

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	PALICKI Marcin	45		M18-29	1	00:36:02.60		3:23	17.7 (100%)
2	JĘDRZEJCZYK Tomasz	17		M30-39	1	00:36:38.95	+00:00:36 (1.7%)	3:27	17.4 (98.3%)
3	LASAK Konrad	29		M18-29	2	00:37:57.50	+00:01:54 (5.0%)	3:34	16.8 (94.9%)
4	HOFMAN Dariusz	10	KLUB TEAM TERMINATORUN	M30-39	2	00:38:21.20	+00:02:18 (6.0%)	3:37	16.6 (93.8%)
5	CUBER Wojciech	70	ZABIEGANI NOCĄ	M30-39	3	00:39:26.65	+00:03:24 (8.6%)	3:43	16.1 (91.0%)
6	PIETRUSZKA Mikołaj	48	TĘCZA RUN	M50-59	1	00:40:10.75	+00:04:08 (10.3%)	3:47	15.8 (89.3%)
7	JABŁOŃSKI Andrzej	11		M50-59	2	00:41:56.95	+00:05:54 (14.1%)	3:57	15.2 (85.9%)
8	ZIELIŃSKA Anna	75	ZABIEGANI NOCĄ	K40-49	1	00:42:05.95	+00:06:03 (14.4%)	3:58	15.1 (85.3%)
9	KANNEBERG Maciej	20	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	3	00:42:13.85	+00:06:11 (14.7%)	3:58	15.1 (85.3%)
10	KOWALCZYK Seweryn	25	TEAM BIEGOWY SZCZECINEK	M18-29	4	00:42:21.10	+00:06:18 (14.9%)	3:59	15 (84.7%)
11	TRĘBSKI Krzysztof	65	ZABIEGANI NOCĄ	M40-49	1	00:42:24.35	+00:06:21 (15.0%)	4:00	15 (84.7%)
12	RYNDAK Mariusz	53		M60+	1	00:42:37.90	+00:06:35 (15.5%)	4:01	14.9 (84.2%)
13	GROSKOP Grzegorz	9		M30-39	4	00:43:05.90	+00:07:03 (16.4%)	4:03	14.8 (83.6%)
14	MROZIK Daniel	37		M30-39	5	00:43:06.80	+00:07:04 (16.4%)	4:03	14.8 (83.6%)
15	MYSZKOWSKI Jan	38		M60+	2	00:43:35.05	+00:07:32 (17.3%)	4:06	14.6 (82.5%)
16	MAZUR Tomasz	35	I LO SZCZECINEK	M40-49	2	00:43:37.20	+00:07:34 (17.4%)	4:06	14.6 (82.5%)
17	JANKOWSKI Mariusz	13		M40-49	3	00:44:07.75	+00:08:05 (18.3%)	4:09	14.4 (81.4%)
18	MIECZKOWSKI Marcin	36		M40-49	4	00:44:15.50	+00:08:12 (18.6%)	4:10	14.4 (81.4%)
19	JAWORUCKI Krystian	16		M30-39	6	00:45:07.25	+00:09:04 (20.1%)	4:15	14.1 (79.7%)
20	ŁUC Bożena	32	ZABIEGANI NOCĄ	K30-39	1	00:45:15.95	+00:09:13 (20.4%)	4:16	14.1 (79.7%)
21	LEWANDOWSKI Bartłomiej	30	KLUB BIEGOWY TSK ORZEŁ OSIEK	M18-29	5	00:45:26.80	+00:09:24 (20.7%)	4:17	14 (79.1%)
22	PALIGA Antoni	46	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M50-59	3	00:45:41.20	+00:09:38 (21.1%)	4:18	13.9 (78.5%)
23	ANDRYSZAK Wojciech	3		M40-49	5	00:46:25.30	+00:10:22 (22.4%)	4:22	13.7 (77.4%)
