

# VII CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

**Wydarzenie:** VII CROSS NA WRZOSACH  
**Organizator:** Nadleśnictwo Okonek  
**Data:** 2021-08-29  
**Miejsce:** Okonek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>METKOWSKA Beata</b>	<b>145</b>		K50-59	1	<b>00:30:32.85</b>		6:06	9.8 (100%)
2	<b>PYREK Krzysztof</b>	<b>168</b>	1 RBLOG	M40-49	1	<b>00:33:47.15</b>	+00:03:14 (9.6%)	6:45	8.9 (90.8%)
3	<b>CHUPTYŚ Adrian</b>	<b>91</b>	RUNDORFINA	M30-39	1	<b>00:34:38.10</b>	+00:04:05 (11.8%)	6:55	8.7 (88.8%)
4	<b>OSTROWSKI Marian</b>	<b>171</b>		M60+	1	<b>00:34:55.60</b>	+00:04:22 (12.5%)	6:59	8.6 (87.8%)
5	<b>ŁAWNICZAK Justyna</b>	<b>138</b>	#ZABIEGANINOCA	K30-39	1	<b>00:35:01.35</b>	+00:04:28 (12.8%)	7:00	8.6 (87.8%)
6	<b>KOMORSKI Jacek</b>	<b>129</b>	POZYTYWNI Z PASJĄ	M40-49	2	<b>00:35:10.00</b>	+00:04:37 (13.1%)	7:02	8.5 (86.7%)
7	<b>MIKIETYŃSKI Michał</b>	<b>147</b>	#ZABIEGANINOCA	M30-39	2	<b>00:35:13.45</b>	+00:04:40 (13.3%)	7:02	8.5 (86.7%)
8	<b>ZMYSŁOWSKI Zygmunt</b>	<b>204</b>	NORDIC WALKING LUBASZ	M60+	2	<b>00:35:25.65</b>	+00:04:52 (13.8%)	7:05	8.5 (86.7%)
9	<b>CHUDZIK Piotr</b>	<b>90</b>	LZS 'JEDNOŚĆ' ŁOBŻENICA	M50-59	1	<b>00:35:39.15</b>	+00:05:06 (14.3%)	7:07	8.4 (85.7%)
10	<b>USTJANOWSKA Katarzyna</b>	<b>192</b>		K30-39	2	<b>00:35:40.25</b>	+00:05:07 (14.4%)	7:08	8.4 (85.7%)
11	<b>GRĘZLIKOWSKI Adam</b>	<b>339</b>		M40-49	3	<b>00:36:00.90</b>	+00:05:28 (15.2%)	7:12	8.3 (84.7%)
12	<b>KASPEROWICZ Zdzisław</b>	<b>120</b>	PRO DYSTANS KASPEROWICZ	M40-49	4	<b>00:36:16.20</b>	+00:05:43 (15.8%)	7:15	8.3 (84.7%)
13	<b>KASZUBA Artur</b>	<b>121</b>		M30-39	3	<b>00:36:19.80</b>	+00:05:46 (15.9%)	7:15	8.3 (84.7%)
14	<b>MOSKAL Magdalena</b>	<b>150</b>		K30-39	3	<b>00:36:21.45</b>	+00:05:48 (16.0%)	7:16	8.3 (84.7%)
15	<b>BORUCH Edyta</b>	<b>85</b>		K50-59	2	<b>00:36:28.80</b>	+00:05:55 (16.3%)	7:17	8.2 (83.7%)
16	<b>BORUCH Edward</b>	<b>86</b>		M50-59	2	<b>00:36:32.65</b>	+00:05:59 (16.4%)	7:18	8.2 (83.7%)
17	<b>DRĄG Krzysztof</b>	<b>99</b>	URZĄD GMINY TARNÓWKA	M30-39	4	<b>00:36:36.75</b>	+00:06:03 (16.6%)	7:19	8.2 (83.7%)
18	<b>GRABOWSKI Błażej</b>	<b>157</b>	POZYTYWNI BIEGACZE	M40-49	5	<b>00:36:41.25</b>	+00:06:08 (16.7%)	7:20	8.2 (83.7%)
19	<b>KOMORSKA Sylwia</b>	<b>128</b>	POZYTYWNI Z PASJĄ	K40-49	1	<b>00:36:47.65</b>	+00:06:14 (17.0%)	7:21	8.2 (83.7%)
20	<b>PONICKI Tomasz</b>	<b>165</b>	TEAM UJŚCIE	M50-59	3	<b>00:36:50.85</b>	+00:06:18 (17.1%)	7:22	8.1 (82.7%)
21	<b>KURZAWIŃSKA-JABŁOŃSKA Kasia</b>	<b>134</b>		K40-49	2	<b>00:36:57.30</b>	+00:06:24 (17.3%)	7:23	8.1 (82.7%)
22	<b>GZUBICKI Piotr</b>	<b>113</b>	EL TORO DE ORO	M30-39	5	<b>00:36:59.55</b>	+00:06:26 (17.4%)	7:23	8.1 (82.7%)
23	<b>GAWRON Urszula</b>	<b>105</b>		K30-39	4	<b>00:37:04.25</b>	+00:06:31 (17.6%)	7:24	8.1 (82.7%)
