



VII CROSS NA WRZOSACH - OKONEK - 5 KM

B4SPORT

Event: VII CROSS NA WRZOSACH
Organiser: Nadleśnictwo Okonek
Date: 2021-08-29
Place: Okonek
Distance: 5 km



Classification: K30-39

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	ŁAWNICZAK Justyna	138	#ZABIEGANINOCA	K30-39	1	00:35:01.35		7:00	8.6 (100%)
2	USTJANOWSKA Katarzyna	192		K30-39	2	00:35:40.25	+00:00:38 (1.8%)	7:08	8.4 (97.7%)
3	MOSKAL Magdalena	150		K30-39	3	00:36:21.45	+00:01:20 (3.7%)	7:16	8.3 (96.5%)
4	GAWRON Urszula	105		K30-39	4	00:37:04.25	+00:02:02 (5.5%)	7:24	8.1 (94.2%)
5	ŻOŁĄDKIEWICZ Magdalena	267		K30-39	5	00:37:25.25	+00:02:23 (6.4%)	7:29	8 (93.0%)
6	BALD Małgorzata	76		K30-39	6	00:37:40.05	+00:02:38 (7.0%)	7:32	8 (93.0%)
7	PRZYBYSZEWSKA Bogna	167		K30-39	7	00:37:40.40	+00:02:39 (7.0%)	7:32	8 (93.0%)
8	SZTECHMILER Katarzyna	185	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	8	00:38:05.00	+00:03:03 (8.0%)	7:37	7.9 (91.9%)
9	ZIÓŁKOWSKA Milena	115	KLUB SPORTOWY HUSARIA SZCZECINEK	K30-39	9	00:38:09.80	+00:03:08 (8.2%)	7:37	7.9 (91.9%)
10	BODZIONY Amelia	82		K30-39	10	00:38:10.55	+00:03:09 (8.3%)	7:38	7.9 (91.9%)
11	BIADON Agnieszka	79	LILLSPORT	K30-39	11	00:38:21.85	+00:03:20 (8.7%)	7:40	7.8 (90.7%)
12	SOBOLEWSKA Agnieszka	179		K30-39	12	00:38:29.20	+00:03:27 (9.0%)	7:41	7.8 (90.7%)
13	RABCZUK Anna	149	TEAM TERMINATORUN	K30-39	13	00:38:39.75	+00:03:38 (9.4%)	7:43	7.8 (90.7%)
14	ZAKIELARZ Adriana	200	TEAM TERMINATORUN	K30-39	14	00:38:48.55	+00:03:47 (9.8%)	7:45	7.7 (89.5%)
15	FELSKA Katarzyna	101		K30-39	15	00:38:52.75	+00:03:51 (9.9%)	7:46	7.7 (89.5%)
16	KASZUBA Agnieszka	122		K30-39	16	00:39:00.30	+00:03:58 (10.2%)	7:48	7.7 (89.5%)
17	WODZYŃSKA Katarzyna	71	ZABIEGANI NOCA	K30-39	17	00:39:06.45	+00:04:05 (10.4%)	7:49	7.7 (89.5%)
18	WAWRZONKOWSKA Justyna	193	JUST TEAM	K30-39	18	00:39:45.95	+00:04:44 (11.9%)	7:57	7.5 (87.2%)
19	ROKITA Emilia	173		K30-39	19	00:40:37.00	+00:05:35 (13.8%)	8:07	7.4 (86.0%)
20	ŻMIJEWSKA Dominika	205	KLUB BIEGOWY TSK ORZEŁ OSIEK	K30-39	20	00:40:39.30	+00:05:37 (13.9%)	8:07	7.4 (86.0%)
21	KWAŚNY Marta	136		K30-39	21	00:43:49.80	+00:08:48 (20.1%)	8:45	6.8 (79.1%)
22	KATZBAN Izabela	123	WIR SHOTMAKER	K30-39	22	00:53:50.55	+00:18:49 (35.0%)	10:46	5.6 (65.1%)
23	KŁUNDUKOWSKA Paulina	124	LILLSPORT	K30-39	23	00:57:23.60	+00:22:22 (39.0%)	11:28	5.2 (60.5%)
24	DŁUGA Magdalena	96	LILLSPORT	K30-39	24	01:07:26.10	+00:32:24 (48.1%)	13:29	4.4 (51.2%)
25	PRZYBYŁOWICZ Małgorzata	166		K30-39	25	01:07:27.35	+00:32:26 (48.1%)	13:29	4.4 (51.2%)

Total 25 results.