24	SUCHANOWSKI Zygmunt	332	RESPECT LOTYŃ	M50-59	4	00:46:45.75	+00:10:43 (22.9%)	4:24	13.6 (76.8%)
25	TYLMAN Piotr	66		M30-39	7	00:47:30.30	+00:11:27 (24.1%)	4:28	13.4 (75.7%)
26	NIEMCZEWSKA Angelika	41	LZS JEDNOŚĆ ŁOBŻENICA	K40-49	2	00:47:33.50	+00:11:30 (24.2%)	4:29	13.4 (75.7%)
27	SAWICKI Eligiusz	55		M50-59	5	00:47:46.85	+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	WEINSTOK Adam	67		M40-49	6	00:47:51.35	+00:11:48 (24.7%)	4:30	13.3 (75.1%)
29	KUICH Piotr	28	LILL-SPORT	M50-59	6	00:47:57.70	+00:11:55 (24.8%)	4:31	13.3 (75.1%)
30	ADAMOWICZ Agnieszka	2		K50-59	1	00:48:20.95	+00:12:18 (25.5%)	4:33	13.2 (74.6%)
31	RUDNIK Jerzy	51	FLORIAN	M60+	3	00:48:26.80	+00:12:24 (25.6%)	4:34	13.1 (74.0%)
32	PALIGA Mateusz	47	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M18-29	6	00:48:32.85	+00:12:30 (25.8%)	4:34	13.1 (74.0%)
33	SZYMAŃSKI Piotr	64		M40-49	7	00:49:10.90	+00:13:08 (26.7%)	4:38	12.9 (72.9%)
34	ZAWADZKA Marzena	74	RUNNING 5	K50-59	2	00:49:19.30	+00:13:16 (26.9%)	4:39	12.9 (72.9%)
35	MARCHEL Lukasz	34	ZIELONA DOLINA	M40-49	8	00:50:01.45	+00:13:58 (27.9%)	4:43	12.7 (71.8%)
36	SKIERA Kazimierz	57	LZS JEDNOŚĆ ŁOBŻENICA	M60+	4	00:50:04.45	+00:14:01 (28.0%)	4:43	12.7 (71.8%)
37	SZKOPEK Krzysztof	62		M50-59	7	00:50:13.40	+00:14:10 (28.2%)	4:44	12.7 (71.8%)
38	KRZYWICKI Krzysztof	26		M40-49	9	00:50:31.35	+00:14:28 (28.7%)	4:45	12.6 (71.2%)
39	SKOCZYLAS Bożena	58	BIEGAM BO LUBIĘ	K40-49	3	00:51:15.45	+00:15:12 (29.7%)	4:50	12.4 (70.1%)
40	KLUPŚ Monika	22	POZYTYWNI Z PASJĄ	K40-49	4	00:51:54.65	+00:15:52 (30.6%)	4:53	12.3 (69.5%)
41	DEMCZAR Jacek	6		M40-49	10	00:51:56.50	+00:15:53 (30.6%)	4:53	12.2 (68.9%)
42	MALICKI Grzegorz	33	SCYZORYK	M50-59	8	00:52:19.40	+00:16:16 (31.1%)	4:56	12.2 (68.9%)
43	ADRYAN Adam	338	WATATIA	M40-49	11	00:52:24.25	+00:16:21 (31.2%)	4:56	12.1 (68.4%)
44	KOWALCZYK Piotr	24	FOR-REST-RUN	M30-39	8	00:52:54.20	+00:16:51 (31.9%)	4:59	12 (67.8%)
45	KUCZYŃSKA Anna	27	BRACTWO TURYSTYKI ROWEROWEJ PIŁA	K40-49	5	00:53:04.35	+00:17:01 (32.1%)	5:00	12 (67.8%)
46	WYRWA-KRZYŻAŃSKA Joanna	72		K50-59	3	00:53:06.70	+00:17:04 (32.1%)	5:00	12 (67.8%)
47	KLUPŚ Janusz	23	POZYTYWNI Z PASJĄ	M40-49	12	00:53:16.95	+00:17:14 (32.4%)	5:01	11.9 (67.2%)
