



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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PYREK Krzysztof	168	1 RBLOG	M40-49	1	00:33:47.15		6:45	8.9 (100%)
2	CHUPTYŚ Adrian	91	RUNDORFINA	M30-39	1	00:34:38.10	+00:00:50 (2.5%)	6:55	8.7 (97.8%)
3	OSTROWSKI Marian	171		M60+	1	00:34:55.60	+00:01:08 (3.3%)	6:59	8.6 (96.6%)
4	KOMORSKI Jacek	129	POZYTYWNI Z PASJĄ	M40-49	2	00:35:10.00	+00:01:22 (3.9%)	7:02	8.5 (95.5%)
5	MIKIETYŃSKI Michał	147	#ZABIEGANINOCA	M30-39	2	00:35:13.45	+00:01:26 (4.1%)	7:02	8.5 (95.5%)
6	ZMYSŁOWSKI Zygmunt	204	NORDIC WALKING LUBASZ	M60+	2	00:35:25.65	+00:01:38 (4.6%)	7:05	8.5 (95.5%)
7	CHUDZIK Piotr	90	LZS 'JEDNOŚĆ' ŁOBŻENICA	M50-59	1	00:35:39.15	+00:01:52 (5.2%)	7:07	8.4 (94.4%)
8	GRĘZLIKOWSKI Adam	339		M40-49	3	00:36:00.90	+00:02:13 (6.2%)	7:12	8.3 (93.3%)
9	KASPEROWICZ Zdzisław	120	PRO DYSTANS KASPEROWICZ	M40-49	4	00:36:16.20	+00:02:29 (6.8%)	7:15	8.3 (93.3%)
10	KASZUBA Artur	121		M30-39	3	00:36:19.80	+00:02:32 (7.0%)	7:15	8.3 (93.3%)
11	BORUCH Edward	86		M50-59	2	00:36:32.65	+00:02:45 (7.5%)	7:18	8.2 (92.1%)
12	DRĄG Krzysztof	99	URZĄD GMINY TARNÓWKA	M30-39	4	00:36:36.75	+00:02:49 (7.7%)	7:19	8.2 (92.1%)
13	GRABOWSKI Błażej	157	POZYTYWNI BIEGACZE	M40-49	5	00:36:41.25	+00:02:54 (7.9%)	7:20	8.2 (92.1%)
14	PONICKI Tomasz	165	TEAM UJŚCIE	M50-59	3	00:36:50.85	+00:03:03 (8.3%)	7:22	8.1 (91.0%)
15	GZUBICKI Piotr	113	EL TORO DE ORO	M30-39	5	00:36:59.55	+00:03:12 (8.7%)	7:23	8.1 (91.0%)
16	KUŻAJ Sławomir	135	SAILING TEAM FERAJNA	M50-59	4	00:37:05.95	+00:03:18 (8.9%)	7:25	8.1 (91.0%)
17	GĘBALA Paweł	107		M40-49	6	00:37:11.90	+00:03:24 (9.2%)	7:26	8.1 (91.0%)
18	PIETRZYK Rafał	161		M30-39	6	00:37:12.00	+00:03:24 (9.2%)	7:26	8.1 (91.0%)
19	KRASOWSKI Tomasz	132		M40-49	7	00:37:13.20	+00:03:26 (9.2%)	7:26	8.1 (91.0%)
20	SOSNOWSKI Daniel	180		M30-39	7	00:37:17.00	+00:03:29 (9.4%)	7:27	8 (89.9%)
21	BUTOWICZ Adam	87		M60+	3	00:37:21.35	+00:03:34 (9.6%)	7:28	8 (89.9%)
22	NOWAK Bartłomiej	152	SAILING TEAM FERAJNA	M40-49	8	00:37:25.80	+00:03:38 (9.7%)	7:29	8 (89.9%)
23	MAZUR Tomasz	143	POZYTYWNI Z PASJĄ	M40-49	9	00:37:29.25	+00:03:42 (9.9%)	7:29	8 (89.9%)
24	KAFKA Michał	117		M18-29	1	00:37:35.75	+00:03:48 (10.1%)	7:31	8 (89.9%)
25	JASIEK Paweł	277		M30-39	8	00:38:01.85	+00:04:14 (11.2%)	7:36	7.9 (88.8%)
26	STRZELECKI Sebastian 'Kaszana'	183	SAILING TEAM FERAJNA	M40-49	10	00:38:12.25	+00:04:25 (11.6%)	7:38	7.9 (88.8%)
26	KOPKIEWICZ Konrad	131		M40-49	10	00:38:12.25	+00:04:25 (11.6%)	7:38	7.9 (88.8%)

