



VII CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VII CROSS NA WRZOSACH
Nadleśnictwo Okonek
2021-08-29
Okonek
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	METKOWSKA Beata	145		K50-59	1	00:30:32.85		6:06	9.8 (100%)
2	PYREK Krzysztof	168	1 RBLOG	M40-49	1	00:33:47.15	+00:03:14 (9.6%)	6:45	8.9 (90.8%)
3	CHUPTYŚ Adrian	91	RUNDORFINA	M30-39	1	00:34:38.10	+00:04:05 (11.8%)	6:55	8.7 (88.8%)
4	OSTROWSKI Marian	171		M60+	1	00:34:55.60	+00:04:22 (12.5%)	6:59	8.6 (87.8%)
5	ŁAWNICZAK Justyna	138	#ZABIEGANINOCA	K30-39	1	00:35:01.35	+00:04:28 (12.8%)	7:00	8.6 (87.8%)
6	KOMORSKI Jacek	129	POZYTYWNI Z PASJĄ	M40-49	2	00:35:10.00	+00:04:37 (13.1%)	7:02	8.5 (86.7%)
7	MIKIETYŃSKI Michał	147	#ZABIEGANINOCA	M30-39	2	00:35:13.45	+00:04:40 (13.3%)	7:02	8.5 (86.7%)
8	ZMYŚŁOWSKI Zygmunt	204	NORDIC WALKING LUBASZ	M60+	2	00:35:25.65	+00:04:52 (13.8%)	7:05	8.5 (86.7%)
9	CHUDZIK Piotr	90	LZS 'JEDNOŚĆ' ŁOBŻENICA	M50-59	1	00:35:39.15	+00:05:06 (14.3%)	7:07	8.4 (85.7%)
10	USTJANOWSKA Katarzyna	192		K30-39	2	00:35:40.25	+00:05:07 (14.4%)	7:08	8.4 (85.7%)
11	GRĘZLIKOWSKI Adam	339		M40-49	3	00:36:00.90	+00:05:28 (15.2%)	7:12	8.3 (84.7%)
12	KASPEROWICZ Zdzisław	120	PRO DYSTANS KASPEROWICZ	M40-49	4	00:36:16.20	+00:05:43 (15.8%)	7:15	8.3 (84.7%)
13	KASZUBA Artur	121		M30-39	3	00:36:19.80	+00:05:46 (15.9%)	7:15	8.3 (84.7%)
14	MOSKAL Magdalena	150		K30-39	3	00:36:21.45	+00:05:48 (16.0%)	7:16	8.3 (84.7%)
15	BORUCH Edyta	85		K50-59	2	00:36:28.80	+00:05:55 (16.3%)	7:17	8.2 (83.7%)
16	BORUCH Edward	86		M50-59	2	00:36:32.65	+00:05:59 (16.4%)	7:18	8.2 (83.7%)
17	DRĄG Krzysztof	99	URZĄD GMINY TARNÓWKA	M30-39	4	00:36:36.75	+00:06:03 (16.6%)	7:19	8.2 (83.7%)
18	GRABOWSKI Błażej	157	POZYTYWNI BIEGACZE	M40-49	5	00:36:41.25	+00:06:08 (16.7%)	7:20	8.2 (83.7%)
19	KOMORSKA Sylwia	128	POZYTYWNI Z PASJĄ	K40-49	1	00:36:47.65	+00:06:14 (17.0%)	7:21	8.2 (83.7%)
20	PONICKI Tomasz	165	TEAM UJŚCIE	M50-59	3	00:36:50.85	+00:06:18 (17.1%)	7:22	8.1 (82.7%)
21	KURZAWIŃSKA-JABŁOŃSKA Kasia	134		K40-49	2	00:36:57.30	+00:06:24 (17.3%)	7:23	8.1 (82.7%)
22	GZUBICKI Piotr	113	EL TORO DE ORO	M30-39	5	00:36:59.55	+00:06:26 (17.4%)	7:23	8.1 (82.7%)
23	GAWRON Urszula	105		K30-39	4	00:37:04.25	+00:06:31 (17.6%)	7:24	8.1 (82.7%)
24	KUŻAJ Sławomir	135	SAILING TEAM FERAJNA	M50-59	4	00:37:05.95	+00:06:33 (17.7%)	7:25	8.1 (82.7%)
25	KOZŁOWSKA Karolina	333		K40-49	3	00:37:06.75	+00:06:33 (17.7%)	7:25	8.1 (82.7%)
26	GĘBALA Paweł	107		M40-49	6	00:37:11.90	+00:06:39 (17.9%)	7:26	8.1 (82.7%)
