

Znaleziono 72 wynik(ów)