



VII CROSS NA WRZOSACH - OKONEK - 10 KM

B4SPORT

Event: VII CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek
Date: 2021-08-29
Place: Okonek
Distance: 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Net time 10.6km	Gap	Pace min/km	Pace km/h
1	TREBSKI Krzysztof	65	ZABIEGANI NOCĄ	M40-49	1	00:42:24.35		4:00	15 (100%)
2	MAZUR Tomasz	35	I LO SZCZECINEK	M40-49	2	00:43:37.20	+00:01:12 (2.8%)	4:06	14.6 (97.3%)
3	JANKOWSKI Mariusz	13		M40-49	3	00:44:07.75	+00:01:43 (3.9%)	4:09	14.4 (96.0%)
4	MIECZKOWSKI Marcin	36		M40-49	4	00:44:15.50	+00:01:51 (4.2%)	4:10	14.4 (96.0%)
5	ANDRYSZAK Wojciech	3		M40-49	5	00:46:25.30	+00:04:00 (8.7%)	4:22	13.7 (91.3%)
6	WEINSTOK Adam	67		M40-49	6	00:47:51.35	+00:05:27 (11.4%)	4:30	13.3 (88.7%)
7	SZYMAŃSKI Piotr	64		M40-49	7	00:49:10.90	+00:06:46 (13.8%)	4:38	12.9 (86.0%)
8	MARCHEL Lukasz	34	ZIELONA DOLINA	M40-49	8	00:50:01.45	+00:07:37 (15.2%)	4:43	12.7 (84.7%)
9	KRZYWICKI Krzysztof	26		M40-49	9	00:50:31.35	+00:08:07 (16.1%)	4:45	12.6 (84.0%)
10	DEMCZAR Jacek	6		M40-49	10	00:51:56.50	+00:09:32 (18.4%)	4:53	12.2 (81.3%)
11	ADRYAN Adam	338	WATATIA	M40-49	11	00:52:24.25	+00:09:59 (19.1%)	4:56	12.1 (80.7%)
12	KLUPŚ Janusz	23	POZYTYWNI Z PASJĄ	M40-49	12	00:53:16.95	+00:10:52 (20.4%)	5:01	11.9 (79.3%)
13	BLAJCHERT Adam	4		M40-49	13	00:53:44.40	+00:11:20 (21.1%)	5:04	11.8 (78.7%)
14	STANEK Jacek	60		M40-49	14	00:58:13.65	+00:15:49 (27.2%)	5:29	10.9 (72.7%)
15	JARUGA Artur	14		M40-49	15	01:06:15.30	+00:23:50 (36.0%)	6:15	9.6 (64.0%)

Total 15 results.