27	PIETRZYK Rafał	161		M30-39	6	00:37:12.00	+00:06:39 (17.9%)	7:26	8.1 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KRASOWSKI Tomasz	132		M40-49	7	00:37:13.20	+00:06:40 (17.9%)	7:26	8.1 (82.7%)
29	WICHER Jolanta	196	NORDIC WALKING LUBASZ	K50-59	3	00:37:16.95	+00:06:44 (18.1%)	7:27	8.1 (82.7%)
30	SOSNOWSKI Daniel	180		M30-39	7	00:37:17.00	+00:06:44 (18.1%)	7:27	8 (81.6%)
31	WEINSTOK Anna	195		K40-49	4	00:37:20.80	+00:06:47 (18.2%)	7:28	8 (81.6%)
32	BUTOWICZ Adam	87		M60+	3	00:37:21.35	+00:06:48 (18.2%)	7:28	8 (81.6%)
33	ŻOŁĄDKIEWICZ Magdalena	267		K30-39	5	00:37:25.25	+00:06:52 (18.4%)	7:29	8 (81.6%)
34	NOWAK Bartłomiej	152	SAILING TEAM FERAJNA	M40-49	8	00:37:25.80	+00:06:52 (18.4%)	7:29	8 (81.6%)
35	FRĄTCZAK Marzena	104		K40-49	5	00:37:29.10	+00:06:56 (18.5%)	7:29	8 (81.6%)
36	MAZUR Tomasz	143	POZYTYWNI Z PASJĄ	M40-49	9	00:37:29.25	+00:06:56 (18.5%)	7:29	8 (81.6%)
37	RADDATZ Alicja	170	JUST TEAM	K50-59	4	00:37:31.05	+00:06:58 (18.6%)	7:30	8 (81.6%)
38	KAFKA Michał	117		M18-29	1	00:37:35.75	+00:07:02 (18.7%)	7:31	8 (81.6%)
39	SZYMAŃSKA Hanna	187	POZYTYWNI BIEGACZE	K40-49	6	00:37:38.10	+00:07:05 (18.8%)	7:31	8 (81.6%)
40	BALD Małgorzata	76		K30-39	6	00:37:40.05	+00:07:07 (18.9%)	7:32	8 (81.6%)
41	PRZYBYSZEWSKA Bogna	167		K30-39	7	00:37:40.40	+00:07:07 (18.9%)	7:32	8 (81.6%)
42	SAWCZUK- KRUK Ilona	177	POZYTYWNI Z PASJĄ	K40-49	7	00:37:42.05	+00:07:09 (19.0%)	7:32	8 (81.6%)
43	GRZYSTEK Kasia	110		K40-49	8	00:37:49.10	+00:07:16 (19.2%)	7:33	7.9 (80.6%)
44	STRZELECKA Małgorzata	182	SAILING TEAM FERAJNA	K40-49	9	00:37:51.30	+00:07:18 (19.3%)	7:34	7.9 (80.6%)
45	RUTKOWSKA Anna	175	WATAHA WAŁCZ	K50-59	5	00:37:55.65	+00:07:22 (19.5%)	7:35	7.9 (80.6%)
46	PYREK Iwona	169		K40-49	10	00:37:56.00	+00:07:23 (19.5%)	7:35	7.9 (80.6%)
47	JASIEK Paweł	277		M30-39	8	00:38:01.85	+00:07:29 (19.7%)	7:36	7.9 (80.6%)
48	BANACZYK Wioleta	77	LILLSPORT	K50-59	6	00:38:02.00	+00:07:29 (19.7%)	7:36	7.9 (80.6%)
49	SZTECHMILER Katarzyna	185	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	8	00:38:05.00	+00:07:32 (19.8%)	7:37	7.9 (80.6%)
50	GĘSICKA Anna	108		K40-49	11	00:38:08.55	+00:07:35 (19.9%)	7:37	7.9 (80.6%)
51	ZIÓŁKOWSKA Milena	115	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	9	00:38:09.80	+00:07:36 (20.0%)	7:37	7.9 (80.6%)
52	BODZIONY Amelia	82		K30-39	10	00:38:10.55	+00:07:37 (20.0%)	7:38	7.9 (80.6%)
53	KUŚMIEREK Wiktoria	234	TEAM TERMINATORUN	K18-29	1	00:38:10.70	+00:07:37 (20.0%)	7:38	7.9 (80.6%)