24	<b>KUŻAJ Sławomir</b>	<b>135</b>	SAILING TEAM FERAJNA	M50-59	4	<b>00:37:05.95</b>	+00:06:33 (17.7%)	7:25	8.1 (82.7%)
25	<b>KOZŁOWSKA Karolina</b>	<b>333</b>		K40-49	3	<b>00:37:06.75</b>	+00:06:33 (17.7%)	7:25	8.1 (82.7%)
26	<b>GĘBALA Paweł</b>	<b>107</b>		M40-49	6	<b>00:37:11.90</b>	+00:06:39 (17.9%)	7:26	8.1 (82.7%)
27	<b>PIETRZYK Rafał</b>	<b>161</b>		M30-39	6	<b>00:37:12.00</b>	+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	<b>KRASOWSKI Tomasz</b>	<b>132</b>		M40-49	7	<b>00:37:13.20</b>	+00:06:40 (17.9%)	7:26	8.1 (82.7%)
29	<b>WICHER Jolanta</b>	<b>196</b>	NORDIC WALKING LUBASZ	K50-59	3	<b>00:37:16.95</b>	+00:06:44 (18.1%)	7:27	8.1 (82.7%)
30	<b>SOSNOWSKI Daniel</b>	<b>180</b>		M30-39	7	<b>00:37:17.00</b>	+00:06:44 (18.1%)	7:27	8 (81.6%)
31	<b>WEINSTOK Anna</b>	<b>195</b>		K40-49	4	<b>00:37:20.80</b>	+00:06:47 (18.2%)	7:28	8 (81.6%)
32	<b>BUTOWICZ Adam</b>	<b>87</b>		M60+	3	<b>00:37:21.35</b>	+00:06:48 (18.2%)	7:28	8 (81.6%)
33	<b>ŻOŁĄDKIEWICZ Magdalena</b>	<b>267</b>		K30-39	5	<b>00:37:25.25</b>	+00:06:52 (18.4%)	7:29	8 (81.6%)
34	<b>NOWAK Bartłomiej</b>	<b>152</b>	SAILING TEAM FERAJNA	M40-49	8	<b>00:37:25.80</b>	+00:06:52 (18.4%)	7:29	8 (81.6%)
35	<b>FRĄTCZAK Marzena</b>	<b>104</b>		K40-49	5	<b>00:37:29.10</b>	+00:06:56 (18.5%)	7:29	8 (81.6%)
36	<b>MAZUR Tomasz</b>	<b>143</b>	POZYTYWNI Z PASJĄ	M40-49	9	<b>00:37:29.25</b>	+00:06:56 (18.5%)	7:29	8 (81.6%)
37	<b>RADDATZ Alicja</b>	<b>170</b>	JUST TEAM	K50-59	4	<b>00:37:31.05</b>	+00:06:58 (18.6%)	7:30	8 (81.6%)
38	<b>KAFKA Michał</b>	<b>117</b>		M18-29	1	<b>00:37:35.75</b>	+00:07:02 (18.7%)	7:31	8 (81.6%)
39	<b>SZYMAŃSKA Hanna</b>	<b>187</b>	POZYTYWNI BIEGACZE	K40-49	6	<b>00:37:38.10</b>	+00:07:05 (18.8%)	7:31	8 (81.6%)
40	<b>BALD Małgorzata</b>	<b>76</b>		K30-39	6	<b>00:37:40.05</b>	+00:07:07 (18.9%)	7:32	8 (81.6%)
41	<b>PRZYBYSZEWSKA Bogna</b>	<b>167</b>		K30-39	7	<b>00:37:40.40</b>	+00:07:07 (18.9%)	7:32	8 (81.6%)
42	<b>SAWCZUK- KRUK Ilona</b>	<b>177</b>	POZYTYWNI Z PASJĄ	K40-49	7	<b>00:37:42.05</b>	+00:07:09 (19.0%)	7:32	8 (81.6%)
43	<b>GRZYSTEK Kasia</b>	<b>110</b>		K40-49	8	<b>00:37:49.10</b>	+00:07:16 (19.2%)	7:33	7.9 (80.6%)
44	<b>STRZELECKA Małgorzata</b>	<b>182</b>	SAILING TEAM FERAJNA	K40-49	9	<b>00:37:51.30</b>	+00:07:18 (19.3%)	7:34	7.9 (80.6%)
45	<b>RUTKOWSKA Anna</b>	<b>175</b>	WATAHA WAŁCZ	K50-59	5	<b>00:37:55.65</b>	+00:07:22 (19.5%)	7:35	7.9 (80.6%)
46	<b>PYREK Iwona</b>	<b>169</b>		K40-49	10	<b>00:37:56.00</b>	+00:07:23 (19.5%)	7:35	7.9 (80.6%)
47	<b>JASIEK Paweł</b>	<b>277</b>		M30-39	8	<b>00:38:01.85</b>	+00:07:29 (19.7%)	7:36	7.9 (80.6%)
48	<b>BANACZYK Wioleta</b>	<b>77</b>	LILLSPORT	K50-59	6	<b>00:38:02.00</b>	+00:07:29 (19.7%)	7:36	7.9 (80.6%)
