



# 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: K-OPEN

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>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%)
3	<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%)
4	<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%)
5	<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%)
6	<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%)
7	<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%)
8	<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%)
9	<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%)
10	<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%)
11	<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%)
12	<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%)
13	<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%)
14	<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%)
15	<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%)
16	<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%)
17	<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%)
18	<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%)
19	<b>GRZYSZEK 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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>KUŚMIEREK</b> Wiktoria	<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%)
29	<b>MAZUR</b> Anna	<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%)
30	<b>SZYMAŃSKA</b> Wiktoria	<b>188</b>		K18-29	2	<b>00:38:21.25</b>	+00:07:48 (20.4%)	7:40	7.8 (79.6%)
31	<b>BIADON</b> Agnieszka	<b>79</b>	LILLSPORT	K30-39	11	<b>00:38:21.85</b>	+00:07:49 (20.4%)	7:40	7.8 (79.6%)
32	<b>SOBOLEWSKA</b> Agnieszka	<b>179</b>		K30-39	12	<b>00:38:29.20</b>	+00:07:56 (20.6%)	7:41	7.8 (79.6%)
32	<b>PAWŁOWICZ</b> Izabela	<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%)
34	<b>ROLNICZAK</b> Joanna	<b>174</b>	TRZCIANKA	K40-49	13	<b>00:38:31.35</b>	+00:07:58 (20.7%)	7:42	7.8 (79.6%)
35	<b>PONICKA</b> Izabela	<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%)
36	<b>PAWLUŚ</b> Kamilla	<b>155</b>		K40-49	15	<b>00:38:32.90</b>	+00:08:00 (20.8%)	7:42	7.8 (79.6%)
37	<b>DĄBROWSKA</b> Katarzyna	<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%)
38	<b>RĘBIŚ</b> Monika	<b>172</b>	#ZABIEGANINOCA	K18-29	3	<b>00:38:34.40</b>	+00:08:01 (20.8%)	7:42	7.8 (79.6%)
39	<b>MACIEJCZAK</b> Karolina	<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%)
40	<b>RABCZUK</b> Anna	<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%)
41	<b>KOŃCZAK</b> Katarzyna	<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%)
42	<b>ZAKIELARZ</b> Adriana	<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%)
43	<b>FELSKA</b> Katarzyna	<b>101</b>		K30-39	15	<b>00:38:52.75</b>	+00:08:19 (21.4%)	7:46	7.7 (78.6%)
44	<b>KASZUBA</b> Agnieszka	<b>122</b>		K30-39	16	<b>00:39:00.30</b>	+00:08:27 (21.7%)	7:48	7.7 (78.6%)
45	<b>SZUKIŁOWICZ</b> Karolina	<b>186</b>		K18-29	4	<b>00:39:04.60</b>	+00:08:31 (21.8%)	7:48	7.7 (78.6%)
46	<b>TRĘBSKA</b> Marta	<b>191</b>	#ZABIEGANINOCA	K40-49	19	<b>00:39:06.40</b>	+00:08:33 (21.9%)	7:49	7.7 (78.6%)
47	<b>WODZYŃSKA</b> Katarzyna	<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%)
47	<b>MICKIEWICZ</b> Kinga	<b>146</b>	#ZABIEGANINOCA	K40-49	20	<b>00:39:06.45</b>	+00:08:33 (21.9%)	7:49	7.7 (78.6%)
49	<b>JUREK</b> Amelia	<b>18</b>		K18-29	5	<b>00:39:11.40</b>	+00:08:38 (22.1%)	7:50	7.7 (78.6%)
50	<b>NIEDZIELA</b> Dorota	<b>151</b>	LILLSPORT	K60+	1	<b>00:39:18.65</b>	+00:08:45 (22.3%)	7:51	7.6 (77.6%)
51	<b>JARCZEWSKA</b> Renata	<b>114</b>		K50-59	8	<b>00:39:21.40</b>	+00:08:48 (22.4%)	7:52	7.6 (77.6%)
52	<b>SKOWROŃSKA</b> Wanda	<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%)
53	<b>WAWRZONKOWSKA</b> Justyna	<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%)
54	<b>WOJTECZKO</b> Magdalena	<b>198</b>		K40-49	21	<b>00:39:48.15</b>	+00:09:15 (23.3%)	7:57	7.5 (76.5%)
55	<b>POGRZEBSKA</b> Julia	<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%)
56	<b>FIRLEJ</b> Agnieszka	<b>102</b>		K40-49	23	<b>00:39:53.40</b>	+00:09:20 (23.4%)	7:58	7.5 (76.5%)
57	<b>PODGÓRSKA</b> Agata	<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%)
58	<b>SUCHANOWSKA</b> Anna	<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%)
59	<b>TOMASZEWSKA</b> Magdalena	<b>189</b>		K40-49	25	<b>00:40:27.15</b>	+00:09:54 (24.5%)	8:05	7.4 (75.5%)
60	<b>OTTON</b> Aleksandra	<b>154</b>		K18-29	6	<b>00:40:36.70</b>	+00:10:03 (24.8%)	8:07	7.4 (75.5%)
61	<b>ROKITA</b> Emilia	<b>173</b>		K30-39	19	<b>00:40:37.00</b>	+00:10:04 (24.8%)	8:07	7.4 (75.5%)
62	<b>ŻMIJEWSKA</b> Dominika	<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%)
63	<b>DĄBROWSKA</b> Pola	<b>93</b>		K14-17	1	<b>00:40:44.30</b>	+00:10:11 (25.0%)	8:08	7.4 (75.5%)
64	<b>GRZYWOCZ</b> Irena	<b>111</b>		K60+	3	<b>00:41:37.00</b>	+00:11:04 (26.6%)	8:19	7.2 (73.5%)
65	<b>KOŁDA</b> Klaudia	<b>127</b>	KOŁDZIAKI	K14-17	2	<b>00:42:42.85</b>	+00:12:10 (28.5%)	8:32	7 (71.4%)
66	<b>KOŁDA</b> Ania	<b>126</b>	KOŁDZIAKI	K40-49	26	<b>00:42:43.10</b>	+00:12:10 (28.5%)	8:32	7 (71.4%)
67	<b>KWAŚNY</b> Marta	<b>136</b>		K30-39	21	<b>00:43:49.80</b>	+00:13:16 (30.3%)	8:45	6.8 (69.4%)
68	<b>KOCZWARA</b> Joanna	<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%)
69	<b>OSIPOWICZ</b> Anna	<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%)
70	<b>KATZBAN</b> Izabela	<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%)
71	<b>KŁUNDUKOWSKA</b> Paulina	<b>124</b>	LILLSPORT	K30-39	23	<b>00:57:23.60</b>	+00:26:50 (46.8%)	11:28	5.2 (53.1%)

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72	<b>WITCZ 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%)
73	<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%)
74	<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%)
75	<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%)
76	<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 76 wynik(ów)