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28	KARPOWICZ Tadeusz	119	PIAST GŁOGÓW	M60+	4	00:38:13.70	+00:04:26 (11.6%)	7:38	7.8 (87.6%)
29	WEDEL Krystian	194		M40-49	12	00:38:16.30	+00:04:29 (11.7%)	7:39	7.8 (87.6%)
30	TOMASZEWSKI Dominik	190		M40-49	13	00:38:21.65	+00:04:34 (11.9%)	7:40	7.8 (87.6%)
31	MACIEJEWSKI Krzysztof	140		M50-59	5	00:38:24.20	+00:04:37 (12.0%)	7:40	7.8 (87.6%)
32	BYSTRZYŃSKI Jan	89		M40-49	14	00:38:28.10	+00:04:40 (12.2%)	7:41	7.8 (87.6%)
33	POLACZEK Jakub	303	TEAM TERMINATORUN	M18-29	2	00:38:29.85	+00:04:42 (12.2%)	7:41	7.8 (87.6%)
34	GAWRON Andrzej	106		M40-49	15	00:38:44.00	+00:04:56 (12.8%)	7:44	7.7 (86.5%)
35	MAŁYSZEWICZ Andrzej	141		M50-59	6	00:38:50.50	+00:05:03 (13.0%)	7:46	7.7 (86.5%)
36	BYCZYK Jarosław	88		M50-59	7	00:38:53.10	+00:05:05 (13.1%)	7:46	7.7 (86.5%)
37	WROBLEWSKI Jerzy	199	PARKRUN SZCZECINEK	M60+	5	00:39:09.05	+00:05:21 (13.7%)	7:49	7.7 (86.5%)
38	RUSZAŁA Damian	52		M18-29	3	00:39:12.35	+00:05:25 (13.8%)	7:50	7.7 (86.5%)
39	BODZIONY Grzegorz	83		M30-39	9	00:39:37.40	+00:05:50 (14.7%)	7:55	7.6 (85.4%)
40	LAJTER Jerzy	137	4 RUN TEAM PIŁA	M60+	6	00:40:53.80	+00:07:06 (17.4%)	8:10	7.3 (82.0%)
41	MIKITA Rafał	148		M30-39	10	00:43:26.25	+00:09:39 (22.2%)	8:41	6.9 (77.5%)
42	GRZYWOCZ Bernard	112		M60+	7	00:44:47.40	+00:11:00 (24.6%)	8:57	6.7 (75.3%)
43	BODNAR Zbigniew	81	BIEG KORCZAKA	M60+	8	00:44:51.15	+00:11:04 (24.7%)	8:58	6.7 (75.3%)
44	BIAŁKOWSKI Jacek	80		M50-59	8	00:45:17.45	+00:11:30 (25.4%)	9:03	6.6 (74.2%)
45	KUBIŚ Paweł	133		M30-39	11	00:50:01.35	+00:16:14 (32.5%)	10:00	6 (67.4%)
46	PIASKOWIAK Artur	159	KLUB SPORTOWY HUSARIA SZCZECINEK	M30-39	12	00:50:02.15	+00:16:15 (32.5%)	10:00	6 (67.4%)
47	SARNOWSKI Janusz	176	LILLSPORT	M50-59	9	00:50:02.90	+00:16:15 (32.5%)	10:00	6 (67.4%)
48	KASZUBA Artur	116		M40-49	16	00:50:03.70	+00:16:16 (32.5%)	10:00	6 (67.4%)
49	PICZAK Łukasz	160		M18-29	4	00:50:26.90	+00:16:39 (33.0%)	10:05	5.9 (66.3%)
50	BAZIMIEROWSKI Sylwester	78	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50-59	10	00:50:27.15	+00:16:40 (33.0%)	10:05	5.9 (66.3%)
51	KALINOWSKI Grzegorz	118	WIR SHOTMAKER	M30-39	13	00:53:49.50	+00:20:02 (37.2%)	10:45	5.6 (62.9%)
52	STARSZAK Marcin	181	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30-39	14	00:54:03.25	+00:20:16 (37.5%)	10:48	5.6 (62.9%)
53	ZAKIELARZ Jan	202	TEAM TERMINATORUN	M60+	9	00:58:32.30	+00:24:45 (42.3%)	11:42	5.1 (57.3%)
54	MELON Jacek	144	POZYTYWNI Z PASJĄ	M40-49	17	00:58:34.75	+00:24:47 (42.3%)	11:42	5.1 (57.3%)
55	PEPLIŃSKI Rafał	263		M18-29	5	00:59:01.60	+00:25:14 (42.8%)	11:48	5.1 (57.3%)
56	PAWŁOWSKI Mariusz	158		M30-39	15	01:01:02.55	+00:27:15 (44.7%)	12:12	4.9 (55.1%)
57	ZAKIELARZ Piotr	201	TEAM TERMINARORUN	M30-39	16	01:01:02.85	+00:27:15 (44.7%)	12:12	4.9 (55.1%)

Znaleziono 57 wynik(ów)