49	<b>SZTECHMILER Katarzyna</b>	<b>185</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	8	<b>00:38:05.00</b>	+00:07:32 (19.8%)	7:37	7.9 (80.6%)
50	<b>GĘSICKA Anna</b>	<b>108</b>		K40-49	11	<b>00:38:08.55</b>	+00:07:35 (19.9%)	7:37	7.9 (80.6%)
51	<b>ZIÓŁKOWSKA Milena</b>	<b>115</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	9	<b>00:38:09.80</b>	+00:07:36 (20.0%)	7:37	7.9 (80.6%)
52	<b>BODZIONY Amelia</b>	<b>82</b>		K30-39	10	<b>00:38:10.55</b>	+00:07:37 (20.0%)	7:38	7.9 (80.6%)
53	<b>KUŚMIEREK Wiktoria</b>	<b>234</b>	TEAM TERMINATORUN	K18-29	1	<b>00:38:10.70</b>	+00:07:37 (20.0%)	7:38	7.9 (80.6%)
54	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>183</b>	SAILING TEAM FERAJNA	M40-49	10	<b>00:38:12.25</b>	+00:07:39 (20.0%)	7:38	7.9 (80.6%)
54	<b>KOPKIEWICZ Konrad</b>	<b>131</b>		M40-49	10	<b>00:38:12.25</b>	+00:07:39 (20.0%)	7:38	7.9 (80.6%)
56	<b>MAZUR Anna</b>	<b>142</b>	POZYTYWNI Z PASJĄ	K40-49	12	<b>00:38:12.40</b>	+00:07:39 (20.0%)	7:38	7.9 (80.6%)
57	<b>KARPOWICZ Tadeusz</b>	<b>119</b>	PIAST GŁOGÓW	M60+	4	<b>00:38:13.70</b>	+00:07:40 (20.1%)	7:38	7.8 (79.6%)
58	<b>WEDEL Krystian</b>	<b>194</b>		M40-49	12	<b>00:38:16.30</b>	+00:07:43 (20.2%)	7:39	7.8 (79.6%)
59	<b>SZYMAŃSKA Wiktoria</b>	<b>188</b>		K18-29	2	<b>00:38:21.25</b>	+00:07:48 (20.4%)	7:40	7.8 (79.6%)
60	<b>TOMASZEWSKI Dominik</b>	<b>190</b>		M40-49	13	<b>00:38:21.65</b>	+00:07:48 (20.4%)	7:40	7.8 (79.6%)
61	<b>BIADON Agnieszka</b>	<b>79</b>	LILLSPORT	K30-39	11	<b>00:38:21.85</b>	+00:07:49 (20.4%)	7:40	7.8 (79.6%)
62	<b>MACIEJEWSKI Krzysztof</b>	<b>140</b>		M50-59	5	<b>00:38:24.20</b>	+00:07:51 (20.5%)	7:40	7.8 (79.6%)
63	<b>BYSTRZYŃSKI Jan</b>	<b>89</b>		M40-49	14	<b>00:38:28.10</b>	+00:07:55 (20.6%)	7:41	7.8 (79.6%)
64	<b>SOBOLEWSKA Agnieszka</b>	<b>179</b>		K30-39	12	<b>00:38:29.20</b>	+00:07:56 (20.6%)	7:41	7.8 (79.6%)
64	<b>PAWŁOWICZ Izabela</b>	<b>156</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K50-59	7	<b>00:38:29.20</b>	+00:07:56 (20.6%)	7:41	7.8 (79.6%)
66	<b>POLACZEK Jakub</b>	<b>303</b>	TEAM TERMINATORUN	M18-29	2	<b>00:38:29.85</b>	+00:07:57 (20.7%)	7:41	7.8 (79.6%)
67	<b>ROLNICZAK Joanna</b>	<b>174</b>	TRZCIANKA	K40-49	13	<b>00:38:31.35</b>	+00:07:58 (20.7%)	7:42	7.8 (79.6%)
68	<b>PONICKA Izabela</b>	<b>164</b>	TEAM UJŚCIE	K40-49	14	<b>00:38:32.25</b>	+00:07:59 (20.7%)	7:42	7.8 (79.6%)
69	<b>PAWLUŚ Kamilla</b>	<b>155</b>		K40-49	15	<b>00:38:32.90</b>	+00:08:00 (20.8%)	7:42	7.8 (79.6%)
70	<b>DĄBROWSKA Katarzyna</b>	<b>94</b>	JUST TEAM	K40-49	16	<b>00:38:33.40</b>	+00:08:00 (20.8%)	7:42	7.8 (79.6%)
71	<b>RĘBIŚ Monika</b>	<b>172</b>	#ZABIEGANINOCA	K18-29	3	<b>00:38:34.40</b>	+00:08:01 (20.8%)	7:42	7.8 (79.6%)

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

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

Znaleziono 133 wynik(ów)