54	STRZELECKI Sebastian 'Kaszana'	183	SAILING TEAM FERAJNA	M40-49	10	00:38:12.25	+00:07:39 (20.0%)	7:38	7.9 (80.6%)
54	KOPKIEWICZ Konrad	131		M40-49	10	00:38:12.25	+00:07:39 (20.0%)	7:38	7.9 (80.6%)
56	MAZUR Anna	142	POZYTYWNI Z PASJĄ	K40-49	12	00:38:12.40	+00:07:39 (20.0%)	7:38	7.9 (80.6%)
57	KARPOWICZ Tadeusz	119	PIAST GŁOGÓW	M60+	4	00:38:13.70	+00:07:40 (20.1%)	7:38	7.8 (79.6%)
58	WEDEL Krystian	194		M40-49	12	00:38:16.30	+00:07:43 (20.2%)	7:39	7.8 (79.6%)
59	SZYMAŃSKA Wiktoria	188		K18-29	2	00:38:21.25	+00:07:48 (20.4%)	7:40	7.8 (79.6%)
60	TOMASZEWSKI Dominik	190		M40-49	13	00:38:21.65	+00:07:48 (20.4%)	7:40	7.8 (79.6%)
61	BIADON Agnieszka	79	LILLSPORT	K30-39	11	00:38:21.85	+00:07:49 (20.4%)	7:40	7.8 (79.6%)
62	MACIEJEWSKI Krzysztof	140		M50-59	5	00:38:24.20	+00:07:51 (20.5%)	7:40	7.8 (79.6%)
63	BYSTRZYŃSKI Jan	89		M40-49	14	00:38:28.10	+00:07:55 (20.6%)	7:41	7.8 (79.6%)
64	SOBOLEWSKA Agnieszka	179		K30-39	12	00:38:29.20	+00:07:56 (20.6%)	7:41	7.8 (79.6%)
64	PAWŁOWICZ Izabela	156	KLUB SPORTOWY HUSARIA SZCZECINEK	K50-59	7	00:38:29.20	+00:07:56 (20.6%)	7:41	7.8 (79.6%)
66	POLACZEK Jakub	303	TEAM TERMINATORUN	M18-29	2	00:38:29.85	+00:07:57 (20.7%)	7:41	7.8 (79.6%)
67	ROLNICZAK Joanna	174	TRZCIANKA	K40-49	13	00:38:31.35	+00:07:58 (20.7%)	7:42	7.8 (79.6%)
68	PONICKA Izabela	164	TEAM UJŚCIE	K40-49	14	00:38:32.25	+00:07:59 (20.7%)	7:42	7.8 (79.6%)
69	PAWLUŚ Kamilla	155		K40-49	15	00:38:32.90	+00:08:00 (20.8%)	7:42	7.8 (79.6%)
70	DĄBROWSKA Katarzyna	94	JUST TEAM	K40-49	16	00:38:33.40	+00:08:00 (20.8%)	7:42	7.8 (79.6%)
71	RĘBIŚ Monika	172	#ZABIEGANINOCA	K18-29	3	00:38:34.40	+00:08:01 (20.8%)	7:42	7.8 (79.6%)

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72	MACIEJCZAK Karolina	139	SAILING TEAM FERAJNA	K40-49	17	00:38:39.00	+00:08:06 (21.0%)	7:43	7.8 (79.6%)
73	RABCZUK Anna	149	TEAM TERMINATORUN	K30-39	13	00:38:39.75	+00:08:06 (21.0%)	7:43	7.8 (79.6%)
74	KOŃCZAK Katarzyna	130	TEAM UJŚCIE	K40-49	18	00:38:41.90	+00:08:09 (21.1%)	7:44	7.8 (79.6%)
75	GAWRON Andrzej	106		M40-49	15	00:38:44.00	+00:08:11 (21.1%)	7:44	7.7 (78.6%)
76	ZAKIELARZ Adriana	200	TEAM TERMINATORUN	K30-39	14	00:38:48.55	+00:08:15 (21.3%)	7:45	7.7 (78.6%)
77	MAŁYSZEWICZ Andrzej	141		M50-59	6	00:38:50.50	+00:08:17 (21.4%)	7:46	7.7 (78.6%)
78	FELSKA Katarzyna	101		K30-39	15	00:38:52.75	+00:08:19 (21.4%)	7:46	7.7 (78.6%)
79	BYCZYK Jarosław	88		M50-59	7	00:38:53.10	+00:08:20 (21.4%)	7:46	7.7 (78.6%)
80	KASZUBA Agnieszka	122		K30-39	16	00:39:00.30	+00:08:27 (21.7%)	7:48	7.7 (78.6%)
