



## 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: M60+

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>OSTROWSKI Marian</b>	<b>171</b>		M60+	1	<b>00:34:55.60</b>		6:59	8.6 (100%)
2	<b>ZMYSŁOWSKI Zygmunt</b>	<b>204</b>	NORDIC WALKING LUBASZ	M60+	2	<b>00:35:25.65</b>	+00:00:30 (1.4%)	7:05	8.5 (98.8%)
3	<b>BUTOWICZ Adam</b>	<b>87</b>		M60+	3	<b>00:37:21.35</b>	+00:02:25 (6.5%)	7:28	8 (93.0%)
4	<b>KARPOWICZ Tadeusz</b>	<b>119</b>	PIAST GŁOGÓW	M60+	4	<b>00:38:13.70</b>	+00:03:18 (8.6%)	7:38	7.8 (90.7%)
5	<b>WROBLEWSKI Jerzy</b>	<b>199</b>	PARKRUN SZCZECINEK	M60+	5	<b>00:39:09.05</b>	+00:04:13 (10.8%)	7:49	7.7 (89.5%)
6	<b>LAJTER Jerzy</b>	<b>137</b>	4 RUN TEAM PIŁA	M60+	6	<b>00:40:53.80</b>	+00:05:58 (14.6%)	8:10	7.3 (84.9%)
7	<b>GRZYWOCZ Bernard</b>	<b>112</b>		M60+	7	<b>00:44:47.40</b>	+00:09:51 (22.0%)	8:57	6.7 (77.9%)
8	<b>BODNAR Zbigniew</b>	<b>81</b>	BIEG KORCZAKA	M60+	8	<b>00:44:51.15</b>	+00:09:55 (22.1%)	8:58	6.7 (77.9%)
9	<b>ZAKIELARZ Jan</b>	<b>202</b>	TEAM TERMINATORUN	M60+	9	<b>00:58:32.30</b>	+00:23:36 (40.3%)	11:42	5.1 (59.3%)

Total 9 results.