48	BLAJCHERT Adam	4		M40-49	13	00:53:44.40	+00:17:41 (32.9%)	5:04	11.8 (66.7%)
49	OSTROWSKA Małgorzata	44		K40-49	6	00:54:21.75	+00:18:19 (33.7%)	5:07	11.7 (66.1%)
50	NAKONIECZNY Arkadiusz	40	KAGRO KRZYSZTOF PANKOWSKI	M30-39	9	00:54:23.05	+00:18:20 (33.7%)	5:07	11.7 (66.1%)
51	ORZADA Anna	337	STOPA SŁUPSK	K40-49	7	00:54:26.55	+00:18:23 (33.8%)	5:08	11.7 (66.1%)
52	JASTRZĘBSKA-DEMCZAR Aneta	15		K40-49	8	00:54:36.75	+00:18:34 (34.0%)	5:09	11.6 (65.5%)
53	SERKOWSKA Magdalena	56	JEDWABIŚCI	K18-29	1	00:55:04.60	+00:19:02 (34.6%)	5:11	11.5 (65.0%)
54	DZIEMIANKO Ilona	8		K30-39	2	00:56:19.55	+00:20:16 (36.0%)	5:18	11.3 (63.8%)
55	TUŻMLAK Katarzyna	92		K50-59	4	00:56:20.95	+00:20:18 (36.0%)	5:18	11.3 (63.8%)
56	NAKONIECZNA Anna	39		K30-39	3	00:56:37.60	+00:20:35 (36.3%)	5:20	11.2 (63.3%)
57	DRACZYŃSKI Zygmunt	184		M60+	5	00:56:42.90	+00:20:40 (36.4%)	5:20	11.2 (63.3%)
58	JEZIOR Mirosława	230	MORSY EUFORIA	K50-59	5	00:56:54.10	+00:20:51 (36.7%)	5:22	11.2 (63.3%)
59	SOKÓŁ Monika	59		K30-39	4	00:57:28.55	+00:21:25 (37.3%)	5:25	11.1 (62.7%)
60	STANEK Jacek	60		M40-49	14	00:58:13.65	+00:22:11 (38.1%)	5:29	10.9 (61.6%)
61	NOWAK Ania	43	JEDWABIŚCI	K40-49	9	00:59:03.70	+00:23:01 (39.0%)	5:34	10.8 (61.0%)
62	PILEWSKI Darek	49	JEDWABISTY	M30-39	10	00:59:52.45	+00:23:49 (39.8%)	5:38	10.6 (59.9%)
63	POCZĄTEK Michał	50		M60+	6	00:59:59.70	+00:23:57 (39.9%)	5:39	10.6 (59.9%)
64	ADAMOWICZ Maciej	1		M30-39	11	01:00:13.90	+00:24:11 (40.2%)	5:40	10.6 (59.9%)
65	KATZBAN Irena	21		K50-59	6	01:00:17.25	+00:24:14 (40.2%)	5:41	10.6 (59.9%)
66	SANOCKA Halina	54	4RUNTEAM PIŁA	K60+	1	01:00:51.30	+00:24:48 (40.8%)	5:44	10.5 (59.3%)
67	SZNABEL Alina	63	RUNNING 5	K60+	2	01:00:51.60	+00:24:49 (40.8%)	5:44	10.5 (59.3%)
68	RABKA Monika	12		K40-49	10	01:06:10.15	+00:30:07 (45.5%)	6:14	9.6 (54.2%)
69	JARUGA Artur	14		M40-49	15	01:06:15.30	+00:30:12 (45.6%)	6:15	9.6 (54.2%)
70	NIEMIRO Szymon	42	LULU	M30-39	12	01:07:21.40	+00:31:18 (46.5%)	6:21	9.4 (53.1%)
71	LULECZKA Karolina	31	LULU	K18-29	2	01:07:22.30	+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	CIŻMOWSKA Barbara	5	MTS HAMER MIASTKO	K60+	3	01:12:56.65	+00:36:54 (50.6%)	6:52	8.7 (49.2%)

Znaleziono 72 wynik(ów)