81	SZUKIŁOWICZ Karolina	186		K18-29	4	00:39:04.60	+00:08:31 (21.8%)	7:48	7.7 (78.6%)
82	TRĘBSKA Marta	191	#ZABIEGANINOCA	K40-49	19	00:39:06.40	+00:08:33 (21.9%)	7:49	7.7 (78.6%)
83	WODZYŃSKA Katarzyna	71	ZABIEGANI NOCA	K30-39	17	00:39:06.45	+00:08:33 (21.9%)	7:49	7.7 (78.6%)
83	MICKIEWICZ Kinga	146	#ZABIEGANINOCA	K40-49	20	00:39:06.45	+00:08:33 (21.9%)	7:49	7.7 (78.6%)
85	WROBLEWSKI Jerzy	199	PARKRUN SZCZECINEK	M60+	5	00:39:09.05	+00:08:36 (22.0%)	7:49	7.7 (78.6%)
86	JUREK Amelia	18		K18-29	5	00:39:11.40	+00:08:38 (22.1%)	7:50	7.7 (78.6%)
87	RUSZAŁA Damian	52		M18-29	3	00:39:12.35	+00:08:39 (22.1%)	7:50	7.7 (78.6%)
88	NIEDZIELA Dorota	151	LILLSPORT	K60+	1	00:39:18.65	+00:08:45 (22.3%)	7:51	7.6 (77.6%)
89	JARCZEWSKA Renata	114		K50-59	8	00:39:21.40	+00:08:48 (22.4%)	7:52	7.6 (77.6%)
90	BODZIONY Grzegorz	83		M30-39	9	00:39:37.40	+00:09:04 (22.9%)	7:55	7.6 (77.6%)
91	SKOWROŃSKA Wanda	178	MORSY EUFORIA PIŁA	K60+	2	00:39:42.35	+00:09:09 (23.1%)	7:56	7.6 (77.6%)
92	WAWRZONKOWSKA Justyna	193	JUST TEAM	K30-39	18	00:39:45.95	+00:09:13 (23.2%)	7:57	7.5 (76.5%)
93	WOJTECZKO Magdalena	198		K40-49	21	00:39:48.15	+00:09:15 (23.3%)	7:57	7.5 (76.5%)
94	POGRZEBSKA Julia	163	POGRZEBSCY TEAM	K40-49	22	00:39:51.35	+00:09:18 (23.4%)	7:58	7.5 (76.5%)
95	FIRLEJ Agnieszka	102		K40-49	23	00:39:53.40	+00:09:20 (23.4%)	7:58	7.5 (76.5%)
96	PODGÓRSKA Agata	162	KLUB SPORTOWY HUSARIA SZCZECINEK	K40-49	24	00:40:02.55	+00:09:29 (23.7%)	8:00	7.5 (76.5%)
97	SUCHANOWSKA Anna	331	RESPECT LOTYŃ	K50-59	9	00:40:26.55	+00:09:53 (24.5%)	8:05	7.4 (75.5%)
98	TOMASZEWSKA Magdalena	189		K40-49	25	00:40:27.15	+00:09:54 (24.5%)	8:05	7.4 (75.5%)
99	OTTON Aleksandra	154		K18-29	6	00:40:36.70	+00:10:03 (24.8%)	8:07	7.4 (75.5%)
100	ROKITA Emilia	173		K30-39	19	00:40:37.00	+00:10:04 (24.8%)	8:07	7.4 (75.5%)
101	ŻMIJEWSKA Dominika	205	KLUB BIEGOWY TSK ORZEŁ OSIEK	K30-39	20	00:40:39.30	+00:10:06 (24.9%)	8:07	7.4 (75.5%)
102	DĄBROWSKA Pola	93		K14-17	1	00:40:44.30	+00:10:11 (25.0%)	8:08	7.4 (75.5%)
103	LAJTER Jerzy	137	4 RUN TEAM PIŁA	M60+	6	00:40:53.80	+00:10:20 (25.3%)	8:10	7.3 (74.5%)
104	GRZYWOCZ Irena	111		K60+	3	00:41:37.00	+00:11:04 (26.6%)	8:19	7.2 (73.5%)
105	KOŁDA Klaudia	127	KOŁDZIAKI	K14-17	2	00:42:42.85	+00:12:10 (28.5%)	8:32	7 (71.4%)
106	KOŁDA Ania	126	KOŁDZIAKI	K40-49	26	00:42:43.10	+00:12:10 (28.5%)	8:32	7 (71.4%)
107	MIKITA Rafał	148		M30-39	10	00:43:26.25	+00:12:53 (29.7%)	8:41	6.9 (70.4%)
108	KWAŚNY Marta	136		K30-39	21	00:43:49.80	+00:13:16 (30.3%)	8:45	6.8 (69.4%)
