



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: M-OPEN

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	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%)
9	KOWALCZYK Seweryn	25	TEAM BIEGOWY SZCZECINEK	M18-29	4	00:42:21.10	+00:06:18 (14.9%)	3:59	15 (84.7%)
10	TRĘBSKI Krzysztof	65	ZABIEGANI NOCĄ	M40-49	1	00:42:24.35	+00:06:21 (15.0%)	4:00	15 (84.7%)
11	RYNDAK Mariusz	53		M60+	1	00:42:37.90	+00:06:35 (15.5%)	4:01	14.9 (84.2%)
12	GROSKOP Grzegorz	9		M30-39	4	00:43:05.90	+00:07:03 (16.4%)	4:03	14.8 (83.6%)
13	MROZIK Daniel	37		M30-39	5	00:43:06.80	+00:07:04 (16.4%)	4:03	14.8 (83.6%)
14	MYSZKOWSKI Jan	38		M60+	2	00:43:35.05	+00:07:32 (17.3%)	4:06	14.6 (82.5%)
15	MAZUR Tomasz	35	I LO SZCZECINEK	M40-49	2	00:43:37.20	+00:07:34 (17.4%)	4:06	14.6 (82.5%)
16	JANKOWSKI Mariusz	13		M40-49	3	00:44:07.75	+00:08:05 (18.3%)	4:09	14.4 (81.4%)
17	MIECZKOWSKI Marcin	36		M40-49	4	00:44:15.50	+00:08:12 (18.6%)	4:10	14.4 (81.4%)
18	JAWORUCKI Krystian	16		M30-39	6	00:45:07.25	+00:09:04 (20.1%)	4:15	14.1 (79.7%)
19	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%)
20	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%)
21	ANDRYSZAK Wojciech	3		M40-49	5	00:46:25.30	+00:10:22 (22.4%)	4:22	13.7 (77.4%)
22	SUCHANOWSKI Zygmunt	332	RESPECT LOTYŃ	M50-59	4	00:46:45.75	+00:10:43 (22.9%)	4:24	13.6 (76.8%)
23	TYLMAN Piotr	66		M30-39	7	00:47:30.30	+00:11:27 (24.1%)	4:28	13.4 (75.7%)
24	SAWICKI Eligiusz	55		M50-59	5	00:47:46.85	+00:11:44 (24.6%)	4:30	13.3 (75.1%)
25	WEINSTOK Adam	67		M40-49	6	00:47:51.35	+00:11:48 (24.7%)	4:30	13.3 (75.1%)
26	KUICH Piotr	28	LILL-SPORT	M50-59	6	00:47:57.70	+00:11:55 (24.8%)	4:31	13.3 (75.1%)
27	RUDNIK Jerzy	51	FLORIAN	M60+	3	00:48:26.80	+00:12:24 (25.6%)	4:34	13.1 (74.0%)

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28	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%)
29	SZYMAŃSKI Piotr	64		M40-49	7	00:49:10.90	+00:13:08 (26.7%)	4:38	12.9 (72.9%)
30	MARCHEL Lukasz	34	ZIELONA DOLINA	M40-49	8	00:50:01.45	+00:13:58 (27.9%)	4:43	12.7 (71.8%)
31	SKIERA Kazimierz	57	LZS JEDNOŚĆ ŁOBŻENICA	M60+	4	00:50:04.45	+00:14:01 (28.0%)	4:43	12.7 (71.8%)
32	SZKOPEK Krzysztof	62		M50-59	7	00:50:13.40	+00:14:10 (28.2%)	4:44	12.7 (71.8%)
33	KRZYWICKI Krzysztof	26		M40-49	9	00:50:31.35	+00:14:28 (28.7%)	4:45	12.6 (71.2%)
34	DEMCZAR Jacek	6		M40-49	10	00:51:56.50	+00:15:53 (30.6%)	4:53	12.2 (68.9%)
35	MALICKI Grzegorz	33	SCYZORYK	M50-59	8	00:52:19.40	+00:16:16 (31.1%)	4:56	12.2 (68.9%)
36	ADRYAN Adam	338	WATATIA	M40-49	11	00:52:24.25	+00:16:21 (31.2%)	4:56	12.1 (68.4%)
37	KOWALCZYK Piotr	24	FOR-REST-RUN	M30-39	8	00:52:54.20	+00:16:51 (31.9%)	4:59	12 (67.8%)
38	KLUPŚ Janusz	23	POZYTYWNI Z PASJĄ	M40-49	12	00:53:16.95	+00:17:14 (32.4%)	5:01	11.9 (67.2%)
39	BLAJCHERT Adam	4		M40-49	13	00:53:44.40	+00:17:41 (32.9%)	5:04	11.8 (66.7%)
40	NAKONIECZNY Arkadiusz	40	KAGRO KRZYSZTOF PANKOWSKI	M30-39	9	00:54:23.05	+00:18:20 (33.7%)	5:07	11.7 (66.1%)
41	DRACZYŃSKI Zygmunt	184		M60+	5	00:56:42.90	+00:20:40 (36.4%)	5:20	11.2 (63.3%)
42	STANEK Jacek	60		M40-49	14	00:58:13.65	+00:22:11 (38.1%)	5:29	10.9 (61.6%)
43	PILEWSKI Darek	49	JEDWABISTY	M30-39	10	00:59:52.45	+00:23:49 (39.8%)	5:38	10.6 (59.9%)
44	POCZĄTEK Michał	50		M60+	6	00:59:59.70	+00:23:57 (39.9%)	5:39	10.6 (59.9%)
45	ADAMOWICZ Maciej	1		M30-39	11	01:00:13.90	+00:24:11 (40.2%)	5:40	10.6 (59.9%)
46	JARUGA Artur	14		M40-49	15	01:06:15.30	+00:30:12 (45.6%)	6:15	9.6 (54.2%)
47	NIEMIRO Szymon	42	LULU	M30-39	12	01:07:21.40	+00:31:18 (46.5%)	6:21	9.4 (53.1%)

Znaleziono 47 wynik(ów)