109	GRZYWOCZ Bernard	112		M60+	7	00:44:47.40	+00:14:14 (31.8%)	8:57	6.7 (68.4%)
110	BODNAR Zbigniew	81	BIEG KORCZAKA	M60+	8	00:44:51.15	+00:14:18 (31.9%)	8:58	6.7 (68.4%)
111	BIAŁKOWSKI Jacek	80		M50-59	8	00:45:17.45	+00:14:44 (32.6%)	9:03	6.6 (67.3%)
112	KUBIŚ Paweł	133		M30-39	11	00:50:01.35	+00:19:28 (38.9%)	10:00	6 (61.2%)
113	PIASKOWIAK Artur	159	KLUB SPORTOWY HUSARIA SZCZECINEK	M30-39	12	00:50:02.15	+00:19:29 (38.9%)	10:00	6 (61.2%)
114	SARNOWSKI Janusz	176	LILLSPORT	M50-59	9	00:50:02.90	+00:19:30 (39.0%)	10:00	6 (61.2%)
115	KASZUBA Artur	116		M40-49	16	00:50:03.70	+00:19:30 (39.0%)	10:00	6 (61.2%)

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116	PICZAK Łukasz	160		M18-29	4	00:50:26.90	+00:19:54 (39.4%)	10:05	5.9 (60.2%)
117	BAZIMIEROWSKI Sylwester	78	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50-59	10	00:50:27.15	+00:19:54 (39.5%)	10:05	5.9 (60.2%)
118	KOCZWARA Joanna	125	TEAM BIEGOWY SZCZECINEK	K40-49	27	00:50:58.10	+00:20:25 (40.1%)	10:11	5.9 (60.2%)
119	OSIPOWICZ Anna	153	KIJOWE SIOSTRY 2	K40-49	28	00:51:06.75	+00:20:33 (40.2%)	10:13	5.9 (60.2%)
120	KALINOWSKI Grzegorz	118	WIR SHOTMAKER	M30-39	13	00:53:49.50	+00:23:16 (43.2%)	10:45	5.6 (57.1%)
121	KATZBAN Izabela	123	WIR SHOTMAKER	K30-39	22	00:53:50.55	+00:23:17 (43.3%)	10:46	5.6 (57.1%)
122	STARSZAK Marcin	181	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30-39	14	00:54:03.25	+00:23:30 (43.5%)	10:48	5.6 (57.1%)
123	KŁUNDUKOWSKA Paulina	124	LILLSPORT	K30-39	23	00:57:23.60	+00:26:50 (46.8%)	11:28	5.2 (53.1%)
124	ZAKIELARZ Jan	202	TEAM TERMINATORUN	M60+	9	00:58:32.30	+00:27:59 (47.8%)	11:42	5.1 (52.0%)
125	MELON Jacek	144	POZYTYWNI Z PASJĄ	M40-49	17	00:58:34.75	+00:28:01 (47.9%)	11:42	5.1 (52.0%)
126	PEPLIŃSKI Rafał	263		M18-29	5	00:59:01.60	+00:28:28 (48.2%)	11:48	5.1 (52.0%)
127	WITCZAK Grażyna	197	TEAM UJŚCIE	K50-59	10	00:59:18.35	+00:28:45 (48.5%)	11:51	5.1 (52.0%)
128	DĘBOWSKA-SZCZYTKOWSKA Izabella	95		K40-49	29	00:59:19.55	+00:28:46 (48.5%)	11:51	5.1 (52.0%)
129	PAWŁOWSKI Mariusz	158		M30-39	15	01:01:02.55	+00:30:29 (50.0%)	12:12	4.9 (50.0%)
130	ZAKIELARZ Piotr	201	TEAM TERMINARORUN	M30-39	16	01:01:02.85	+00:30:30 (50.0%)	12:12	4.9 (50.0%)
131	ZAKIELARZ Anna	203	TEAM TERMINATORUN	K40-49	30	01:07:26.00	+00:36:53 (54.7%)	13:29	4.4 (44.9%)
132	DŁUGA Magdalena	96	LILLSPORT	K30-39	24	01:07:26.10	+00:36:53 (54.7%)	13:29	4.4 (44.9%)
133	PRZYBYŁOWICZ Małgorzata	166		K30-39	25	01:07:27.35	+00:36:54 (54.7%)	13:29	4.4 (44.9%)

Znaleziono 133 wynik(ów)